

Aglow

May 2010

Tung Wah Group of Hospitals
Lee Ching Dea Memorial College



Years
of *Excellence*

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Feature One

Working Holidays



Did you ever feel like you wanna run away from everything? Not trying to tell you not to be responsible. But if you want to have a big change of your environment for an unforgettable experience, a working holiday will be a good recommendation for you!

Working Holiday (WHP) was a plan worked out in the past few years. This plan will provide a one-year visa that allows you to work legally in other countries. (Some of the countries will provide a two-year visa) In this case, you can know more about a country than just travelling in it. Moreover, you can travel and gain some travelling expenses at the same time. Six countries are joining this plan so far, which are Australia, New Zealand, Ireland, England, Germany and Japan. There are various choices for you! I am sure you can find a place that can suit you well!

In order to let you know more about the Working Holiday, we have interviewed a backpacker (that means people who have joined the WHP before).

Q: Why did you join this plan?

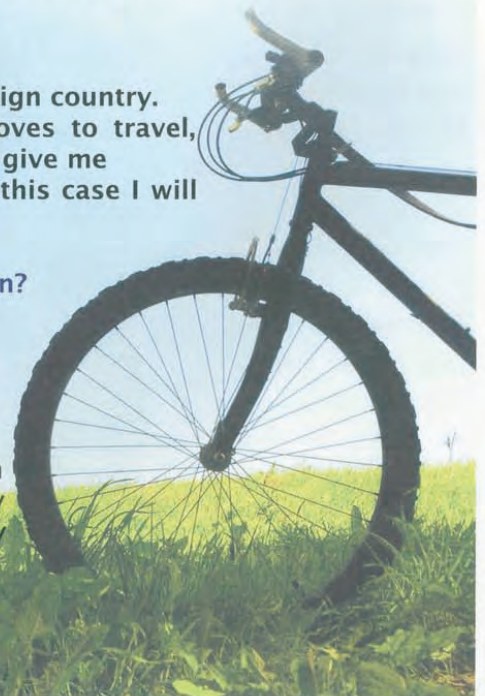
A: At first, I wanted to study abroad to approach life in a foreign country. But afterwards I discovered this plan. I am a person who loves to travel, because the work in Hong Kong makes me tired. Travelling can give me a break. WHP can let me travel and work at the same time, in this case I will have enough financial support to reach my goal.

Q: What did your family feel when you told them your decision?

A: They did say something, but most of them were neutral.

**Q: How long have you been getting ready for your trip ?
What do you need to prepare?**

A: Actually, I didn't take a lot of time to get ready for it because I had started to save money for quite a period . So when I really decided to join the WHP, all I needed to do was to apply for the visa and the plane ticket. Of course, you still have to buy some necessities like camera, sleeping bag, etc.



Feature One



Q : What was your first feeling when you arrived in Australia?

A : It is so relaxing, everything in Australia would not be in a hurry! But I did feel like I didn't know what to do when I had settled everything. That's why making a detailed plan is very very important. I spent the first two weeks travelling around the city . When it came to the third week, I discovered that money was being spent quickly, so I started to find a job.

Q: What kinds of job did you do on the trip?

A: In the whole trip , I just tried two kinds of job .The first one was a waiter and the other one was fruit picking and packing.

Q: Where did you live in Australia?

A: All depends on which city I was in. Sometimes I lived in the working hostel; sometimes I lived in my friends' home and sometimes I rented rooms.

Q : What did you feel about the Aussies?

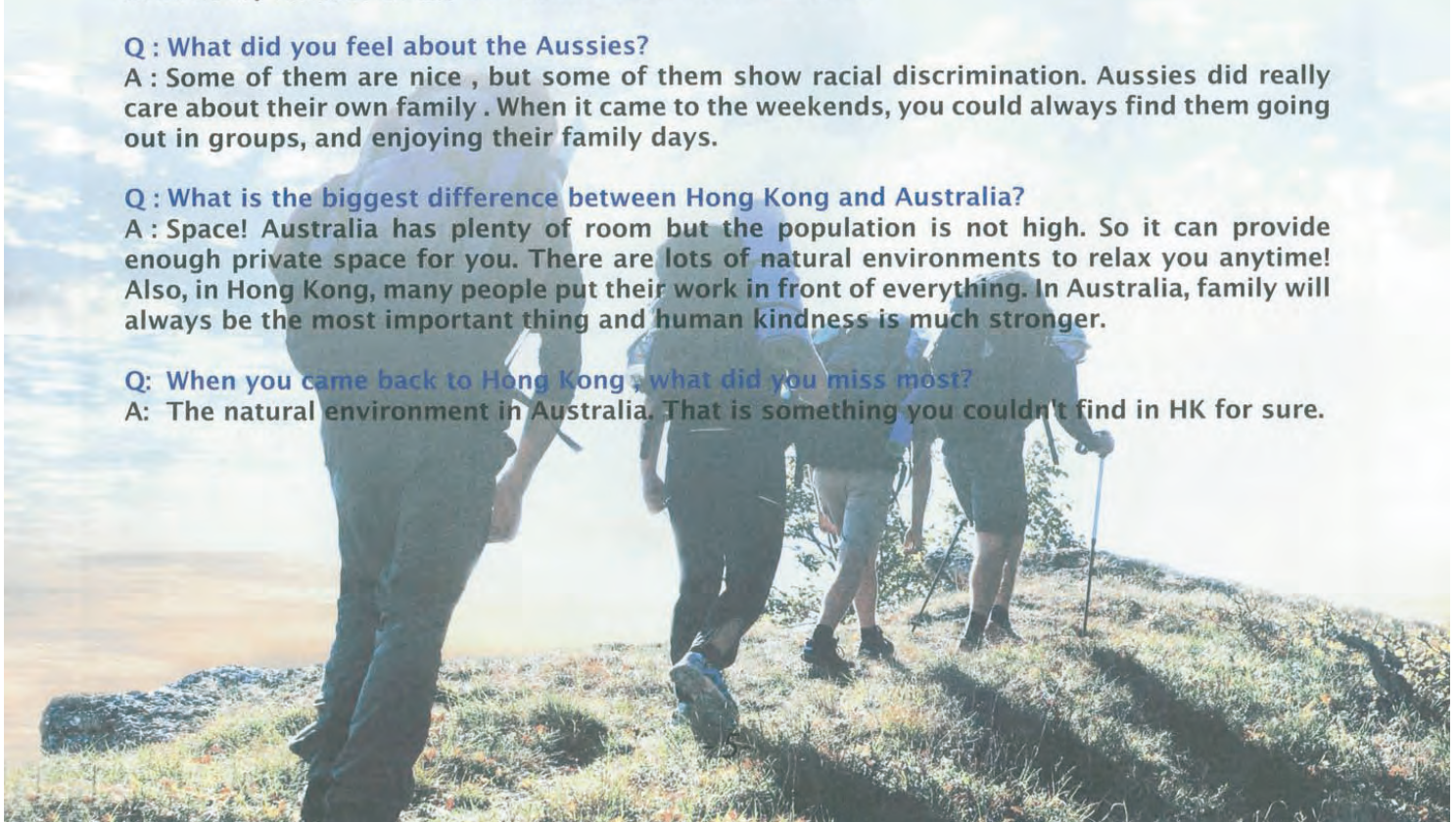
A : Some of them are nice , but some of them show racial discrimination. Aussies did really care about their own family . When it came to the weekends, you could always find them going out in groups, and enjoying their family days.

Q : What is the biggest difference between Hong Kong and Australia?

A : Space! Australia has plenty of room but the population is not high. So it can provide enough private space for you. There are lots of natural environments to relax you anytime! Also, in Hong Kong, many people put their work in front of everything. In Australia, family will always be the most important thing and human kindness is much stronger.

Q: When you came back to Hong Kong , what did you miss most?

A: The natural environment in Australia. That is something you couldn't find in HK for sure.



Feature One

Q: What did you gain or learn from your trip?

A: In that whole year, I met different people from different backgrounds. That made me reflect about life in HK. Then I found out that people affect each other mutually. When you come to a new environment that is full of different people, you will change. The other thing was, life in Hong Kong is preoccupied with fame and wealth. It is a hard thing for people living in HK to accept all people from different strata or with a different cultural background. This kind of attitude is totally wrong.

Q: What was the most important condition to go for a WHP?

A: I think the most important was your goals and your expectations about everything. Because your goals and expectations will affect how you feel about everything. For example, if your goal is to have a taste of real life, you won't feel terrible to live in a working hostel or to work in uncomfortable and hard conditions. Right?

Q: What else do you want to remind the teens who are planning to do this?

A: I think if teens are planning to go for a WHP, maybe they should wait until they have absorbed some social experience. This is to make sure they have enough financial support. Also, they can view it as a break in their life. I really do encourage teens to visit other countries. It can help them learn more and think more. Besides WHP, I think the exchange programme in the university is also a great way to approach life in a foreign country, too. You guys should really take the chance. Work hard for your road to university!



Homemade dessert Strawberry mousse cake

Have you ever been confused about buying presents for your friends? Let's make a cake!

This cake is easy to make and it is suitable for the beginners. So now have fun!

Preparation

cakemold (8inch)	1
for crust	
unsalted butter melted	60g
graham cracker crumb	150g
for filling	
sour cream	285g
strawberry mousse powder	
(for 8inch)	1packet
strawberry	1box
water	350 g



Recipe

Step1: Mix graham cracker crumbs and butter .

Mix well and pour into the bottom of an 8 -inch cakemold..

Step2: Cut the strawberries into half and put them on the edge of the cakemold

Step3: Whip up the cream and put it into the fridge



Feature Two

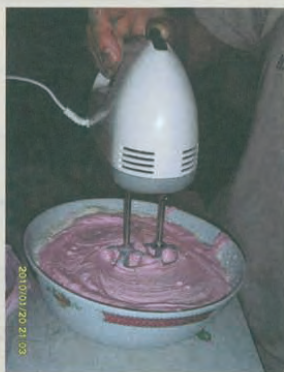
Step4: Mix the strawberry mousse powder and water

Step5: Add in the whipped cream and stir it up well

Step6: Pour the mixture into the cakemold

Step7: Put it into the fridge for 4-5 hours

Step8: Decoration time!



P.S.

All the ingredients can be bought in the shop "U CAN MAKE".

You can find other flavors of the mousse powder there.

It will be a great method to start learning how to make cakes

The Address of the shop "U CAN MAKE"

No.8, 1/F, Maximall,

No.233 Electric Road, North Point, HK

TEL:28158418

Feature Two

Desserts always help us relax and make us happy after a busy day. Sometimes I really appreciate that Hong Kong is a food paradise. Then I will have a chance to taste different types of desserts. Here, we will introduce four different kinds of dessert to you. Maybe it will help a little to get rid of the stress you have.

Japanese Style Dessert

The shop is hidden in the corner of the World Trade Centre. The light in it is not too bright and the walls are painted with a series of comforting colours. It can provide a quiet place for you and your friend to enjoy your treat.

There are around 40 kinds of crepes provided. We tried two kinds of crepes when we visited. One of them is Banana Cheese Cake with Chocolate sauce Crepes. The Pancake layer was of an appropriate thickness. The ingredients completely filled up the crepes. Banana flavour goes well with the Cheese Cake. The only thing that needs to be improved is the sweetness of it. Also, remember to bring something to drink when you visit the shop.

Another one is Strawberry Brownies with Chocolate Sauce Crepes. The brownies were a bit hard, with a strong chocolate flavour. The strawberry is cut into half and the juice is blended with the cream. Overall, it is a delicious dessert. It can satisfy you for sure.

As well as the sweet treat, the shop sells some salty crepes too, like ham with eggs, tuna salad etc. So, if you want to have something special for your lunch, maybe you should go and have a try!



Italian Style Dessert

Healthy diet is something most people will be concerned about nowadays. Some people will think that dessert is not a healthy treat at all. Or perhaps some of you will want something not too heavy. Then frozen yogurt is suitable for you.

There is only one flavour of frozen yogurt. But the yogurt is freshly made every day. You can choose a few kinds of toppings to serve with the vanilla yogurt. I tried the oreo, strawberries and the homemade crumbs with the frozen yogurt. It is just like eating some kind of yogurt-flavoured ice-cream. But the toppings gave some surprises to me, especially the crumbs. Some crisps were added to the yogurt and they worked really well with it!

The frozen yogurt is a light dessert that is suitable for all of us! The yogurt in this shop is made with less sugar and fat. Each cup of yogurt has less than a hundred calories. It will be a wonderful treat for the girls who are on diet.

Also, you can find dried-grapes and cheese scones in the shop. The scone is not too sweet. It has a crispy cover with soft cake inside. It is worthwhile to have taste of it.

Mazazu Crepe

Types of food: Ice-creams, Crepes

Price: \$ 25 - 45

Website: <http://www.mazazu.com.sg>

Address: P303, World Trade Centre, 280 Gloucester Road, Causeway Bay, Hong Kong

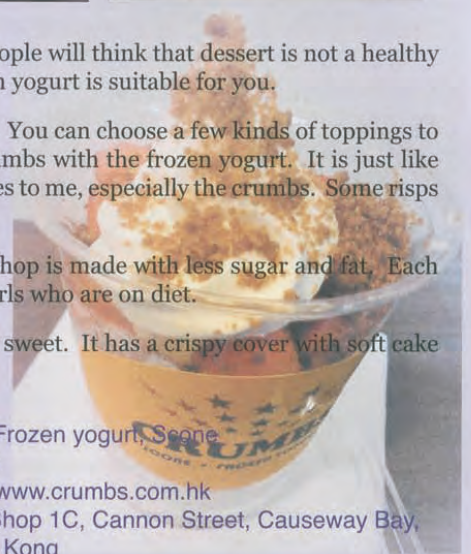
Crumbs

Types of food: Frozen yogurt, Scone

Price: \$ 18 - 32

Website: <http://www.crumbs.com.hk>

Address: G/F, Shop 1C, Cannon Street, Causeway Bay, Hong Kong



40th Anniversary

GROWING WITH LCDMC

INTERVIEWING

MR LAI & MS WEI (MRS LAI)

Our teachers, Mr Lai and Ms Wei have been teaching in this school since the mid 70s. The former seems cool while the latter always wears a shining smile. How much do you know about them? Let us have a deeper understanding about them.

When did you start teaching at LCDMC and what subjects do you teach?

Mr Lai: 1975, Design & Technology

Ms Wei: 1978, English Language

As teachers who have served in this school for a long time, can you tell me about the changes in LCDMC students from the time you started teaching at LCDMC?

Mr Lai: LCDMC students used to have a good reputation on Braemar Hill. When I started teaching here, many people thought that they were obedient and well-behaved. Their hairstyles and uniforms were always neat and tidy. In recent years, I can still hear people including taxi-drivers praising our students saying that they behave much better than many other students who study on this hill. I think all LCDMC students should thank the discipline teachers for keeping strict discipline in our school. As teachers we should teach them to be respectful, responsible and self-disciplined. I think this is as important as academic knowledge.

Ms Wei: Throughout my years of teaching in LCDMC, there are always some students who think that English is a difficult subject. However students in the past seemed to be more determined in overcoming their difficulties. They know that they have to master the language if they want to continue their studies and have a bright future. In recent years, teaching English is becoming more challenging as there are more and more temptations around students. Young people are less interested in reading and their attention span during lessons has become shorter. Teachers have to think of different ways to keep their attention throughout the lessons. Of course there are still many hardworking students with very good learning attitudes. They are eager to learn and improve themselves. These students usually get good results in their HKCEE.



40th Anniversary

They both think that the difference in ability between students is becoming bigger and bigger. So, a class with 40 students may be difficult to teach as some students may need more attention and care. They think that small class teaching can be more effective if it is possible.

Other than students, are there any changes in the facilities of this school?

Mr Lai: In the past there were only 8 storeys in our school building. A few years ago the roof was converted to the 9th Floor Activity Centre and now we have one more storey for indoor activities. However, as the area of this school is fixed, there is not much that we can add.

Ms Wei: Our school has become more computerised. Before the 90s, there were no computers at all and of course there was no MMLC. At that time, class teachers could only calculate their students' marks with calculators and they had to copy the report cards of their class one by one.

As a married couple working together at the same workplace, what are the good points?

Ms Wei: Although we work in the same school, both of us are basically two different individuals. As we teach different subjects and stay in different staff rooms, we seldom see each other at school except during lunchtime sometimes. The only good point I can think of is that we can have our holidays together and we can plan our trips more easily.

Mr Lai: Since we are both teachers and we work at the same place, we know about each other's working environment. We can have a better understanding of each other's workload and pressure.

Teaching at LCDMC for a long time, there must be some unforgettable events. Can you share one or two with us?

Ms Wei: Some of my students in the past were very naughty but they had good problem-solving skills. One day, the students of one of the Form 3 classes broke two pieces of glass near the corridor at lunchtime because they played basketball in the classroom. However, when the class teacher went into the classroom after a period of time, she could not find any trace of broken glass. She asked the students what had happened and they said that they had already repaired it. Later the students told me that the repair work and the clearing of the broken glass had to be done in a very short time. They were very nervous and afraid. They were able to get back two pieces of glass so quickly as one of their classmates' father owned a shop which made aquariums in North Point. (At that time, F.3 students could go out for lunch.). Playing basketball in the classroom is obviously wrong but I appreciate their attitude after making the mistake. Instead of blaming each other and denying what they had done, they chose to co-operate and solve the problem together. I met these students not long ago and they could still remember the case clearly.



Mr Lai and Ms Wei have taught at our school for more than 3 decades. We sincerely thank them for their enthusiasm for teaching and spending this afternoon talking with us.

40th Anniversary

Special Thanks to LCDMC



Stephenie Ang 7S

Due to some special reasons, I came back to Hong Kong in 2008 after receiving 11 years of education in Malaysia. I was lucky enough to be accepted by LCDMC. I enjoyed my time in LCDMC. I would like to give my special thanks to Mr. Yuen and Ms. Fung. Both of them were very supportive and caring. I had a hard time adapting to the distinctive Hong Kong education system when I first arrived. They gave me much encouragement and support. They are like candles in the dark, guiding my way along.



Special thanks to LCDMC for giving me
A shelter where I stay from the storm;
A platform where I share my happiness and sadness;
A stage where I play my life's story;
A home where my heart belongs.



Julius Lui 7S

I wish to express my warmest thanks to Miss So, my Pure Maths teacher, for her great passion for teaching.



Angel Lee 7S

We all enjoy Mr. Leung's physics lessons, including all the interesting experiments and fantastic gags.



Gordon Miu 7S

I would like to thank Ms. Fung wholeheartedly for her enthusiasm for teaching us, especially for her patience for marking our silly and ungrammatical writing.



Ted Chan 7S



Miss Rose Chan has changed my life. I hated Maths when I was in primary school. After being taught by Ms. Chan, I found Maths interesting.



Sunny Tan 4A

40th Anniversary

I really want to say thank you to all the teachers at LCDMC. I've learnt a lot from them. Also I have had many opportunities to join many meaningful activities, like the Beijing trip 2007 and the summer course on leadership training. After all these years, I have become more mature and confident. Thank you, LCDMC.



Maggie Hon 4A

I am so glad to study in this school. Teachers take good care of me. I've become more active and outgoing than before.



Sandy Wong 4D

I came to this school in F2. Teachers here are enthusiastic, though they are quite strict at times. I am honoured to be a member of this big family.



Ruqi Lin 4D

If you ask me which place is my favourite, without further thoughts, I would answer, "LCDMC". Here, I explore, I err, I reflect, I understand, I learn and I grow up. Thanks, my dearest LCDMC.



Natalie Ng 5A

Teachers at LCDMC make every endeavour to teach and support us. With teachers' encouragement, we learn from our mistakes and strive for excellence.



Vince Nau 5A

LCDMC gives me a totally different experience of secondary school life. If my previous school is my second home, LCDMC is my third. I love this new home.



Lily Lee 6S

I want to thank all the teachers who have taught me to be a good and obedient student. I also want to thank my classmates who play with me, share my thoughts and comfort me when I am unhappy.



Anson Lam 3A

Some teachers are funny, some are serious, some kind, some strict....Anyway, all of them are TERRIFIC!!!



Jennifer Au 3A

Snapshots



People - Janitors

Our Great Supporters Behind the Scenes

Name: Uncle Ip (葉叔); **Seniority:** 10 years; **Responsible area of work:** Supervisor, maintenance

My comments on LCDMC's students? Haha, I can say that the majority of the students here are well behaved. Most of them are helpful to both teachers and janitors. They keep their personal hygiene and are environmentally friendly. Also, they care each other well and always follow teachers' instructions. I'm sure that those well-behaved ones must get high grades in their academic results and conducts too, right?

However, a small number of students in this school still have to learn to be more caring and responsible. Anyway, I am happy to work here with the lovely kids.

You know, I am a hardworking student, too! I am attending courses for electricians and about work safety at my free time. I hope I can share what I've learnt with my colleagues.



Name: Uncle Kuen (權叔); **Seniority:** 2 years; **Responsible area of work:** Cleaning, providing resources

What I think students can do to help the janitors? Well...I think students in this school are generally good but they can be even more self-regulated. For example, they should make sure that the rubbish is thrown into the rubbish bin, especially the used tissue paper. Also, they should try not to wet the floor after washing hands.

Name: Auntie Guen (娟姐); **Seniority:** 14 years; **Responsible work:** sundry work, mainly responsible for the 2/F floor.

My unforgettable or special memories at this school? Let me see...I'll say I never forget the Parents' Day every year, all the janitors are working hard on cleaning each and every corner of the campus, as we are responsible to show the most beautiful and cleanest side of the campus to the guests and visitors. I'm really tired after the day every year!

Another special moment that I remember most is the time when SARS and flu spread in Hong Kong. We did far more extra work at that time. We needed to tolerate the pungent smell of the bleach every day! But it's all for the sake of making sure the campus was safe and clean after all.

My impression about students in this school? Well, students are generally good in this school but I should say students in the past were even more polite and well-behaved.



Name: Uncle Kwong (光叔); **Seniority:** 9 years; **Responsible work:** sundry work

To share some disgusting work I had ever done at this school with you? Um...that's not easy to answer! I think the most disgusting work should obviously be cleaning the vomit of the sick students. We have to clean it up and keep the classroom tidy.

Oh, as for my comments on students? Haha, it depends. Most of the students here are well behaved but some are quite naughty, I think. Some lazy Day Stewards forgot to perform their duties by clearing the rubbish from the rubbish bin. (Please remember to do it!)

Writer's view

Janitor's work isn't easy at all. They have a lot of hard work to do while we are having lessons and enjoying our school life. It's good to know from janitors' point of view that most of the students in this school are well behaved. I hope that not only the majority but all students can be responsible in the near future.

As helpful students, there's something we should do to help the janitors. We can help them simply by flushing the toilet or throwing rubbish into the rubbish bin properly.

All of us should appreciate the hard work of all the supporters for keeping the campus clean and tidy.

Thank you, our great supporters!!

People - Billy Sy

Follow Your Dream

Actor and Dramatist from LCDMC- Billy Sy

Born in Hong Kong and educated in Hong Kong and the UK, Billy graduated from the Central School of Speech and Drama with an MA in Advanced Theatre Practice and specialized in Performing. Before going to drama school, Billy received a BA (Hons.) in Sociology from University of Nottingham, and was awarded a Distinction for the ACTL Diploma in Musical Theatre Performance by Trinity College.

Billy has performed in a wide range of theatre projects – from Fridge to London West End productions; from classical to contemporary and experimental theatre. He has worked with many prestigious and innovative theatre companies such as The Old Vic, Royal Court Theatre, Yellow Earth Theatre, as well as being a bi-lingual voice-over artist (English and Cantonese), and assistant director and movement director for various stage productions.

In 2009, Billy returned to his home city, Hong Kong, to develop his career. He soon got his first theatre role in Square For Five by 'Theatre Fanatico', then moved on to take part in an acclaimed Cantonese musical 'The Passage Beyond' with 'Actors' Family'; 'Boundless Movement' with the 'Hong Kong Repertory Theatre' and its latest sold-out musical production 'Scrooge': The Musical (English & Cantonese versions) doubling the roles of Young Scrooge / Nephew Harry.

Billy's next appearance on stage will be in I Sell Love with 'Theatre Lab' in April 2010, at the Hong Kong Cultural Centre Studio Theatre.

1. When did you leave LCDMC and why did you choose England?

I left LCDMC in 2001 after I finished F.5. I chose England because I thought the educational system there would be similar to the one we had in HK, and I also heard England is a good place to study drama and literature.

2. Where did you study in England and why did you choose Drama?

I studied in three different places in England. First of all, Reading, a small town near London where I attended a boarding school for my high school studies. Then I went to a place in the middle of England called Nottingham for university, where I studied Sociology. After university, I moved to London to receive training at drama school, and I stayed there to work as an actor until early 2009.

People - Billy Sy

3. Did you feel frustrated about the different environment when you first went to England?

It wasn't too much of a frustration I guess, rather, I was quite excited when I first went to England. I was excited about the architecture, the wide range of school activities I was offered, and the international atmosphere at school.

4. Do you think there are any big differences between students in England and in Hong Kong?

I think, in general, students in the UK are more responsive and expressive than those in Hong Kong. They are very willing to answer the teachers' questions and would ask as many questions as they feel needed, and they're not afraid of people thinking their questions are stupid.

5. Do you have any special memories of acting in England?

I acted in the main role in a short film where I had to speak in Japanese and we filmed it in winter at 3°C, and I had to wear short sleeves and run on the street with bare feet many times. I had never felt that cold in my life.

6. What do you miss most in England?

I miss the freedom, the multicultural environment and the less polluted air.

7. Was there any special food you liked in the UK?

To be honest, British food is not that fancy if you ask me. My first experience of having British food was in boarding school, where I found it horrible. But then I realized you could get better British food elsewhere. There is typical food like fish and chips, cottage pie, roast meat with Yorkshire puddings etcetera. They could either be really good or quite bad, depends on where you get them. But I had the most delicious fish and chips in a small town by the seaside in North England, called Whitby.

8. What have you been doing since you returned to Hong Kong?

Since I came back, I've been working as a freelance actor, mostly for theatre, and a drama educator. I also teach English sometimes.

9. What are you doing at the moment? Can you tell us about the show you're working on and where we can see it?

I've just finished 20 performances for 'Scrooge' - the Musical with the Hong Kong Repertory Theatre, where I doubled two roles in both of its English and Cantonese versions. I'm spending more time on teaching and writing at the moment, until I perform on stage again in April.

10. Any future plans or things you'd love to do?

I would love to keep doing theatre, and to develop my own shows in the future. The most important thing is to do the things you enjoy doing and the things that you are passionate about.



Interview researched and written by
Daisy Luk, King Yuen,
Joey Ho (6A), Natalie Chan,
Michele Chan, Herman Chan,
Latetia Lee, Yvonne Wan,
Michael Leung, Grace Ng(6S)

Touch Differently



Since the launch of the Apple iPhone in 2007, many mobile phone manufacturers are now making 'touch phones' in order to increase the amount of their users, thus widening the international market share.

You may have experienced or you may own one, but do you know the working principles behind those touch screens? Well, there are mainly two types of touch screen technologies: capacitive & resistive. Let's find out more information about them.

Capacitive Touch Screen



Have you ever used a laptop with touchpad, which is a little square area for you to put your finger onto it and control the mouse cursor? Well, that uses the capacitive sensing technology. To control this kind of touch screen, you have to use something conductive, like your finger. What if you are wearing a pair of gloves and want to control that screen? Well, you have to take them off..

Capacitive touch screen can sense more than one touching point, thus allowing 'Multi-Touch'. Added to this, capacitive sensing can be used in a mechanical way too. The Apple's iPod click wheel is a well-known implementation of capacitive sensing.

Resistive Touch Screen



If you have used most of the electronic dictionaries, you might have felt the way that you touch a resistive sensing screen. While a capacitive screen is beautifully smooth to operate because it just requires the presence of your finger, resistive touch screen requires the pressure of your finger due to its operating principle.

Unlike the capacitive touch screen, you can use your finger, or something non-conductive like a stylus for this type of touch screen. Besides, the costs are relatively low. As the technology changes, resistive touch screen can also support multi-touch input, but is rather at an early stage.

Let's find the two iPhone users to see whether iPhone is hyped up by the media.



Ms Chan (English teacher)



Mr Lam (Chinese history teacher)

Comparing mobile phones with traditional keypads, what is the feeling when you manipulate your iPhone with your fingers?

Miss Chan: I feel more convenient when using iPhone. For the software, the user interface is user-friendly and very sensitive. What's more, there are a lot of applications for me to download. For the hardware, it is innovative and has a touch screen, which brings convenience to the users.



Mr Lam: Even though the iPhone has a big screen, I don't even need a stylus to control it. One single hand is enough to get the job done.

Would your next mobile phone be the next generation of iPhone?

Miss Chan: Yes, as I am used to the way I use the iPhone.

Mr Lam: No, actually I am not using iPhone now. As I need a bigger and clearer screen, and mobile office suite, such as Excel. Windows Mobile has all the things I need.



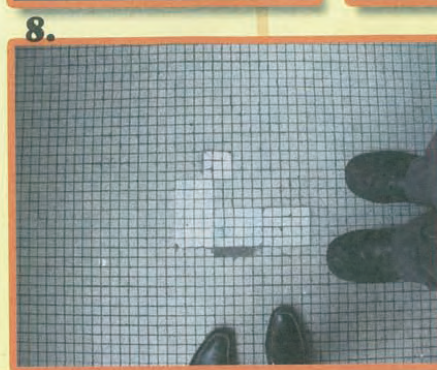
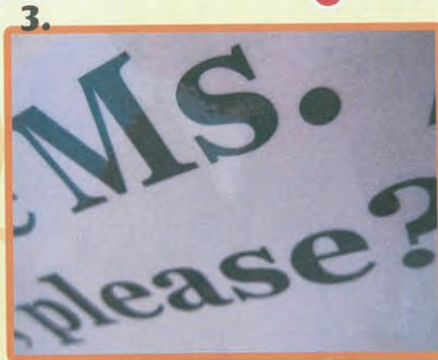
After reading this article, you may just go to those computer centres, and have a touch of those devices – you will see how different they are!



Images

Where are these places

??



Answer:
1. 8/F; 2. A locker; 3. Door of 7th Floor Staff Room; 4. The door to the refuse collection point;
5. Chemistry Lab; 6. Entrance of General Office; 7. Suggestion Box at the school main entrance;
8. Outside Room 516; 9. 5/F Drinking fountain