

## THE 10TH ANNIVERSARY BANQUET

At the 10th Anniversary Banquet, Clubhouse members, staff, volunteers and employers spent time together celebrating the 10th Anniversary of Phoenix Clubhouse.

I was honoured to be invited as one of several Phoenix Clubhouse members to share my thoughts with the audience. Everybody cheered for us, and in my opinion, the dinner was a perfect event. When we were seated at our tables, Dr. Wong sang a classic of Canto-pop singer Jacky Cheung, pushing the atmosphere to its peak. We all praised his singing. When it came to the lucky draw, everyone was very excited. At the end of the banquet, Eva got the three handsome male staff members to sing a few songs. I had never before seen such an outstanding performance of Eva as an M.C.

Amanda concluded the evening with a speech on stage, saying that Phoenix Clubhouse should hold another anniversary celebration party in 10 years' time. Everybody applauded in agreement.

Here we thank each and every person who has contributed something to Phoenix Clubhouse. Many thanks!



Ping



## Thoughts on Phoenix Clubhouse's tenth anniversary

Thoughts on Phoenix Clubhouse's tenth anniversary:

Hello everybody. I am very happy to call myself a member of Phoenix Clubhouse. To me, this membership is very precious. After joining the Club, I have had two transitional employments: Hong Kong Economic Times and Hospital Authority (staff cooperation entity). After that, I was able to find a job, at first only working for four hours a day, gradually increasingly to six hours. I am very pleased to tell everybody that I have now been working full time since October. I hope I could retire at the age of sixty, and save some money for future use. Let me take this opportunity to thank employers of Hong Kong Economic Times and Hospital Authority staff who gave me this opportunity and chance.



Calvin

Phoenix Clubhouse gave me a lot of help. I changed my habit of lying in bed and was motivated to work. The Clubhouse gives me the opportunity to participate in transitional employment to enrich my work experience. This can help me look for a job in the future. Moreover, I can meet other members when I go to the Clubhouse, which enlarges my circle of friends. I can also have a healthy lunch prepared by the Food Service Unit.

Last but not the least, I want to express my heartfelt gratitude to Clubhouse staff Wendy who has taught me so much and helped me in many ways, This is very good for my recovery process.

Helen

“Phoenix Clubhouse” is ten years old! I want to say happy birthday to Phoenix Clubhouse! About my feelings on Phoenix Clubhouse: actually, I need to say Thank you. Phoenix Clubhouse just celebrated its first anniversary when I became a member and we have been growing alongside each other. I did not know how to use the computer then but I can input data in both Chinese and English as well as use other software now. I did not know how to communicate with people then, but I have many friends in the Clubhouse now, Transitional employment gave me a chance to participate in the societal work force, and encouraged by Clubhouse staff, I regained confidence to study again. All this would not have happened had I not come to Phoenix Clubhouse. Without Phoenix Clubhouse, members would not be able to return to society as easily as they do now, I hope Phoenix Clubhouse will continue to flourish and help all members to smoothly transition back to society as they embark on the road to recovery.

Chi



# Dietitians talks



Although I have always taken dietary nutrition and health very seriously, not until recently did I come to have much understanding of the nutritional values of various kinds of food and their importance to bodily health.

On 19 November, I attended a lecture by Queen Mary Hospital nutritionist Emily Yeung. She mentioned that in a person's daily balanced diet, there are six major kinds of food. They include grains; vegetables; fruits; eggs, bean curd and beans products; meats; and dairy products.

The nutritionist also reminded us that we should remember to take only little oil, little salt and little sugar. She also taught to us methods of healthy cooking illustrated by photographs.

Not only was this lecture very interesting, but it has also been helpful to me regarding the selection of food items and the correct proportions of them. In accordance with the content and cooking methods of the lecture, I will select food items and lose weight the healthy way.

Meidy



# Reports of the Various Units of the Clubhouse

## Administrative Unit

1. Three new members will join the Friends of Phoenix Clubhouse: Dr. Chui, Mr. Sitt and Agnes Chan. Here we express our heartfelt thanks for their involvement.
2. From 20th to 25th November, 2008, Eva, Ralph and Dr. Wong visited Heart Wing Clubhouse in Chiang Sha and Chiu Ming Rehabilitation Clubhouse in Hanchou.
3. A training course on transitional employment was held on 26th to 28th November, with Eva and Ralph as the speakers. Our staff Enzo and Brian together with Ivy, our clubhouse member also participated. Staff and members from Amity Centre and Take Your Way Clubhouse had also attended the training.
4. The Clubhouse Joint Meeting was held on 4th December, 2008 at Phoenix Clubhouse. Next Meeting will be held at Take Your Way Clubhouse on 6th March, 2009.
5. The issue of minimum wage and arrangements of the Clubhouse Joint Picnic will be discussed on 9th January, 2009. Venue will be at Cotton Tree Clubhouse. Interested members are welcome to attend.

## Transitional Employment

1. Lam Ho and Po Yee had been recruited by Baker and McKenzie as office assistants.
2. Milan was employed by the Holake Hong Kong Lifts Ltd. as clerical assistant.
3. Wai Yip was hired as the Document Processor by Hong Kong Land Ltd.

## Clerical Unit

1. Updated Chinese and English versions of the Clubhouse Standards have been uploaded to the website.
2. Cantonese tour guide training program has already finished; Six members have become new tour guides.
3. Chinese and English version tour guide speeches have been updated.
4. 10th anniversary Banquet VCD is finished.
5. We welcome Mr. Brian Chui as replacement for Anita. He started on 13/11 (Thursday)
6. Anita will join our Volunteer Group to continue to contribute to the Clubhouse.

## Education

1. Putonghua Class will continue to take place in January and February 2009 (no class on public holidays). Venue: Community Resource Room. Members are welcomed to join.
2. Volunteer Shirley will come to the clubhouse every Wednesday to tutor F3-F5 English. Interested members please feel free to contact Brian and Lan.
3. Clerical Unit has decided to extend the book borrowing period to two weeks.

## Environmental and Tuck Shop Unit

1. Walking Class in October is finished. There will be a walking session every afternoon from 1:00-1:30. Any member participating in this walking class may receive a 'radio/ pedometer'.
2. The 10th anniversary Tour was held on December 13, the program included: Visit to the Environmental Protection Resources Center, flower garden, bean products factory (free food and drinks), Lok Ma Chau viewing platform, and a feast in Tai Wing Wah restaurant, Yuen Long, All participating members enjoyed themselves.
3. The tenth anniversary evening banquet was held at Fu Lam Restaurant on 14th November. There were 10 tables with lucky draws and entertaining shows. All present had a good time.

## The Food Services Unit

1. We have already distributed 130 Clubhouse T-shirts. Any member who still has not received on please contact the Clubhouse.
2. The Edible Plant Workshop has already finished, Ms. Emily Yeung demonstrated making strawberry jam. Moreover, she introduced to us some suitable vegetables for planting, and also, she gave one twig of basil to each member in the lecture.
3. The Food Services Unit has made up the menu for the next four weeks. The menu is being discussed with Queen Mary Hospital now.

# Activities Preview

## January 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						<b>Celebration party for Employment and Education</b> Brian · Mui · Lung
4	5	6	7	8	9	10
			<b>Yoga Class</b> (5:15-7:00) June · Henry · Man-Ling	<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00)		<b>Healthy Cooking</b> Wendy · Marge · Wai Fong
11	12	13	14	15	16	17
		<b>Year-End Reunion Dinner</b> (5:15-7:00) Enzo · Kong-Sang		<b>Standards Meeting</b> (2:30-3:00) <b>Monthly Meeting</b> (3:30-5:00)		<b>Hiking</b> Eva · Henry · Shau-King
18	19	20	21	22	23	24
				<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00) <b>Visiting the Flower Market</b> Henry · Nam		<b>New Year Snacks</b> Brian · Enzo · Po-King
25	26	27	28	29	30	31
	<b>New Year Day Gathering</b> Brian · Mui · Po-King		<b>Visiting Peak Victoria</b> Eva · Mui · Nam	<b>Standard Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00)		<b>Fitness Equipment &amp; Karaoke</b> Amanda · Mui · Lung

## February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		<b>Audio-Visual Entertainment</b> (5:15-7:00) Enzo · Ivy	<b>Banquet on the 10<sup>th</sup> Day of the Chinese New Year</b> The Environmental and Tuck Shop Unit · Kwong · Yee-Ping	<b>Standard Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00)		<b>Walking Class Birthday Party</b> Wendy · Marge · Ivy
8	9	10	11	12	13	14
				<b>Standards Meeting</b> (2:30-3:00) <b>Monthly Meeting</b> (3:30-5:00) <b>Computer Class</b> (5:15-7:00) Henry · Meidy		<b>Employment Regulations</b> Eva · Henry · Wilson
15	16	17	18	19	20	21
		<b>Badminton</b> (5:15-7:00) Enzo · Pin-Fei		<b>Standard Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00) <b>Competition of Healthy Cooking</b> Food Services Unit · Po-King (19/12-25/12)	<b>Competition of Healthy Cooking</b> Food Services Unit · Po-King (19/12-25/12)	<b>Competition of Healthy Cooking</b> (19/12-25/12) Amanda · Mui · Food Services Unit · Po-King
22	23	24	25	26	27	28
	<b>Competition of Healthy Cooking</b> Food Services Unit · Po-King (19/12-25/12)	<b>Competition of Healthy Cooking</b> Food Services Unit · Po-King (19/12-25/12)	<b>Competition of Healthy Cooking</b> Food Services Unit · Po-King (19/12-25/12)	<b>Standard Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (4:15-5:00) <b>Hot-Pot</b> (5:15-7:00) Henry · Neil		<b>Chess Activities</b> Brian · Enzo · Lan

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**Printed matter**

### **Latest News**

1. Volunteer Shirley will teach supplementary English lessons for F3 to F5 level members every Wednesday morning. Any member interested please contact Brian and Lan. Six members have signed up already.
2. Members can get Clubhouse 40th anniversary T-shirts every Monday to Friday 11:00am-11:30am or 2:30pm-4:30pm at the community resources room. Contact person: Marge, Man Ling.
3. Any member participating in the Walking sessions in the afternoons may receive a 'radio/pedometer' from Environmental and Tuck Shop Unit. Quantity is limited; first come first serve.
4. Environmental and Tuck Shop Unit has ready replaced one new Computer for web browsing. Members are welcomed to use it. Clubhouse will put the other computer at the Environmental and Tuck Shop Unit for clerical uses.
5. Putonghua Class will be held every Tuesday and Thursday in January and February 2009.
6. The Clubhouse will be conducting a Healthy Cooking competition  
The emphasis is food with little oil, salt and sugar  
Quantity: For two people  
Date: From February 18 to February 24  
Time: 2 pm to 4 pm  
Groups of people: 12 groups (each group may have 1 to 3 people)  
Material expense: Take HK\$60 as the upper limit, must have receipts to claim expenses  
Contact person: Marge, Amanda, Po King  
Closing date: February 14, 2009

**Special thanks to Miss Stella Poon for proofreading the newsletter.**

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### **Opening Hours:**

Work-ordered Day  
Monday - Friday : 8:30am - 5:00pm  
Saturday : 9:00am - 1:00pm  
Social Activities  
Tuesday or Thursday: 5:00pm - 7:00pm  
and some public holidays