

Contest in Healthy Cooking



Healthy eating has been a major concern of Hong Kong people these days. Phoenix Clubhouse organized a series of activities to advocate to members the message of good health. Body checks were made available to members, the Clubhouse's menu emphasized healthy eating, and the Tuck Shop Unit has changed to selling healthy snacks and beverages.

Recently, the Clubhouse held a "contest in healthy cooking in an attempt to make members understand more the importance of healthy eating. The rules of the competition were very strict. The dishes entered in the competition had to be low in salt, sugar and fat, and high in fiber. They also had to be attractive in presentation, aroma and taste in order to win. Contestants all put in their best effort. After a "hard fight", we, "The Phoenix Trio", won the championship with our diced chicken with broccoli. The ingredients were high in fiber and nutritious, especially when accompanied by coarse red rice.

We hope that in the future the Clubhouse will hold the same kind of activities to make members more energetic and confident of themselves. Actually, the three of us all think that besides being healthy and nutritious, a dish has to be tasty as well. Chinese people enjoy a rich culinary culture. If people only steamed and boiled all their food, much latent deliciousness of various foods would be lost.

This cooking contest stimulated us to give more thought to cooking to make dishes both healthy and delicious so that people can truly enjoy good food in a healthy way!



Mandy, Lam Lam, Mui

Members' Thoughts - The Mid-Autumn Festival at Phoenix Clubhouse

Eating mooncakes, watching lanterns, solving lantern riddles and playing games at the park are all activities of the Mid-Autumn Festival. On the fifteenth day of the eighth month of the lunar calendar, Phoenix Clubhouse held a special celebration of the Mid-autumn Festival. That evening at the clubhouse, we enjoyed various foods particular to the festival and played an interesting game of solving lantern riddles. Beautiful lanterns hanging in the clubhouse provided a festive atmosphere. In attempting to solve the riddles written on the lanterns, everybody was very excited. Whoever successfully solved a riddle got two pieces of chocolate. The game was very interesting and made people laugh.

The riddles were written on the bottoms of the lanterns; they were very interesting and really tested one's intelligence. One of the riddle was: "What is the cause of the death of Hello Kitty?" The riddle puzzled many individuals. In the end Hung and I gave a small number of clues to them and someone finally solved the riddle.. The person who guessed right was very excited! Do you know what the answer is? (The answer is below)

We hope that everybody has a happy family reunion at the Mid-Autumn Festival—the festival of full moon!



Shuk-Lin

Answer: Hello Kitty has no mouth: therefore its cause of death is starvation.



National Day Celebration

On October 1, the Hong Kong SAR government staged a fireworks display, "A symphony of Lights", around Victoria Harbour to celebrate the Chinese National Day, the 10th anniversary of the establishment of the Hong Kong SAR, and the successful implementation of the "one country, two systems" principle. Naturally, members of Phoenix Clubhouse would not miss this meaningful event, so we all went to a waterfront park in Wan Chai to watch the fireworks. The light drizzle did not

dampen our enthusiasm in the least and we waited patiently in the park for three hours before the firework started. Scene after scene of fireworks exploded in succession in mid-air; colourful sparks lit up the night sky, attractive and fascinating even in the rain. Spectators couldn't help clapping their hands and cheering. Some children jumped around as they cheered, adding to the wonderful atmosphere of this celebration. It really was an unforgettable night!

Janet

Voice of Employment

I have been coming to Phoenix Clubhouse for six months. When I first came to the clubhouse, I saw a lot of rooms and different staff members. I felt strange but I was also curious. Even though members do not receive any pay from the clubhouse, I was given the chance to learn to improve myself by learning computer skills and Putonghua; hence gradually recover from my illness.

I would like to take this opportunity to thank Wendy for recommending me to participate in a group placement in Premier Medical Centre. Due to a number of clashes in my clinic appointments during work days, I was at first not interested. However, Wendy arranged for a better working schedule for me, and encouraged her team members on the job so I managed to complete the assignment. I hope that the staff can provide us with more encouragement as their confidence in us and their care for us are major factors that propel us forward in our journey to return to society.

Helen



2007 World Health Organization Congress

Presented in “2007 World Mental Health Congress of the World Federation for Mental Health”

In mid-August, I was honored to be invited to represent the clubhouse for a seminar about psychiatric rehabilitation at Phoenix Clubhouse. Through this seminar, I learnt a lot about various psychiatric rehabilitation organizations and became acquainted with many people in this field. I know more about how organizations in psychiatric rehabilitation all over the world operate and how they may share their vision with us.

This event is a great chance for us to get together for sharing. We exchanged name cards as well as take photos and we all enjoyed the evening of fine food and music that helped to drive our moods high. This seminar lets me learn more about psychiatric rehabilitation. I really hope to join other similar events in the future.

Teresa



Congratulatory Note on the Opening of Heart Wing Clubhouse, Chengsha:

Dear President of the Chengsha Mental Health Hospital Tang Jiang-Ping, Vice President Zhou Jia-Long, fellow workers of the hospital, the staff and members of Heart Wing Clubhouse of the city of Chengsha,

We would like to congratulate you on the opening of Heart Wing Clubhouse and we believe that it would be a tremendous blessing to the rehabilitated patients of Chengsha. Phoenix Clubhouse sincerely hopes that you can take the Clubhouse spirit to new heights and help more rehabilitated mental patients re-integrate into society. We very much believe that your love and enthusiasm can help them overcome psychological obstacles and be successful. Last but not least we wish you success and good health!

Sincere Congratulations from:

Professor Mak Ki-Yan, Dr. Wong Ming-Cheuk, Department of Psychiatry, The University of Hong Kong

Eva Yau, in-charge of Phoenix Clubhouse, and The staff and members of Phoenix Clubhouse

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Reports of the Various Units of the Clubhouse

Administration Unit

1. Teresa and Eva presented in the “2007 World Mental Health Congress of the World Federation for Mental Health” on August 23.
2. Eva and Sandy Au introduced Phoenix Clubhouse to attendees at the training session for front line mental health care givers.
3. The Clubhouse will hold an “Joint Clubhouse Autumn Picnic” on 27th October.
4. An Employers’ Reception will be held on November 15. May members of the Clubhouse are participating actively in the preparatory work.

Employment

1. Daniel is working as tape-recording typist at The University of Hong Kong.
2. Chi Wai and Shui Yung are working as distributors of pamphlets for the Hong Kong Home for the Aged.
3. Tin Chi is working as Documents Control Clerk at Hongkong Land Limited.
4. Peggy is working as marketing assistant at Baker & McKenzie.
5. Neil is working as office assistant at the Sky Trend Accounting firm.

Clerical Unit

1. We welcome the new program officer, Mr. Henry Or Wai-Chung, who started work on 24th September, 2007.
2. Shirley recruited professional photographer Mr. Sit to take photographs of activities in the Clubhouse. This is to be used in the 10th anniversary book.
3. We are preparing the guest list for the Employers’ Reception.

Education

1. We thank Shirley for teaching the English grammar class and giving lectures on reading skills.
2. The listening exercise for Putonghua will take place between 11:30am to 12:15pm in October, Teacher Chan Kwong will teach Putonghua every Tuesday and every Thursday at the Clubhouse.
3. Tin Chi and Wilson are attending evening secondary school.
4. Wilson is lending us English books to be used as materials for the tutorial class.
5. Maria is taking a course in clerical administration.
6. Peter is being tutored for an English proficiency examination.

Environmental Protection and Tuck Shop Unit

1. The awards of the Healthy Cooking Contest have already been given. The champions are Mandy, Lam Lam and Mui with their dish “diced chicken with broccoli”. The first runner-ups are Ping and Alan with their dish “ shredded chicken and mixed vegetables with rice”. The second runner-ups are Yee Ping and Sandy, with their dish “ shrimps with cucumber and pork balls”. We thank the staff and Clubhouse members for their keen participation. Certificates of the winners will be given during the Christmas celebration.
2. We thank Dr. Carman Lam, Dr. Anna Lam and Eli Lilly Pharmaceutical Company for sponsoring for the celebration of the Mid-Autumn Festival.
3. A seminar was given to members on how to book venues online with the Leisure and Culture Services Department so that they may register themselves for training classes.

Food Services Unit

1. The Food Unit has introduced a series of the health food sampling. Items included minced meat with tomato on macaroni; green tea with honey; papaya skimmed milk; grapefruit juice with honey etc.
2. The Healthy Cooking Contest has taken place. After a “hard fight”, the champion is the Phoenix Trio, the first runner up is the men’s group, and the second runner-up is the Healthy Threesome.

Activities Preview

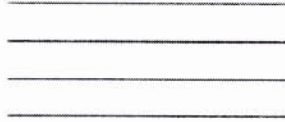
November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						Employment Luncheon: Knowing the Employment Regulations Anita, Wendy, Rowena
4	5	6	7	8	9	10
		Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00)		Badminton (5:00-7:00) Gabriel, Lin		Audio-Visual Entertainment (10:00am-12:00nn) Henry, Peter Birthday Party: Marge
11	12	13	14	15	16	17
		Standards Meeting (2:30-3:00) Weekly Meeting (3:30-5:00) Karaoke : (5:00-7:00) Henry - Sandy		Employers' Reception (5:00-7:30)		Hiking Gabriel, Sai Kit
18	19	20	21	22	23	24
		Standards Meeting(2:30-3:00) Weekly Meeting (3:30-5:00)		Standards Meeting (2:30-3:00) Weekly Meeting (3:30-5:00) Computer Class(5:00-7:00) Henry, Kong Sang		Education Luncheon: How to prepare for exams Amanda, Henry, Cheuk Lung Professional Hair-cutting Didi, Marge, Katherine.
25	26	27	28	29	30	
		Standards Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)		English/Putonghua Class: employer from Eli Lilly Co. (5:00-7:00) Mr. Daniel Brindle, Gabriel, Kong Sang		

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						Going to see the Exhibition of the Collection of the British Museum Wendy - Rowena
2	3	4	5	6	7	8
		Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00)		Basketball (5:00-7:00) Gabriel, Hoe		Employment Luncheon: Skills of Interviews and Resumes Amanda, Henry, Mimi
9	10	11	12	13	14	15
		Standards Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)	Yoga Class (5:00-7:00) June - Eva - Man Ling			X'mas Party (9:00am-2:00pm) Environmental Protection and Tuck Shop Unit - Amanda
16	17	18	19	20	21	22
		Standards Meeting (2:30-3:00) Weekly Meeting (3:30-5:00)		Industrial Expo (5:00-7:00) Gabriel, Lung		Treadmill, Hula Hoops, Karaoke Henry, Katherine
23	24	25	26	27	28	29
		Hong Kong WinterFest Hong Kong Symphony of Lights Marge, Gabriel, Shui Yung	Boxing Day	Audio-Visual Entertainment (5:00-7:00) Henry - Sandy		Badminton (11:00-12:00) Anita - Neil
30	31					

Phoenix Clubhouse
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Printed Matter

The Latest News

1. Wilson and Eva went to Wisconsin, USA on October 13 to represent the Clubhouse at the 14th International Clubhouse Conference.
2. “The Joint Clubhouse Autumn Picnic” will take place at the Ma On Shan Park on the 27th October 2007 (Saturday).
3. The Employer’s Reception will take place at the Clubhouse from 6:00 – 7:30pm on Thursday, 15th Nov., 2007. Events will include members sharing their employment experiences, the introduction of Clubhouse services and the giving of awards in appreciation to long-term employers.
4. The X’mas Celebration will take place at the Clubhouse from 9:00am to 2:00pm on 15th Dec., 2007.
5. We are now preparing for the upcoming celebration of the 10th Anniversary of the Clubhouse.

Special thanks to Miss Stella Poon for proofreading the newsletter.

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Saturday : 9:00a.m.-1:00p.m.

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