

# Campus Community News

February

# 虎年

2010

**KUNG HEI FAT CHOI!**

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**HAPPY NEW YEAR OF THE TIGER  
FROM ALL AT CCN**

## Editorial

A perennial area of concern for many spouses and family members of university staff is that of access to and use of university facilities. I have been asked to raise this issue in CCN, as yet another family member was refused access to one of the university's gyms, despite the fact that it was empty at the time and he had been using the facility regularly (not knowing it was not allowed) for some time.

We realize that facilities on campus are provided primarily for students and staff but to reject family members completely is to remove their value as contributing members of this community. Much import is given to the university's inclusiveness but it seems that this does not extend to the spouses and children of university staff.

As I don't actually live on campus, access to areas such as the gyms, tennis courts, the swimming pool etc do not concern me

personally, but I have heard that other spouses are becoming tired of feeling like second class citizens in our university.

A world class university such as ours works hard to attract quality teaching staff; it therefore surprises me that the institution does not do more to make, not just the staff members, but their families, welcome and to create a community of equals.

We all understand that CU must meet the needs of its students and paid staff first,, perhaps it is time to demonstrate a greater spirit of equity and consider the needs of spouses and families who contribute to the fabric of this society. How about it CU?

CCN welcomes all opinions on this matter, so please send us your comments.

The Editor



### 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.***

## The 4 Rs - by Charlotte Weiss

Once again, I'm writing from my "eco warrior" pen to urge everyone on campus and beyond to follow the 4 R's rule for 2010:

### **Resolve to Reduce, Reuse, and Recycle**

After a recent trip to my other home, Victoria, British Columbia in Canada, I was once again inspired by the scope of BC's recycling programme compared to Hong Kong's. Victoria is located on Vancouver Island and is only accessible by small planes and ferries and its population is vastly inferior to Hong Kong's but the same problems prevail there as here: where to put the rubbish, how to preserve the "pristine" environment (which is not all that pristine in BC either) and how to look forward to a different way of thinking in terms of a throwaway society where consumers rule the roost and the rubbish bins. Just as in Hong Kong and at CUHK, we too have bins in Victoria where plastic, metal, and paper products are recycled. The missing element in Hong Kong, however, is glass. I remember reading awhile back in *South China Morning Post* that some young entrepreneur had developed a method to recycle glass containers into paving or construction materials. In fact, the December 2009 edition of CUHK's *Sustainable Campus* newsletter shows glass as something collected (see page four) so I would love to see CUHK provide bins at residences for glass given that it takes one million years for it to disintegrate. In the meantime, don't buy anything in a glass container if there is an alternative.

Another black spot for packaging is the use of tetra packs for milk, soy milk and juice. Again, this is a non-recyclable material that has been flooding the market for many years now. It seems as if the only alternative for packaging these liquids is again, either glass or plastic. One idea that would help alleviate all the waste from glass and plastic bottles would be to have a deposit on drinks. This is a win-win situation and certain states and provinces in the U.S. and Canada have this as the norm. They are virtually free of bottles thrown away in the

environment or the rubbish. Everyone faithfully collects his/her stock to return to a central point where the deposit is returned. It's sad to say but many homeless people also make a living this way by collecting the bottles. Given that some people who live in housing estates in Hong Kong actually go around collecting cardboard for a few dollars, this initiative would also help them!

In terms of reduction and reuse, I always try to reduce my purchase of plastic drinking bottles and try to reuse them, as well as the plastic bags that still turn up even though retail outlets no longer provide them *en masse* (as you'll see below, these bags can also be recycled). You don't see as many bags floating around but the plastic bottles and containers seem to have replaced them and are strewn in every ditch around Hong Kong (in a future issue of *CCN*, I'm going to write about the famous "trash vortex", and the amazing statistics that are a result of sixty years of using and throwing away plastic products). In terms of reducing, this global problem is at the heart of the matter as we've learned to depend on over-packaging to the max and use of other non-recyclable materials such as Styrofoam lunch boxes. I was pleased to see recently that at several restaurants in Hong Kong, plastic or cardboard recyclable boxes are provided for leftovers instead of the Styrofoam variety. We need to put pressure on the government to have restaurants and take-away outlets switch to something recyclable or urge patrons to bring their own since "Styrofoam is difficult to get rid of and being light and bulky, it chews up an enormous amount of room in landfills" (The Vancouver Sun, Thursday, December 31, 2009).



## The 4 Rs - by Charlotte Weiss

I can't imagine how much Styrofoam is sitting in the landfills in Hong Kong where thousands of lunch boxes and take-away food items are tossed out each day!

You can be creative in coming up with ways to reduce and reuse and I try to think about a world in the past where

there was no plastic, tetra packs nor Styrofoam and one had to be resourceful with each thing. As an example of reducing paper usage, my Japanese students in the U.S. always carried a little cloth handkerchief for wiping their hands or faces after washing them, thus not using so many throwaway paper towels. Here in Hong

Kong, I often see women in the public toilets taking three to five of them to dry their hands when one is more than enough!

Without being able to return to the past, I've tried to find out more about what CAN be put in the bins that are provided on campus; as you all know, there are bins in the front entries of residences but I just discovered that on each floor in the landing of each residence, there is a bin divided into three parts for recycling. So with all these available spots, there's no excuse for not recycling. The possibilities are greater than I'd imagined when I carefully looked at the label pasted on the front of the bins in the entry even though it had almost faded away. One day as I was looking at the bulletin board in my residence's lobby, I found a very nice little poster buried under mountains of promotional materials which I unearthed, and despite the small print, I will reproduce this very lengthy and surprising list of what can/cannot be recycled.

**\*\*\* (EMO – NOTE! Recycling information should be enlarged and posted on the bins and bulletin boards where everyone can see it. Also, the bins in the entry need to be bigger and not locked down to make it impossible to put in, for**

**example, a large plastic laundry detergent bottle; however, if you lift off the cover of the bins on each landing, it's possible to put larger articles inside. A notice also needs to be circulated about the location of these bins on the landing.\*\*\***



**WASTE PAPER – ACCEPTABLE:** newspapers, magazines, leaflets, envelopes, packaging materials, egg cartons and paper shopping bags (including those big ones!) (NOTE: please don't throw away the cardboard pizza boxes which can be recycled if you take a couple of minutes to cut them up and remove

any bits with melted cheese)

**NOT ACCEPTABLE:** beverage or milk cartons with plastic or aluminum interior coatings

(NOTE: I still see milk cartons thrown in with both the plastics and paper)

**METALS – ACCEPTABLE:** steel/aluminum cans (clean), milk powder cans, cookware, mooncake tins (plastic trays should be put in the plastic bin), tins in general

**NOT ACCEPTABLE:** aerosol cans, chemical containers

**PLASTICS – ACCEPTABLE:** plastic bottles and caps (clean), plastic containers (e.g., buckets, clean food containers (I MUST ADD those clear plastic trays that are put under all fruits and vegetables these days in the major supermarkets as long as they have the recycling symbol on the bottom), shopping bags, plastic wrappings (clean & dry), CDs, DVDs, cassette/video tapes & laser discs, toys & clear plastic overlays

(and DON'T forget those plastic yogurt cups – just make sure the foil is removed from the rim)

**NOT ACCEPTABLE:** mops, correction fluid containers or medicine containers

## The 4 Rs - by Charlotte Weiss

**USED CLOTHING:** there are a couple of big bins on campus sponsored by *Christian Action*

(located at Residence 16 as well as near Run Run Shaw Hall) and contributions can be made to your favourite charity. There are also occasional campaigns on campus to donate to the needy

**PRINT/INK CARTRIDGES:** I noted in *Explore Sai Kung Magazine* (September 2009) that the SPCA gets a small payment for used printer ink cartridges so consider dropping yours off at the nearest branch such as the one in Sai Kung located in the square with the *al fresco* cafes at Man Yee Playground. I imagine that several academic buildings also have deposit boxes for these but I'm still waiting for more information on this after having contacted CUHK's *Sustainable Campus* newsletter regarding not only this category but also the recyclable batteries locations on campus (see below).

**COMPUTERS, ELECTRICAL/ELECTRONIC APPLIANCES:** These are also contributing to the existing landfills that are practically full. Note that the government is considering charging under the "polluter pays principle" if you dump them in the landfill. In the *South China Morning Post* of January 19, a new system is under study that would result in the consumer paying more for these items along with retailers having to take back used ones. There will be other initiatives for dealing with this "e-waste" but according to the article, it will still take "years to resolve" so for now, try to sell or exchange these items (see below under the "epd" website). CUHK also has recycling campaigns a couple of times of year for e-waste so be on the lookout for special announcements on your bulletin boards, hopefully large enough to read! Also if anyone on campus can provide CCN with other information about these harder to recycle items, we will gladly publish it.

**BATTERIES:** try to buy only rechargeable ones which can be recycled (according to this poster and the "epd" website) at such easily accessible places as MTR stations, 7-11 stores and McDonald's.

CCN will also feature an article in a future edition on recycling food waste, yet another major source of pollution in our landfills and which is in the "Not acceptable" category.

For complete recycling information in Hong Kong see: [www.epd.gov.hk](http://www.epd.gov.hk)  
**(This is a very good website: you can find lots of interesting ideas under "Household" including the "Second-hand Exchange" site along with "Green Home" ideas)**

Finally, thanks to *Swire Coca-Cola HK, Ltd.* for providing the machine by the train station where you can deposit plastic bottles and get credit on your Octopus card. This is a super idea and should be expanded to other locations on campus. According to the "epd" website above, there are other machines around town and locations are given. Also, we should give credit to the campus EPD division for replanting trees that have been dug up for construction of the new colleges!

**Please** get everyone involved in these household recycling programmes; this means you, your kids, your domestic helpers and your friends so that we can all contribute to solving one of the major problems of the 21<sup>st</sup> century. After all, it's the next generation's world we're burying in rubbish.



Before the 38<sup>th</sup> *Hong Kong Arts Festival* begins on 25 February and continues until 28 March, it seems as if not much is happening but you can still find other arts events and especially those with a tie to the Lunar New Year and Valentine's Day. See below under "Additional events..."

In a brief introduction to the Arts Festival, tickets can often be purchased at the last minute for some events but often only the highest-priced ones remain for most so if you want to be assured of going to something, it's best to buy now and not wait until after the Lunar New Year holiday. You will need to check with URBIX at 2734-9009 for ticket availability; useful posters indicating the events that still have tickets are found at URBIX outlets in Shatin Town Hall, City Hall, and at the TST Cultural Centre: I'll give an update in next month's CCN for possibilities in March.

See too the Arts Festival's informative website for updates at: [www.hk.artsfestival.org](http://www.hk.artsfestival.org)  
In the meantime, here are a few comments on some early Arts Festival events:

•**Nina Simone, Sing The Truth**, 25-26 February at Cultural Centre Concert Hall - an evening of four jazz divas onstage in "Nina Simone Remembered", including Grammy winners, Patti Austin, Dianne Reeves, Simone, and Lizz Wright, who will sing everything from jazz, soul, blues and gospel to opera

•**King's Harmonica Quartet**, 26 February at City Hall Concert Hall - featuring Hong Kong's own "world leader of harmonica ensembles and the 1997 World Champions in the World Harmonica Championship", this concert will include old favourites and new commissioned works with a journey along the Silk Road

•**Bruckner's Apocalyptic Symphony**, 27 February plus an added concert on 28 February at Cultural Centre Concert Hall (Chief conductor Edo De Waart and the HKPO in a "monumental piece ...surpassing all other

symphonies by this master")

•**Music About China IV**, 28 February at City Hall Concert Hall -Hong Kong's own award-winning Chinese Orchestra presents Chinese contemporary music at its best

•**Café de Los Maestros**, 7 March (5 & 6 are SOLD OUT so this is an added performance) at Cultural Centre Concert Hall - "the Argentine version of Cuba's Buena Vista Social Club", this tango orchestra will take you back to the "golden age" of tango music from the 40s and 50s

•**Suzhou Kun Opera Theatre of Jiangsu Province**, 5-7 March at Cultural Centre Grand Theatre - the "most refined and literary of all Chinese opera styles and the mother of Chinese Opera", this company has received UNESCO's award of "Oral and Intangible Heritage of Humanity" and will present three different operas including *The Story of Jade Hairpin*

**ON CAMPUS (CUHK – all concerts at Lee Hysan Concert Hall in Esther Lee Bldg., Chung Chi College:**

•12 February (7:30pm) - **Lecture-Demonstration: Naamyam—Songs of Love and Lament** (part of *HK Arts Festival Plus*, this will feature three female singers of this special Cantonese narrative singing style)

•04 March (7:30pm) **Recital: Artem Konstantinov, cello**

•18 March (7:30pm) **Recital: Gustavo Romero, piano**





## Arts Calendar ... by Charlotte Weiss

### Additional events (non-Arts Festival)

(tickets available for the following LCSD events at URBTIX outlets or by advance reservation at 2734-9009 unless otherwise noted)

#### AT SHATIN TOWN HALL:

•18-21 February in the Cultural Activities Hall

**Hong Kong Oriental Orchid Flower Show 2010** (this is high art too!)

#### AT TAI PO CIVIC CTR. AUDITORIUM:

•7 February

**Colourful Guizhouh: Guizhouh Provincial Song and Dance Ensemble**

#### AT OTHER VENUES:

•5-6 February

**Yundi Li & the HKPO**, Hong Kong Philharmonic Orchestra at Cultural Centre Concert Hall (please note that only a few tickets remain in the \$680 category for both nights)

•5-7 February (7:30pm) & (2:30pm on the 6<sup>th</sup> and 7<sup>th</sup>)

**Firecracker: A Voyage of Reignited Recollections**, Hong Kong Ballet, at Cultural Centre Studio Theatre (a clever parody of *The Nutcracker* that remakes the story into a Hong Kong one based on HK's popular culture and history including old Cantonese films – love the promotion brochure!)

•5-6 February

**Ode to Beethoven**, Hong Kong Sinfonietta at City Hall Concert Hall

(a double delight that features Beethoven's 9<sup>th</sup> Symphony along with Opera Hong Kong Chorus)

•10-11 February

**Mahler III: What Love Tells Me**, Hong Kong Philharmonic Orchestra with The Women of the HK Phil Chorus and The HK Children's Choir at Cultural Centre Concert Hall

(Chief conductor Edo De Waart will lead the orchestra in this "heartfelt outpouring of sheer love" and billed as a Valentine's Day event)

•21 February

**Colleen Lee, Piano Recital**, at Cultural Centre Concert Hall (Hong Kong's own international prize-winning pianist has a fantastic programme lined up)

#### SPECIAL EVENT:

•2-14 February (various times)

(tickets available at HK Ticketing at 31-288-288 and at Tom Lee Music outlets)

**The Merchants of Bollywood, Musical, presented by Lunchbox Productions**, at HKAPA Lyric Theatre (after a highly successful world tour, musical lovers and others will be highly entertained by this fun production with a cast of over forty in "a show filled with dance, glamour, glitter and music of Bollywood films")



## Health Focus - Singing for Health and Fun by Gillian Kew

Many of us have sat with our fingers in our ears as various American Idol wannabes screeched their way tonelessly and arrhythmically through their auditions, seemingly unaware of the pain they were causing. Well, we may have suffered, but they benefited from their efforts (if you ignore the international humiliation, of course). It's official - singing is good for you! Even if you are a tone-deaf shower-singer of the William Hung variety you can still reap the benefits of a regular warble.

Studies have linked singing with a lower heart rate, decreased blood pressure, and reduced stress, according to Patricia Preston-Roberts, a US based music therapist who uses song to help relieve a variety of psychological and physiological conditions.

Researchers at the University of Frankfurt in Germany, found that choir members had higher levels of immunoglobulin A and cortisol (markers of enhanced immunity) after singing. In a separate study, choir members reported more energy, improved lung capacity, better posture and feeling more relaxed and confident.

Singing in a choir seems to be particularly beneficial to quality of life, well-being and physical health, according to a British study. University choir members were asked whether they had benefited from their involvement in the choir – an overwhelming majority agreed. They met new people, felt more positive, and alert and some were spiritually uplifted. In a second study, subjects commented that singing helped them feel more happy and relaxed.

Whilst it seems that we can all benefit from singing, one group appears to have the edge - the elderly (or seniors), Research into a seniors' choir (aged 70 plus, on average) in Washington, USA, found significant health improvements compared to seniors in control groups, with fewer visits to the

doctor, fewer eyesight problems, less depression, less need for medication, and fewer falls and other injuries.

In addition, the seniors themselves noticed qualitative health improvements, according to Jeanne Kelly, director of the Levine School of Music, who led the choral group. They developed better voice quality and tone (not just when singing, but in general) easier breathing, improved posture, and an improved general sense of well-being.

Singing has also been shown to help people suffering from Alzheimer's disease. The UK Alzheimer's Society runs "Singing for the Brain", a nation-wide programme (with over 30 branches) that uses singing to bring people with dementia and their carers together in a friendly and stimulating social environment.

The activity provides a novel means of self-expression, a way to access memories and the opportunity for social and creative interaction. Even when many memories are hard to retrieve, songs can sometimes still be recalled. Being able to perform the simple act of singing an old favourite with a group of people can give an emotional and psychological boost to dementia sufferers and their families.

Singing tutor Liz McNaughton, who is a freelance voice coach with "Singing for the Brain", says, "The music ... is so powerful that people who have lost their ability to speak can access songs and words from the melody." The "Singing for the Brain" sessions for Alzheimer's have become so popular that they have been extended to patients suffering from other neurological problems, such as Parkinson's disease, stroke, patients recovering from head injuries, and special needs patients.

John Lennon, Professor of Music Composition at Emory University, Atlanta, USA,



## Health Focus - Singing for Health and Fun by Gillian Kew

says, "Like the infant, we sing because we feel good and singing makes us feel even better.... it may well be counterproductive to one's well being not to sing". Babies and children love to sing, too, so it seems reasonable to assume that singing will be just as good for them as it is for us.

Preschool teachers have known for a long time that children learn best through songs. They find it easier to remember the material and it is easier to keep them engaged. Brain research has shown that the left and right sides of the brain are activated when we sing. The process of singing stimulates both new learning and memory, and has also been shown to help children's language development. Children's songs tend to be repetitive and involve movements such as clapping and dancing (think of the Wheels on the Bus). This mix of singing and movement helps children develop muscle coordination and body control.

Although we don't often think about it, children also have most of the anxieties and fears that we have, and many of the health problems, with the added difficulty of not being able to understand them. Singing provides an emotional outlet and sometimes an escape from their fears.

Finally for the children, the problem of Asthma - singing really does help! A UK programme (called the "Huff and Puff" project) uses simple songs, rhythms and breathing techniques to teach the children not to panic when they suffer shortness of breath. A research project in the US confirmed this when primary school children demonstrated better lung functioning after singing than the control group, who performed relaxation exercises only.

So there you have it - young or old, alone or in a group, tone-deaf or the next Pavarotti or Callas, it doesn't matter: singing is good for you - now get out there and do

some! The list of choirs in Hong Kong is exhaustive, but they can be located through a simple Google search.

Meanwhile, to help you on the way, take a look at page 15 of this issue for a choir right on your doorstep



**Websites:** [BBC News: How Singing Unlocks the Brain](#), [Natural Health May 2005](#), [www.SixWise.com](#), [http://www.breathing.com/articles/why-we-sing.htm](#) **Journal articles**

Stacy R, Brittain K, and Kerr, S (2002), *Singing for Health: An exploration of the issues*, Heath Education, Vol 102 Number 4, p156-62  
Clift S.M and Hancox, G (2001) *The perceived benefits of singing: findings from preliminary surveys of a university college choral society*, The Journal of the Royal Society for the Promotion of Health, Vol. 121, No. 4, 248-256  
Wade, Leanne M (2002) *A Comparison of the Effects of Vocal Exercises/Singing Versus Music-Assisted Relaxation on Peak Expiratory Flow Rates of Children with Asthma*, Music Therapy Perspectives: Vol. 20, No. 1, P 31-37.

## The Tiger and The Cupid - by Anita Chan

Tiger, Cupid clashing bright  
In the midst of the New Year night!  
For the Tiger or the Cupid, dilemmas abound  
Vivid in strict human rubrics pounded!  
Go, go for the Cupid,  
The love songs are lyrics.

The fierce Tiger thus enraging wild  
In the reveling air of the New Year night!  
For the Tiger or the Cupid, paranoia abound  
Vivid in sweet hearts and kinship bound!  
Go, go for the Tiger,  
The filial affections are saga.

Tiger, Cupid battling bright  
In the midst of the New Year night!  
Tiger, Tiger dear, would you be the winner?  
No way, no way, you may be the loser.  
For Cupid reigns the world stealthily  
In the oblivion of thy majesty!

Tiger, Cupid harmonizing bright  
In the midst of diversity ride!  
Tiger, Cupid are drunkenly ransomed  
By the sea of roses and peach blossoms!  
Who do you think are the winners?  
The synchronized flower vendors!



## The Joy of Parents on Graduation Day - by Anita Chan

The wintry warm sunshine bathed the campus with gaiety, the rhythm of the hearts and footsteps looked forward to sharing the success of their children.

The yellow-coloured marquees clashed naughtily with the national anthem to spawn beautiful smiles from the deepest of parents' fond minds. The heroic figures behind the scene – parents, putting on their smartest suits and their best ceremonial attire, already seated in the audience area. The strongly-scented bouquets of roses, ivy, lily, or daisy joined the blithe spirit of the ceremony from close and afar.

At the entrance on Tai Po Road, the four pillars were an icon for photographs; parents joined the queue with their beloved 'stars' to have a good snapshot of the glorious moment in academic dress. 'One, two three, cheese!' – The "Hollywood" smiles showed their pride and their joy, the harvest of patience and perseverance. Tightly and eagerly they leaned against the

stone engraving as if they were sad to leave. It is a revelation of passion for this honourable edifice where their children spent the last few years.

The train station was overwhelmed with bouquets from parents and cute teddy bears with academic hats. Asking politely where to take the transport to the graduation venue, parents gingerly walk the paths in order not to damage the green lawn before them; their faces seemed to tell us, 'Look, this is an esteemed place of high academic learning; I need to behave.' The humble parents acted in every way gratifyingly, well aware that this occasion had a strong bearing in life.

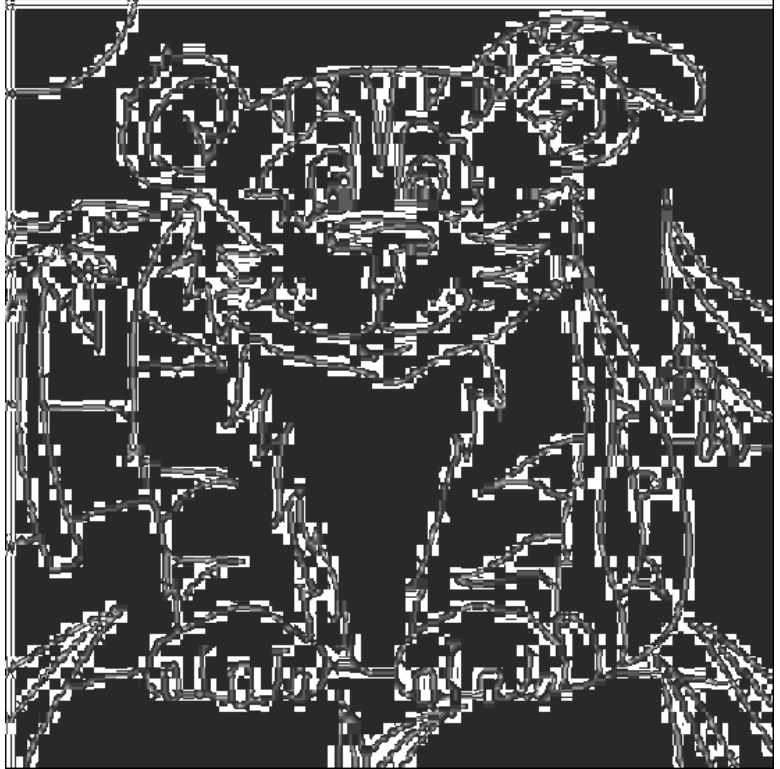
Amid serenity, solemnity and sensibility, the graduation ceremony bears its right to proceed peacefully. Hijackers of peace, please respect the graduation, parents and yourselves.



## Children's Page

### Make your own Chinese New Year Card

Turn this cute tiger it into a New Year Card. Simply colour it, cut it out (with an adult's help) and paste it onto the front of a folded piece of A4 card paper or construction paper - any colour, but red would be good! When you've done, either write your own message in a thick, felt tip pen, on the inside right page of the card. Or use the one on this page, for more colouring and cutting fun.



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## Community Notices

**The Master of Arts in Chinese Studies course is:** a flexible, one-year program; taught and examined in English designed to accommodate a wide range of interests and needs for graduate training in Chinese Studies

**Career paths chosen by graduating Centre MAs will be diverse.** Regardless of your future plans, the Centre for East Asian Studies aims to provide you with the knowledge of China necessary to reach your career and personal goals.

**The MA in Chinese Studies** is an interdisciplinary program. Students complete 9 units of required courses and 15 units of electives. Courses offered include:

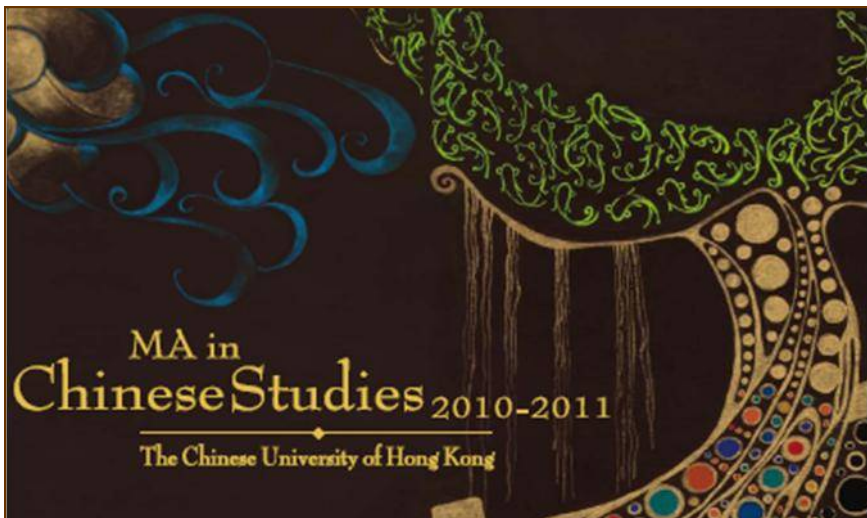
*Economy of China; Sino Us Relations; Globalization and China; Globalization and China; Cross-Strait Relations; Chinese History in the Field; China on Screen; Marketing in China; China Business; Emerging Financial Markets of China; Institution and Reform in China; Comparative Studies of Asian Cinemas; Issues of ICTs in China; Seminars in the Anthropology of China; Special Topics in Chinese/Hong Kong Art and many other courses taught in English across the curriculum..*

**Admission Requirements:** Applicants must have an undergraduate degree in any discipline from a recognized university and fulfil the English Language Proficiency Requirement as stipulated by the Graduate School.

**The Tuition Fee** for the MA in Chinese Studies is HK\$80,000 per annum (Provisional).

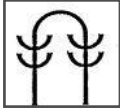
**To Learn More: Contact the Centre for East Asian Studies:**

Room 704, Hui Yeung Shing Building, Chung Chi College, The Chinese University of Hong Kong or visit: <http://www.cuhk.edu.hk/cea/contact.html>





## Community Notices



### February Coffee Morning And Lunar New Year Celebration

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



**Date:** February 5, 2010 (Friday)

**Time:** 10:30 – 12: noon

**Place:** Residence 14, Recreation Room, CUHK Campus

**Special Feature:** *Making Sweet Soup for the Lunar New Year*

Followed by a **Lunar New Year Luncheon:** 12:30 Chung Chi Staff Club

(Please email CUWO so we can make a reservation.)

Because the Lunar New Year falls in mid-February this year, CUWO is having a demonstration for making a sweet soup that is traditional for the Chinese New Year. Afterwards, join us for a new year's luncheon on campus.

If you are unable to join us for Coffee Morning, do join us for the luncheon if you are on campus. The reservation will be made under the name CUWO.

**NOTE: Children are Welcome.** Our email is: [cuwo.cuhk@gmail.com](mailto:cuwo.cuhk@gmail.com)

Traditional Ashtanga

# YOGA

Simplified yogic positions with an emphasis on meditation and breathing techniques.

Every Tuesday and Thursday

from 3:45 to 4:45

at the Chinese University of Hong Kong

Find your tranquility amidst the stress of everyday life with:

**Ms. Jwala Jhaveri 6010-6258**

## Community - Do YOU Love to SING?

### **The Hong Kong Women's Choir**

*Come, sing with us and support local Hong Kong Charities!  
Join a dynamic and fun group of women singers:  
We meet weekly for fun, friendly singing rehearsals  
and perform charity concerts twice a year.*

**We are looking for new members to join our new  
Thursday Evening Session in the Res. 14 Recreation Room, CUHK  
Sessions conducted by choir master, Mr. Ronald Ho Chi Lam.**

**We have a great programme of songs for this season, including  
11 Jazz numbers such as:  
Diamonds are a girls best friend; The girl from Ipanema.  
Luck be a lady.**

**The fee for the season is \$1,400 or \$2,400 for the whole year (2  
seasons - a discount of \$400 if you pay for the year).**

**We perform our concerts in May all money raised goes to the char-  
ity chosen by the members for that season.**

**For more information, please contact:  
Trish Critchley Res 14 appt 5b/ 90206276/2650-8144**

**To learn more about Nova:  
E-mail: [info@thkwc.org](mailto:info@thkwc.org) or call 9674 9181  
Website - [www.thkwc.org](http://www.thkwc.org)**



### **HONG LOK YUEN SINGERS.**

**NEW SEASON COMMENCING ON WEDNESDAY 13TH JANUARY 2010  
REHEARSING IN HONG LOK YUEN SCHOOL HALL  
EVERY WEDNESDAY 8PM TO 10PM.**

**NEWCOMERS VERY WELCOME: NO AUDITION.  
WE PERFORM FOR CHARITY.**

**FURTHER INFORMATION, call TRISH CRITCHLEY 90206276**

## Classified Ads



Next to Spices

# Asian Artworks Gallery

G102, The Repulse Bay, 109 Repulse Bay Road  
+852 2812 0850 [www.asianartworks.com.hk](http://www.asianartworks.com.hk)

# Polo

*Hair & Beauty Salon*

Shop 1 & 2,  
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SALON HOURS:  
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如果你們想拥有一个清爽自然易梳髮型

PROFESSIONAL  
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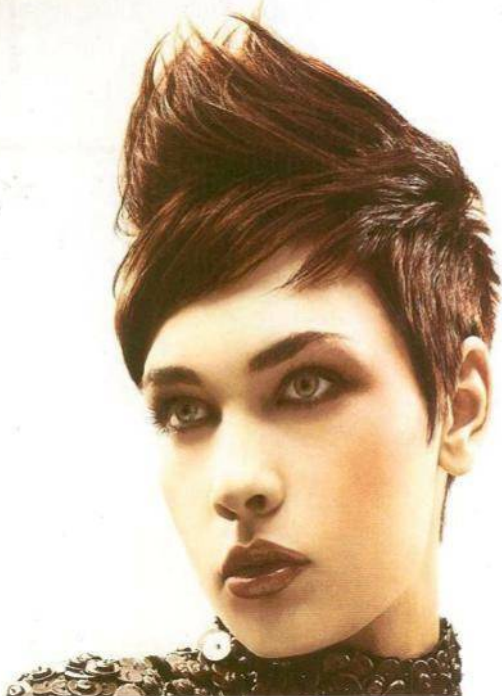
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