



ISSUE 71
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Quadruple Celebration Day

9th, January, 2010 was our Quadruple Celebration Day. By that, I refer to the celebration of another successful certification, the year of the Tiger, the 11th anniversary of Phoenix Clubhouse, and the appreciation of volunteers. Many enthusiastic members, staff, volunteers, members of the “Friends of Phoenix Clubhouse”, and the CCE of the hospital gathered for some wonderful programs.

What touched me most was the talent show of Hui-Lam and Tony. Unforgettable was Professor Ng’s rendition of “The Snow Flakes and the Plum Flowers”, and “The Call of Love”. He also led us sing the Clubhouse song. The talent show of the new staff members turned out to be most interesting; they were so engrossed and happy! I was fortunate enough to get the top prize in the lucky draw. My elder sister and I opened the gift at home and together we shared much joy!

I want to mention too that Eva, Wendy, Anita, Hung, Lung and I demonstrated Ba Duan Jin. I hope that everybody can learn and practice this kind of Qi Gong. Inspired by Eva and friends, I have come to love Ba Duan Jin, and wish to persist in practicing it. I hope that next year, there will be a more successful celebration at the new clubhouse site and that the Clubhouse will have an even better future, enabling us to become excellent members of society. A good beginning is the first half of success. Yeah!

Wing



The 1st Hiking Competition for the Mental Health Rehabilitation organizations in Hong Kong



On 31st January, 2010, Fu Hong Society held the 1st hiking competition for mental health rehabilitation organizations. That day the competition was divided into the “Experienced Walking Group” and the “Healthy Walking Group”. Many such organizations participated, including Phoenix Clubhouse, which received the Active Friendship Organization Award.

Rachel and I joined the Experienced Walking Group and we walked 3.5 km. Our co-operation and support of each other, with the encouragement from the Fu Hong Society staff earned us the championship, crossing the finish line in 45 minutes. Other team members Wendy, Rowena, Tsuen Hung, Alan, Lung and Neil came up 9th. Milan & her son, Rebecca and Grace in the healthy walking group came up 10th.

This walking competition reinforced in me the belief that mentally ill people are not “time bombs” in the society or burdens to their families. I sincerely thank the members and staff of the Fu Hong Society and Phoenix Clubhouse for holding this meaningful and healthy activity. I hope that more members will participate in the next “Health Walk” Competition and get to live their lives with more meaning and excitement.

Wing



Member's Sharing



That morning I got up early. After breakfast I met Hung at the Sheung Wan Civic Centre. Taking a no.7 bus we arrived at the meeting place where the opening ceremony was held immediately after a roll call at 9 am. Hiking expert Chung Man-Shan gave a speech.

Then Dr Wong Ming-Cheuk, the consultant of Fu Hong Society, presented the award to Phoenix Clubhouse, on behalf of which I received the award. At 9:30 am we walked to Aberdeen Reservoir and the hiking began.

At first we were walking fast and it was a bit tiring. So we started walking more slowly. A group of people walked past us quickly, leaving Hung, Wendy and I behind. On arriving at the first station we received a supply of water and Soyjoy.

After getting stamped on our hands, we went on. The subsequent distance was tackled with more ease. Though there was some wind, I still sweated a little bit. I was wearing the red T-shirt of Phoenix Clubhouse, which made me look pretty sharp. On arriving at the fourth station, we received food and water.

Then we walked on. Easily we reached the barbecue area. After going to the washroom we met team members Lung, Siu-Ming, Neil and Alan. When we were crossing the road, a certain team member shouted, "Rowena! You folks walk faster and you'll be in the first ten teams to finish!" So Hung and I took big strides forward and ran to the meeting place. A while later Wendy also caught up with us. We finished the journey in 58 minutes and we got the 8th prize.

At 11 o'clock prizes were presented. We were happy and excited and took the prizes home with pride.

Rowena



The 1st Hiking Competition for mental health rehabilitation organizations in Hong Kong is finished, Phoenix Clubhouse won the championship in the Experienced Walking Group, Milan, her son, Rebecca and Grace won 10th place in the Healthy Walking Group, Wendy and Rowena won 8th place in the Experience Walking Group. Alan, Lung and Neil won 9th place in the Healthy Walking Group.

We did not win 8th place in the Experienced Walking Group with ease, It was possible only because we heard onlookers telling us that the finishing line was close by and we then ran past several other groups to finish 8th.

This hiking competition on 31st, January 2010 was supported by many rehabilitation organizations. We prepared for it by training our bodies beforehand. On that day, I got up at 6:00 a.m.; took the No. 7 bus to the Shek Pai Wan Fu Hong Society. The competition started at 9:00 a.m. Our emotions ran high. We felt good about ourselves, and the race was won before 10 a.m.!

Hung

Reports of the Various Units

Administration Unit

1. On Saturday, 20th February, Brian, Rebecca and Milan went to Brisbane, Australia to receive training for three weeks. On Friday 12 March they returned to Hong Kong, and on Monday, 15th March, they returned to work.

Transitional Employment

1. Tsing became a mail Operator at Morgan Stanley on January 4, 2010.
2. Wing became an Output Device Assistant at Morgan Stanley on January 4, 2010.
3. Keung became a Filing Clerk at Baker & McKenzie on February 1, 2010.
4. Rowena became an Administrative Assistant at Schindler Lifts (Hong Kong) Ltd. on January 4, 2010.

Clerical Unit

1. The new photo copier has arrived.

Education

1. The Clerical Unit sincerely invites members who go to school and those who are interested in joining the Education Committee, to join the education committee of the New Year. The deadline is March 16.
2. Starting this April, the Clerical Unit will hold a computer class every Friday from 3:30pm to 4:30pm. All members are welcome.
3. The Clubhouse cordially invites all members to participate in the rotation of “Computer Ambassadors” to answer members’ questions about computers. Interested members can contact the Clerical Unit.

Environmental and Tuck Shop Unit

1. The Chinese year-end reunion dinner was held on Wednesday 10th February, 2010. Approximately 100 people participated, including 20 guests, 68 members, 3 family members, and 8 staff.
2. The 1st hiking competition “Health Walk” for all mental rehabilitation organizations took place on Sunday 31st January, 2010. The participants achieved good results and all were able to finish the whole journey within time limits set for the competition.

The participants that received awards are as follows:

The “Experienced” Group (whole journey 3.5 km) Champion: Wing, Rachel
8th place: Wendy, Rowena, Tsuen-Hung
9th place: Alan, Lung, Neil

“Healthy Walking Group” (7km)

No. 10: Milan, Milan’s son, Rebecca, Grace

Since the number of participants from the Clubhouse was more than ten, (21 in total), the Clubhouse received the Active Friendship organization award from the Fu Hong Society.

3. To promote healthiness and exercising, from May to July every weekend (Saturday), the Clubhouse will hold a badminton training class, free of charge, which will be taught by a professional badminton coach. Clubhouse members are welcome to get registered and join the class. Details:
Place: Sheung Wan Stadium
Dates: 8/5,15/5,22/5,5/6,12/6,19/6,3/7,10/7 (8 lessons)
Time: 10:30am – 12:30pm
4. We welcome new members Ka-wung and Shu-ming for joining the Environmental and Tuck Shop Unit.

Food Services Unit

1. The Food Unit wishes everybody a Happy Chinese New Year and good health.
2. We’re now accepting applications for participation in the Healthy Cooking Competition (Vegetarian Cooking).
Everybody is welcome to volunteer to be judges and to take part in the competition. Please contact the Food Unit.
3. On 19th, March this year there will again be the annual nutrition lecture on vegetarian eating and exercise. Those who are interested or who want to participate in the Healthy Cooking Competition are welcome to attend the lecture session. Please contact the Food Unit or the Environmental Protection and Tuck Shop Unit.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
				Weekly Meeting (4:15-5:00) Karaoke/Enjoy the film (5:15-7:00) Cathy, Lam		Group Game Enzo, Cathy, Chi
7	8	9	10	11	12	13
		Table Tennis (5:15-7:00) Alan, Hung		Monthly Meeting (3:30-5:00)		Fitness Equipment Audio-visual Entertainment Henry, Eric, Ho
14	15	16	17	18	19	20
		Standards Meeting (2:30-3:00) Computer Class (5:15-7:00) Henry, Andy		Weekly Meeting (4:15-5:00)	Vegetarian diet Exercise Dietician (10:30-11:30) Miss Ho, Food Services Unit	Hiking/Birthday Party Henry, Enzo, Kenneth
21	22	23	24	25	26	27
		Standards Meeting (2:30-3:00) Healthy Walk/Fitness Equipment (5:15-7:00) Eric, Wilson		Weekly Meeting (4:15-5:00)	Healthy Cooking (5:15-7:00) Cathy, Fong	Employment Lunch: Employment sharing Eva, Eric, Neil
28	29	30	31			
		Standards meeting (2:30-3:00)				

Apr 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				Weekly Meeting(4:15-5:00) Karaoke/Fitness Equipment (5:15-7:00) Enzo, Lun	Good Friday	The day following Good Friday
4	5	6	7	8	9	10
Barbecue Day Henry, Cathy, Apple, Hak-hung The day following Good Friday	Easter Monday and Ching Ming Festival	The day following Ching Ming Festival		Monthly Meeting (3:00-5:00) Healthy Walking/Fitness Equipment Enzo, Janet		Employment Luncheon: "No problem with communication at work" Birthday Party Brian, Cathy, Keung
11	12	13	14	15	16	17
	Healthy Cooking Competition	Healthy Cooking Competition Table-Tennis (5:15-7:00) Henry, Hak-hung	Healthy Cooking Competition	Standards Meeting (2:30-3:15) Weekly Meeting (4:15-5:00)		Healthy Cooking Competition (Final) Educational Lunch Skills of taking examination Brian, Alan, Rowena
18	19	20	21	22	23	24
			Professional Yoga Class (5:15-7:00) June, Cathy, Apple	Standards Meeting (2:30-3:15) Weekly Meeting (4:15-5:00)		Visit to Museum of Medical Sciences Henry, Enzo, Joyce
25	26	27	28	29	30	
		Badminton(5:15-7:00) Alan, Lam		Standards Meeting (2:30-3:15) Employment Dinner (5:15-8:00) Eric, Grace		

Printed Matter

Latest News:

1. On Saturday 20th, February, Brian, Rebecca and Milan went to Brisbane, Australia to receive training for three weeks. On Friday 12 March they returned to Hong Kong.
2. We're now accepting applications for participation in the Healthy Cooking Competition (Vegetarian Cooking). Please contact the Food Unit.
3. Between 10am and 11:30am on 19th, March, the Clubhouse will hold a nutrition lecture called "Vegetarian Eating and Health". The maximum number of participants is 25 persons. Please contact the Environmental Protection and Tuck Shop Unit.
4. In order to promote health and persistent exercise, the Clubhouse will hold a badminton class from May to July. The class will be taught by a professional coach and will be free of charge.

Special thanks to Miss Stella Poon for proofreading the newsletter.

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Opening Hours:

Work-ordered Day
Monday - Friday : 8:30am - 5:15pm
Saturday : 9:00am - 1:00pm
Social Activities
Tuesday or Thursday: 5:15pm - 7:00pm
and some public holidays

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