



Spring Lunch on the 15th day of the first month of the Lunar calendar

The annual spring lunch took place on February 13 this year. We were all busy preparing for this festive occasion, and very excited about the great feast we were to have. Each unit was responsible for several dishes. The Administration Unit, with Mimi as representative, gave us chicken and barbecue pork; the Clerical Unit with Tin Chi as head, gave us curry fish balls and beef balls; the Tuck Shop and Environmental Protection Unit served steam pork cake with dried mushrooms, water chestnuts, and squid besides a pretty fresh fruit platter; and H.M. led the Food Services Unit to a glorious presentation of braised dried mushrooms and lettuce in oyster sauce, fresh-water fish steamed in preserved Chinese cabbage, cold noodles and rice, steamed three-coloured eggs, and drunken chicken wings etc... Everything was delicious! After dinner we had sago soup and Russian Bortsh. Although we were stuffed to the extent that our lovely round bellies were protruding, we still would not miss the fresh fruit platter. After all, it was supposed to help digestion! Not one single piece of fruit was left—the dish was swept clean and clear. Everybody looked very contented afterwards.

Apart from the delicious meal, we had choral singing, just for Phoenix Clubhouse. Dr. M. L. Ng, who cared about our affairs, had written the lyrics to this song to encourage Phoenix Clubhouse members not to be afraid of difficulties, and to encourage one another. We called this song the Phoenix Clubhouse Song. It tells us that although things may change any time, we need not worry, because through hard work, we can still be healthy and strong. The tune and the lyrics of this song touch our members as we are reminded that we are cared for and we have hope. Two occupational therapy students from the Polytechnic University Ah Yun and Matthew led us in our singing. We had been working hard on this song after lunch everyday,



and W.S. would sing this song whenever he had nothing to do. I think this song is very meaningful, as it expresses our gratitude to our friends for their help and support throughout the years.

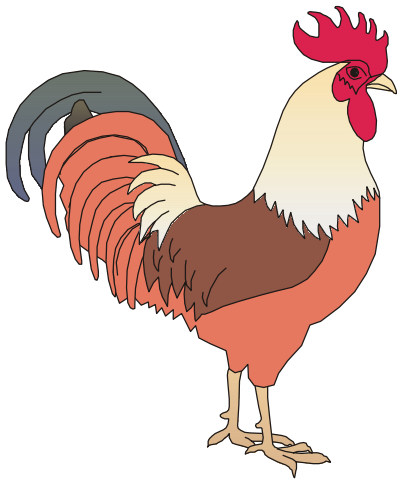
Soon it was the lucky draw. With happy smiles on our faces, we took these presents home for safekeeping.

Written by Janet

Translated by Michelle



Activities News



My name is Peter and I am a member of Phoenix Clubhouse. The second time I was MC at Phoenix clubhouse festive occasions was at the spring lunch this year. My first experience as MC was at the Clubhouse Christmas party. I didn't have enough time to make adequate preparations, so it didn't turn out as well as I had hoped.

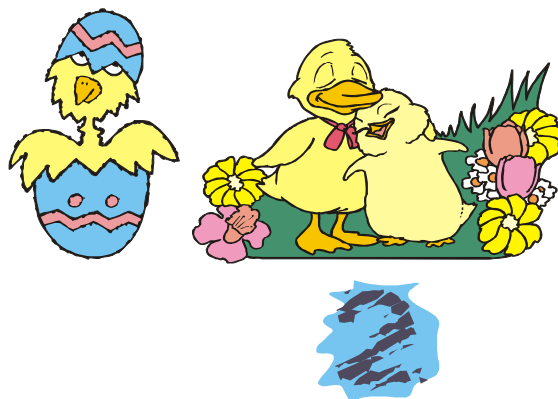
This time, I made sure that I prepared way ahead of time, working on the thank-you speeches whole-heartedly. I really gave it my best! However, I did feel nervous during the actual event, as there were, as always, unexpected changes in the program. Though I was not perfect, I was flexible enough to change accordingly, and I managed to maintain the pleasant atmosphere in the room.

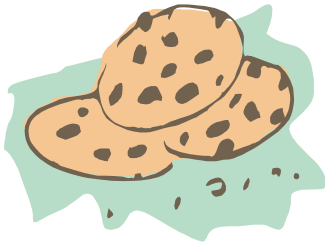
I was consoled and had a feeling of achievement afterwards. My performance was praised by the clubhouse staff. The indirect effect of such support was an almost complete cure of my illness!

I would like to take this opportunity to thank the clubhouse staff and I wish all fellow clubhouse members continuous good health.

Written by Peter

Translated by Michelle





An adventure in cookie baking

A week ago, we had an interesting and enjoyable experience baking chocolate cookies. Besides the basic requirement of an oven, we gathered all other ingredients: 150g low gluten flour, ½ teaspoon self-raising flour, 80g cream, 70g sugar, 1 small egg, ½ tablespoon rum, a little vanilla essence, and 70g crushed chocolate. We measured everything with a scale, and, using an eggbeater, whisked the ingredients together in a large tin bowl until we obtained a milky consistency. Then we added the crushed chocolate and when the mixture is well blended, we divided the mixture into 30 patties on wax paper, and baked them for 15 minutes at 180 degrees C. until they were golden brown. The cookies turned out to be crisp, tasting sweetly of egg with smooth bits of chocolate. We could not keep our hands off them as soon as they came out of the oven but we managed to share the cookies with other Clubhouse members.

We had allowed for 6 sets of ingredients so 6 members could participate in this process. Everybody handled the whisk differently: some broke the whisk; some smeared the dough all over the bowl, while some created only confusion and laughter. When the cookies were still in the oven, we shared our experiences. Everybody had been busy and it was time for relaxation. It is safe to say that we worked hard and we had fun as well! The “bakers” even took some fruits of their hard work home in plastic bags.

Written by Connie

Translated by Michelle

Employment Voice

Through Phoenix Clubhouse’s arrangement, I started work with Paul Hastings as office assistance at the beginning of this year.

Job duties included internal mail delivery, printer paper replacement, trips to the bank, and reception work.

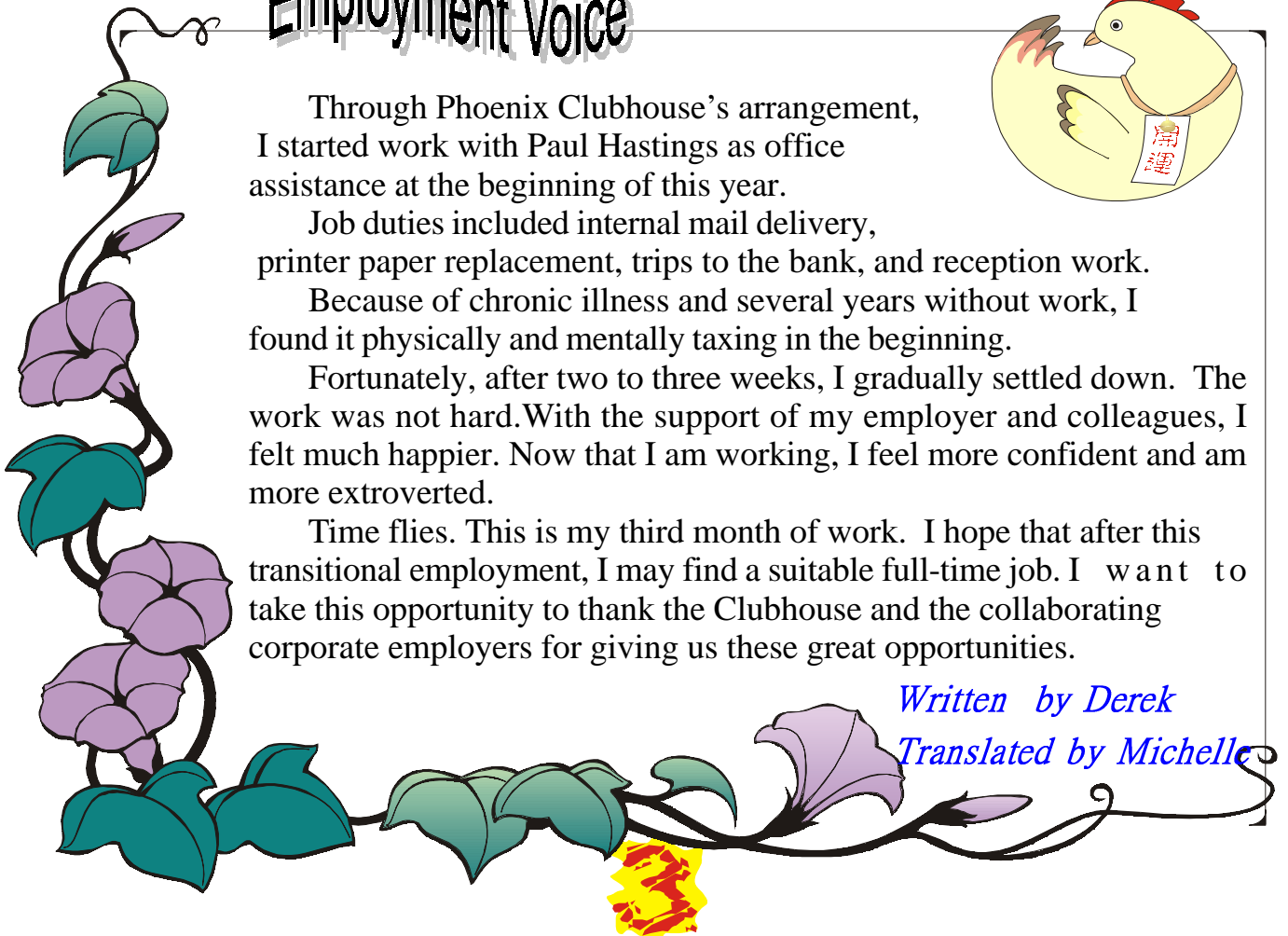
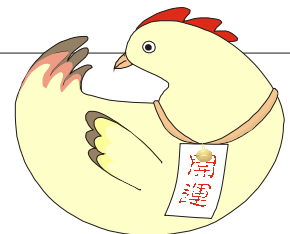
Because of chronic illness and several years without work, I found it physically and mentally taxing in the beginning.

Fortunately, after two to three weeks, I gradually settled down. The work was not hard. With the support of my employer and colleagues, I felt much happier. Now that I am working, I feel more confident and am more extroverted.

Time flies. This is my third month of work. I hope that after this transitional employment, I may find a suitable full-time job. I want to take this opportunity to thank the Clubhouse and the collaborating corporate employers for giving us these great opportunities.

Written by Derek

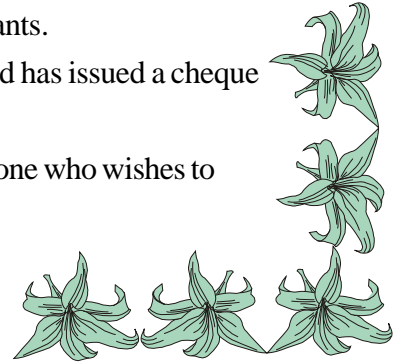
Translated by Michelle



Departmental Report

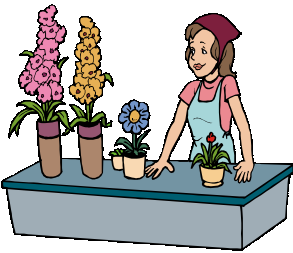
Clerical Unit

1. We would like to thank all members of the clubhouse for their co-operation in making the spring lunch a success.
2. The Putonghua class started in late March. It takes place in the clubhouse dining room every Thursday afternoon from 3:30-5 p.m. We have 20 participants.
3. Queen Mary Hospital approved the supported education fund and has issued a cheque in the amount of HK\$ 500 to Cheuk Lung.
4. Several VCDs on crisis management is now in the library for anyone who wishes to borrow them.



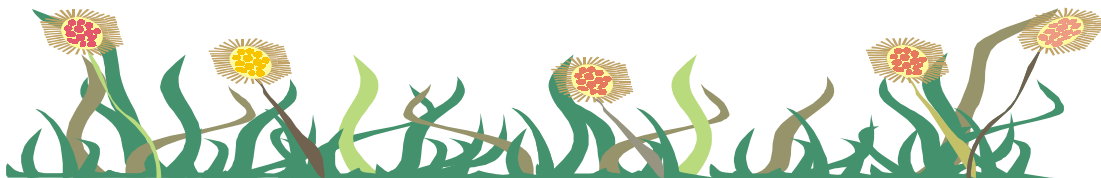
Administration Unit

1. The 13th international clubhouse conference will be held from June 18 to June 23, 2005 at Helsinki, Finland. We thank all members for their participation in nominations. The clubhouse has chosen Michelle as the clubhouse representative this year.
2. Spring lunch was held on Feb 23 this year. Every unit participated in food preparations and the event was very successful.
3. Eva, Anita, with Rowena, Sally, and Kenneth met with Kapok Club house on Feb 4 this year to share our experiences. The next meeting is on June 8, 2005.
4. 2 occupational therapy students from the Polytechnic University did their practicum at the clubhouse from Jan 31 to March 11 this year.
5. The report from the professional services development support group has been submitted in February. The budget support has also been submitted at the end of March.




Tuck Shop and Environmental Protection Unit

1. During Chinese New Year, we planted narcissus and decorated the clubhouse seasonally.
2. We entered 21 potted plants for judging in the HK Flower Show.
3. We made 10 photo frames as a gift for the ACC preparation committee members.

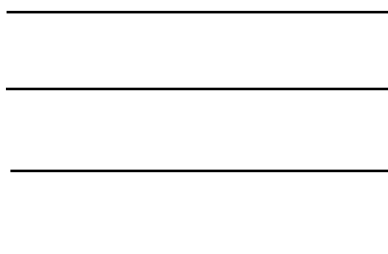


Food Services Unit



We collaborated with all other units in the clubhouse to produce a sumptuous spring lunch on Feb 23.

Phoenix ClubHouse
4/F, David Trench Rehab. Centre,
9B, Bonham Road,
Hong Kong.



Latest News

1. There will be a day trip to Cheung Chau on May 21, 2005. Interested persons please contact Rowena, Janet, Sandy, Marge, or Anita.
2. There will be a Yoga class on June 1, 2005, from 5-7 p.m. Please contact Anita or Katherine, or call the clubhouse at 25178127 if you are interested.
3. We will wrap rice dumplings for the Dragon Boat Festival on June 8, from 1-5 p.m. Please contact Lin and Lung of the Food services Unit or call the clubhouse if your are interested.
4. A seminar on weight control and nutrition will be held on June 30, from 5-7:30 p.m. Please contact Amanda or Katherine if you would like to attend.

Special thanks to Miss Stella Poon for proofreading the newsletter

Phoenix Clubhouse Address :

4/F, David Trench Rehabilitation Centre,
9B Bonham Road, Hong Kong.

Telephone : (852) 2517 8127

Fax : (852) 2517 8169

Website : www.phoenixclubhouse.org

E-mail : pc@phoenixclubhouse.org

Phoenix Newsletter Production
Crew:

Amanda, Amy, Connie, Marge,
Maxine, Michelle, Sheila

Opening Hours

Monday-Friday : 8:30a. m. - 5:00p. m.

Saturday : 9:00a. m. - 12:00p. m.

Cover Design:

Connie, Sheila

All rights reserved.

Reproduction or copy must be under the consent from the Clubhouse.

