



# Newsletter

## Spring 2021

### HKAC

#### HKAC's New Higher Diploma, Health & Rehabilitative Services Program by Dr. Corjena Cheung

The idea of starting a locally accredited higher diploma program has long been a goal of HKAC. The proposed Higher Diploma in Health and Rehabilitation Services program was initiated in 2020 and has just been approved by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications. We are delighted to be offering the program beginning in the Autumn/ Fall 2021 semester!

This two-year long higher diploma program will provide students with basic nursing and rehabilitation knowledge and skills needed to join the health care sector workforce. Once they have completed the two-year program, students will be qualified to work as health care officers, rehabilitation assistants, administrative executives, and health workers in a variety of healthcare settings.

Alternatively, this higher diploma program will create a good academic foundation for graduates to pursue a further advanced degree in nursing, physical therapy or occupational therapy,

in the future. These specific HKAC college programs are affiliated with Andrews University in the United States. HKAC is expanding its academic programs through focusing on creating locally accredited higher diploma programs to not only provide students with more academic options but also to become a recognized tertiary institution in Hong Kong.



Patient hoisting equipment in the HKAC health sciences teaching lab

With two Adventist hospitals in Hong Kong, HKAC is in a good position to offer programs in which our students will be able to become future healthcare professionals. Just like many other major metropolises around the globe, Hong Kong is an aging society. Therefore, chronic diseases will become more prevalent and the demand for health and rehabilitation services will likely escalate.

Starting this Higher Diploma in Health and Rehabilitation Services program at HKAC will help attract more local and international students to not only meet the forecasted needs of healthcare professionals in Hong Kong and around the planet, but also to help students learn more about God and develop a spiritual, Christian outlook, in their everyday lives.



Dr. Corjena Cheung, Associate Academic Dean



Health Sciences Classroom, Lockers, Skeleton

**Spring 2021 Newsletter Editor**

**Jenifer Shiu**

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Top: Pr. Seo Se Kwang (Ben) as a model patient on parallel bars. Photos: Y. Liu, J. Shiu, A. Yip

**HKAC Zoom Chapel Digital Community Events**

**(March to April 2021)**

*Article by Jenifer Shiu  
Photographs by Yuko Liu*

In springtime 2021, the HKAC community continued the Zoom Chapel series of weekly Wednesday virtual live streaming events to promote student wellbeing and Christian spirituality. Those with access to an Internet connection locally in Hong Kong and overseas were able to log into the digital meeting space. Usually, there is a faculty/staff member leading the opening prayer, followed by one or more guest speakers, before ending with a closing prayer led by another faculty/staff member or student. We were blessed to see our vibrant college students joining our live, interactive sessions in March-April 2021.

On 3 March 2021, Zoom Chapel featured the HKAC Department of Psychology college students discussing aspects about the importance of maintaining human mental health, especially in light of the social distancing mandated by authorities, due to the global pandemic. Ms. Priscilla Chan, chairperson of the Department of Psychology was present and there were a few student presentations. First up was rising senior student Zuhaa Khan who spoke about “Mental Wellness in Youth”. Rising senior student Lexine De Vera then hosted an educational online quiz for students on Kahoot.com to see who knew most about the importance of mental health. Next, rising senior student Risha Biswas led us all on a series of helpful, relaxation exercise movements. We saw Rising Senior Students Calebe De Almeida and Moeeza Amjad online as well. Senior College Student Tik Shun (Dixon) Ng, a June 2021 Andrews University (AU) graduate, did a roundup and the closing prayer.

On 24 March 2021, the HKAC Department of Health showcased department affiliated college students to discuss the significance of human fitness through aerobic activities as well as flexibility and strength training. Ms. Charlene Chow-Pak Yu, faculty member, led the opening prayer, while Dr. Barbara Choi, Dept. of Health Chairperson, led the closing prayer. Rising Senior Student, Jade R. Justin, made welcoming remarks, before she and Rising Senior Students Erinn Wong and Christian Angeles presented their recommendations for body fitness and health. Christian introduced his recorded demonstrations on how to do proper flexibility and warm up/aerobic exercises plus resistance training.

On 31 March 2021, Dr. Vanya Chan gave a presentation to first provide the factors, sources, types, and science behind human stress. She went on to discuss holistic health, physical health, emotional health, spiritual health, and social health awareness, nurturing, and maintenance. The importance of expressing one’s feelings in a healthy manner and being flexible in coping with the ups and downs of life were underscored. Dr. Chan discussed helpful tips on stress management, such as: nutritious food intake, different types of aerobic exercise to match with one’s mood, breathing and stretching exercises, using guided imagery, and sticking to a regular sleep schedule.



Ms. Priscilla Chan, Chair, Dept. of Psychology



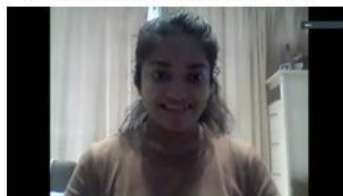
Rising Senior Student Zuhaa Khan, Dept. of Psychology



Rising Senior Student Lexine De Vera, Dept. of Psychology



June 2021 A.U. Graduate, Tik Shun (Dixon) Ng, Dept. of Psychology



Rising Senior Student Risha Biswas, Dept. of Psychology



Dr. Barbara Choi, Chair, Dept. of Health



Rising Senior Student, Jade R. Justin, Dept. of Health

On 14 April 2021, Ms. Jacqueline Cheung, HR and Career Advisor and Formerly Executive Vice President and Head of HR Business Partner and Center for Operational Excellence in Li & Fung, gave a talk entitled “Navigating Transitions and Your Job Search”. Using the PEEP framework, she discussed how everyone can look at their skills to determine their potential type of work passions, explore career opportunities, and prepare for a positive progression, based on one’s own resume/CV and application efforts in a multi-pronged job search. Ms Cheung discussed creating online work experience profiles, networking with others, staying positive during the job search exploration journeys, interviewing well (tips provided), and identifying organizations and roles that have a good fit for what one is seeking, including quantitative and qualitative skills development. At the end of Ms. Cheung’s Zoom Chapel presentation, Ms. Charlene Pak, HKAC Department of Health faculty member, presented an appreciation plaque to Ms. Cheung.

Lastly, on 21 April 2021, Associate Professor of General Education, Mr. Simon Chua’s COMM104 communications skills class students gave presentations to the Zoom audience. First up was Rising Junior Student Sanna Sajeid who gave a talk about “Major Causes of Sexual Harassment Among Females” and looked at the mentality, intention, and behaviour of harassers. She emphasized that one’s apparel or one’s age, no matter what it may be, are never invitations to be harassed or even worse kinds of criminality. Ms. Sajeid highlighted that activism and creating awareness would be some ways to prevent such terrible crimes. The second presenter was freshman student Ivy Wong Ka-Wai who discussed “The Reason You Should Believe in Yourself” and why one should do so. Ivy highlighted that one should strive to be self-confident, trust oneself, and always persevere, no matter one’s life circumstances and unexpected curve balls that life happens to throw your way.



Rising Senior Student, Calebe De Almeida, Dept. of Psychology



Rising Senior Student, Moeeza Amjad, Dept. of Psychology



Rising Senior Student, Erinn Wong, Dept. of Health



Rising Senior Student, Christian C. S. Angeles, Dept. of Health

**UHK Merit Award Life Sciences Winner Wesley Chan Kin Long**

Article by Wesley Chan Kin Long

Photos by W. Chan, Y. Liu, J. Shiu, A. Yip



Wesley Chan Kin Long at HKAC (above) and (right) at UHK Student Innovation and Entrepreneurship venue



At HKAC: Ms. Charlene Pak, Dr. Barbara Choi, Wesley Chan, Dr. Corjena Cheung, Dr. Paul McGraw

**M**y name is Wesley Chan Kin Long, the team captain of a research team that participated in the 7th Hong Kong University Student Innovation and Entrepreneurship Competition hosted by HK Challenge Plus. We are looking into the development of a browning drug to help solve the quarantine worsened obesity trend going on in the planet. This research team consists of nine students from HKAC and local universities: HKAC, CUHK, UST and POLYU. The competition was intense and stressful, since most teams consisted of student talents with Master degrees and PhDs. We were the only team with no resources, no accessible laboratory and no funding. Our thesis, “A new nanoscale approach in weight loss treatment through browning induced thermogenesis with altering active ingredient bioavailability” fought its way into the TOP 10 FINALISTS and was bestowed the Merit Award in Life Sciences.

**What’s The Problem?** There are over 2.7 billion individuals in the world suffering from weight problems. The situation is expected to deteriorate further under quarantine periods. Several quarantine themed factors that worsen weight problems globally were identified, including the lack of dietary restraint while working and learning from home, eating in response to stress, and lack of regular physical activities, especially during so-called “lock down” periods. In response to this problem at hand, we sought out to develop a more effective and healthier approach to weight loss.

**What’s A Potential Solution?** Browning is the act of transforming human white adipose (i.e. fat) tissues (WATs) into beige adipose tissues. Beige adipose tissues are responsible for glucose homeostasis and lipid metabolism. As proven by many studies in diet-induced obese (DIO) and genetically obese (Db/Db) rat and mice models, increasing beige adipose tissues lead to improved serum lipid profile (TG, TC, LDL-c, HDL-c, FFA) and improved human body composition. Beige adipose tissues are also capable of “thermogenesis”. Thermogenesis is a process wherein lipid droplets are broken down and released as heat energy. This mechanism was developed to keep humans warm via a non-shivering method. However, it is believed that this mechanism can be exploited and utilized as a weight loss treatment. Thermogenesis capabilities can be accessed via up-regulation of different browning mRNA expressions (UCP-1, PRDM16, PPAR- $\gamma$  etc.).

**Current Progress:** Since we are hoping to develop an effective and easily accessible method to jumpstart the browning mechanism, a pharmacological approach seems promising. We reviewed a range of browning chemicals and concluded that green tea extracts, quercetin, and rutin exhibit the most potential as the ingredients of a browning drug. We also considered the problem of low



Wesley, Ms. Charlene Pak (HKAC Dept. of Health)



Wesley Chan Kin Long, HKAC student, at the 2021 UHK Student Innovation and Entrepreneurship Competition venue



The winning team of 9 students are from HKAC, CUHK, UHKST, and POLYU.

bioavailability, which directly affects the effectiveness of the drug. Ultimately, our team came up with two approaches: oral administration of a nano-particle coated drug or via bio-active cream.

**HKAC Chemistry Lab/Renovated into a New Lecture Hall (February to May 2021)**

*Renovation PM by Hoseu Yeung & John Lau  
Photos & text by Jenifer Shin*



Here's the CHEM LAB classic door!



Brickwork is revealed under formerly painted walls.



Old instruments are stored in wooden framed glass boxes.



Former Chemistry Lab built-in cabinets, sink, and lab stool seat in the smaller, adjoining room.

The HKAC Chemistry Laboratory, on the second floor of the HKAC Administration building, underwent renovation work from February through May 2021. It was converted into a brand new lecture hall. This page features the “before” and “in process” renovation photographs. On the next page are images of the completely updated space’s new lecture hall.



Former HKAC Chemistry laboratory classroom with built-in fixtures and seats (chairs, lab stool seats)



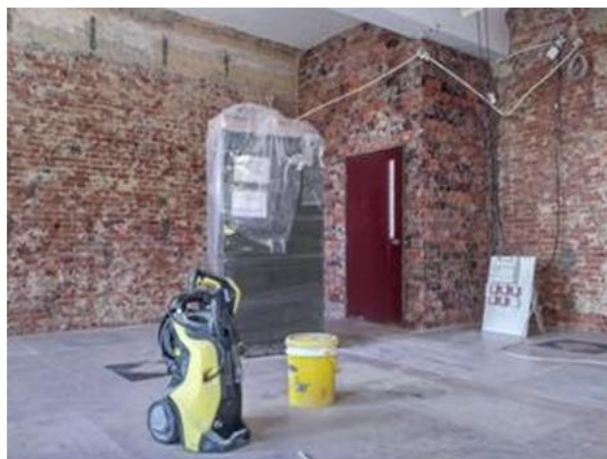
Former Chemistry Lab classroom with built-in fixtures plus windows face the football pitch and the newly renovated King Huy Hall / Bayview Church.



Classic ceiling fans and built-in fixtures plus windows face the football pitch, basketball court, and the newly renovated King Huy Hall/ Bayview Church.



Ceiling track lighting, windows, and exposed brickwork leading into the interior room chamber



Brickwork exposed after wall paint removed. Old wiring, plastic shrink-wrapped new cabinet door. Yellow bucket and renovation machine tool are on the foreground.



Electrical cords meander on the floor of the Chemistry Lab. Right side and inner room windows are shown. Interior brickwork is exposed at the doorway to the interior room chamber.

**HKAC New Lecture Hall / Former Chemistry Lab (February to May 2021)**

*Renovation PM by Hosza Yeung & John Lau  
Bottom photo by President Dan Cheung  
Other photos & text by Jenifer Shiu*



Red folded seats by the back window



Theatre seating facing the front of the lecture hall  
(No food or drinks in the lecture hall, please!)



Back row of seats and the windows



Length of room view between the second and third row of seats

The HKAC Chemistry Laboratory, on the second floor of the HKAC Administration building, underwent renovation work in the February through May 2021 period. Humbly, and with great appreciation, we thank Principal Hing Sun Leung's generous family who donated funds for the creation of the new lecture hall named in his honour and dedicated to his memory. Principal Leung had an illustrious history at San Yu College (Sam Yuk Middle School) and at HKAC. On this page are the new lecture hall and dedication plaque images. The prior page depicts the former Chemistry lab prior to and during renovation work. We look forward to welcoming college students to the new lecture hall in Fall/Autumn 2021 semester!



One of the lecture hall doorways



Lecture hall length of room view



Dedication plaque for the Principal H.S. Leung Lecture Hall



A baby grand piano and screen



Pastor Daniel Chuah leads a meeting in the new lecture hall  
Page 5



Doorway to the back chamber

## Thank You For Your Much Appreciated Donations to HKAC!! Message from President Dan Cheung

Dear Alumni & Friends of HKAC and Sam Yuk / San Yu,

Throughout the years, Hong Kong Adventist College has been overcoming financial challenges by receiving donations from friends and alumni. Donations can be as small as a few hundred dollars and as large as a few millions. Some donations are designated for a specific purpose such as a scholarship for students with financial needs or for students with great academic achievements. Some donations are designated toward a certain physical or academic project. After all, donations help to sustain the mission of the college which is to empower students to grow in Christ physically, intelligently, and spiritually.

On behalf of Hong Kong Adventist College, I would like to express my heartfelt gratitude to those who have donated to our college. Your selfless contributions have helped the college grow continuously. For those of you who are inspired to contribute, I would encourage you to do so because the survival of our college relies on your supports. Hong Kong Adventist College is registered as a non-profit organization; therefore, your donations will be tax-deductible.

If you reside in the U.S., there are 2 ways to contribute:

1. Send your donation to the **S.D.A. Church General Conference** and indicate that the donation is for **Hong Kong Adventist College**.
2. Send your donation to the **Chinese Ministries International** at 17134 Colima Road, #E, Hacienda Heights, CA 91745 and indicate that the donation is for Hong Kong Adventist College.

The General Conference and the Chinese Ministries International will issue a tax-deductible receipt to you. In either case, please notify us by email, [info@hkac.edu](mailto:info@hkac.edu), regarding your donation so that your donations will be accounted for.

Thank you in advance for your assistance and kind support!



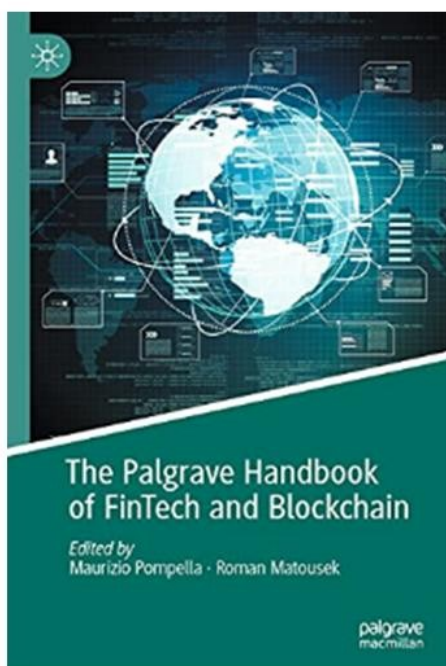
**Dan Cheung, PhD**  
President of Hong Kong Adventist College

### Faculty Lecturer Spencer Li Authors a FinTech & Blockchain Book Chapter Article & Photo by Jenifer Shiu

We are very proud that HKAC Faculty lecturer Spencer Li (Dept. of Business) has contributed a chapter entitled "How Does Digital Transformation Improve Customer Experience?" in the 2021 textbook "The Palgrave Handbook of FinTech and Blockchain", edited by Maurizio Pompella and Roman Matousek. The book can be ordered online as an e-book or as a hard cover version, at the following web link:

<http://bit.ly/061621SLftbcSM>

**Below is the book summary description online, per the publisher Palgrave Macmillan:** "Financial services technology and its effect on the field of finance and banking has been of major importance within the last few years. The spread of these so-called disruptive technologies, including Blockchain, has radically changed financial markets and transformed the operation of the industry as a whole. This is the first multidisciplinary handbook of FinTech and Blockchain covering finance, economics, and legal aspects globally. With comprehensive coverage of the current landscape of financial technology alongside a forward-looking approach, the chapters are devoted to the spread of structured finance, ICT, distributed ledger technology (DLT), cybersecurity, data protection, artificial intelligence, and cryptocurrencies. Given an unprecedented 2020, the contributions also address the consequences of the current emergency, and the pandemic stroke, which is revolutionizing social and economic paradigms and heavily affecting Fintech, Blockchain, and the banking sector as well, and would be of particular interest to finance academics and researchers alongside banking and financial services professionals." (Palgrave Macmillan)



Welcome to Dr. Hope Zhang (CAS President) & Mr. Paul Song (HKAC Dean of Students)

Articles/family photo by Mr. Song & Dr. Zhang  
Other photos by Sarah Gordon & Leo Wong



Dr. Hope Zhang at the CAS door



CHUM President Bob Folkenberg, Jr., CAS Chief of Operations M. Leong Fai, new CAS President Dr. Hope Zhang, and HKAC President Dr. Dan Cheung at Hope's induction ceremony in King Huy Hall / Bayview Church



Mr. Paul Song, Dr. Hope Zhang, and their two children

**H**KAC is so pleased to welcome Dr. Zhang Xiao Yan (Hope) and Mr. Song Sungsub (Paul) as new faculty and staff members of the Clear Water Bay, Hong Kong campus, as of the Spring 2021 semester!

Dr. Zhang Xiao Yan (Hope), our new CAS President who is married to Mr. Song Sungsub (Paul), HKAC's new Dean of Students, received a bachelor in Economic Law from North China University of Technology, Beijing, China, and a Master of Divinity from Adventist International Institute of Advanced Studies(AIIAS). She began as a missionary at Capital Chinese Church in Maryland, USA from 1999, as a youth pastor in Beijing Gang Wa Shi SDA church, and as a Chinese Bible teacher in the language institute of South Korea.

She received her Doctor of Ministry degree from AIIAS in 2014 and served as the associate pastor in Ilsan English Church of Northern Asia-Pacific division in Korea from 2017-February 2021. Hope enjoys paddle sports, such as playing badminton and table tennis.

Mr. Song and Dr. Zhang have a multi-cultural family. Paul is Korean, while Hope is Chinese. They happily met each other at Guangwashi Church in Beijing. Paul offered a series of three prayers, following the example of Abraham's servant Eliezer, during the first two days of meeting Dr. Hope Zhang. After receiving all the answers immediately to each of his three conditional prayers, Paul was determined to get married to Hope! Of course, the rest is history. They are happily married, and we are glad they could both join us as leaders in the Clear Water Bay campus. Hope and Paul are also the parents of two bright children (photo upper right) who attend Hong Kong Adventist Academy.

In the future, Dr. Zhang hopes that CAS cultivates and equips spirit filled, dedicated, and competent workers to expand the kingdom of God and to hasten the second coming of Jesus Christ with the Three Angels message.

Turning back to Mr. Song, he served as the Media Center Manager of the Northern Asia-Pacific Division of the Seventh-day Adventist Church's education system. Later he was elected as the Associate Executive

Secretary in 2015 to serve the same division until March 2021. Regarding his educational background, Mr. Song received a Bachelor of Business Administration from University of Seoul and an M.A. in Theology from Sahmyook University also based in Seoul, South Korea. Currently, Paul is a Doctor of Ministry candidate specializing in discipleship through the auspices of Michigan, US-based Andrews University.

Mr. Song is interested in myriad fields, including: discipleship activities, reflection/meditation, brainstorming, genius education, studies on science, technologies, horticulture, and smart farming. Recently he began to enjoy playing soccer / football with HKAC administrative staff on the Clear Water Bay campus.

Paul aims to be a genuine disciple of Jesus and to help others also become disciples of Jesus on the HKAC campus. At the same time, he aims to help students be trained as successful global leaders who can not only influence and lead the world spiritually but also intellectually, physically, and socially.



Mr. Song Sungsub (Paul) in his HKAC office



Hope & Paul on campus



Dr. Zhang Xiao Yan (Hope) in her CAS office

**Gospel Week Spring 2021**

**(March 15-19, 2021)**

*Article by HKAC alumnus Joseph Pak*

*Photos by Pr. Enoch Lee, Golden Angels, Yuko Liu*

Hong Kong Adventist College is unique in Hong Kong for its spiritual growth mindset and its aim for students to know more about God and His salvation gospel. This is accomplished through various activities, including hosting two Gospel Weeks per year, one in Fall and one in Spring, as a time for spiritual revival.

Due to the Covid-19 pandemic, Spring 2021's Gospel Week was held from the 15th to 18th of March as a series of daily Zoom live presentations. Our campus had the privilege of hosting a special guest live streaming from Los Angeles, California. Pastor Enoch Lee was the featured Gospel Week presenter who represented Olympic Korean SDA Church. His theme for the week was "Master, Where Dwellst Thou? Come and See." Each day during Gospel Week carried a message of God's influence upon our lives, whether through Love, God's Word, Integrity, or Blessings.

Pastor Enoch Lee's message given through his own life experiences was an inspiration to all of us. He inspired us to be living examples of Christ's character as shining beams of spiritual light to those around us. In addition to Pastor Lee's message, he challenged us to show God's love and kindness to our parents, teachers, and friends, in an act of gratitude to them.



Photo left:  
Pastor Enoch Lee of the Olympic Korean Church, Southern California Conference of Seventh-day Adventists

In singing praises to our Heavenly Father, the Golden Angels singing missionary choir group from South Korea gave live performances on Zoom. Their performances filled the screen with glorious melodies of the Lord's praise and worship; the music filled our hearts with God's loving grace. Overall, the student body and faculty and staff of HKAC were blessed by the message of the Lord's humble servant, Pastor Enoch Lee, despite not meeting together for in-person worship.

**SPRING GOSPEL WEEK 2021**  
**"Master, Where Dwellst Thou?"**

**Monday**  
 "Come and See on CCTV."  
 (Investigation of Love)

**Tuesday**  
 "Come and See at Costco."  
 (Live by the Word)

**Wednesday**  
 "Come and See at Apple."  
 (False Witness)

**Thursday**  
 "Come and See at K11 Musea."  
 (Blessing Beyond Measure)

Speaker: Pr. Enoch Lee  
 When: 15 - 18 March, 2021  
 Where: Zoom  
 (<https://zoom.us/j/2719166777>)  
 10:30a.m - 11:25a.m

Special Music: Golden Angels

**HONG KONG ADVENTIST COLLEGE**



Pastor Seo Se Kwang (Ben) on Zoom

I believe that many people have felt God's grace and would like to take the initiative to learn more about Him and the Christian way of life. HKAC has myriad programs to help people look more deeply into this matter. In addition to weekly Chapel programs for enrolled college students and a Department of Religion, HKAC also has a new Certificate program in Ministry, as well as a Certificate Program in Christian Counseling in 2021.



The Golden Angels singing troupe



**HKAC Biology Lab/Classroom Renovation Project (January to April 2021) Renovation PM by Hosea Yeung & John Lau  
Photos & text by Jenifer Shiu**



A worker adds grout sealant to the HKAC Biology Lab window sill.

The Biology Lab classroom on the second floor of the HKAC administration building was renovated from early 2021 through April 2021 and mainly included the following project work: removal of old plaster, waterproofed the internal wall, re-plastering, painting on top of the re-plastered wall, re-wiring, air conditioning work, laying PVC flooring, installing new lighting fixtures, and building storage cabinets and tables. Renovation images are featured on this page.



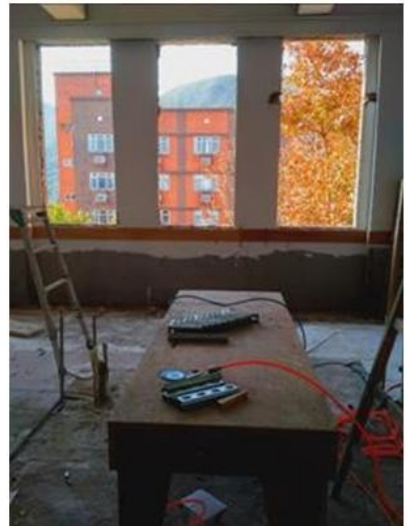
Workers about to climb ladder to spray clean the exterior bricks of the Biology Lab



A worker in the HKAC Biology Lab is about to continue renovation activity.



A worker in the Biology Lab is about to continue with renovation activity



Rewiring work in Biology Lab classroom and a dormitories view



Laying down new wiring on back wall inside the Biology Lab classroom



Re-plastering materials and ladders inside the Biology Lab classroom with views of the dormitories and High Junk Peak in the background



The new wall shelving unit being put in place by ladders in the classroom



Lowering a water hose to allow the spraying down of bricks outside the Biology Lab classroom

**HKAC Biology Lab/Classroom Renovation Project (January to April 2021) Renovation PM by Hosea Yeung & John Lau**  
*Photos & text by Jenifer Shiu*



Biology Laboratory front door, lab tables, green chalk board, and assorted lab equipment.

Here are images for the newly completed Biology Laboratory classroom on the second floor of the HKAC administration building. It was renovated from early 2021 through April 2021 and mainly included the following project work overseen by Hosea Yeung and John Lau: removal of old plaster, waterproofing the internal wall, re-plastering, painting on top of the re-plastered wall, re-wiring, air conditioning work, laying PVC flooring, installing new lighting fixtures, and building storage cabinets and tables. Boxes are full of equipment / tools for the lab. Renovation in process images are featured on the previous page. The newly updated Biology Laboratory is ready for college students to enjoy in-person in the Autumn/Fall 2021 semester.



New wall length shelving unit, tables, brightly painted yellow wall, equipment, lab stool seat.



Biology Laboratory green chalkboard, tables, lab stool seats, and boxes of stored items



A diagonal view of the newly renovated Biology Laboratory with the windows facing trees and the HKAC dormitories



Biology Laboratory sink, table, wall unit, and window views of HKAC dormitories



Painted yellow wall, clock, wall unit plus an inner room, lab stool seat, and additional inner room windows



A newly built wall shelving unit



Fire extinguishers near the teacher's desk, green chalkboard, lab stool seat, corner window

*Alumnus Visits the Clear Water Bay Campus*

*( 14 April 2021)*

*Photo by Livia Li Siu Kan  
Text by Jenifer Shiu*

**H**KAC alumnus Mr. Terry Chan Chun Kit visited the Clear Water Bay campus in mid-April 2021. He had time to catch up with Ms. Charlene Pak, Faculty member of the HKAC Dept. of Health. Terry was a college student on campus who graduated in 2016. We were so pleased he could visit the campus and his former teacher, Ms. Pak.



Ms. Charlene Pak with Mr. Terry Chan Chun Kit, her former pupil at HKAC

*Hong Kong Principals' Football Competition at HKAC*

*(7 April 2021)*

*Photos by Jenifer Shiu*



President Dan Cheung together with the winning blue team, which won the coveted golden trophy

組別	第一場	第二場	第三場	第四場	總分
A1(新西)	1	1			3
A2(新華)	1			1	2
A3(新華)					
B1(新華)	1			1	2
B2(新華)					
B3(新華)	1				3

時間	組別	場次	主隊	客隊	比分
8:30-8:55	A1 vs A2	A1(1)	A2(1)	A1(1)	1-0
9:00-9:25	B1 vs B2	B1(1)	B2(1)	B1(1)	1-0
9:30-10:00	A2 vs A3	A2(1)	A3(1)	A2(1)	1-0
10:05-10:30	B2 vs B3	B2(1)	B3(1)	B2(1)	1-0
10:35-11:00	A1 vs A3	A1(2)	A3(1)	A1(2)	1-0
11:05-11:30	B1 vs B3	B1(2)	B3(2)	B1(2)	1-0
11:35-12:00	A2 vs A3	A2(2)	A3(2)	A2(2)	1-0
12:05-12:30	B2 vs B3	B2(2)	B3(2)	B2(2)	1-0
13:00-					

Matches scoreboard



President Dan Cheung, together with the blue team, all clap and cheer for their sports victory



A match between the red and blue teams with High Junk Peak in the background



President Dan Cheung with the yellow team, which also won competition medals

*HKAC Spring 2021 Campus Vistas*

*Photos by Jenifer Shiu*



A lady with an umbrella sun shade rests and enjoys the tranquillity on campus



King Huy Hall, Bayview Church, and a pale yellow flower, bask in the morning sunshine



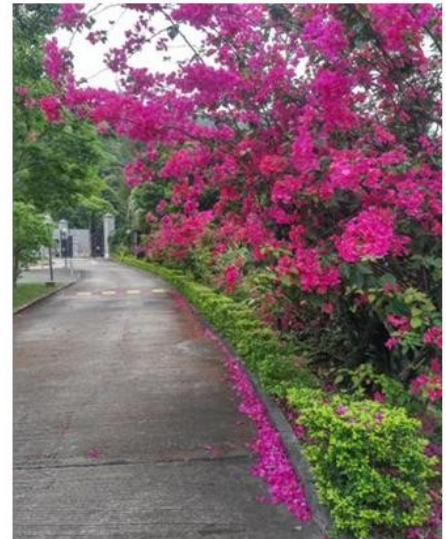
A father and son during the Jr. Math Olympiad held at the CWB campus



Cherry Fan Kam Fa, chief accountant, and the administration building stairwell



A blue glassy tiger butterfly hovers above a fallen orchid tree flower



Full blooming fuchsia bougainvillea floral sprays along a campus path



A male changeable lizard enjoys the view of campus life from his perch



Parents and a child in front of SYMS building during the Jr. Math Olympiad



A just plucked, yellow daisy gift from Pastor Moody's daughter

## Hiking in Clear Water Bay Community to Enjoy God's Beautiful Creations

Article by President Dan Cheung  
Photos by Wai Chi Chan, Mandy Lam



HKAC President Dan Cheung, Alumna Wai Chi Chan, Alumna Mandy Lam, CAS Chief of Operations M. Leong Fai, and others rest at the top of Junk Peak in the Clear Water Bay vicinity



The view from the top of High Junk Peak on a cloudy day



HKAC Associate Academic Dean, Dr. Corjena Cheung, CAS Chief of Operations M. Leong Fai, and friends enjoy hiking in the Clear Water Bay community

Springtime is beautiful on the Clear Water Bay campus. The trees are budding, the flowers are blooming, and the grass is turning green again. I did not recall how beautiful and peaceful this campus had been, when I was a student here in 1971. Now, 50 years later, I have returned back to this verdant campus, and I have found joy and peace from walking around here, as well as hiking in the Clear Water Bay community.

Since the start of the COVID-19 pandemic, it has been quite inconvenient for people to travel outside of Hong Kong. The frequent COVID-19 tests and 21-days of quarantine, upon return to Hong Kong, really takes the fun out of travelling abroad. In order to make the best out of the situation, my wife, Dr. Corjena Cheung, Associate Dean of Students, and I have gradually acquired the pleasure of hiking in the Clear Water Bay vicinity.

Prior to the pandemic, we did not know there were so many beautiful hiking trails in Clear Water Bay. There are trails that lead down to the beaches, up to the peaks, along the ridge of hills, along the ocean front, and crisscrossed from one hill to another. While hiking along the lush trails, we are able to breathe in fresh air, observe the flowers nearby, hear the birds singing, and watch the ocean waves gently brushing the shore.

Furthermore, there are trails that pass through villages that have been around in Clear Water Bay for years. Some of the houses were built almost 100 years ago. There are also hiking trails that lead to wonderfully unexpected temples. Some of them, which are used for worshipping ocean gods, are located in front of the ocean. Other temples are located half way up the hills, and they are used for worshipping gods of the ground

and the wind. Who would have thought that hiking could provide such interesting cultural experiences?

Many of you may know that hiking trails have ratings in terms of the level of difficulty. Some hiking trails in the Clear Water Bay vicinity are rated as “easy”, while others are rated as “difficult”. The easy trails give us opportunities to really enjoy nature, while the difficult ones give our hearts a good workout. Some trails are short, so that you can easily finish within an hour, (add a comma after “hour”) while other trails are long and will take as long as four to five hours to complete. Best of all, they are all within walking distance from the college campus!

I would like to invite all HKAC / Sam Yuk alumni and friends of the college to come hike around the Clear Water Bay area and enjoy the beautiful creations of our Lord.

As the Bible reminds us:  
“Sing to the LORD a song of thanksgiving. Make music to our God with a lyre. He covers the sky with clouds. He provides rain for the ground. He makes grass grow on the mountains.”

(Psalm 147:7-8)

Come and observe what the Lord has prepared for us in the vibrant Clear Water Bay community!

In Christ,

Dan Cheung, PhD  
President, HKAC