



# Newsletter

## Autumn

## 2021

# HKAC

### *HKAC New Nursing & Higher Diploma Programs by Professor Alice Loke*

I am pleased to be appointed as the Director of the Department of Nursing at the Hong Kong Adventist College (HKAC). The Department of Nursing was set up as a strategic plan to propose a Higher Diploma in Enrolled Nursing (General) program to be launched in November 2022.

Humbly, I greatly appreciate the opportunity given! Not only was I attracted to the history of the College and its beautiful campus, I was also happy about the challenge to re-establish a nursing program at the College. This appealed to me as a very meaningful undertaking. The mission of the College in preparing nurses with caring and holistic attitude are the attributes that I envisioned good nurses should possess. This strategic plan will capitalize the potential of the College, while also contributing to the development of the nursing profession in Hong Kong.

It's been almost 30 years since HKAC offered nursing programs in the 20th century from 1967 until 1992. It's the vision of the current Board of Directors that HKAC will re-establish a nursing program to educate nurses and to supply nursing workforce for the two affiliated Hong Kong Adventist Hospitals, to serve the public, and to meet the need of Hong Kong Society.

With the strong tradition of HKAC to provide quality education with an emphasis on developing the potential of the whole person, the proposed program aligns with the mission and the aims of the College to the development of the whole person, mentally, physically, and spiritually.

This is implicit in "Sam Yuk" which is found in the Chinese name of the College. The proposed program also will fulfill the career dreams of many young people who are attracted to the nursing profession to serve humankind in illness and to maintain overall health of the local population.

In the last few months in post, I was fascinated by the vision of the Academic Associate Dean and Chair of the Department, Professor Corjena Cheung. Her wisdom and energy inspired me on the direction of the program. I was also empowered and entrusted to make suggestions on the recruitment of qualified staff, proposed changes to the Department's floor plan, and the operation logistics without hesitation. The suggestions were recommended for the betterment and for future development of the Department.

In the first two months of my appointment, the application documents for accreditation of the program were submitted to the *Nursing Council of Hong Kong* on 28 September. It was made possible only with the unfailing support of Professor Cheung, the input of academic and clinical staff, and the recommendations from the two program advisors. The documents for accreditation application to the *Hong Kong Council for Accreditation of Academic and Vocational Qualifications* were submitted in November 2021. I sincerely hope that the program will be accredited by the two organizations, so that our efforts will not be in vain. The accreditation of the program will mark the beginning and an important milestone of the Department of Nursing at HKAC. The



Prof. Alice Loke, HKAC Dir. of Nursing

proposed program will realize the vision of the Department to launch an excellent program in preparing well qualified and caring nurses for the profession. It is also my vision and ambition, in the near future, to expand the capacity of the Department to establish a Bachelor Degree program in Nursing to prepare registered nurses to lead, serve, and make a positive difference in this world. The success of the programs and the realization of the potential of the Department of Nursing relies on the full support of the Board of Directors, the senior Management of the College, and all faculty and supporting staff members. **NOTE:** For a bit more about Professor Loke, please turn to page 6!

*Autumn 2021 Newsletter Editor*

*Jenifer Shiu*

*(email): alumni@hkac.edu*

*(email): jenifer.shiu@hkac.edu*

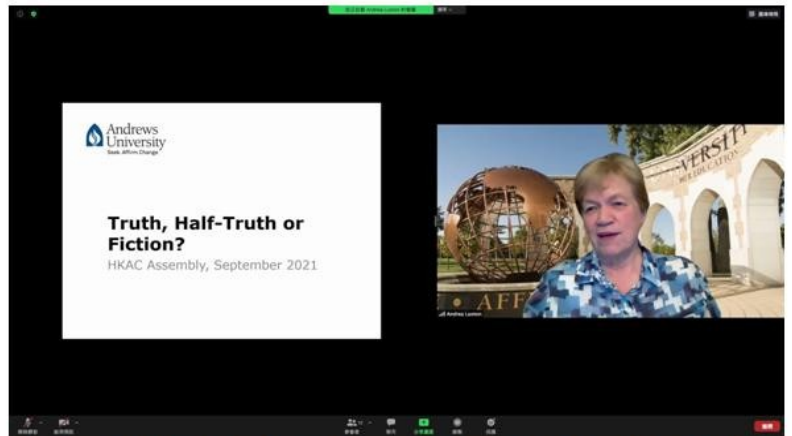
*Top image is provided by President Dan Cheung*

Zoom Chapel Dr. Andrea Luxton (President, A.U.) & Dr. Peter S. Young (HKAC Foundation Board Member)

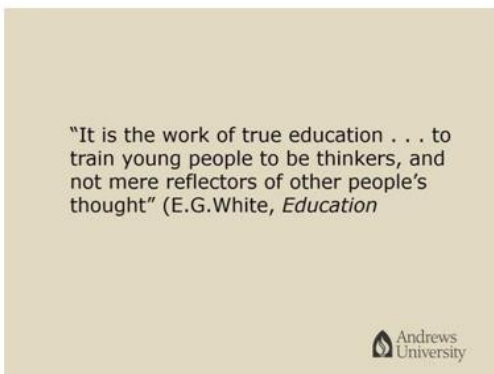
Photos by Andrew Yip  
Text by Jenifer Shiu



HKAC President Dan Cheung introduces AU President Dr. Andrea Luxton to the Chapel Assembly at Bayview Church / King Huy Hall



AU President Dr. Andrea Luxton presents to HKAC via Zoom from the US



Developing your critical thinking skills is crucial!



Dr. Paul McGraw handed the microphone to a HKAC student with a question for AU President Dr. Andrea Luxton



Dr. Peter S. Young, HKAC Foundation Board Member, presents via Zoom, an action steps oriented, SMART Goals talk to students



Follow the SMART Goals action steps to help achieve your small and big goals in life. Share them with family and close friends for support and to help you stay on track!



Map out some major life goals and fun bucket list items, make changes when necessary, be flexible, and follow up!



Try to remain upbeat through the ups and downs of life, go with the flow, stay healthy, work diligently, and with support, make the small and big goals happen!

**HKAC Environmental Day Photo Essay Part 1 of 2 (Oct. 29, 2021)**

*Photos by Jenifer Shiu  
Text by Jenifer Shiu*



Ms. Priscilla Wong and Ms. Kat Ma at booth



President Dan speaks to HKAC students



Dr. Barbara Choi, Dr. Arlene Siagian, and students at the scavenger hunt booth



Mr. Jeriel Chuah and soap making demo students, including Dan Mendoza Torres



Pr. Ben Seo SeKwang shows us labeled recycling bags for event day use



Sara De Almeida Santana and Sabrina Aranaga Garcia co-lead the herb garden booth



Faculty/Staff including: R. Cheng, A. Ching, T. Lau, C. Luk, B. Choi, L. Fai, P. Song, K. Ma



Pr. Leong Fai, Ms. Priscilla Wong, and HKAC Students, including: Maria Rivera Tina Tam Ching Yi, Erinn Wong Ching Yuen, Asher D. Odhiambo, and Rocky Siu Ka Shun by the soda drinks can recycling booth during HKAC Environmental Day

# HKAC Environmental Day Photo Essay Part 2 of 2 (Oct. 29, 2021)

Photos by Jenifer Shiu

Text by Jenifer Shiu



Students recycling, include: Zuriel Ilagen, Rocky Siu Ka Shun, Lexine De Vera



Step-by-step recipe guide on how to make your own soap!



Students Brian Lai Siu Yuen, Sargam Rai, and Sukpreet Dhaliwal try paper making!



Zuhaa Khan makes paper as Lexine De Vera and Mr. Simon Chua watch



Different hues and textures of paper created during HKAC Environmental Day 2021



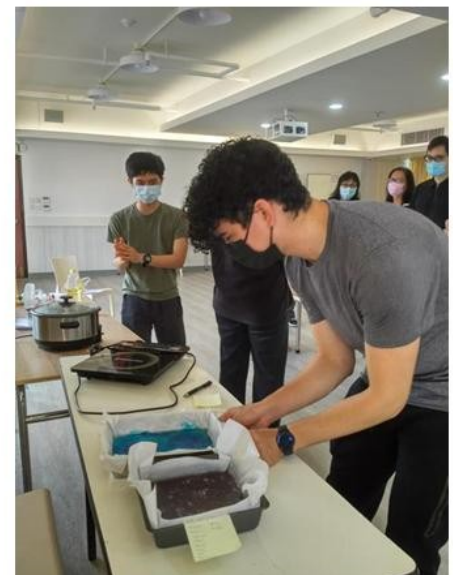
Full-time Faculty at the soap making table as Andrew Yip captures the image from afar



Students Sarah Yip Yuk Ying and Jenny Suen Wai Shan co-led the clothing recycling booth



Blue-green and chocolate brown soaps made by students at soap making table



Student Dan Mendoza Torres finalizes the 2 different soaps in paper lined square trays

# HKAC Autumn 2021 Gospel Week

(Oct. 18-22, 2021)

Article by Jenifer Shiu

Photos by Andrew Yip



**Photo below:** College students musical performers are on the Bayview Church / King Huy Hall stage together with Dr. Arlene Siagian on the piano. Students: Aseel Nazir, Christian Angeles, Asher Odhiambo, Dan Mendoza Torres



During the Autumn 2021 HKAC Gospel Week, Pastor Adrian Peto (**above left photo**) of Adventist International Church of Hong Kong was the featured daily guest speaker. President Dan Cheung and Pastor Ben SeKwang Seo introduced Pastor Peto to the assembly of students and faculty at Bayview Church / King Huy Hall. Pastor Ben Seo SeKwang mentioned that Monday, October 18 was the introduction for the week's sermon series and Tuesday through Thursday, post-sermon student group discussions led by faculty and pastors. Each day began with an opening prayer and a musical performance accompanied on the piano by Dr. Arlene Siagian. Pastor Adrian then gave a presentation and provided college students two to three daily points, for further discussions in small group sessions. On the first day of Oct. 2021 Gospel Week, Pastor Adrian spoke about the Hollywood good vs. evil theme of the "Star Wars" film and compared it to the Bible's story of Lucifer, the fallen angel, who had served God and had sought more power. On the last day, thank you gifts (**above right photo**) were presented to Pastor Adrian Peto on Friday, Oct. 22 by Dr. Paul Song, HKAC's Dean of Students, and by Dr. Paul McGraw, HKAC's Academic Dean & Chairman of the Dept. of General Studies. It was a spiritually uplifting and thought provoking week for all participants!



**Left photo:**

Pr. Tyson Moody and Mr. Richard Cheng, co-led a small group students meeting in a classroom



**Right photo:**

Dr. Corjena Cheung, Associate Dean, led a small group students meeting in the pews at Bayview Church / King Huy Hall (KHH)



**Left photo:**

Dr. Arlene Siagian and Ms. Charlene Pak co-led a small group students meeting at Bayview Church/KHH



**Right photo:**

Ms. Twinky Lau led a small group students meeting outside Bayview Church/KHH

## Welcome to Professor Alice Loke (HKAC Director, Dept. of Nursing, Fall 2021)

Photo by Andrew Yip  
Bio by Prof. Alice Loke

Professor Alice Loke has over 30 years of work experience in a University Grants Committee funded university in Hong Kong. She was the Associate Head, the Chair of the School Learning and Teaching Committee, and the Lead of the Family and Community Health Research Theme. She also served in many professional bodies in Hong Kong, including as the President of the Hong Kong College of Education and Research in Nursing (2015-2018 & 2018-2021).

Professor Loke supervised many research students, and published widely on promotion of health among adolescents, women's health, family/spousal support in illness, and on disaster preparedness and education.



Prof. Alice Loke, HKAC Dir. of Nursing

Dr. Loke has published well over 200 scholarly papers that are influential in these areas. In 2020, she received the International Nurse Researcher Hall of Fame Sigma Global Nursing Excellence that recognizes nurse researchers who have achieved significant and sustained national or international recognition and who has improved the profession and the people it serves.

In her leisure time, Alice enjoys Cantonese Opera and performs once in a while, in order to improve her skills in this cultural pastime.

## Welcome to Ms. Wing Chan (HKAC Instructor, Higher Diploma, Health & Rehabilitative Services)

Photo by Andrew Yip  
Bio by Ms. Wing Chan

Ms. Wing Chan grew up in Hong Kong and went to primary and secondary school education here. She received her Bachelor degree in Nursing in Union College, USA and her Master degree in Nursing at Hong Kong Polytechnic University.

Regarding her career, Ms. Chan used to work at Loma Linda University Medical Center in California, USA and at Guam Seventh-day Adventist Clinic as a nurse. After relocating back to Hong Kong, she has worked in both Hong Kong Adventist Hospitals as a health educator. Ms. Chan most recently worked in a charitable institution caring for the elderly in the community nurse station.

During Fall 2021, Ms. Chan was hired to teach at HKAC part-time for the inaugural

Higher Diploma in Health & Rehabilitative Services program. She taught a course in Clinical Microbiology and Pharmacology.

As an instructor at HKAC, Ms. Chan hoped to speak the language of her students, understand their needs so that she could help them to learn and grow academically, spiritually, and socially.

Wing enjoys hiking, biking and walking in nature. She also likes to hang out with friends at church, praying, caring for one another, and growing together.

On the Clear Water Bay campus, Ms. Chan looked forward to experiencing God's love in a deeper way and to share the love with others, during her time here.



Ms. Wing Chan, Instructor, HKAC Higher Diploma, Health & Rehabilitative Services

## Welcome to Dr. Ron Wong (HKAC Instructor in Physics I, Dept. of General Education)

Photo by Andrew Yip  
Bio by Dr. Ron Wong

Dr. Ron Wong grew up in Hong Kong and lived in Sham Shui Po district for 20+ years. He was an only child in his family.

Ron received his Bachelor of Science major in physics from CUHK, and his MPhil at University of Hong Kong (HKU). Recently, he completed his PhD also at HKU.

Prior to teaching Physics during Fall 2021, Dr. Wong mainly conducted research in astrophysics. He considers teaching to be an interesting career challenge.

Ron also has an entrepreneurial side business operating an entertainment oriented real estate venue.



Dr. Ron Wong, HKAC Instructor, Physics

In the past two years, he also began new hobbies including going to the gym to work out and going hiking. Ron thinks it's a good time for anyone to try to get more fit, when you realize you are not as fit as before. The HKAC campus is a nice environment to do so.

What Dr. Wong wishes to achieve is to teach students the way physicists think and simplify problems. Students may not remember the exact knowledge found in a textbook ten years later. Nevertheless, Dr. Wong hopes that honing critical thinking skills and appreciating the beauty of nature, such as that found on campus, would become lifelong rewards for students.

**Welcome to Ms. Francesca Chan (HKAC Marketing Assistant)**

*Photo by Bobby Wong  
Bio by Francesca Chan*

**F**rancesca Chan is a new Marketing Assistant at HKAC. She recently finished her Bachelor's degree last summer and arrived to the Clear Water Bay campus for her first job. Ms. Chan was born in Hong Kong and grew up here as well.

Although Francesca is an only child in her family, she has a very big extended family. Her mother has six sisters, and so Ms. Chan has six aunts on her mother's side of the family. Each of her aunts has a child, so she also has six cousins! Every weekend, all of them gather at her grandparents' house, as they are a very close family. Growing up in this big family gave Ms. Chan a loving childhood, for which she is very grateful indeed. That is also the reason why Francesca enjoys working in a group environment and making new friends.

Ms. Chan graduated from CUHK with a Bachelor of Art degree in Creative Media major with a Korean Studies minor.



**Ms. Francesca Chan**  
**HKAC Marketing Assistant**

Prior to university, Ms. Chan graduated from the Kowloon True Light School.

As an active person, Francesca has an eclectic range of interests and hobbies. She enjoys eating and cooking. Secondly, Francesca also really likes to paint, create sculptures and all kinds of handicrafts. As such, she often visits art galleries and museums. Furthermore, Francesca relishes singing, playing the piano or guitar to relax, and general musical enjoyment. For sports, she likes to play tennis with family and friends. It's clear that Francesca is never a stay-home-person when she's not at work!

At HKAC, Ms. Chan assists in the efforts to promote the college by planning and executing external communications, events, seminars, school career fairs, and managing the school's social media accounts. She also captures quite a bit of events related photography on campus. Above all, Ms. Francesca Chan would like to popularize the college and make it more well known as a tertiary educational institution.

**Welcome to Ms. Karen Fung (Administrative Assistant, Academic Deans' & Registrar's Offices)**

*Photo by Francesca Chan  
Bio by Ms. Karen Fung*

**M**s. Karen Fung is a new, part-time Administrative Assistant based in the HKAC Administration Office. She was born and raised in Hong Kong. Karen finished Form 7 in Hong Kong and received a Diploma in Business Studies, after two years full time study in Lee Wai Lee Technical Institute.

For the past 25 years, Ms. Fung worked as an Executive Secretary/Personal Assistant for Senior Management in one of the world's largest global sourcing and supply chain companies in the apparel and accessories industries. She left this company at the end of 2020, when the firm significantly restructured its operations and her role was made redundant, as part of a large human resources organization realignment.

As part of her new duties at HKAC, Ms. Fung provides academic support services for the Academic Dean's Office (Academic Dean, Associate Dean and the Registrar), as directed by the Associate Dean. Karen supports the department by performing all other duties as assigned by the Academic Dean's Office.



**Ms. Karen Fung**  
**HKAC Administrative Assistant**

She hopes that her extensive experience in administrative, clerical, secretarial and office management concepts will be very helpful in performing her functions effectively here and contribute to smooth operations in the Academic Dean's Office.

Outside of work, Karen is particularly fond of hiking and crocheting. She loves the outdoors and enjoys going hiking on weekends. Karen feels that it's great to connect with nature, enjoy some gorgeous views and get away from the city. In addition, crocheting is a meditative activity and embracing it has greatly enhanced Karen's levels of concentration.

Currently, Ms. Fung's son is studying in Australia and she hasn't had the opportunity to see him for two years, due to the Covid-19 pandemic. She really misses him a great deal and looks forward to the day when they can reunite in person. Although Ms. Fung is not a Christian, she enjoys working in the religious and tranquil environment on campus, while having the opportunity to learn more about God.

**Inaugural Friends of HKAC Nursing Scholarship Fund (Kindly Donate Generously!)**

*By HKAC President  
Dan Cheung, PhD*

Dear Alumni & Friends of HKAC,

An anonymous friend of HKAC has donated US\$75,000 to establish the **Friends of HKAC Nursing Scholarship Fund**, which will be used to provide scholarships for Adventist nursing students to encourage Adventist members to study nursing at HKAC and to serve at Hong Kong Adventist hospitals after they graduate.

This scholarship fund is opened for additional donations from friends and alumni of HKAC throughout the world to build up this fund, so that it will generate adequate numbers of scholarships for our nursing students.

On behalf of HKAC, I invite you to be part of this meaningful ministry.

Below are a few simple ways to make your charitable donation to this scholarship fund:

1. Please send a check payable to: **Hong Kong Adventist College, 1111 Clear Water Bay Road, Sai Kung, N.T., Hong Kong.** Be sure to indicate your donation is for the **Friends of HKAC Nursing Scholarship Fund.**
2. Direct wire transfer of your monetary donation to **Hang Seng Bank:**  
**Account #: 204-3-011010.**  
Please email your funds transfer bank receipt to: [donation@hkac.edu](mailto:donation@hkac.edu)
3. For U.S. residents who would like to receive tax deductible receipts, please make a check payable to:  
**General Conference of SDA**  
**Attn: Donation Center-TRE**  
**P. O. Box 5009**  
**Hagerstown, MD 21741**

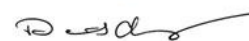
*To ensure that the funds get to the college it is important that you attach a note to the GC of SDA designating the funds should go to:*

**Hong Kong Adventist College**  
*Attn: Hosea Yeung, Treasurer*  
**1111 Clear Water Bay Road**  
**Sai Kung, N.T.**  
**Hong Kong**

**Important:** Please email Hosea Yeung that you've made the donation via [hoseay@hkac.edu](mailto:hoseay@hkac.edu). If your donation is made via a credit card, there is a fee of 2.75% that is deducted from the amount for HKAC. Checks are 100% for HKAC.

*Please allow me to express my heartfelt gratitude for your continuous support of HKAC. Your selfless contributions will be used wisely to bring more young people to Christian life and help train them in the noble nursing profession.*

In Christ,



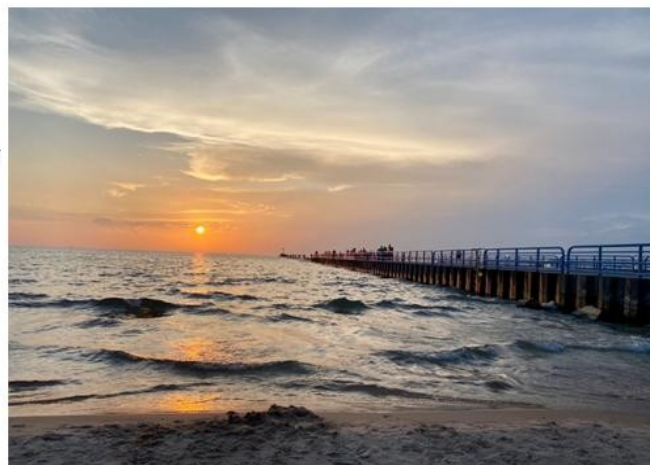
**Dan Cheung, PhD**  
**President, HK Adventist College**

**HKAC Transfer Students & AU Students (Welcome to AU Beach Party—Aug. 2021)**

*Photos by Dr. Brian Wong, AU  
Dept. of Biology & Silas Yeung*



In August 2021, HKAC transfer students were invited by AU Dept. of Biology Prof. Brian Wong to a "Welcome to Andrews University" beach party in Michigan, USA. These photos include HKAC transfer students and AU students on the beach day.



Dr. Brian Wong captured these images, except for the one in the bottom left corner, which is one of him taking a photo during sundown, as captured by Silas Yeung.





## Faculty & Staff Annual Retreat Day on Campus Photos Essay (August 19, 2021)

Photos by Dr. Calvin Luk  
Text by Jenifer Shiu



Dr. Arlene Siagian presented "Don't Be Afraid of Ink. It's Just Ink, and Other Stories: Tales of Terror from a Music School Survivor"



HR Manager Ms. Alice Wong and HKAC Librarian Mr. Eric Leung



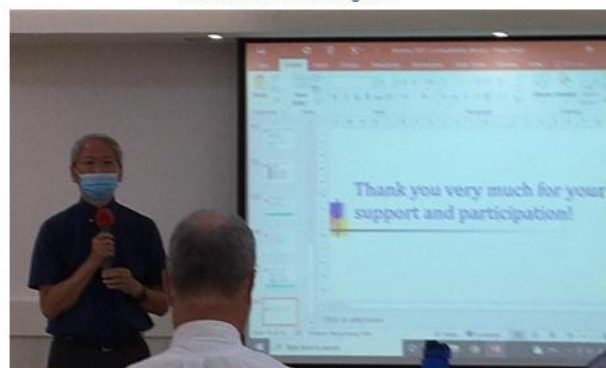
Academic Dean Dr. Paul McGraw presented "Pandemics & Progress"



Dr. Barbara Choi presented "Lifestyle Insurance"



Mr. Jerial Chuah discussed healthy blood scores for cholesterol, triglycerides, and fasting glucose levels



President Dan thanked participants at the campus retreat



HR Manager Ms. Alice Wong and Dorm Dean Mr. Jerial Chuah discussed the election of Standing & Functional committees' representatives for 2021-2022



Tea break at the HKAC Cafeteria

HKAC full-time Faculty & Staff participated in an annual retreat day on the Clear Water Bay campus on August 19, 2021. President Dan Cheung gave opening and closing remarks. Ms. Twinky Lau led the morning devotion prayer with special acknowledgements to Pr. Leong Fai. Dr. Arlene Siagian, Dr. Barbara Choi, Dr. Paul McGraw, HR Manager Ms. Alice Wong, and Dorm Dean Mr. Jerial Chuah all spoke on various topics. Pr. Ben Seo SeKwang led a prayer before the buffet lunch break. Finally, there was a tea break, before the election of HKAC committees' representatives for the 2021-2022 academic year.

### Dr. Calvin Luk Hoi Ling's Scholarly Research Achievements in 2020-2021

Information provided by Dr. C. Luk, Faculty of Science, HKAC Dept. of General Education

Dr. Calvin Luk Hoi Ling co-authored a December 2, 2020 published paper with the title "Ultrafast Structural Changes Within a Photosynthetic Reaction Centre," published in the prestigious weekly science and technology journal *Nature*, when he was a visiting scholar at the Nanoscience Center and Department of Chemistry, University of Jyväskylä, in Jyväskylä, Finland. Dr. Luk's first published article can be found at this web site: <https://www.nature.com/articles/s41586-020-3000-7>

After this, Dr. Luk co-authored a second research paper with the title "Anti-Kasha Behaviour of 3-Hydroxyflavone and Its Derivatives." The research paper was published on October 14, 2021. It is part of a special issue of the *International Journal of Molecular Sciences*; the issue is entitled *Molecular Dynamics from Macromolecule to Small Molecules*. The following is the web link for Dr. Luk's second published research article online: <https://doi.org/10.3390/ijms222011103>

**HKAC Faculty Development Day (August 20, 2021) Featuring AU's Dr. Alayne Thorpe** *Photos by Jenifer Shiu and AU website*  
*Text by Jenifer Shiu*



Dr. Alayne Thorpe, AU's Dean, College of Education and International Partnerships Associate Provost for Graduate Education (photo is courtesy of AU's website)



HKAC Associate Academic Dean, Dr. Corjena Cheung, gave a talk about the new, Fall 2021 Higher Diploma, Health & Rehabilitative Services program that is part of HKAC's Department of Nursing.

**Left to right above:**

Dr. Paul McGraw, HKAC Academic Dean;  
 Dr. Barbara Choi, Chair, HKAC Dept. of Health;  
 Mr. Simon Chua, HKAC Faculty-English;  
 Dr. Corjena Cheung, HKAC Associate Academic Dean



Andrews University's Dr. Alayne Thorpe beamed into HKAC's August 20, 2021 Faculty Development Day meeting to present strategies for teaching SEN college students.

**Photo above:** Dr. Paul McGraw chats with Dr. Alayne Thorpe via a Zoom online meeting.



Mr. Henry Ya'ang, HKAC Registrar & Chair, Dept. of Business & DPUS



**Left to right in the above photo:**

Ms. Twinky Lau, Chair, HKAC Dept. of Religion;  
 Prof. Alice Loke, HKAC Director of Nursing;  
 Dr. Anna Ching; Dr. Arlene Siagian, Associate Professor, Dept. of Music; Dr. Alayne Thorpe (via Zoom); Dr. Barbara Choi, Chair, HKAC Dept. of Health.



**Left to right in the above photo:**

Dr. Alayne Thorpe via Zoom; Dr. Barbara Choi, Chair, Dept. of Health; Dr. Corjena Cheung, HKAC Associate Academic Dean; Mr. Simon Chua, Faculty-English; Mr. Richard Cheng, Faculty-English; Ms. Priscilla Wong, Chair, Dept. of Psychology; Dr. Calvin Luk Hoi Ling, Faculty-Science.

**Alumni Contact Details, Please Update Online: <https://www.hkac.edu/alumni-contact-update>**

Please Update Your Contact Details

First Name  Surname

Email Address  Mobile Number

Country  Mailing Address

School Name (HKAC, SYMS, SCTI, etc.) & Specific Year[s] on CWB Campus

Career Information (Business/Organization Name, Industry, Your Job Title, LinkedIn Web Address)

I wish to subscribe to the HKAC newsletter

**Dear HKAC & Sam Yuk Alumni,**

Please take five (5) minutes today and every so often to help us communicate with you, by regularly updating your alumni contact details online.

Simply head to <http://www.hkac.edu/alumni-contact-update> and fill out the following: your first name, surname / last name, your current email address, your mobile number (with country code and any area code), your country; mailing address (optional); the name of the school you attended on the Clear Water Bay campus (such as: HKAC, Sam Yuk School, South China Training Institute, etc.), and also please provide available career related information.

For your career details (if applicable), please type in the form your organization, industry, job title, and if available, your LinkedIn networking address.

Thank you for updating HKAC and helping us keep in touch with you! :-)

*Interview With Alumna Role Model, Dr. Mia Holm, Manager, Lifestyle Management Center, HK Adventist Hospital (Stubbs Road)*

- 1. Where did you grow up? Are you from a small or big family? Were you always a diligent student? Was it smooth sailing all the way or were there challenging times to overcome in school or in your life in general?**

I was born into an Adventist family and grew up in Hong Kong. I'm the fourth generation Seventh Day Adventist from my father side. My dad Hung Yan Tak 熊恩德 and auntie Hung Mei Loi 熊美娜 are alumni of HKAC as well! Some of you might know my dad because he was the principal of the Tai Po Sam Yuk Secondary School. He had taught in Happy Valley and Kowloon Sam Yuk too. Growing up as a principal's kid there was always unspoken and indirect pressure for me to excel in school. I did graduate with cum laude honors.

- 2. How would you describe your tertiary education journey at Hong Kong Adventist College? What was your major concentration and when did you graduate?**

I attended HKAC in the fall of 1993 as a freshman, and studied there for a year. Then I went on to study at Weimar College, Pacific Union College and eventually graduated from Andrews University with a Bachelor's degree in Dietetics. I would say HKAC had prepared me for my university study in the US and made the transition from HK educational system to the American one much easier.

- 3. What subsequent higher education certificates or degrees did you achieve and where and what institutions did you earn those credentials? I think you may have a doctorate degree!**

After working as a clinical dietitian in North America for many years I had decided to switch to Public Health. I always find nutrition fascinating but I like the broader spectrum and perspective of Public Health. I obtained my PhD in Public Health with specialization in Community Health Education from Walden University, Minnesota, USA.

- 4. What are the best aspects that you experienced at Hong Kong Adventist College that you cherish and will always remember? Is there anything you miss from your former school days at HKAC and being on the campus?**

I miss the after dinner strolls around campus, sitting on the bench outside Bayview Church / King Huy Hall, and fellowship with school mates.



**Dr. Mia Holm, HKAH-SR**

- 5. How did you end up at Hong Kong Adventist Hospital (HKAH) in your role as a manager of lifestyle management? What are some of your responsibilities that you carry out for your job and what do you aim to achieve on a regular basis?**

God always has a plan for me! In 2019 I was working at the Chinese University of Hong Kong and I wasn't happy with the occasional requirement of working on Sabbath. I was told there was an opening for a managerial position at the Lifestyle Management Center at HKAH at Stubbs Road, and so I applied.

- 6. Are there other HKAC alumni (those who studied one or more years on the Clear Water Bay campus) whom you know are also working at HKAH or in other HK hospitals?**

Wong Chi Wing and Peggy Choi in HKAH at Stubbs Road plus Judith Wong and Angela Kao in HKAH at Tseun Wan.

- 7. What advice would you give to current and future college students, in order to achieve good grades but also have time left over to enjoy extracurricular activities (for example: sports, various student clubs, chapel, social life, volunteer initiatives)?**

Set your priorities; don't waste time on things that are not important in your life.

- 8. Imagine if you were stuck on a desert island for an undetermined period of time, what one animal and what one inanimate object would you bring with you and why?**

I will definitely bring a lighter; that way, I can start a fire for warmth and light and be able to send rescue signals, so that I can leave the island as soon as possible! One person is enough to be on the hypothetical island, as I would not wish to bring any animal along to suffer with me!

- 9. If there's anything else you'd like to share about yourself or perhaps impart other advice (such as about the pandemic and good health maintenance) with our global readership, please mention it.**

For students:

Be prepared that you might change your mind on what you want to do in life. Life is full of surprises!

Focus on building a strong foundation which will allow you to excel in any field, and be open to changes.

What you study in college might not necessary be the same as what you will do professionally in the future.

For everyone and for good health maintenance:

Follow a whole foods, plant-based diet, exercise regularly, sleep well, drink plenty of water, and try to get some sunlight.

**HKAC Autumn 2021 Campus Vistas**

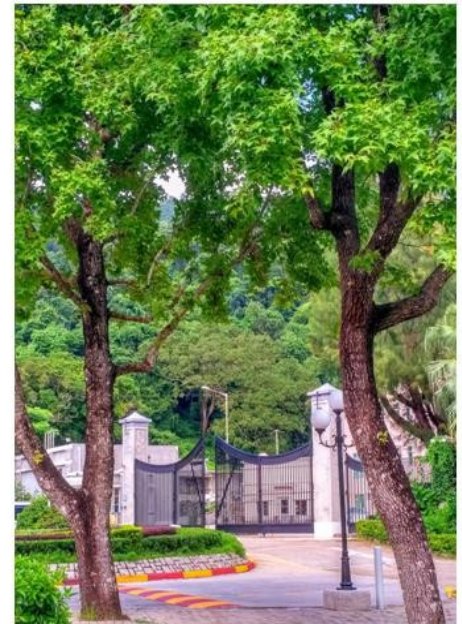
*Photos by Jenifer Shiu*



Ms. Wing Chan and Ms. Twinky Lau with a nice view of Bayview Church / King Huy Hall



Paris Peacock butterfly on the CWB campus



The new, automated campus front gate



Pink floral blooms by the gatekeeper's post



Gardener Mr. Li tends to tall floral vines



A film crew captures action scenes on campus



A happy couple by the SYMS building



HKAC building in autumn season



President Dan Cheung keeps fit by the sea