

Discovering the power of nature – Visit to Kadoorie Farm

(by Anita Chan)

Recently, several CUWO (Chinese University Women's Organization) ladies were happy wanderers in Kadoorie Farm and Botanic Garden taking a few hours out one April day, striding across hills and dales like fairies in a children's story. The vistas were sprawling and very green. Every pathway we came across marked a new dimension in our vision of the environment while a huge voice echoed in our ears: 'BE G-R-E-E-N' !

With a fairly small amount of uphill walking at the lower part of the farm not far from the entrance, we sauntered around and were quite absorbed in the particularly refreshing air of this wonderland. An unusual sighting beguiled us when all at once, we caught a glimpse of something perched at the corner of a bench. Guess what? It was a huge caterpillar in camouflage, wearing a colour almost the same as the bench. Up and down further along the twisting paths, a myriad of potted plants, organic vegetables, and bell-shaped flowers in lavender blue delightfully carpeted the hillsides. Within our scope of vision were the terraced fields wrapped with flourishing vegetation, indeed a haven for green conservation.

Then we heard the delighted squeals of children saying: "Look!" Overweight pigs manoeuvred their bodies in slow-motion around their sties, both funny and dramatic at the same time (you can see some of these lovely chubby pigs in the photo). However down the hill, the wild boars looked a bit too serious by positioning themselves motionlessly beside the logs in meditation, not even bothering to say hello to us. Apparently, all animals here like the lizards, flamingos and turtles enjoy their natural habitats to the fullest.

The free shuttle bus took us on a steep climb to the upper reaches of the valley. Arriving there, we just couldn't believe that this magical landscape of lush and dense forest existed in Hong Kong.

We imagined ourselves in a dreamland rather than in a place in easy reach of the city. Just a few flights of steps from the road, a very Chinese classical pavilion, the *Rainbow Pavilion*, came into sight. We were richly surrounded by gorgeous mountain ranges and felt untouched and secluded from the hustle and bustle of Hong Kong with shades of green everywhere. Some of us enjoyed our lunch in a tiny pagoda perched on top of the mountain.

The shuttle bus smoothly moved us on to *Kwun Yam Shan*, which is needless to say, a place of tranquillity. All the way along the path on top of a low wall barrier, a silver metal plate was seen with an inscription in Chinese meaning 'quiet' which signifies contemplation, silence and peace. This seemed to serve as a signal for us to be more peaceful and calm in spirit, especially in a quiet place like this. Again we went on board the shuttle bus, which took us to the Butterfly Garden where butterflies danced in cadence with nature among flowers of all species.

On our way downhill, we stopped at the Farm Produce Sales Counter where we could purchase organic produce and snacks. What a wonderful day out in the wilderness!



Campus Notices



Recruitment on Chinese Twins Aged 2 to 9 (K1 – P4) The first twin study on language development in HK

The Department of Biochemistry, CUHK, Department of Experimental Psychology, University of Oxford and Department of Psychology, HKU are conducting a 3-year longitudinal study. We aim at understanding the genetic and environmental influences on Chinese and English language and literacy development in Chinese children. Research findings could help parents and educators in designing the school curriculum on language and literacy. We are now calling for Chinese same-sex twins to join this meaningful study.

The study is targeting **Chinese same-sex twins aged 2 to 9**. It is free of admission. Every participant will be invited for a 2-hour language and literacy assessment once every year for 3 consecutive years (the first testing will start in 2008). Also, samples of saliva will be collected from twins for zygosity testing to determine whether they are identical or fraternal twins. In addition, parents will be invited to fill in a questionnaire regarding family background and children's learning environment. After every assessment, we shall send brief results to the parents. To express our gratitude, a CD, used for better learning in Chinese orthographic and phonology will be given to participants during the second year.

We sincerely hope to have your support for the first twin study in HK.
For enquiries: Department of Biochemistry, the Chinese University of Hong Kong

Contact: Ms Mandy Chan Tel: 2609-6051

Email: mandychan@cuhk.edu.hk

Department of Psychology, the University of Hong Kong

Contact: Ms Miao Tel: 2219 4439 / 2241 5558 Email:

hkoxtwin@hkucc.hku.hk

Website: <http://hkoxtwin.googlepages.com/home>



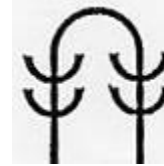
The University Swimming Pool has re-opened for the summer.

Pool opening hours are:

Mondays to Thursdays, weekends and Public Holidays –
10 30am to 1 40pm and 2 30pm to 6 15pm

Fridays 11 30am to 1 40pm and 2 30pm to 7 15pm

Swimming permits are available from the Student services Centre



中文大學婦女會
THE CHINESE UNIVERSITY WOMEN'S ORGANIZATION
Shatin, N.T.

Date: June 6, 2008 (Friday)

Time: 11:30 AM to 2:30 PM

Place: Residence 14, Recreation Room, CUHK Campus

Door Fee: \$50 per person (all proceeds will be donated and doubled!)

Registration: Contact Scarlet at scarlet529@gmail.com or Joan at joanh28@hotmail.com

Please join us for a potluck lunch and fundraising for the victims of two recent disasters in Myanmar (Burma) and China. The funds raised will be **matched by CUWO**, and then donated to a reputable charity/ies working directly on disaster relief in Myanmar and in China. Donations should be made in cash. As always, non-CUWO members are welcome to join. All are welcome to join us!

If able, please bring a dish for the potluck. The size of the dish should be for 4 adults. Please inform Scarlet or Joan (above) as to what dish you plan to bring so CUWO can coordinate the food. Please **register** with Scarlet or Joan (above) **so we know how many people plan to come.**

CUWO thanks you for your help to those who are suffering from these terrible disasters and have lost everything. **All are welcome to join us!**

PLEASE!!



Thank you - The metal frame shelves in Residence 14 Recreation room are finally completed! The room now has a whole wall of shelf storage space to store equipment and supplies like the Christmas tree and tinsel, vacuum cleaners, a few tables and the clothes rack and bags for the CCN flea market. CUWO would like to thank the following members for their joint efforts: Nerissa Ngan, Judy Luk, Scarlet Suen, Anita Chan, Joan Tsui, Amy Lau, Arlene Clemente, Glenda Ferrer and Neopita Daquipa.

Children's Interest

Help Catalogue Hong Kong's Butterflies

Are you interested in becoming a 'butterfly surveyor'? Green Power and Shell Nature Watch are recruiting butterfly surveyors (family category) to collect data on butterfly species and populations.

This grand title certainly means hard work during summer; you have to go through training and assessments for a month, starting late June, and be committed to visit the site (in our case is probably Wu Kao Tang in Tai Po) at least once a week during the survey period – August 1st to October 31st.

Yet think of the positive aspects of this endeavour: You will be given free lectures on butterfly ecology, field trips to explore butterfly hot spots, record their numbers and species, expand our Hong Kong Butterfly Inventory, and stake your claim as a Hong Kong Greens.

For details, visit http://www.greenpower.org.hk/new/butterfly/surveyor_e.asp and apply before the deadline on June 13th.



Happy Fathers' Day

Don't forget your dad on June 15th!

If you want to save paper and still make him smile, send an e-card. Here are three fun e-cards from the care2.com site that you can send-
<http://www.care2.com/send/card/6226>

<http://www.care2.com/send/card/3975>

<http://www.care2.com/send/card/5595>

Arts Calendar - Charlotte Weiss

Hong Kong offers a huge array of events all summer and this is just a brief summary of some of the main ones. Get all the details at URBTIX.

International Arts Carnival – once again, LCSD has put together a magnificent festival for kids of all ages from 11 July until 17 August. The very colourful brochures (both large and small!) indicate an enormous variety of shows, concerts, workshops, movies and museum activities. Within the main brochure and a brilliant website, www.hkiac.gov.hk (this year it's pink with a fairy-like figure and a little juggler on a wave), you'll find a pull-out "Activities Handbook" with clever "workshop diaries" that clearly spell out dates, times and venues where you can find something going on in every corner of Hong Kong. This festival has everything from music to different types of theatre, juggling and puppetry. There will be plenty of hands-on activities and some shows even have related workshops. I can't begin to describe how interesting it all looks and it's clear that LCSDS has spent lots of time and creative energy organizing this. There are even clear indications for each event of the duration of the show and recommended age. Another concurrent event is the *International Children's Film Carnival* which runs from 12 July through 17 August and five animation films from different countries will be shown at the Lecture Halls of the Science and Space Museums. See www.lcsd.gov.hk/fp for complete film listings as well as in the main catalog.

Here are just a few highlights from the Arts Carnival:

•11-12 July (7:30pm) & 12-13 July (3:00pm)
AEROS, Physical Dance Theatre at Cultural Centre Grand Theatre
(gorgeously-clad top Romanian gymnasts doing impossible stunts)

•19 July
The Magic Jungle, City Chamber Orchestra of Hong Kong at City Hall Concert Hall (a narrated musical concert)
Under the category, *HeArts Linked*:

•18 July
The Gizmo Gusy, *Master Jugglers (USA)*, at Tai Po Civic Centre Auditorium

•27 July
ScrapArtsMusic (Canada) in Shatin Town Hall
(a fascinating concert where the musicians have created fantastic musical instruments from recycled industrial construction-site materials-- HK Government, TAKE NOTE!)

•6-7 August
A Little Nightmare Music (Violin and Piano concert) at City Hall Theatre
(you can't go wrong with a title like that!)



Arts Calendar (2)

ADDITIONAL EVENTS (some of the summer highlights):
(tickets available for the following LCSD events at URBTIX outlets or by advance reservation at 2734-9009 unless otherwise noted)

IN SHATIN:

•16 June – 13 July (some days with matinees and evening performances)
Man of La Tiger, presented by PIP Theatre (in Cantonese)

AT OTHER VENUES:

•1-8 June (some days have a matinee so check schedule)
Tuesdays with Morrie, presented by Chung Ying Theatre Company at City Hall Theatre (this production has just received 3 major nominations at the 17th Hong Kong Drama Awards)

•4 June
Anne-Sophie Mutter, Violin & Trondheim Soloists at Cultural Centre Concert Hall

•6-7 June
Emanuel Ax returns, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (this will be a great concert featuring the renowned pianist and Edo de Vaart conducting a programme that includes Chopin, Ravel, and Brahms)

•13-14 June
Li Chuanyun plays Prokofiev, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (don't miss Hong Kong's own superstar violinist – you'll be amazed at his technique!)

•13-15 June (7:30pm 13-15, 2:30pm 14-15)
Tricolor by Hong Kong Ballet at Cultural Centre Grand Theatre
(I have to highlight this again as part of *Le French May* – not to be missed for all HK Ballet fans and any ballet lover)

•15 June
The King's Singers at City Hall Concert Hall
(includes jazz hits, Celtic sounds and a suite from *The Jungle Book*)

•20-21 June
A Czech hero and an Italian Journey, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall

•21-22 June (8:00pm – 21/6, 2:30pm – 22/6)
Academy's Best Pianists Fund Raising Concerts, Hong Kong Academy for the Performing Arts at City Hall Concert Hall
(this looks like a winner with 2 different programmes by APA's faculty and students – there will be 28 pianists in all and even a work, "Tableau for 48 hands" at the last performance!)

•25-29 June
Koi Ming Fai III & HKCO (Cantonese Opera in Concert), Hong Kong Chinese Orchestra at Cultural Centre Concert Hall



Arts Calendar (3)

•27-28 June
Midori Plays Brahms, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (this is sure to be a sell-out for one of the world's best violinists)

•30 June
Great Performers Series: Truls Mork, Cello, and Kathryn Stott, Piano at City Hall Concert Hall (of all the great cello players out there today, Mork has got to be one of the best and this programme features works by Beethoven, Chopin, Debussy and Brahms – wow!)



•4-5 July
The Leningrad Symphony and Hummel's Trumpet Concerto, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (a phenomenal young woman trumpeter will "blow you away" in this concerto)

•4-6 July
Modern Peking Opera, in 3 different programmes, Peking Opera Theatre of Shanghai at Cultural Centre Grand Theatre

•17-18 & 19-20 July
The Royal Ballet in 2 different programmes at Cultural Centre Grand Theatre (two sumptuous ballet performances: *Sylvia* followed by *Manon*)

•26 July
HK Debut: Ryu Goto in Paganini's Violin Concerto, Hong Kong Sinfonietta at City Hall Concert Hall

•6-10 August
HKS McDull Music Project 3, Olympic Fanfare, Hong Kong Sinfonietta (the ever popular McDull is hopeless in music and gets a lesson from the Sinfonietta and Yip Wing-sie in a marathon musical event just for the Olympic Games)

•1-2 August
Discovery: Dulcimers around the World, Hong Kong Chinese Orchestra at City Hall Concert Hall



Throwaway Society by Charlotte Weiss

I'm sure you've all heard that Hong Kong's landfills will be full by 2010 unless we make some drastic changes in our daily lives. One remedy would be for Government to really enforce and encourage recycling by educating everyone including children. As I walk around neighbourhoods, country park trails and beaches, I can't help but be astonished by the waste that I see everywhere –one path that leads to a secondary school near where I live is strewn with bottles, cans and tetra-packs of soy milk that have been tossed into the woods. On the beaches, everything imaginable is washed up from the sea, from small to large plastic pieces of one sort or another to abandoned electrical appliances. A couple of HK families have begun doing something about this beach rubbish in a very practical and simple way. They have chosen a beach close by their home and they regularly grab some rubbish bags, and invite family and friends to have a clean-up party. Their simple advice is: "JUST DO IT!" Among their ideas are the following:

1. Take an empty rubbish bag (I would add some rubber gloves to be used only for this purpose)
2. Go to the beach
3. Pick up the rubbish and put it in the bags (again I would add try to recycle anything that fits in the current HK recycling scheme)
4. Put the bag(s) in the appropriate rubbish bin/recycling container

As the Neubert and Pittman families have said: "if you are tired of seeing a polluted world, take a rubbish bag and find YOUR beach!" This "adopt-a-beach" method involves family members of all ages involved in a social event, physical exercise, team building, and environmental education.

See pictures of this party and get more inspiration at: www.hk4u.hk or contact the Neuberts and the Pittmans at hk4u.hk@gmail.com.

Note: a future issue of *CCN* will feature local organizations that recycle appliances and give information about a fascinating world-wide network called "Freecycle Network".



The Art of CUHK 2008

CUHK Department of Fine Arts, CUHK Art Museum, CUHK

Over the past 50 years, the Department of Fine Arts, CUHK has dedicated itself to cultivating local art professionals. Graduates are also involved in many different cultural domains, continually providing new blood to the local creative industry. The Art of CUHK 2008 will include exhibitions of our graduates, postgraduates and under-graduates, as well as an invitational exhibition, an exchange Exhibition between the Art Departments of CUHK and the University of Virginia, USA

We are also extending The Art of CUHK 2008 to different venues on the campus, to link CUHK's Fine Arts Department with the public.

- The Graduation Exhibition, "Half Step" presents diverse works from 26 graduates. The students hope to uncover and re-present new movements in the field.
- This year's Annual Exhibition has selected 5 curatorial proposals from among 13 student submissions. The five selected proposals are: "Blinded colour", "Tide is in", "Blog", "Femme, frame" and "The Unrealized"
- The Postgraduate Exhibition shows works by: Chan Sai Lok – "Future, at Variance with Memories", Tang Kwok Hin – "Natu-re-adymade", Lee Kit – "My pillow's like a bed, my bed's like a pillow"
- Invitational Exhibition: An exchange Exhibition between two Art Departments, The Chinese University of Hong Kong and The University of Virginia, USA Part 2. To include more than 30 works of different media, formats and styles by teachers of the University of Virginia.

Exhibition Dates and Venues-

Dates: Graduation Exhibition 31 May 2008 to 16 July 2008
Annual Exhibition 31 May 2008 to 16 July 2008
Invitational Exhibition 31 May 2008 to 30 June 2008
Opening Hours Mon-Sun 10:00am . 5:00pm;
Closed on public holidays

Venues: Graduation Exhibition - Gallery I, Art Museum, CUHK
Annual Exhibition - 2-3/F, Cheng Ming Building, New Asia College
Postgraduate Exhibition - 3/F, Cheng Ming Building, NAC

Invitational Exhibition – Hui's Gallery, NAC

Enquiries Sue Lai 6578 9619 or sue0409@hotmail.com
Kong Chun Hei 6025 8477 kingkonga5368@yahoo.com.hk
Website <http://www.theartofcuhk.com>

A Fond Farewell For Stella

This is our last issue for the academic year and, sadly, the last issue for Stella Hazlett, one of the longest-serving members and stalwart of the team. Over the years Stella has taken care of typing, distribution and finances and been a major force in our fundraising activities. She has also been a source of sound advice and a great friend. Stella will be sorely missed on all fronts and we wish her and her husband, Clark, great happiness as they move on to other pursuits.

Thank You

Classified advertisement

Yoga with Sachi ----- You can join Sachi's On-Site 'CoreExcellence Yoga®' session for **Body, Mind & Spirit** which is well suited for persons looking forward to core wellbeing for better physical, emotional and spiritual life. His yoga classes are well received by practitioners who have found his classes not only very therapeutic and healing but also very helpful in their productivity and performance. He may use any or all of his variety of experience & skills, during your one-on-one or group session. No previous experience is necessary! No matter what stage you are at, all you need is to bring along yourself & an open heart.



Schedule & Venue:

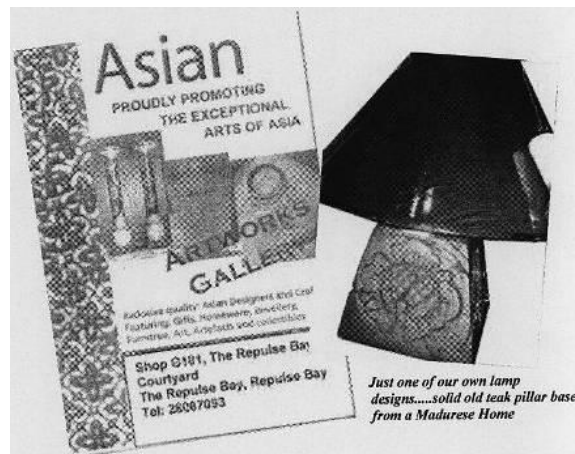
Starting Every Tuesday (12 45 to 1 45pm)pm & Thursday 2.30pm-3.30pm at the Recreation room, basement Residence 14, CUHK

Fees: \$1,250 for 10 sessions, Drop-ins \$150; Venue:

For enquiries and registration, please contact Sachi at 97756377.

www.yoga-maya.com

Classified Ads



Experienced Mobile Therapist:

Treatments Available: Aromatherapy; Swedish massage; Reflexology; Crystal Healing; Holistic Facial; Reiki.
Call Jackie Graham on 9015 1740 (before 9pm, please) for information and appointments



CCN committee: Gillian Kew (Editor); Charlotte Weiss (Arts Editor); Stella Hazlett; Anita Chan; Sonia McConville; Nerissa Ngan; Frances Storey; Joan Tsui;

Please send submissions and advertisements (\$50 for commercial ads – other ads free), to **Mrs. Storey, Residence 14, Flat 12A**, or by email to gilliankew@yahoo.com, no later than August 20th for placement in the September edition.

Please note that this will be our last issue until September. HAPPY HOLIDAYS and don' forget to check us out on the web at <http://www.gilliankew.org/newsletter.shtml>