

# Campus Community News

November

2009

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Inside This Issue:		Congratulations to a Great Man!	
P2-3	Letters CUWO	<b>From the Editor:</b> We at the Chinese University, have much to smile about this month. Our beloved former Vice-Chancellor, Charles Kao was awarded the Nobel Prize for Physics (shared with US Nobel Laureates, Willard Boyle and George Smith) for his pioneering work on fiber-optics that formed the basis of modern telecommunications as we know them.	Mrs. Kao formed the Chinese University Women's Organization. As the new organization took shape we held many planning meetings in their house and Gwen hosted various functions there. On one such occasion I found myself conversing with Professor Kao, the new Vice Chancellor but it took little time to realise I was in fact chatting with Charles Kao, the man, as he happily discussed the pictures on the wall, the objects on display in the sitting room and his wife's new venture, putting this nervous newcomer at her ease with his affable manner and gentle humour.
P 4-5	Notice board New Arts Director at SRRSH		
P6-7	Health: Cervical Cancer & HPV	Much has been written and will continue to be written about this great man and his scientific genius. I will also remember him for his modesty and charm. Here is a man with the academic world at his feet who is unfailingly kind, modest and considerate of others. Shortly after their arrival at CU,	The Chinese University is doubly fortunate in its association with this great scientist and unprepossessing man who embodies the values of hard work, determination and humility.
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<i>Professor Kao at the Chinese University Women's Organization 20th Anniversary celebration (pictured with his wife, Mrs. Gwen Kao) and CUWO members (March, 2009)</i>			

## Letters to the Editor

Dear Editor,

I recently moved back to campus and was amazed to find that furniture rental does not include bookcases! I am aware that in the older residences (blocks 3,4, 10 to 15), where we stayed previously, there is a study with an entire wall panel of bookcases, but this is not the case in the new blocks (16 and 17).

Even for residents in the older blocks, the provision of bookshelves only in the study room is not always enough. I know of at least one instance when the study became the bedroom for grandma, and the family had to buy their own bookshelves for the living room and three other bedrooms.

It seems very ironic that academics are deprived of bookshelves. Perhaps it is time for the university to review its furniture provisions policy and provide adequate furniture.

Sincerely,  
Frustrated Book-lover

Dear Editor,

I would like to raise an urgent issue in relation to the scaffolding work is being done at residence 12. I have observed workers climbing on scaffolding without safety harnesses!

Wasn't it only a few months ago that a construction worker fell and died outside outside Residence 12?

Is safety the EMO's responsibility? Who is responsible for making sure that outside contractors abide by the labour safety regulations? We don't want yet another accident happening right outside our homes.

Yours,

Very Concerned Resident



**Our Team**  
**Gillian Kew (Editor)**  
**Charlotte Weiss (Arts Editor)**  
**Anita Chan**  
**Nerissa Ngan**  
**Frances Storey**  
**Joan Tsui**

**Letters to the Editor** may be sent, with contact details for verification purposes only, to CCN, c/o Mrs. Storey, Residence 14, Flat 12A, or by email to the editor, Gillian Kew, at [gilliankew@yahoo.com](mailto:gilliankew@yahoo.com).

***Please note that letters may be edited at the Editor's discretion and that the opinions expressed are not necessarily those of the editorial board.***



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

**NOVEMBER COFFEE  
MORNING**

**Date:** Fri. Nov 6th  
**Time:** 10 30 - 12 00  
**Place:** Recreation Room, Residence 14,  
CUHK

**December Coffee Morning:**  
Fri Dec 4th)

As always, we  
welcome all who  
would  
like to join us!



**Please contact us on**  
[cuwo.cuhk@gmail.com](mailto:cuwo.cuhk@gmail.com) or call Scarlet Suen  
9407 5292 or Judy Luk 9386 2904 if you

**New to  
Campus? For  
advice and  
information,  
contact  
CUWO!**

have  
any  
que-  
ries.

**PILATES  
CLASSES**

The CUWO organ-  
ized Pilates Class  
has become so  
popular that we are  
now offering an ex-  
tra evening session,  
as outlined below.  
Do join us if you  
would like to get fit  
and keep fit in good company and for a  
reasonable fee!



**Details:**

**Where:** Basement Recreation Room,  
Residence 14, CUHK

**When:** Mondays 10:45 -11:45  
Thursdays 11:00 - 12:00 noon

**Additional early evening class**  
Tuesdays 5 - 6 p.m.

**Please contact us on**  
[cuwo.cuhk@gmail.com](mailto:cuwo.cuhk@gmail.com) or call Scarlet Suen  
9407 5292 or Judy Luk 9386 2904 to learn  
more or book your place..

**About our Instructor:**

Ms. Jane Tracy, an NASM Personal  
Trainer, Polestar Pilates Instructor, and  
Licensed Fletcher Towelwork Provider who  
as been teaching the current classes for  
the last year.

Campus Community Notice Board



**思源館**

**SI YUAN AMENITIES CENTER**

**November Promotion**

**Bottled Beer  
buy 2 get 1 free**

**BBQ BUFFET DINNER**

**27/11/2009**

**7:00PM-9:30PM**

**(ADULT \$88, CHILD \$68)**

Reservation no. : 26037486

L/G, T C Cheng Building, United College, CUHK

Tue-Fri 5:00-11:00 pm

Sat, Sun, Public Holidays 3:00-9:00 pm



## CUHK's New Arts Director - by Joan Tsui

**T**he Sir Run Run Shaw Hall has a new director this term -- Ribble Siu Mui Chung.

Graduating from the Wimbledon College of Art (now a part of the University of the Arts, London, Wimbledon), Ms Chung has since been actively involved in arts programming. Her experiences in the Hong Kong Arts Centre, Macao Cultural Centre, and the HK Arts Development Council have equipped her to focus more on the cultural aspect of performing arts, rather than from mainly entertainment perspectives. Hence she is keen to incorporate adjunct events such as workshops, seminars and lecture demonstrations alongside major arts events. While her present post in the university setting relieves her of the pressure of seeking funds from the market, Ribble emphasizes that the priority of Sir Run Run Shaw Hall is to serve the school. The location provides a convenient venue for various colleges to hold their monthly assemblies, language seminars and some general education courses.

A case in point is a lecture demonstration by the HK Ballet Troupe. The activity was part of a General Education course, and student attendance was mandatory for

earning credits.

On the development front, Ribble is glad that the university now supports the Friends of the Arts scheme. The project provides arts appreciation workshops and lecture demonstrations, and participants are encouraged to write critique essays after watching shows. The articles will be posted or uploaded in blogs or peer to peer sites such as Face Book in the future. About 300 students have joined this scheme this term, and 500 places will be made available for next term.

Generally, academic use of the RR Shaw Theatre accounts for more than half of the total usage. The number of students joining the Friends of the Arts project increased fivefold in the past year: from 60 to 380 this term.

Asked if the Hall would continue to serve other members of the campus community, such as CUWO or children of CUHK staff (CUWO conducted a Children's Talent Quest on campus in 2007), Ribble commented that, like all service units in CUHK, after the student body, other members of the campus community were also welcome to enjoy the facilities.



*Ribble Siu Mui Chung*



*The Friends of the Arts, SRRSH.*

**HEALTH FOCUS:**  
**CERVICAL CANCER, HPV INFECTION and THE HPV VACCINE**  
**By Dr. Chiu Ha Ying**

**Cervical cancer**

**C**ervical cancer is preventable and yet worldwide it is the second commonest cancer in the female population. In 2005, around 500,000 women were newly diagnosed and almost 260,000 died of the condition. In Hong Kong, cervical cancer was the fifth commonest cancer in women in the year 2006. As most of the sufferers are young females, apart from the disease burden on society, its impact on family life in the loss of a wife/mother/daughter figure is also of considerable significance.

Cervical cancer results from a series of abnormal cell changes in the cells lining the cervix due to various factors. Although smoking, long term use of oral contraceptives and poor nutrition have all been noted to be associated risk factors in the development of cervical cancer; the single most important factor, however, is that of infection by the human papillomavirus (HPV) of the genital tract transmitted chiefly through sexual intercourse. Although most HPV infections of the genital tract can be cleared by the body's immune defense system, around 10% will progress to severe cell changes and to cervical cancer years later.

**HPV Infection**

The human papillomavirus (HPV) is a virus that can infect the lining of cells, in some cases leading to abnormal cell changes. There are over 100 types of HPV but only about 40 types can affect the lining of the genitalia. These are further classified into "High risk types" (potentially cancer causing) and "Low risk types" (non-cancer causing).

The high risk types (e.g. HPV types 16,18,31,33,35,39,45,51,52,56,58,59,68,82 etc) are those associated with cervical cancer and cancers of the vulva, anus and penis. Amongst these, HPV types 16 and 18 account for 70% of all cases of cervical

cancer. On the other hand, HPV types 6 and 11 are the low risk types commonly associated with the development of genital warts.

The transmission of HPV is by direct contact, most commonly through sexual intercourse. Hence regular screening by Pap smear remains the most important factor in combating cervical cancer resulting from infection by the high risk types of HPV. In a similar context, other factors associated with HPV acquisition are also risk factors in the development of cervical cancer. Some of these are: early age of first intercourse, multiple sex partners, not using condom during intercourse etc.

The relevance of HPV infection to the development of cervical cancer is without doubt. This brings us onto the important topic of HPV vaccination as a means of cervical cancer prevention.

**HPV Vaccine**

Two HPV vaccines are currently available in the market.

**GARDASIL** (quadrivalent): this protects against HPV types 6, 11 (the low risk types) and 16, 18 (the high risk types); types 16 and 18 being responsible for 70% of all cervical cancers. The presence of types 6 and 11 in the vaccine further protects against 90% of genital warts.

**CERVARIX** (bivalent): this vaccine protects against HPV types 16 and 18 only.

Both Gardasil and Cervarix are currently licensed for use in females aged 9-26 as most research on the HPV vaccine's safety and efficacy have been done on these age groups. The HPV vaccine is recommended for administration prior to the onset of sexual activity.

## Cervical Cancer and the HPV vaccination

by Dr. Chiu Ha Ying

It is important to remember that both vaccines only protect against cervical cancers caused by HPV types 16 and 18 and these two types of HPV infection account for not all but around 70% of cervical cancers.

Sexually active females who may already have been infected by HPV may still benefit from the HPV types not acquired but covered by the vaccine. This is because although the vaccine does not treat, clear or protect against a prior infection, it is unlikely that a woman may have already contracted all the types of HPV covered by the vaccine (especially so in Gardasil which covers against 4 types of HPV).

It has been established that around half of women diagnosed with cervical cancers have never been screened, a fact which makes cervical screening by Pap smear of the utmost importance in halting the progression of HPV induced cell changes.

The HPV vaccine is given over a 6 month period at 0-2-6 months' intervals and the duration of protection is at least 5 years, if not longer. The need for a booster is still being investigated. Documented side effects are mainly related to pain and swelling at the site of injection, fainting, fever and headache. There have been no proven serious side effects.

HPV vaccination to prevent cervical cancer has been a very significant healthcare breakthrough in women and has been incorporated into the regular vaccination programme in many countries. In Hong Kong, HPV vaccination is currently available on an optional basis and has to be self-financed.

Both HPV vaccines are available at the University Health Service at a cost of HK\$900 per dose/shot of vaccine (plus \$25 "injection fee") for a total of three doses/ shots over a 6 months' period. The choice of vaccine remains debatable, with Gardasil

offering extra protection for genital warts (incorporating HPV types 6 and 11) whereas Cervarix is said to induce higher antibody levels and a more significant immune memory response against HPV types 16 and 18.

### *Acknowledgements:*

*"Sexually Transmitted Diseases" : Centers for Disease Control and Prevention (CDC), USA*

*"HPV and HPV vaccines: a review" : Bulletin of World Health Organization 2007*

*"HPV Information for Clinicians" (CDC, USA: 2007)*

*Cervical Screening Programme, Department of Health, HKSAR*

### **Learn More About Preventing this Killer Disease**

**Date:** Tuesday, Nov 24, 2009

**Time:** 12.30 - 2 pm,

**Venue:** LT1, 7/F, Mong Man Wai Bldg, CUHK

**Speaker:** Dr Cheung Tak Hong,  
Department of Obstetrics and  
Gynaecology (Gynaecological  
Oncology), CUHK

**Language:** Cantonese, supplemented  
with English

**Drinks Provided:** Please bring own  
lunch

**This event is free of charge but registration is required** - Please send, name, contact telephone and email (required for registration confirmation) to [cuwo.cuhk@gmail.com](mailto:cuwo.cuhk@gmail.com)

**Enquiries:** [cuwo.cuhk@gmail.com](mailto:cuwo.cuhk@gmail.com)

Joan Huang 93531944

Scarlet Suen 94075292

## Arts Calendar ... by Charlotte Weiss

**N**ovember brings the finale of the *Silk Road Arts Festival* which ends on 23 November and I have indicated some of the remaining events listed below (see last month's CCN for general details). Beyond this, there's no shortage of concerts from world-renowned stars to local artists. If you notice a big poster for Yo Yo Ma and Kathryn Stott's concert, you'll be disappointed to find that it was sold out in the first two days of booking (I have my suspicions about that)! However, as I've mentioned before, our local artists and performing groups are often the best value for money in town. Please support some of these local "finds" this month and you won't be disappointed.

### *Silk Road Arts Festival*

•6-8 November

*Buddhist Music: Treasures from the Silk Road*, (from three monasteries in China, these ensembles have already appeared separately "to great acclaim" internationally and will now appear together for an "enlightening" evening of music) at Shatin Town Hall Auditorium

•7-8 November

*The Silk Road Journey: Hong Kong Chinese Orchestra*, (illustrated with images, HK's award-winning Chinese orchestra will cross ancient to contemporary China via a musical journey) at Cultural Centre Concert Hall

ON CAMPUS: (all concerts at Lee Hysan Hall)

•19 November (7:30pm)

*Recital: Matthew Leung, violin, Chi-Shing Leung, clarinet, and Kimmie Wong, piano*

•23 November (8:00pm)

*Concert: Chung Chi Orchestra*

•26 November (7:30pm)

*Recital: Hyesook Kim, piano, and Stephane Lemelin, piano*

(tickets available for following events at URBIX outlets or by advance reservation at 2734-9009 - tickets must be picked up within 3 days of booking)

At other venues and by performing group title:

### City Chamber Orchestra of Hong Kong

•29 November

*Geoffrey Lancaster (fortepiano)*, at the APA Concert Hall (in Wan Chai)

### Hong Kong Ballet

•20-21 (7:30pm) and 21-22 November (2:30pm)

*Symphony of Movements*, at Cultural Centre Grand Theatre

(a triple treat of three dances including Act II from *La Bayadère* and *Symphony in Three Movements* with music by Stravinsky)

### Hong Kong Philharmonic Orchestra

•21-22 November

*Kit Armstrong plays Mozart*, at Cultural Centre Concert Hall

(a crowd-pleasing performance with the return of *wunderkind*, Kit Armstrong, a 15-year old protégé of Alfred Brendel)

•27 November

*Tan Dun's Map Concerto – a multimedia adventure*, at Cultural Centre Concert Hall

### Hong Kong Sinfonietta

•6 November

*Great Violin Concertos: Matthew Trusler plays Mendelssohn*, at City Hall Concert Hall

**Matthew Trusler**

(Matthew Trusler is yet another young superstar of the violin world and plays on a 1711 Stradivarius and has been compared to the "golden" era of violin greats. The



concert also features a world première of George Lam's, *The Queen's Gramophone*, in an imagined world of Hong Kong in the 1950s)



## Arts Calendar ... by Charlotte Weiss

•15 November

*CLP Light Classics Concert with Mary Meilock Wu, piano*, at Cultural Centre Concert Hall

(CUHK's and Hong Kong's own renowned pianist, Mary Wu, will be featured in Gershwin's *Rhapsody in Blue* in this very attractive programme)

•27-28 (7:30pm) and 29 November (3:00pm)

*HKS for Kids: Top Scores*, at City Hall Concert Hall (a fun concert "of Olympic proportions", this concert will have lots of sports-related music including a "sensational soccer sing-along")

### Opera Hong Kong

•5-9 November

*Mozart's The Magic Flute*, at Cultural Centre Grand Theatre

(Opera Hong Kong in a co-production with the National Centre for the Performing Arts and *Den Norske Opera* (Norway), will present Mozart's delightful opera with international and local opera talents and the Hong Kong Philharmonic in the pit)



### Misc. performances:

•11 November

*Young Virtuoso Series: Valeriy Sokolov in Recital (Violin)*, at City Hall Theatre

•12 November

*Piano Pals Singing Happy Birthday: a 4-piano concert*, at Cultural Centre Concert Hall

(in celebration of the Cultural Centre's 20<sup>th</sup> birthday, four Hong Kong pianists reunite to salute the event and will play several works for four

pianos)

•13 November

*Gidon Kremer & Kremerata Baltica*, at Cultural Centre Concert Hall

(this concert is guaranteed to be one of the best you'll ever hear in terms of small orchestra/chamber music. I heard the legendary violinist, Gidon Kremer, and his hand-picked young string players from the Baltic States in concert several years ago and was completely captivated by his choice of music and the high quality of playing)

•18-21 November (performances & tickets available at HK Ticketing outlets and at Tom Lee Music)

*FAME, the Musical*, (in Cantonese), presented by the APA Drama Department, at APA's Drama Theatre

•26 November and onwards (performances & tickets available at HK Ticketing outlets and Tom Lee Music)

*Abbamania*, presented by Lunchbox Theatrical, at APA's Lyric Theatre

NOTE: Advance bookings for the Hong Kong Arts Festival will run until 27 November. Don't forget to book those "must-see" performances before the counter booking begins in December (no discounts for counter bookings).



## Children's Page

**O**peration Smile is a charity treating children with facial deformities such as harelip and cleft palate and other facial deformities from all around the world. Operation Smile began in 1982 as a small band of committed medical volunteers, motivated by the desire to help others. Over the years, it has developed strong partnerships not only with corporations like the Johnson & Johnson Family of Companies and Abbott but with many caring people who also want to be a part of putting a smile back on a child's face.

It also has many student recruits who dedicate themselves to making a difference. Adrienne Ho is one such student, and has produced, "Surgery, Here I Come!" a colouring book for children. The book was inspired by a visit to one of Hong Kong's hospitals where Adrienne saw frightened children and their anxious parents waiting for surgery. Thus came the creation of her book. It is not only informative, but also funny, and is meant to be interactive, so that the children (ages 5-10 years) can colour it and open the doctor's surgical mask to reveal a "friendly, nice" person. The book is available in Traditional Chinese, Simplified Chinese and English versions.

On one of her first Operation Smile missions in China, she distributed 50 copies, which were very well received!

So, now with your 30 Hong Kong dollar donation, (\$30) which includes shipping and handling, or anything you feel you would like to contribute, you too could own your own colouring book (crayons not included), and put a smile on a child's face as **all proceeds go to Operation Smile.**

If interested in making a contribution, please fill in the order form and mail to:

Leeanne Contardi  
Flat 11 D, Block 11  
9 Sha On Street  
Monte Vista  
Ma On Shan, NT  
Hong Kong



or contact, Leeanne Contardi at 2187-6453, and request your book today!

"Surgery, Here I Come!"	No. of Books you are ordering	Cost* in HK\$/book	Donation
English Version		30.00	
Traditional Chinese		30.00	
Simplified Chinese		30.00	
*Shipping and handling included		TOTAL:	

Please write name and full address to which you want your book sent on a piece of paper and enclose with your cheque.

**Please make cheques payable to:** Operation Smile China Medical Mission Ltd

All cheques will be forwarded to: Operation Smile Hong Kong.

**Note from the editor** - I have reviewed this booklet and find it quite charming, with clear pictures and a good message for children who may be afraid of their visit to the doctor's or hospital. I wish Adrienne every success in her efforts to raise money for such a worthy cause

### Walk! Walk! Walk! Go Green! By Anita Chan

Once upon a time, a young alumnus said to me, 'When I hear the rattling sound of the train, I race down on foot to the station from mid hill of the United College to catch up with it. It's college life. It's fun as a youngster.' But now where have all the young green advocates gone? Instead, a coiled long queue can be seen very often around the bus stops. Exceedingly sad to say, the CU campus is acutely polluted by heavy transport. The environment is exceptionally sickened by the polluted particles released from the vehicles; this parlous situation may continue to deepen when the 3+3+4 education system is full swing in CU. Will anybody remember that CU campus was once hailed as the most beautiful campus in Hong Kong? Will this honored reputation be maintained for long if our friends here do not turn their attention more to environment specifications? Overloading the campus with vehicles will just make this Sick Lady more burdened.

Youngsters! Youngsters! Be friends of the earth. Oh!  
Beware, beware of the sick effects if you say No!  
Walk! Walk! Walk! Towards the green pasture!  
Create! Create! Create! A bright green future!

Let's embrace sincerely the exhilarating green in the future, exposing once again the long standing beautiful green campus character for all to delight in.

Transport! Transport! Add no more!  
Brothers! Sisters! Walk for more!  
For you! For them and for all!  
Love to the campus after all!



## SoulTalk Urgent Appeal



### SoulTalk Urgent Appeal

***...What do you do if you feel like your life is falling apart? If you feel you are losing everything you and your life stood for.....children, husband, mother security! As one woman to another I ask you –is there anything you can do to help someone feeling total despair?***

Thousands of women in Hong Kong today are faced with the task of rebuilding lives shattered by relationship breakdown. I urgently need your help to ensure that the SoulTalk Foundation is able to continue to help them pick up the pieces. These women are falling through the cracks in our system. They are abandoned by friends and family as lives carefully built over decades dissolve, leaving them all too often with only a few dollars in their pockets - unsure even if they will have a bed for the night.

All too often these voices go unheard; people are too embarrassed to ask for help, or they simply do not know where to turn. As the Founder of SoulTalk Foundation, I desperately wish there was no need for our work. However the tragic fact remains that everyday women come to us in emotional turmoil with literally nowhere else to go for help. I cannot let them down. I need you to imagine what it would feel like if your world was shattered. Imagine if a husband or wife of ten, twenty or more years suddenly left. Imagine if all that emotional investment was gone, if your financial security evaporated, your home was at risk or, and this is the most tragic of all, if your children were suddenly ripped away.

**Thankfully there is hope.** Having experienced such a trauma myself, I established SoulTalk in 1992 to ensure that no-one in Hong Kong need go through what I did, alone. With a team of dedicated and highly skilled individuals we are here to offer urgently needed practical and emotional support through these dark hours and beyond. It is not just about helping people to survive those first terrible days and weeks, but to help them come to terms with their situation and take the steps necessary to rebuild and enhance their lives in the present and future.

I want to tell you about a call I received recently from a woman..... I will call her Jane to protect her privacy. It is a story that is typical of the women we help here at SoulTalk and frankly it is tragic. Jane's husband came home one evening and told her she had until the weekend to get out the house. This was a blow from nowhere. They had been married for fifteen years, together for longer. All the emotional investment of a relationship of this length had gone, literally in a conversation lasting thirty seconds. He had found someone new. The situation in itself would come close to crushing even the strongest of us, but in Jane's case it was worse; there was a level of cruelty in how her husband approached things that, however many times I have heard similar stories, I find hard to believe.

Tragically it was Jane's children who were used to magnify this cruelty. Jane had chosen to make her children aged 10 and 12 the priority in her life, giving up her career to make sure that she was always there for them. She made them breakfast, took them on the bus to school every morning, ferried them to music lessons and made sure they were safely in their beds every night. She had been a wonderful mother. She was terrified that all this was going to change. Like many women in seemingly happy and stable marriages she had no financial independence. Bills and



## Urgent Appeal

savings were something her husband took care of. Jane's house was also in her husband's name.

Overnight she was faced with the prospect of losing her only known income, her house and most desperate of all, her husband was telling her that as she had no means to support them, he was taking the children too.

I remember her phone call well: "How can I keep my children? Who can I turn to for help? What on earth can I tell my family and friends? What do I do first? Will the courts really take my children away from me? How has this happened?"

It was a series of painful questions and ones with no easy answers. I have made a commitment that however traumatic these questions are, SoulTalk's Professionals and trained volunteers will be there to help. I am really proud that SoulTalk was able to help Jane to begin her healing process to regain some structure of her life. Our Women's Centre in Sheung Shui houses a vital bilingual Hotline service that can offer instant options and choices. It also provides a base for women like Jane to visit our counsellors and share her experiences because the pain is so overwhelming. Sometimes it is something as simple as knowing someone will listen, really care and understand. SoulTalk is able to offer empathy and guidance, from the start to the time you are secure and happy again. Even if that means holding someone's hand going to a Lawyer's Office, Legal Aid or to prepare for a Mediation meeting or court case.

To pick up Jane's story from where she found the courage to dial our Hotline.....  
"I was amazed to have someone on the phone straight away and it was wonderful

to speak to a woman who I knew was able to empathise with me and understand just how desperate I felt. She made me feel like I mattered and shared some very useful information and I could feel my self belief come to life again. The phone call gave me some really practical things to do straight away. In less than 24 hours, SoulTalk staff had come with me to a lawyer's office where they were able to get me free legal support by helping also with the whole daunting experience of filling out forms for Legal Aid.

I was amazed that they were also able to offer me somewhere to live temporarily totally free of charge with meals included. My children and I spent some time at SoulTalk's Loving Home where we were surrounded by professional and caring staff through what was an incredibly upsetting time for my children"

Our Loving Home is another of our much used and highly effective services that your donation will certainly help to support. Sometimes a phone call or a counselling session just isn't enough. Often women contact us only at the point where they literally have nowhere to sleep for the night – sometimes, they simply cannot go home because they fear the physical or emotional abuse that awaits them. Our Loving Home is a beautiful place, calm and quiet. A cool, caring place from immediate problems and a sanctuary from which to start to take the practical and emotional steps needed to rebuild a life.

We are able to take 20 women at any one time for stays as short as two days and as long as several months. Sometimes it is a weekend away from a stressful situation, sometimes a longer term stay. What it always is, is a safe and empathetic environment offering counselling, educational programs, therapeutic and learning activities as well as a process for moving forward.

I urgently need to be able to raise more



## SoulTalk Urgent Appeal

money to ensure that our Loving Home, our Women's Centre and all our free services are able to continue and develop offering a lifeline to thousands of women in crisis each year. That is why your gift is so important and I hope you will help me to reach my target of \$100,000 by making your gift today.

It is too early to say how long Jane will take to feel happy again as most of her life as she knew it has been taken from her. Rebuilding one's life is done step by step and each woman heals differently. Again she tells it so much better in her own words. "SoulTalk was the only place that offered solutions and choices with understanding and empathy. There was no judgement, just plenty of sharing based on my own needs and wants. I was in so much pain. So much pain I found it impossible to look beyond my immediate situation. SoulTalk had the exact balance of friendship, understanding and professional expertise I needed to begin my recovery. They were available whenever I needed them – they were there to talk to when I was upset and to hold my hand and help me find the strength to deal with every painful part. I am so, so grateful. The future is looking good for me and my wonderful children. I have a little home and I am receiving child maintenance. I am working part time around the needs of my kids and the three of us are moving forward and doing our best. I don't believe we would be here without SoulTalk's attention and care"

I do worry that without the support of people like you, SoulTalk will struggle to be there for the thousands of other women like Jane in Hong Kong today. Times are tough at the moment. Whilst worries about the economy make fundraising more difficult, I am sure you will understand that it makes my job even more important. These trying times place ever increasing pressure on relationships. I know we are going to get busier. Please offer your support to SoulTalk now to make sure we can rise to these

challenges.

### What can I donate?

HK\$300 helps us to accompany someone to a lawyer's office to support them in the steps they need to take to maintain contact with their deeply loved children.

HK\$500 can help us keep the hotline open and train our volunteers to be able to offer the right support as soon as it is needed.

HK\$1000 supports the costs of keeping the doors of our Loving Home open, providing safe accommodation and meals to women with nowhere else to go for a roof over their head and exactly the support they need in these difficult times.

### Please, give whatever you can.

**I do hope you can help. The unspoken need in Hong Kong is vast.** SoulTalk has the expertise and skill to make a difference, to rebuild devastated lives. I do hope you are able to show your support by sending



SoulTalk a gift today.

Thank you so much!

Andrea Gutwirth

**Founder, SoulTalk**  
**SoulTalk's loving Home**

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**THE FRIENDS OF THE ART MUSEUM, CUHK**  
**Bei Shan Tang Legacy – Gifts of Chinese Art**  
**AN EVENING AT THE CUHK ART MUSEUM: DUSK TOUR with**  
**CHAMPAGNE RECEPTION,**

**Speaker:** Professor Peter Lam  
**Date:** Friday, 6 November 2009  
**Venue:** CUHK Art Museum, Shatin  
**Time:** Meet at Admiralty MTR near McDonalds: 5:00 pm departure by bus to Shatin  
**Price:** \$300 members; \$350 guests (both prices include transportation and reception at the museum; the bus will return to Admiralty after dinner). Limited parking is available. ***If no transportation to the venue or from the venue is required, the cost is \$250 members and \$300 for guests.***

Bei Shan Tang was the private studio name of the late Dr. LEE Jung Sen (1915-2007). From an early age, Dr. Lee developed a deep interest in Chinese studies, culture and art. Together with other members of his family, Dr. Lee was instrumental in the building of the Institute of Chinese Studies, including the Art Museum, and donated a large collection of art and antique objects. This exhibit introduces some of the finest pieces from his collection, arranged in four galleries. The content is rich and comprehensive, ranging from paintings, calligraphy, ink rubbings, jade, ceramics, sculpture, scholar objects, bamboo carvings, seals and bronzes. Following an introductory lecture by Dr. Lam (a Governor of the Foundation) on the man, JS Lee, and the Foundation, we will be guided by docents through the four galleries. An optional dinner (individual expense) at the Hyatt reGENCY, Shatin, will conclude the evening.

**About our Speaker:** Professor Peter Y. K. Lam, a graduate of the Percival David Foundation of Chinese Art, School of Oriental and African Studies, University of London, is an art historian as well as a museum professional. His scholarly works on Chinese ceramics, calligraphy rubbings and the decorative arts are widely published. For the past thirty-five years he has been with the Art Museum, the Chinese University of Hong Kong, where he is its Director/Professor. He is a long-time member of the Min Chiu Society of prominent collectors in Hong Kong, a council member of the Chinese Society of Ancient Ceramics in Beijing, an Honorary Research Fellow of the Palace Museum, Beijing and former member of the Hong Kong SAR Antiquities Advisory Board and former Chairman of its Archaeological Committee. Dr. Lam is a long-time governor of the Bei Shan Tan Foundation.

**Booking and Enquiries:** Send booking form and cheque payable to 'Friends of the Art Museum, CUHK Ltd.' to Susan Kreidler, G/F, Apt. A, Brewin Court, 5-7 Brewin Path, Mid-Levels. email: [sjkreidler@aol.com](mailto:sjkreidler@aol.com). Registration will be confirmed upon receipt of cheque and booking form.

**Note - late bookings, email Susan on** [sjkreidler@aol.com](mailto:sjkreidler@aol.com)



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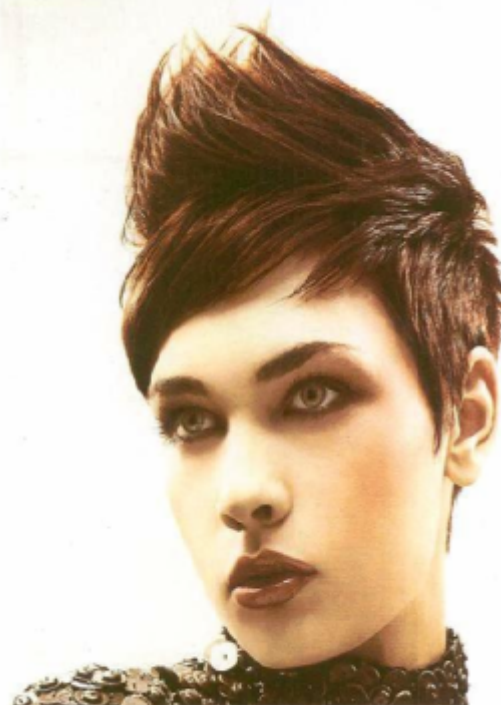
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