



Newsletter
Spring 2019

HKAC

Cambodia Mission Trip (Feb. 1-11, 2019)

The Hong Kong Adventist College Choir team has been organizing a mission trip every year since 2011. They were in Indonesia, Malaysia, and the Philippines twice as well as India and Thailand (Myanmar border) once.

In 2019, twenty college students and three HKAC staff members (Pastor Ben Seo, Choir Director Bart Brondo, and Dormitory Dean Kat Ma) travelled 1,549 kilometres to Cambodia after nine months of planning, the team served as missionaries at Takeo Adventist School in Phnom Penh from February 1st to 11th.



"The School provides free kindergarten to 12 grade education to all 250 students here." said Principal David Kim who has been serving the school for 9 years. In addition to painting the buildings, teaching crafts and music, and sharing testimonies to the students, mission team members also "adopted" the kids from the orphanage on campus for 10 days and threw them a birthday party. Although many orphans do not know when their birthdays are, their births are worth celebrating. Hong Kong Adventist College President Dr. Dan Cheung, and his



wife, Dr. Corjena Cheung visited the team and spent the last five days at the school with them giving a sermon on Sabbath and two health talks to the students and the community.

At the end of the trip, it came to the fun and sad part. The team visited the Killing Fields Museum to learn more about the Cambodian history and participated in a bonfire party at school on the last day.

It was a very difficult goodbye, especially to our new friends and to the children. The experience gained from this trip has far exceeded what was given!

"In this mission trip, I had learned that, nothing is impossible in God's hand, if you surrender to him. It was not easy for the team to work together harmoniously due to different ages, ethnicities, norms, and so forth; but we made it through with the POWER of God, and the daily fellowship with the brothers and sisters in Christ. This trip also reminded me that God always has a better plan than we do and that He is faithful to His people no matter what we have been through." (Jonathan Yeoh)

PLEASE JOIN US
IN CELEBRATING

80TH

Anniversary
HONG KONG
ADVENTIST COLLEGE

OCTOBER 25-27, 2019

For more information, email:
alumni@hkac.edu

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President's 80th Campus Anniversary Celebration Message *By Dr. Dan Cheung*

It has been 80 years since Hong Kong Adventist College moved to this scenic Clear Water Bay Campus. It was through God's grace that the College was able to move back to the current location in 1947 after being forced out to Lao Long, Guangdong, during the Japanese Imperial Army's occupation of Hong Kong.

During these 80 years, despite all the turmoil and uncertainties including the Second World War, the Cultural Revolution of China, the booming manufacturing industry, the return of Hong Kong to Chinese sovereignty, the 2003 SARS epidemic, and the recent trade war between the United States and China, today the College continues to inspire and educate young people to become leaders and professionals who serve

and make a positive impact on societies.

On behalf of Hong Kong Adventist College, I would like to invite you to join me to celebrate this monumental anniversary with families, friends, and classmates on October 25th to 27th, 2019. Most of us would agree that the time we spent on this beautiful Clear Water Bay campus was memorable, and Hong Kong Adventist College has significantly shaped us into who we are today. Let us all set aside a couple of days this October to enjoy the 80th campus anniversary celebration programs and reacquaint ourselves with our schoolmates and alma mater.

For information and registration details, please send an email to alumni@hkac.edu or visit our website at www.hkac.edu/alumni.



Visiting Hiroshima Saniku in Japan

By Corjena Cheung

The HKAC President, Dr. Daniel Cheung, Winnie Siu from the Marketing Department, and I visited Hiroshima Saniku Junior and Senior High School on November 22-25, 2019. We currently have two students from Japan enrolled in Hong Kong Adventist College (HKAC); they both were very enthusiastic about attracting more Japanese students to attend the College. One of them connected his father, who is the Academic Dean at Hiroshima Saniku, with the HKAC College President. After a few email exchanges, Dr. Cheung was invited to promote HKAC to the students in Hiroshima Saniku. Hiroshima Saniku is a boarding institution with approximately 310 students. Many of them are interested in learning more English and studying abroad. This presented a good opportunity for the College to recruit students from Hiroshima Saniku by showcasing HKAC and the different academic programs.

The beautiful campus is located on top of one of the many mountains of the prefecture. The scenery is almost as breathtaking as our very own

HKAC. We were received warmly by the School Principal Dr. Hiroshi Tabuchi, the Academic Dean Mr. Eiji Nozaki, and other faculty members. They gave us a tour of the campus so we learned



what it was like studying there. I was very impressed with how disciplined and hardworking the students were. When in Japan, do as the Japanese do, so not only did we greet each other with a bow, but Dr. Cheung also preached for the Sabbath service. The team conducted two information sessions to the teachers and perspective students—all while wearing slippers. Over 25 students attended the info sessions, and many questions were raised. Winnie was able to put her Japanese speaking skills to good use!

In addition to recruiting and mingling with the students, we were able to visit the Hiroshima Peace Memorial Museum and a beautiful and colourful Japanese Garden while we were there. The night before we left, Mr. Eiji Nozaki invited us to his home and treated us with a lovely home cooked Japanese dinner. Although the temperature was low that time of year in Hiroshima, the wonderful hospitality kept us warm the entire trip.



As a follow up, HKAC and Hiroshima Saniku are planning to conduct an English Camp at HKAC for the Japanese students this summer. Two students from Hiroshima Saniku flew to Hong Kong to visit our campus last week. They intend to enroll in HKAC next semester. I hope that

the seeds we sowed in November will produce a rich harvest. Let us get ready to say hello to our new Japanese students, Kon'nichiwa!

Global Youth Day (March 16, 2019)

By Jade Rozanne Justin, Student, Health Dept.

March 16, 2019 was a poignant moment for my friends and me. We had the privilege to visit the area of Nam Cheong and treat those who are less fortunate than us. Led by Pastor Seo, Global Youth Day was launched for the youths to be “the hands and feet of Jesus.” The theme “Be the sermon” encourages us to be living out Jesus’ gospel commission, as He bade us to share the everlasting gospel and be a service to the needy.

The Global Youth Day program began at 2:00 pm with a short devotion and prayer by Dr. Dan Cheung, President of Hong Kong Adventist College. Our team divided and packed the donation supply parcels, including sandwiches, bananas, soy milk and socks for the homeless. The group met Sunny, founder of Sunshine Action, a non-profit organization, which has experience in helping the homeless. He gave us a quick brief of the do’s and don’ts and took the lead through a tunnel where some misfortunate inhabitants are staying. After that, we travelled to a few public parks that were filled with dispossessed citizens. I remember some of them lying down under a bridge, some buried under three or four layers of

blankets, while others shared a makeshift bed made from cardboard boxes and the rest slept on benches. It was a hurtful moment for us to see what this population of fellow human beings is going through.



Although our encounters with the homeless were not lengthy, we were able to pray for them as a group at the end of the day’s activity. We met amazing people and heard heart breaking stories of how they ended up in this dire situation. It was so heartening to see the faces of these people light up, when they learned they could have some basic essentials to get them through another day. As the assistant leader of this service program, I experienced specific challenges endemic to leaders. We had to reach out to make contacts to collaborate with an organization and plan out all details.



Friends, let us not love in word or talk but in deed and in truth as in Acts 20:35, “In everything I did, I showed you that by this kind of hard work, we must help the weak, remembering the words the Lord Jesus himself said: ‘It is more blessed to give than to receive.’”

International Cultural Day (Nov. 21, 2018)

By Jeriel Chuah, Dormitory Dean

Cultural Day is a day when the students of this campus can proudly celebrate their diversity. The purpose of this day is to inform and educate students of the different cultures represented on campus and how to appreciate and respect the differences.



HKAC Alumni Association President Anthony Poon Interview

By Jenifer Shiu

Why did you decide to become the leader of Hong Kong Adventist College's (HKAC) Alumni Association and how long have you been in this role?

At the end of 2017, I heard the call of my alma mater to help participate in its alumni leadership. I am honoured that I was elected as the president of the Hong Kong Adventist College Alumni Association for more than a year now.

What do you hope to achieve in your capacity as President of HKAC's Alumni Association?

In the past, there were indeed many challenges trying to connect with the alumni. However, over time, the number of alumni who can be reached has gradually increased. This year, it's anticipated that we will reunite even more alumni. In this way, everyone can support each other in the spheres of life and careers.

What particular did you like best about your years as a former student at HKAC?

Recalling the Clear Water Bay's Hong Kong Adventist College campus in the 1970s (the name of the school was still called the South China Adventist Academy) and the days of studying here, there are so many unforgettable memories. In addition to class, the students volunteered, played soccer, and just had fun together. There was not much pressure in the classroom (probably because I was particularly lazy!), but the most useful thing for me was to incorporate good values from the school life. The school motto has been the best, and it has been reflected on my life, work, family relationship, and so forth for more than 40 years. While I still have some deficiencies, nevertheless, I have worked diligently in the pursuit of various goals.

Please discuss the 80th campus anniversary of HKAC, the broad strokes of the alumni celebration weekend that is being planned, getting involved, and the importance of providing your alumni contacts information.

We are thrilled about the upcoming 80th campus anniversary of our alma mater and would like to celebrate with all alumni who are able to participate in Hong Kong later this year! *



What is the message you'd like to send to the wider HKAC alumni audience?

I hope that Hong Kong Adventist College's alumni communications outreach and activities can provide a positive energy station for current and future alumni. We look forward to your kind assistance in the future development of our wonderful, memorable alma mater.

*** If you need to update your contact information or would like to get involved in a planning committee for the 80th campus anniversary celebration, please let us know by emailing alumni@hkac.edu or visit our website at www.hkac.edu/alumni.**

Pastor Chu's 100th Birthday Party

By Corjena Cheung

One of our longest living alumni, Pastor Chu Tim Ming turned 100 on February 16th. His families and friends threw him a surprise birthday party at Bayview Church. The celebration was filled with love, joy, and delicious food of course.

Pastor Chu was born in 1919 and studied at the South China Training Institute in China. The Institute was later moved to the Clear Water Bay location. His father, an architect, was the one who designed Hong Kong Adventist College, which was built in 1939. Pastor Chu graduated in 1941 and served as God's faithful servant

for almost 50 years when he retired at the age of 78.

Pastor Chu was a caring pastor and courageous leader. He was the first Chinese President for the Hong Kong Macau Conference. During his long career,

Pastor Chu has touched and changed so many lives which was evident by the large number of people who attended this special celebration.

Pastor Chu is not a stranger to anyone in the Adventist community. He still attends church every Sabbath at Bayview Church and enjoys the fellowship with the church members.

If you wonder what his secret is to living a long and productive life, his advice is - "Thank God!"



Dementia & Positive Aging Seminars/Workshops *By Charlene Pak, Chair, Health Dept.*

With sponsorships from The Adventist Development and Relief Agency International (ADRA Hong Kong), the Department of Health of Hong Kong Adventist College (HKAC) and Hong Kong Adventist Hospital in Tsuen Wan conducted a series of seminars and workshops between March – June, 2018 on “Understanding Dementia and Positive Aging.”

The content of the workshops included: the types, warning signs, and stages of dementia; medications for treatment; cognitive interventions; lifestyle modification and prevention; nursing care; spiritual care and psycho-social support for patients and their families. Feedback from the participants was very positive. The HKAC Department of Health will continue to conduct healthy aging related seminars and workshops, as this is a growing issue and need in our community.



Workshop participants – aging-simulation activity of losing various senses



Speakers and coordinators at the seminar

Welcome to Our New Music Programme Director!

By Andrew Phua

RENA CHEUNG PHUA

M. Music, B. Music (Hons), LRAM, ARCM, LRSM, LGSM, LTCL

Rena was born in Hong Kong where she received her foundation musical training under Professor Lam Hung Hee. She had shown exceptional talent since the young tender age of six and was often sought to accompany and improvise for church and school choirs.



Further studies took her to the Royal Conservatory of Toronto, University of London, UK and continued with her postgraduate studies at the University of London, UK and under renowned pianist Monique Haas.

Rena received her Master’s Degree from Griffith University, Australia and a Post Graduate Diploma from Nanyang Technological University in Singapore. She was awarded the Licentiate Diploma from the London Royal Academy of Music and the Associate Diploma from the London Royal College of Music. She also received a Distinction in Piano Performance for her Licentiate Diploma of Guildhall School of Music.

Rena sits in the Advisory Committee for National Piano & Violin Competition, National Arts Council from 2011-present. She has been Secretary/Treasurer and Committee Member for Singapore Music Teachers Association since 1984. Since its inception in 2009, she has been the Vice President for the Chopin Society of Singapore.

Rena has an illustrious career as a performer. Her musical performance activities have brought her to Canada, USA, Europe, Japan, Hong Kong, China, Singapore and other parts of Asia where she frequently appears in concerts in collaboration with international artistes, vocalists and instrumentalists. She is an adjudicator for international music competitions and is frequently invited to give master classes all over the world.

Hong Kong Adventist College (HKAC) is launching a brand-new Music Programme with multiple certificates and diplomas available for enrolment. The programme promises to be highly tailored to individual students, allowing them to accelerate and excel at their own pace. In addition, there are no upper age limits, thereby encouraging lifelong learning!

The addition of the Music Programme will enhance the reputation and diversity of HKAC, by attracting more students and teaching talent. Music has always been an integral part of the ministry of HKAC. It has the ability to build communities, uplift spirits, and shape characters. Many Seventh-day Adventist Colleges around the world offer music courses, and now HKAC is no exception. Given HKAC’s unique position as a Christian educational institution, God-directed mentorship will nurture students’ musical talents, developing them further to serve God and people.

Lessons will be taught in three terms each year: Fall, Spring, and Summer with 13 weeks in each term. Courses will include Musicianship Practice, Keyboard Harmony, Improvisation, Aural classes, and Theoretical Studies. Students will be able to participate in Music Festivals, concerts, and competitions to hone their skills and develop their performing abilities. Not only will they stay on par with global standards, students will also be inspired to excel in their God-given gifts and potentials. The Music Programme welcomes students of any age. While you may begin piano lessons at any age, students must be at least 18 years of age to take the Professional Diploma examinations. Please email any enquiries to Music Programme Director, Rena Phua, at music@hkac.edu.

Christmas Chapel 2018

By Zuriel Tagle Hagan, Student, Health Dept.

Growing up in the Philippines where the “Christmas-feels” often starts as soon as September comes in, I have always looked forward to this season - Memories of families gathered, giving and receiving of gifts, sharing a wonderful meal with people you love, and hearing everyone’s laughter. It was already December in Hong Kong, yet I didn’t feel any Christmas vibe at all. Everyone seemed to live in their own world, and this made me feel quite homesick.

Several weeks before Christmas, Pastor Seo came up to me and requested if we could help wrap some gifts. To my surprise, there was actually a Christmas chapel to be held for the college students. That night, we stayed up late wrapping all the presents that were to be bestowed in a raffle draw. I was already excited for the chapel, since I truly wanted to win the huge box of cookies! The Christmas chapel consisted of singing, and filled with smiles and excitement especially during the raffle draw (I was still hoping for the cookies prize). Unfortunately, I was not able to get what I wanted.



We ended the programme with a prayer and enjoyed some refreshments afterwards. The following day, Pastor Seo called me to his office and to my surprise; he had prepared a small gift for me.

This is when I realized how Christmas brings love and joy to everyone no matter where you may be and with whom you are spending it. I loved how the HKAC faculty and staff was able to prepare and launch this holiday event, despite their hectic schedules, so that we students could experience a little break from our studies and learn what the spirit of Christmas truly means. I learned that it is indeed more blessed to give than to receive, for this is what Jesus taught us and what He wants us to practice. So, let us not forget the real meaning and purpose behind this beautiful year-end celebration. It is to share the love that we receive from Him each and every day. Finally, we all need to remember how to be grateful even for the little things in life, because each moment is a gift wrapped with His great love.

Faculty Scholarly & Artistic Activities 2018

Dr. Corjena Cheung, Director, HKAC Nursing Programme

Publications:

1. Effects of yoga on oxidative stress, motor function, and non-motor symptoms in Parkinson’s disease: a pilot randomized controlled trial. *Pilot and Feasibility Studies*, 4(1), 162.
2. Development and testing of a yoga intervention program for patients with Parkinson’s disease. *International Journal of Yoga Therapy*. 28 (1): 113-122.
3. Effect of yoga on quality of life in women with primary dysmenorrhea: A systematic review. *Journal of Midwifery and Women's Health*. 63(4): 470-482. doi.org/10.1111/jmwh.12729
4. Positive aging. *Total Health Newsletter*. Hong Kong Adventist Hospital Lifestyle Management Center. p.1.

Presentations:

1. Cognitive function and aging. *Dementia Seminar*, Bible Auditorium, Tsim Sha Tsui, Hong Kong.
2. Managing knee osteoarthritis with yoga or aerobic, strengthening exercise programs in older adults: a pilot randomized controlled trial. *Alternative & Traditional Medicine Conference*, Rome, Italy.
3. Food and game for brain. *Women's Health Workshop*, Kowloon Bay, Hong Kong.

Rena Phua, Director, HKAC Music Programme

Judging for International Music Competitions:

1. Gnessin Piano Concerto Competition Organ Hall, Gnessin School of Music for the Gifted Music Students Moscow, Russia
2. 2nd Singapore International Classical Piano Competition, Nanyang Academy of Fine Arts, Singapore
3. Young Pianists Competition & Music Festival Medan Symphony Centre, Indonesia

Concert Performances

1. Rena & Students Piano Concert @ 9th International China Arts Festival, Alliance Française Auditorium, Singapore

Conducting Piano Master Classes:

1. Summer Piano Sessions, Dongguan, China
2. Gnessin School of Music International Summer Course, Moscow, Russia
3. 2nd Classical Piano Competition & Festival, Sinfonietta @ Waterloo Street, Singapore
4. Piano Masterclass, St. Margaret Secondary School, MEP M.E.P. Programme, Singapore
5. Piano Masterclasses, Dongguan, China
6. Young Pianists Competition & Festival, Medan Symphony Centre, Indonesia