

Many people think that boys do not need to wear make-up, and if they do, it is very strange! But I want to tell you that they are wrong. Hoping to be more beautiful is an intrinsic need of human beings. Now I am going to suggest some easy steps to make boys more handsome and attractive.

Nowadays, many teenagers are worried about their dark circles or pimples, which will make them lose confidence. So you need to follow me now and learn how to solve these problems.

- Step 1: You need to do deep cleansing before patting some toner on your face.
- Step 2: If you feel that your skin is dry, you can put on some moisturising gel.
- Step 3: You must put on some make-up base. This step is very important because it can protect your skin and prevent the cosmetics from harming your skin.
- Step 4: Choose a foundation which is suitable for you and apply it on your face evenly.
- Step 5: If you have dark circles, you can put on some concealer to cover it. And I suggest that you use some moist concealer. The efficacy of it will be better than that of the dry ones.
- Step 6: You need to highlight your eyebrows to make your outline more prominent.
- Step 7: If you want to look sharp, you can use a shading powder to highlight the bridge of your nose. Just a little bit is enough.
- Step 8: Pat some shading powder on your cheek to adorn your face.
- Step 9: Use a tissue paper to clean your face softly and finish the make-up.



今次請來了我的好朋友Henry來當model。因為Henry提到最令他困擾的是黑眼圈以及少許的暗瘡印。

Make-up

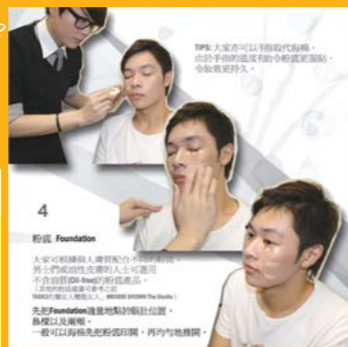
Step 1 & 2



Step 3



Step 4



Step 5 & 6

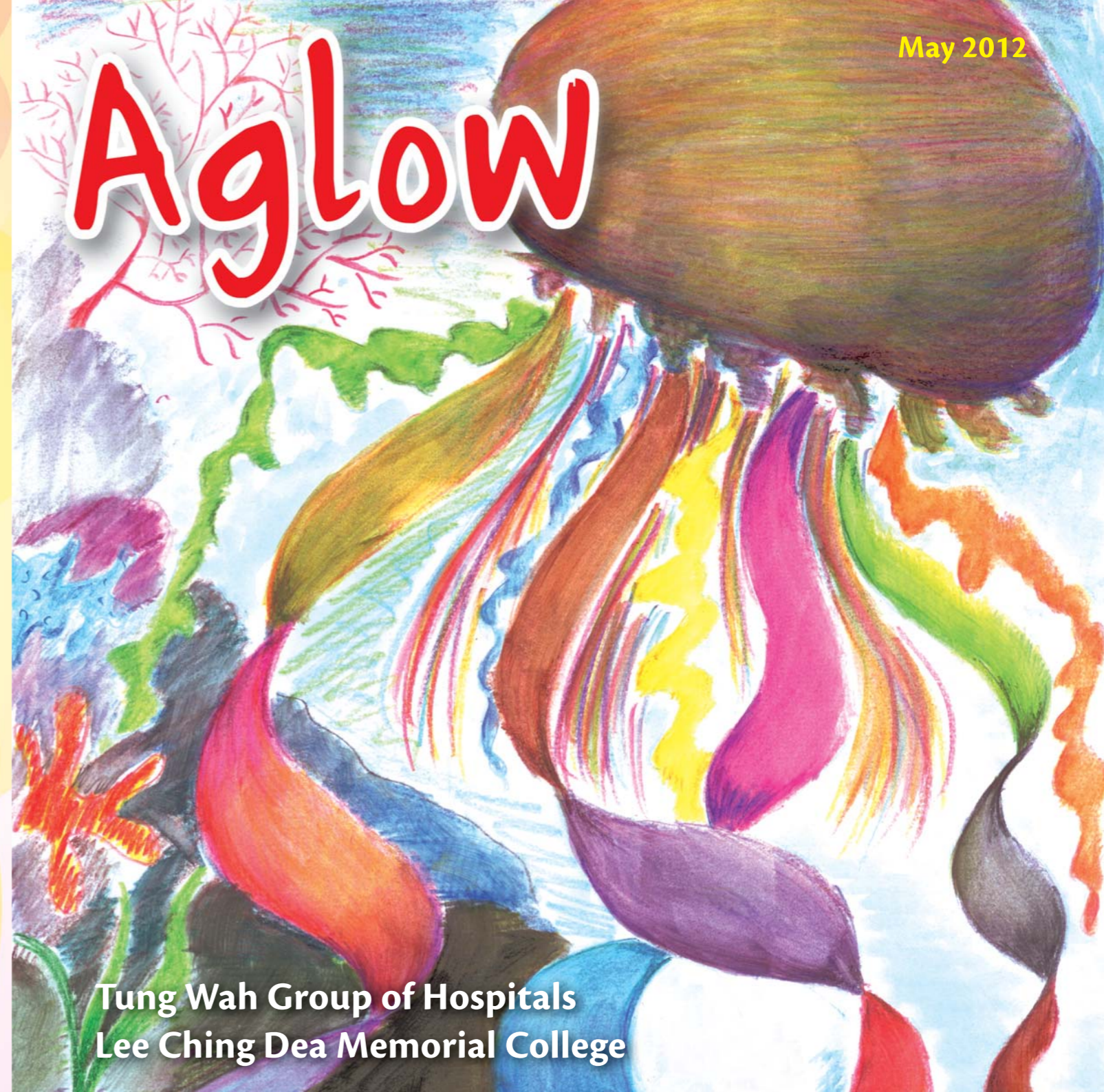


Step 7 & 8



Finish

Aglow



Tung Wah Group of Hospitals
Lee Ching Dea Memorial College

Just these nine simple steps will make you look better. Have a try!



Contents

Page	Materials
4-7	Feature One - Travelling
8-13	Feature Two - Poverty in our City
14-16	Sports Stories
17-19	Star Students at LCDMC
20-21	Pictionary - The Game of Quick Draw
22-23	Ms. Lo's Kitchen
24	Make-up

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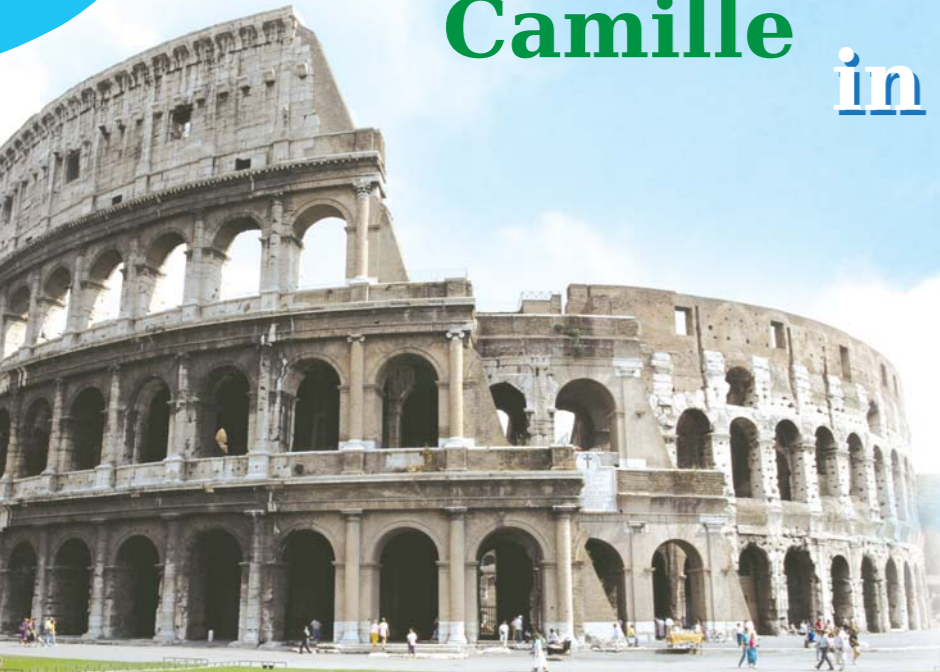
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Camille in Italy



My name is Yam Wing Fei, Camille. I was a student in F 3A last year. I am writing this article because I want to tell you about my life in Italy now and my own expectations.



Let me talk about my new life in Italy. Now I live in Reggio Emilia in the north of Italy with my host family, the Tagliattis. I have two host sisters, Naila and Ilena. They are 15 and 19 years old. My host family has a little farm, where they have some animals like dogs, cats, rabbits, chickens and gazelles, and they are also planting some vegetables, like tomato, lettuce, spinach and some vanilla. The special thing for me is they have a small vineyard, and they make red wine. When I came here in the first week, I helped them with the grape harvest. This was a good experience. I hadn't done this in Hong Kong and I understand that grape harvesting is not an easy task because you need to work in the sun. Although I don't know how to choose good wine, I know every red wine is the result of harvest workers' hard work.

On 9 October, my birthday, my host family took me to a Chinese restaurant to celebrate. I have a very warm and nice host family. I enjoy living with them.



Liceo Classico-Scientifico "Ariosto—Spallanzani" is the school where I am studying in Italy. I go to school by bus. I enjoy my new school life very much. English and Sport are my favourite subjects now, but I am confident that in a few months I can understand all the subjects. In Italy I also study Italian, art, history and philosophy. Art in Italy is different from Hong Kong. Students here have to study history of art and the architectural features of the churches of Europe. I enjoy my school life, but I don't like going to school on Saturdays. From Monday to Saturday we finish school at 1pm or 2pm and Italian students don't stay after school. They only hang out with friends on Saturday nights or on holidays. I think this is very different from what Hong Kong students do.

In the past three months, I have tried a lot of things that I have never done before in Hong Kong, like harvesting grapes, feeding the chickens and playing football in soap bubbles. This is a very interesting sport. We play football in an inflatable swimming pool, where there is no water but only soap bubbles. When you play in this pool, you always fall down, get wet, collide with each other... but you will enjoy it. I love this very much. And I learned how to make pasta too.

Three months have passed. Before I came to Italy, I promised myself that I would speak Italian well before Christmas. Although my Italian is still unsatisfactory now, I keep working hard. When I return, I will speak good Italian and I want to be more independent. Hope you enjoyed reading about my experience and wish you all a happy summer.

Travel around the World

with Mr. Au Yeung and Ms. Lee

Mr. Au Yeung



1. Which country is the most impressive to you? And why?

AY: The most impressive country is India, especially Leh district. People there believe in Hinduism, but Leh is full of Tibetan culture. I am quite surprised. Besides, the people who live in Leh are very kind and friendly. The landscape of Leh is beautiful and awesome too. It took a long time to travel to Leh by bus, so there were not many travellers. Therefore, this place is natural and is not greatly urbanised.

2. How many countries have you been to?

AY: I have been to about 50 countries.

3. Where is your next trip to?

AY: There are many countries that I want to visit, such as Peru in South America, some countries in Central Asia and along the Silk Road. However, I need to consider the budget and whether I have enough time, so I prefer to go on a trip during the long holidays.

4. Have you had any interesting experiences?

AY: Yes. I could meet people from different countries and interact with them during my trips. Moreover, I could learn about their cultures and living habits even on short trips. For example, once I visited India and met some Koreans. They brought the spicy sauce from their country and they added some of it in every meal. It was interesting that I could experience different cultures on my trips.

5. Which country is your dream place and one where you would want to live? Why?

AY: That place is Kenting in southern Taiwan. I can't say that it is a dream place, but it is nice for a retired life. The reasons for choosing this place are that it is coastal and it has a beautiful beach and nice views. The environment of Kenting is comfortable. Living there can be stress-free and people there live their life at a slow pace. Also, Kenting is near Hong Kong. The customs and language are similar to that of Hong Kong. Therefore, it is a nice place to live.



1. Which are the most impressive countries to you? And why?

KL: The most impressive countries I've been to are Italy and the Nordic countries. I went there with other families and it was a busy time with children and adults. We drove around in order to go anywhere we liked. I remember the trip to Italy. There were some special places which impressed me so much that I would like to go there again.

2. Did you have any interesting experiences?

KL: Yes, of course I did. When I went to one of the Nordic countries, what amazed me surprised was that I met someone who spoke Mandarin. It was quite surprising to see some students from Mainland China studying overseas. Moreover, I felt that there was racial discrimination as some restaurants did not welcome Chinese people.

3. Which country will you recommend to all students? Why?

KL: The Czech Republic. I will recommend this country to any history student. Most of our students have learnt History in Form 3. I believe that they know the history of the Jews. On a trip to the Czech Republic, they can get a real sense of what the Jewish people experienced in the concentration camp.

4. Why do you like travelling so much?

KL: Humans have five senses. I can stimulate my senses through these trips. I think we shouldn't just concentrate on information given in books but go out and gain new insights from real life experiences. I am sure we will gain much more than by rote learning.

5. Where do you want to travel next?

KL: I prefer going to France. I would like to visit the Palace of Versailles. I want to "feel" the place personally when I arrive at the Hall of Mirrors. I can really feel the luxurious life of the Kings. Besides, I can appreciate the famous painting of Mona Lisa when I was standing three feet in front of the big mural.

Ms. Lee



Not a Typical Bank

Where do you usually get food from? Fast food shops? Convenience stores? Or your fridge at home? Do you know that it is not easy for some people in Hong Kong to feed all the mouths in the family? However, we all know that food and nutrients are essential for keeping us alive and maintaining health. What can the society do to help the less lucky people?

Some people may say that the government is providing them with the Comprehensive Social Security Assistance. However, the supplement may not be enough for some deprived families. With soaring food prices, they are not able to purchase basic food items, such as dairy products and meats that are nutritious. For instance, formula milk is the main source of nutrition for babies. However, it is becoming more and more expensive due to inflation. Milk powder has become unaffordable to some impoverished families in Hong Kong.

Fortunately, besides the government, there are a number of charitable organisations providing different kinds of services to help the poor. The People's Food Bank was established on 13th December 2003 by St. James Settlement. It aims at providing basic food items to people in need on a short-term and daily basis. The programme also aims at relieving hunger, promoting social cohesion by encouraging people to share resources with the less fortunate people. So, let us explore this organisation and find out how it helps people.

The People's Food Bank acts as a medium to redistribute foods. It links people together by receiving foods from some corporations, schools, churches and individuals and the donated foods are then given to people in need.

Eligible applicants can receive a 6-week short-term supply of food. They can apply for assistance twice a year. Five centres are located in different parts of Hong Kong. Recipients can go to any centres to get food once a week.

However, since the financial crisis in 2008, because of inflation, the price of every product has been increasing steadily. Also, the salary increment rate has been lowered and more people have become unemployed. So, the Food Bank provides even more services, such as long-term food supplies and a canteen providing free lunches for the elderly.

Our reporter Eva (in white) with Ms. Connie Ng, who is the Service Manager of People's Food Bank



How does it work?

Milk Powder Sponsorship Scheme

Milk Powder Sponsorship Scheme provides powdered milk to deprived children aged 0-10 in order to supply nutrients to them. This is really a helpful service to parents and children.



Formula milk powder

Happy Shopping Fair

Happy Shopping Fair is also a new service. People's Food Bank sells food and daily necessities to deprived families in Kowloon West. Products, such as rice and tissue paper rolls are sold at low cost, which makes them more affordable to the deprived families. This is also a much more sustainable way for the Food Bank to help people.



Rice and pre-packed items to be distributed



What kind of food does it receive and provide?

A number of collection boxes are placed in the Link Management Limited shopping centres on Hong Kong Island, in Kowloon and the New Territories. Some companies, schools and churches also donate food and money to the Food Bank. The money will be spent on purchasing food and the food would be redistributed. So what kind of food would the Food Bank purchase, receive and provide?

To ensure that the donated food can be stored for a longer time, the Food Bank mainly receives canned food, rice, noodles and biscuits. It also provides meat and eggs. During festivals, it provides traditional foods, such as mooncakes and sweets.



Canned food with the HALAL logo



Being a volunteer

The Food Bank is a well-known charitable organisation in Hong Kong. However, there are only three staff members working in five different centres located in different parts of Hong Kong. Volunteers are required to run the organisation. Although there would be pressure working there, Ms. Ng, the Service Manager of People's Food Bank, said that there is satisfaction helping others. More and more secondary students are applying to the centre to work as volunteers. Some schools also hold events to encourage students to donate food, which helps educate students not to waste food.

What can students do?

In fact, students can also give a hand to the deprived people. Students can hold fundraising events in school. There can also be activities to arouse students' awareness of the world's food problem. In addition, they can be volunteers in the Food Bank and assist the staff members with stock checking of resources and managing the items in the warehouses. Of course, some schools place food collection boxes on campus to encourage fellow schoolmates to donate some canned food or rice.

Food for thoughts

After visiting the Food Bank at Shek Kip Mei, we found that the services of the Food Bank are comprehensive and well-thought-out. We found it very impressive that the organisation addresses the needs of different people. For example, the Food Bank provides canned foods with a logo indicating HALAL food for Muslims. Donations are important to maintain the Food Bank's services. We hope that more people can show concern towards others who are in need. For ourselves, we should not waste food and be grateful for what we have.



All kinds of food inside the Food Bank



A Course about Poverty

by Priscilla Ng (6D)

A special summer

What were you doing during the last summer holiday? Were you sitting in front of the computer day and night? Or were you travelling somewhere outside Hong Kong? Well, as I was a Form 5 student, I could only afford little time to play. However, I did a course that allowed me to 'play through work'.

The course was co-organized by the Federation of Trade Unions and EL2100. Topics about poverty in Hong Kong were taught. Don't presume that the course was boring because of the word 'taught'. The learning process was actually quite fun.

We were assigned to groups to play some games. A bundle of money in different amounts was given to each group. Maybe \$10000, maybe \$1000, all we had to do was to 'survive' for a month in Hong Kong. We were allowed 10 minutes to make spending decisions. The game ended within 20 minutes, but it was just a tough game. We also got a chance to experience the 'money making and losing' process of the working poor. Those were games for us but for people living under the poverty line, those were real life experiences.



A Course

About

Poverty

Knowing more about the ethnic minorities

Games were fun; feelings after visiting an ethnic minority family are still vivid in my mind. We interviewed a Nepalese man and found out about his life in Hong Kong. He was a shop owner. Was his life tough or comfortable? That only he can judge. The only thing we know is that when ethnic minorities arrive in Hong Kong, a common way to make money is to be a construction worker and becoming a shop owner is their goal for a better life.

To be honest, racism, although not often being acknowledged, still exists in some forms in Hong Kong. Most people from the ethnic minorities work as construction workers, security guards and domestic helpers. They usually take up manual jobs to earn a living when they reach Hong Kong. Nearly all of them are at the grassroots level in Hong Kong.

Do you know why? Because of their accents, they are considered to be unable to communicate with Hong Kong people. Because of their inability to write Chinese, they are seen to be not capable of doing a white-collar job or other jobs that require higher levels of education. These factors are affecting the diversity of work they can do.

So why do they still come to Hong Kong? Since their country is not as prosperous and stable as our city, they have to come here to work and find a way to support their family. No one wants to be far away from his/ her hometown for a long period of time.

Following the foreign domestic helpers' right of abode court case, Hong Kong people are concerned that the ethnic minorities will share the welfare they are supposed to enjoy. The discrimination issue is becoming more and more serious.



The Poverty Summit

All students know that work takes priority over game on a course. Things were not different on this course. Each group had to give a presentation on a topic of poverty. Six lucky ones were chosen to present in front of students from many schools in the Poverty Summit. Our school did a presentation on discrimination in a humorous way. One of us pretended to be from an ethnic minority group by imitating their accents. I personally think that our school did a great job. And indeed we won the most creative award.

To sum up, we had a great time learning English through the course - especially through the games and the visit. I also understand more about the ethnic minorities in Hong Kong. We are all humans. Despite the differences in skin colour, culture and language, we are the same. There shouldn't be so many conflicts between races, especially conflicts owing to competition for resources and money. The lyrics from Michael Jackson's *Black or White* tells us,

“ It's not about Races
Just places
Faces.
Where your blood
Comes from
Is where your space is ”

It doesn't matter what colour your skin is, ethnic minorities in Hong Kong should be accepted and treated fairly.



Sports Stories in LCDMC

We interviewed two sports players in our school - Billy Chong (4D) and Chan Wai Tat (5C). They have been playing fencing and rugby respectively for several years. Let's share their interesting "sports stories":

Interview with Chong Yin Hin (4D)

Chong Yin Hin, Billy, is a student who plays fencing very well. Our English Ambassadors, Extra Law (E) and Tom Lee (T), are going to find out more about the "fencing story" with Billy Chong (B):



E&T: Hi, Billy! How long have you been playing fencing?

B: I've been playing fencing for about 7 years.

E&T: Wow, 7 years is a long time! That means you started when you were 8 years old! Why are you interested in fencing?

B: Hmm...I find it very exciting. In fact, fencing is a battle of wits and a contest of strength. Besides, my body becomes stronger!

E&T: What equipment is needed for fencing?

B: Plastron, which is an underarm protector, a glove for the weapon arm with a gauntlet, a form-fitting jacket and a pair of short trousers that end just below the knee. We call these trousers "breeches or knickers". And of course, we need a pair of sport shoes and a mask. The most important thing is, you must have your "weapon" - the sword!

E&T: You said that the most important equipment is your sword. Can you tell us more about your "weapon"?

B: There are three kinds of swords in fencing - "Foil", "Épée" and "Sabre". Foil is a light thrusting weapon targets that the torso, including the back, but not the arms. Épée is a light cutting and thrusting weapon that targets the entire body above the waist. Sabre is the heaviest weapon that targets the entire body. I usually play Foil.

E&T: How much money do you spend buying the equipment of fencing in total?

B: Um...about \$10,000.

E&T: How about your achievement in fencing?

B: I've taken part in Inter-School Fencing Competition for 4 years. In these 4 years, I became the C Grade Champion (twice), B Grade first runner-up, A Grade Champion and came third in the Hong Kong U14 championship.

E&T: Wow, that's wonderful! Congratulations!

B: Thank you.

E&T: So, can you share with us your secret of success?

B: "Practice makes perfect." - that's always true. Most importantly, without my parents' support and encouragement, I wouldn't get these awards.

E&T: What is your future target in fencing?

B: My ultimate goal is to be a professional fencer and win the world championship!

E&T: Will you recommend fencing to your schoolmates?

B: Of course! I want to let them know more about fencing.

E&T: Thank you, Billy! We wish you every success in the coming years!





Interview with Chan Wai Tat (5C)

Chan Wai Tat is a Form 5 student who plays rugby. How much do you know about rugby? Perhaps, we can learn more about it from the interview:

When did you start playing rugby, Wai Tat?

Let me see...I think I started playing it in 2011. I have played rugby for a year! I played rugby in a team called Gai Wu (雞糊) outside school.

I see...can you share with us some of your unforgettable experiences?

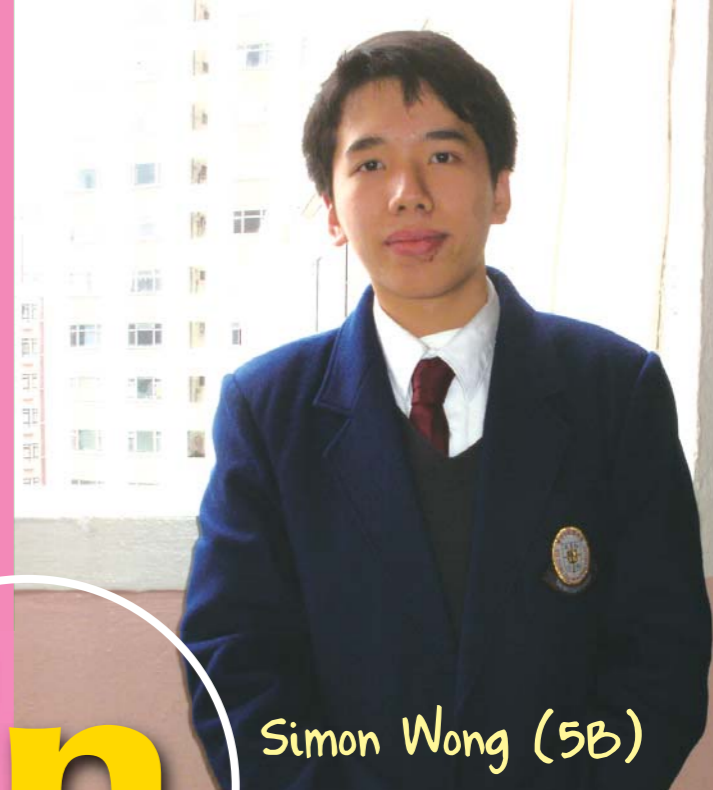
Oh, I must talk about the bad injury I've had in a competition. It's a really painful memory but fortunately, my team won in that competition!

So, what's your target in playing rugby?

My dream is to become a professional rugby player in the future and it's also my dream job. Rugby is not a very popular sport in Hong Kong after all, so I hope more people will know more about rugby in the coming years.



Outstanding Students



Simon Wong (5B)



Miko Ye (3A)

LCDMC

People

Outstanding

Student

Who is an outstanding student in your eyes? A student who is very good academically? Or a student who is all-rounded in extra-curricular activities?

In fact, being an outstanding student is not difficult at all, here we will introduce two outstanding students who will tell us how to be “outstanding”.

We interviewed Simon Wong (5B) and Miko Ye (3A) – the winners of the “Outstanding Student Award” in our school this year and this is what they said about what makes them stand out.

Interview with Miko Ye (3A) & Simon Wong (5B)

Can you share your effective study methods with us?

Miko: Oh yes, if you want to get high marks, you should work hard. Firstly, you should effectively organize your time, for example, by making a timetable. You should also prioritize and finish the more important tasks first. Secondly, you must understand the contents of the textbooks thoroughly and you should not rely on rote-memorization.

Simon: Well, I go to the library to study most of the time. It provides a quiet place for me to review my lessons after school. I would not learn when I am under stress. I would take proper rest when I feel tired. Moreover, I try to understand what I've learnt from the textbooks but not just memorize everything. I will summarize what I've learnt and do some extra practice in different subjects for at least three hours at weekends. As the old saying goes, “No pain, no gain”, if you don't make any effort, you will not gain anything.

What kind of example do you think you should set for your classmates?

Miko: As an outstanding student, I would build up a good image for other students and maintain a balance between learning and leisure time. I think I would have a humble attitude when treating others and be polite to other students when they are talking to me. In fact, I am not really good at all aspects, therefore I always try my best to work hard.

Simon: Actually, I want to have a positive influence on other students. By encouraging and motivating each other, I think we can both gain more confidence. Indeed, it's always crucial to have support from schoolmates! Another thing is, I never give up. When I face difficulties, I will handle the problems calmly and rationally. Although it is quite ideal and vague, I strive to attain a higher level of achievement.

Hardworking Miko



Hardworking Simon

What were your feelings when you were standing on the stage? What have you learned from the election to the “Outstanding Student Award”?

Miko: Most of us think that standing on the stage is frightening. But if you have enough preparation and do rehearsals on the stage, you will not be scared.

Throughout the election, I started to appraise myself and realised my strengths and shortcomings. I have to be a good role model in school.

Simon: In fact, I felt relaxed and easy to deliver the speech on the stage. The competition seemed to have given me a chance to share my ideas. I hope that my speech could make everybody reflect on their own strengths and weaknesses. I think that there's no definite standards to choose an outstanding student. Discipline yourself, maybe one day you will be one of them!

So much about learning. How about telling us about your hobbies?

Miko: Surprising enough, chatting is one my hobbies. It may sound interesting to say so but chatting, in fact, is a useful method to know about others' experience and learn from others. I can know more about other people's lives through my conversations with them.

Besides socialising, I go swimming every Saturday for exercise and I follow my fitness regime methodically.

Simon: Well, I am a busy guy – choir, drama shows and music concerts are all my favourites. Among my many interests, I have a great fondness for drama. When I was still in primary school, I started to ‘fall in love’ with drama. I love drama because of the spirit of unity I learned from it and I invest my time in acting in my free time. Maybe I can be a famous actor one day. Who knows? Anyway, “your future is in your hands!” – let's work hard to fulfil our “dreams”!



Miko and Simon with their friends

Do you find your school life boring? Do you want to play games with your friends but have no idea what to play?

Here's a game that is easy, simple and fun to play at school and with friends. It is called Pictionary.

It's challenging to play!

Pictionary is a word-guessing game designed by Robert Angel and first published in 1985 by Seattle Game Inc. One player will draw a picture of the specified word. Another player needs to think about what he is drawing and guess the word. In a set time limit, players need to draw as fast as they can so that the other players can guess the words correctly.

Pictionary – The Game of Quick Draw!

It's simple to play!

What you need are the following basic tools:

1. A spot die, a special challenge die and 4 playing cubes
2. A timer
3. Double-sided word cards
4. 4 pencils
5. A sheet of paper

It's fun to play!

Many players find Pictionary educational and fun. Our English Ambassadors, Alex Au, Jennifer Au and Tom Lee have invited a VIP – our new Chinese teacher, Miss Liu – to join this fun game with us on a Friday afternoon. Let's see what they said:

“ Miss Liu, our new Chinese teacher:

It's really interesting and funny! I look forward to playing the game with my students. I think students can learn more vocabulary and boost their imagination and creativity! ”

“ Alex Au (5D):

I enjoy playing this game with my friends! Sometimes it's hard to think of a suitable picture to express the ideas but I like the challenge! ”



Guessing Time

Try to guess the words from the pictures drawn by Miss Liu and Alex.



Ms. Lo's Kitchen Coconut Cardamom Burfi



Ivy Lo



Ingredients and tools

A big thank-you to Ms. Eva Wong, our HE teacher, for her kind assistance.

Ingredients:	200g	Desiccated coconut
	320g	Sweetened condensed milk
	10g	Ground cardamom
	40 pcs	Pistachio nuts

Step 1



Crush pistachio nuts into very fine crumbs.

Step 2



Put the chopped pistachio nuts into a big mixing bowl.

Step 3



Get 160g of desiccated coconut ready.

Step 4



Mix the crushed pistachio nuts and desiccated coconut.

Step 8



Mix all the ingredients well.

Step 7



Add condensed milk to the mixture.

Step 6



Mix the ingredients until they are evenly mixed.

Step 5



Add ground cardamom to the mixture.

Step 9



Add the mixture to a non-stick pan.

Step 10



Stir over the mixture over low heat until it starts to dry.

Step 11



Remove the mixture from the heat. Leave it to cool down.

Step 12



Dampen your hands.

Final Product



Roll the balls in desiccated coconut or powdered pistachio nuts to coat.

Step 14



Step 13



Roll the mixture into small balls.

Words to describe the dessert...

Appetising



Aromatic



Authentic



Delicious

Traditional



Distinctive

Ethnic

Absolutely divine



Yummy



Mildly sweet



Mouth-watering

Flavoured with cardamom

