

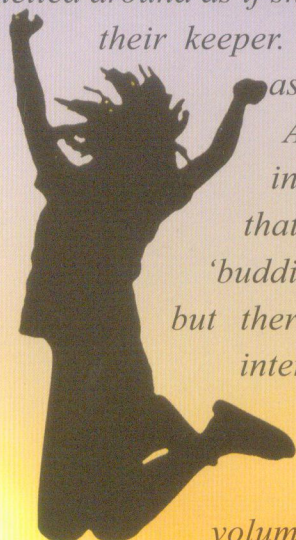


THE ENGLISH NAVIGATOR

EDITORIAL

People work hard these days to look for a good quality life. However, interestingly, the more they work hard, the more effort they have to put in to maintain the quality of their living standard. The more they try hard to provide themselves with quality life, the more they have to work. As long as this vicious cycle of living exists, people face contradiction towards their true enjoyment of life.

As I was walking in a park one relaxing afternoon in Montreal, Canada, I saw a lady walking two Golden Retrievers. They looked very healthy and strong. One of them walked up to me and smelled around as if showing an interest in me. I threw a plastic ball given by their keeper. The two lovely dogs ran desperately to catch it as fast



as they could. They caught the ball and came back to me.

As I threw it again, they could still return the ball to me in only a few seconds. The moment makes me realize that the more we want to catch the ball like these two 'buddies' did, the more strength and effort we have to put in but there is enjoyment. Only the participants know how interesting it is. Therefore, no matter what sort of a life you are looking for, just try to enjoy it.

I hope you will enjoy reading the articles in this volume and start thinking of the meaning of life with a new significant interpretation.

(Chief Editor)

EDITORIAL TEAM:

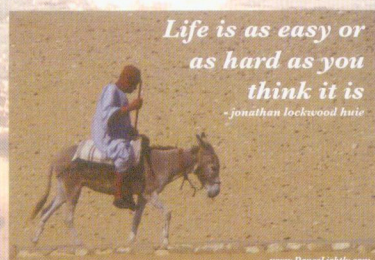
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Wong Wai Ye (Guidance of Student Writer)

Ng Yat Ah (Guidance of Student Writer)

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Name: Pau Hoi Wah

Profile

Mr. Pau, an energetic Chemistry teacher has served in Henrietta Secondary School for 16 years. With his amicable, harmonious and kind personality, students like calling him, 'Pau Pau Sir'. His unique and friendly smile with the deep dimples is his symbol carried around the campus. He is always popular among students, especially his jokes told in his classes and on the stage.

You may be interested in finding out why Mr. Pau has chosen to be a Chemistry teacher these years. Mr. Pau quickly answered that it was the great inspiration and influence by one of his Chemistry teachers in his secondary school life.

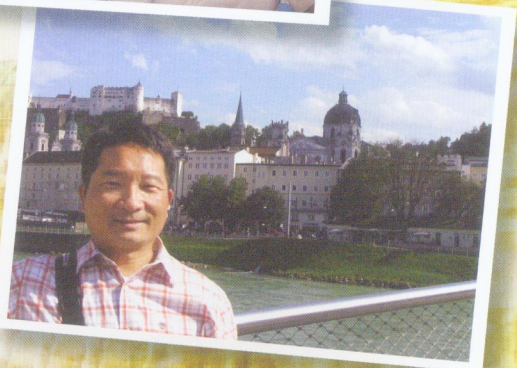
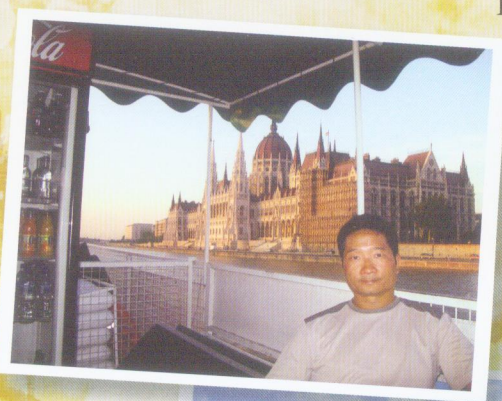
Regarding his feelings towards the school where he has spent almost for the last two decades, Mr. Pau comments that HSS students are generally friendly and teachable. The relationship between teachers and students is harmonious. Apart from helping students achieve good and outstanding academic results, Mr. Pau's great reward in his teaching life these years is that he can see students grow and improve themselves. Although some of his students might have gone astray, they could finally turn back and establish a good and successful life. 'The satisfaction is hardly described by words as students are thankful and appreciative for your teaching and take you as their life-long teacher', Mr. Pau recalled contentedly.

Gender:	Male
Age:	25 ≤
Nationality:	Chinese
Favorite Food:	Potatoes
Favorite Color:	Navy Blue
Favorite Recreational Activities:	Learning Foreign Languages, e.g. Japanese, Traveling and Playing soccer
Favorite Movie Stars:	Leung Chiu Wai, Tony & Cheung Man Yuk, Maggie
Favorite Music Instrument:	Er Wu

Mr. Pau has decided to start his new page of life in the coming September. He told *The English Navigator* that he would spend more time enjoying life after quitting his teaching job. 'Focusing more on Chinese calligraphy and keeping practicing Er Wu will be the things for me to do in the near future', Mr. Pau said enthusiastically.

His encouragement to HSS students is that they should keep working hard to fight for their future. Mr. Pau insists that having self-confidence and endurance is a key to success. Thank you, Mr. Pau.

F.C. @ 2010



Amazing Grace



Fiona, Leung Ngai-ling (梁藝齡), a former local popular actress from TVB, is now a devoted Christian and minister serving the Lord in different occasions locally and internationally.

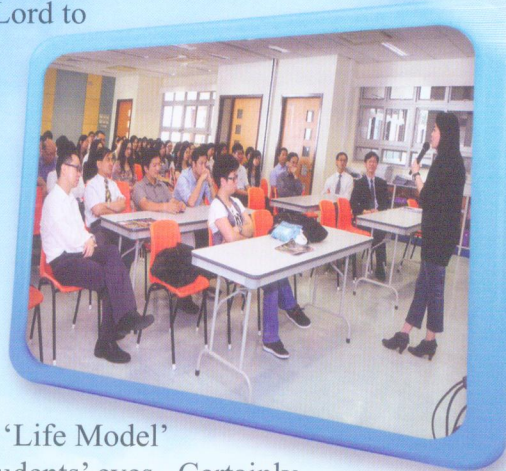
Being brought up in a wealthy family, Fiona was loved by many people and she could enjoy life without any worries. However, something happened in her family that turned her whole life up-side-down. She needed to work hard and became a breadwinner for her family. After being a TV star, she could take pleasure in the showbiz and get her fame. Nevertheless, during the years of working in the entertainment industry, her inmost sense of insecurity made her become superstitious and gullible. She tried to look for gods or spirits to rely on. Unable to find her ultimate faith during those years, Fiona finally turned to God and committed herself to HIM. Like many Christian believers, God has provided her with love and support but HE has also given her many lessons to strengthen her faith and enrich her life. One of the significant events to confirm her faith to the Lord was the terrible car accident in 2006 during her overseas trip to make a TV program in Australia. Although the accident brought her physical injuries, her spiritual life was enhanced. She was encouraged to keep witnessing the Lord in her life earnestly.

From being an actress to a full-time servant of the Lord, Fiona has claimed God's grace to her is



sufficient. As a leader of Angel's Heart associated with The Media Evangelism Limited, she has got the chance of visiting the most striking archeological site in Turkey described from the Book of Genesis in the Bible ~ Noah's Ark. Literally, she is claimed as the first female to find and see the Ark. The vessel is still now lying on Mount Ararat, symbolizing God's salvation to HIS people.

Fiona was invited to share with teachers at a staff religious meeting last May at Henrietta. She encouraged and gave confidence to teachers. Responding to countless and unpredictable challenges, they were reminded to keep their faith and reliance to the Lord to



be a 'Life Model' in students' eyes. Certainly, if Fiona can experience how amazing God's grace is, why can't we!

F.C.@ 2010

SEVEN DAYS A WEEK

Yam Wei Chong (F.1D)

Sunday, the first day of the week is the time for family,
Everyone is out, eating, shopping and being happy.
A day when all can be everything but naughty,
For we have to keep cool for mummy and daddy.

Alarm ring at six in the morning,
It's time for working and schooling.
It's the day that everyone is rushing,
Monday is always so boring.

Work to catch up, quiz to take,
Tuesday is the day I hate.
Why God had to make?
Or this day is just for my fate.

Wednesday is after Tuesday,
At last I make myself pay.
All the bills from the last day,
Or a lie I had to fake.

Thursday comes as sooner than I think,
For I passed all days in a blink.
Now I need to get my work link,
Or all the work will be just in rings.

Most things are done by now,
If not I also don't know how.
I have to work as hard as a cow,
Friday, the end of the working, I vow.

No week is done before end of this,
Saturday comes not at the least.
For I long for the time to feast,
Dinner is always something I will not miss.

One after another week passed,
Even when I managed to trust.
That my entire task earns a plus,
But my work will never the last.



My hobby

I have lots of hobbies, including playing basketball and playing chess. I love playing chess very much. I have learnt it since Primary 3. I love it because I believe playing chess can train our logical thinking. What's more, there was a memorable event of playing chess when I was a P.4 student.



When I was ten years old, I joined a competition with my friend. He played chess very well. He was my partner in the competition. We were going to play against another team. In the first round, we won luckily. I was so excited because this was my first time to join a competition. I loved this feeling very much. After the sixth round, we were in the top four but our marks were the lowest! We had to win twice if we were to get the championship. I remember in the semi-finals, I moved the chess pieces extremely carefully each time because I was so scared that I would make a wrong move. It was as scary as seeing a ghost! 'Will we win the competition and be the champion?' We asked ourselves many times, but neither one of us could answer it. Unfortunately we lost in the end. Although we couldn't get a medal from the competition, we enjoyed it very much. We got the best experience that day!

by Gogo Lam (F2D)

How to enjoy my life?

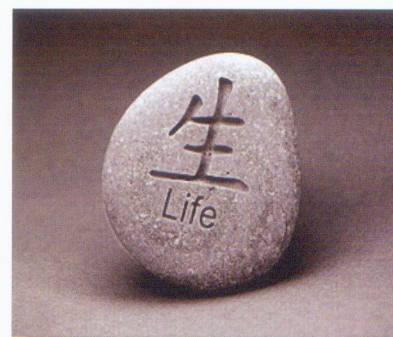
How do you enjoy your lives? Playing sports, shopping or surfing on the Net? What about me? I reckon enjoying life is to let you relax and be happy. Let me tell you how I enjoy my wonderful life.

Playing a violin is the best way to enjoy my life. I have played the violin since I was in primary one. When I started playing the violin, I only could play some simple music. But now, I can play different music whether it is difficult or not, as I have just passed my grade-eight violin examination.

However, how can I enjoy my life through playing the violin? When I finish playing the music, I feel satisfied since I can play the dulcet music fluently. Besides, if I am stressed by my busy schoolwork, I will play my favorite music which is composed by my beloved Mozart, and I will become energetic. It helps me handle my tremendous schoolwork and stressful studies. Therefore, playing the violin is really the best way for me to enjoy my life.

Enjoying life is very easy. What about you? Choose the most felicitous way for yourselves to enjoy your own lives.

by Ma Wing Man, Audrey (Form 4B)



Are you a SHOPAHOLIC?

Try to answer the following questions to check it out!

1. Do you have large number of clothes in your closet that still have tags on them?
Yes -2 No -1
2. Do you often shop in secret and hide your purchases from your family?
Yes -2 No -1
3. Does shopping often make you feel better if you have a bad day, but you don't feel guilty about it?
Yes -2 No -1
4. When you find a skirt or a pair of pants you like, do you often buy 4 or 5 pairs of the same thing?
Yes -2 No -1
5. Is shopping always on your mind? Do you find the only way to stop the thought is to go out and spend some money?
Yes -2 No -1
6. Do most of your purchases involve the same type of things, e.g. jeans, t-shirts, dresses, etc?
Yes -2 No -1
7. Do you spend a lot of money on clothes, accessories or cosmetics, but it is not yet a financial problem?
Yes -2 No -1
8. Are you able to control your urge to buy something you like but it's not what you need actually?
Yes -2 No -1

Your score:

(8 -10)

Congratulations! You are very good at controlling your urge to shop. It seems that shopping is not particularly what you are fond of!

(11-13)

Be careful! You have a great potential to be a shopaholic. You'd better learn to control yourself when you spend money before it's too late!

(14-16)

BINGO! It's obvious that you are a SHOPAHOLIC! You must watch your wallet when you shop if you don't want to get into financial problems!

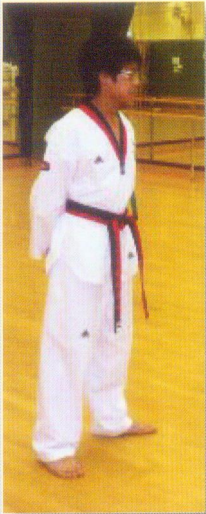


Leisure Activities of Form 3E



Leon Lai

My leisure activity is playing the violin. I remember I was in Primary One when I first played the violin. At that time, I hated it because my mother told me that I had to play it for two hours every day. However, many years later, I started to love it. Now, my mother will not tell me to play the violin every day. It is because I will play it whenever I have time.



Ming Wong

In my free time, what do I do? Well, I sleep, play computer games and do sports. I also practise Taekwondo! I started doing it when I was in Primary One. Now I do it twice a week. I always get hurt because it is easy to get hurt when you are fighting with other people.



Ruby Cheung

I have a lot of leisure activities, such as playing volleyball and badminton, learning music and playing the piano. But I would like to talk about Taekwondo. I have learnt how to do it ever since I was in Primary Three. Taekwondo originated in Korea. It is a kind of sport which uses hands and feet for the purpose of self-protection. My parents want me to be strong and be able to protect myself. I enjoy the learning process. From knowing nothing about it to being great at it, the joy and satisfaction I get is beyond imagination.



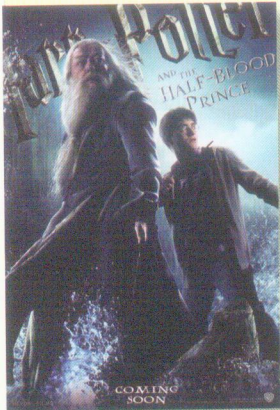
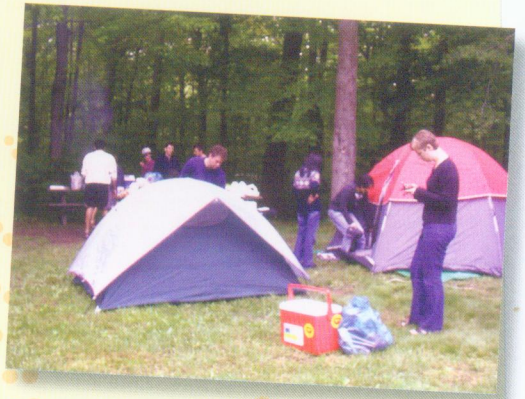
Sandy Chan

Tai Chi Chuan originated in China. My grandfather taught me when I was only six years old. He told me that Tai Chi Chuan is a Chinese martial art. He often practises it for health reasons. Tai Chi Chuan is believed to help people live longer. Today, it is practised worldwide. You can see a group of people doing it together every morning in the park all around the world, particularly in China. In addition, more and more Westerners are learning it too.



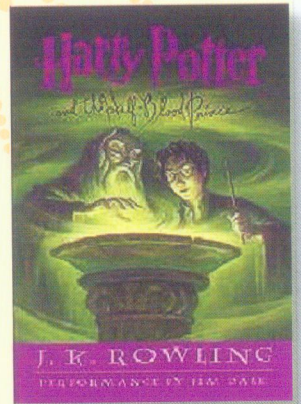
Bolsky Wong

One of my leisure activities is camping because I like to get close to nature. Moreover, it is very relaxing to listen to the sound of the waves, to watch the sunrise and sunset, to chat with friends and to get some fresh air. Camping can help me learn more skills, such as cooking and setting up tents. It is important for me to be independent without the help of my parents. For example, I need to pack my backpack myself and I learn to solve problems with my teammates.



Sally Po

I love reading books and watching movies in my leisure time. I like to compare books with their movies. I usually read the book first and then watch the movie, for example, Harry Potter and Twilight. I think the Harry Potter movie is very attractive. However, so many chapters were left out in the movie. Therefore, I love reading the Harry Potter book better. Comparing books and movies is fun. I also get to learn a lot of vocabulary in this activity.



Zimsky Ko

My leisure activity is making wooden airplane models which are capable of flying in the air. I am going to teach you how to make one. First, you need to figure out what kind of plane you want to make, such as the Rafale, Typhoon or Su-47. Then you need to cut out the right shapes from the wood board. Next, you have to glue them all together and have a test flight to find out the center of balance. Last, you may paint your plane any way you like and there you have your own plane.



Angela Wong

My leisure activity is cooking. I like making desserts because I think eating sweet things makes people happy. I can only make desserts at weekends. Therefore, my friends love Mondays very much because it is then they will get the chance to taste different types of desserts made by me. My signature product is cookies. I love eating them too. I hope one day my cookies could be sold all around the world and people could taste them everywhere they go.



The Magic Spikes

by Kenneth Yu, 4E



Joe was tall and thin. He liked running very much. He spent lots of time running. Nevertheless, he couldn't run very fast no matter how hard he practised. One night, after his training, it was already 9:00 p.m. He was exhausted. It was a starry night. The sky was clear and the moon was shining gently. The streets were quiet. Joe felt hungry and empty.

When he arrived at home, his mum was cooking noodles for him. Joe thought it was the most delicious food in the world. He forgot all his unhappiness. After he had had noodles, he went to bed. In his dream, a beautiful angel gave him a pair of magic spikes which helped the owner run faster. The next morning, Joe found a pair of spikes next to him. He was very confused.

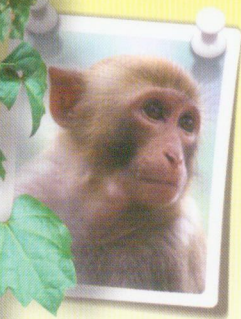
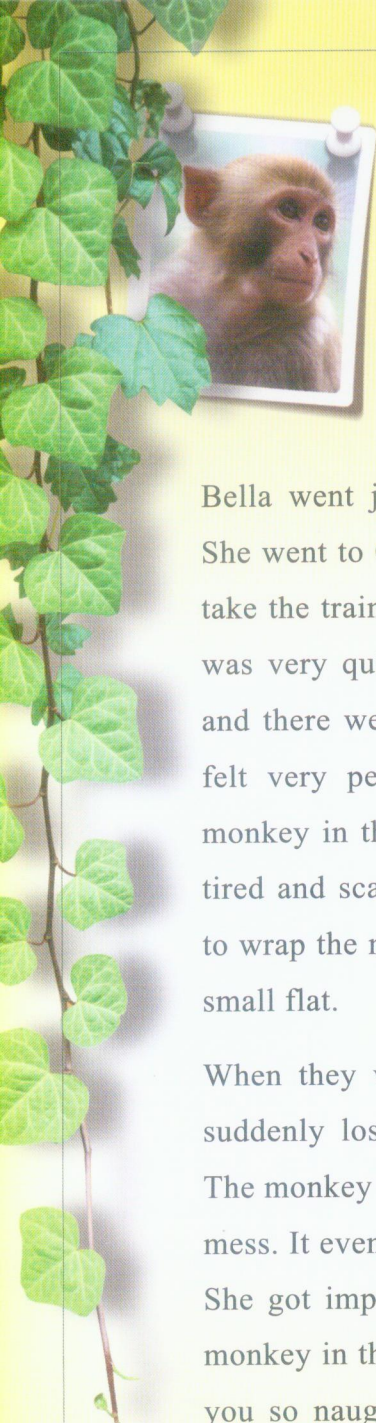
After a few weeks, Joe entered a small competition. He was curious about the spikes, so he put on the spikes that the angel gave him. Strangely, he felt some special power pushing him. Finally, he got a medal in the competition. However, Joe didn't feel pleased with it. Joe told everything to his best friend May. 'I won

because of the magic spikes. I cheated in the competition.' May said, 'If you don't want to rely on the magic power, I think you should return the spikes to the angel.' 'Maybe I should listen to you,' said Joe hesitantly.

A month later, Joe took part in a tournament. His mum and May came to give him encouragement. Joe felt nervous. He did not wear the magic spikes this time. Unexpectedly, he won the gold medal in the 100-metre dash. After he finished the competition, his mum put her hand on his shoulder and said, 'You did a great job!' Joe felt warm.

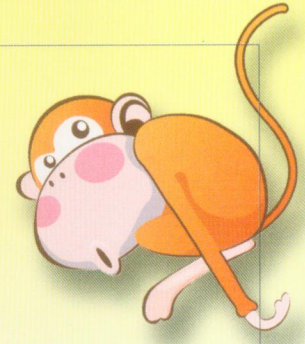
Soon they arrived home. 'Mum, shall we have a big dinner?' Joe asked excitedly. 'Of course, we must have a big dinner tonight.' During dinner, mum asked, 'Do you like the spikes I gave you?' 'You mean the red one?' said Joe. 'No, the white one,' said his mum. Joe felt surprised. Suddenly, he realized the angel in his dream wasn't a real angel. The angel was his mum.





A SPECIAL FRIEND

by Mandy Tsai, 4E



Bella went jogging early in the morning. She went to Causeway Bay MTR station to take the train home. At the MTR station, it was very quiet. People were still sleeping and there were very few passengers. Bella felt very peaceful. Suddenly, she saw a monkey in the corner. The monkey looked tired and scared. Bella used her sweatshirt to wrap the monkey and took it back to her small flat.

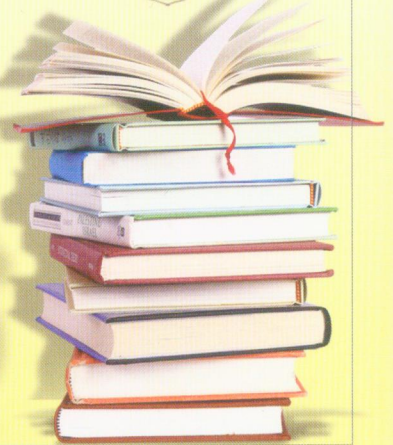
When they went back home, the monkey suddenly lost control. Bella felt annoyed. The monkey broke the furniture and made a mess. It even grabbed her brown curly hair. She got impatient and cross. She kept the monkey in the toilet and shouted, 'Why are you so naughty?' The monkey felt scared and cried. Bella felt sorry about that. She surfed the net and found the information about monkeys immediately. Day by day, Bella looked after the monkey well and they became good friends.

Soon, the zookeeper found the monkey had disappeared. A few weeks later, the zookeeper found the monkey in Bella's home. Bella didn't

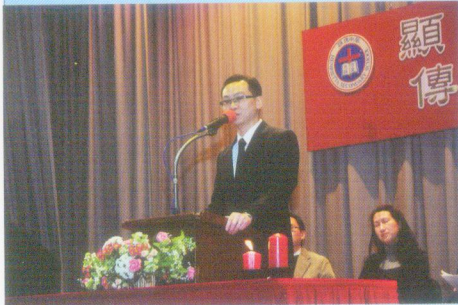
want the monkey to be taken away. Bella begged the zookeeper, 'Please don't take it back to the zoo. It's my best friend.' The zookeeper replied, 'I must bring it back to the zoo. If you want to see it, you can go to the zoo or become a veterinary surgeon.' When the monkey left, Bella cried loudly.

Since that day, Bella studied very hard. All her teachers were amazed how a bottom student could become a top student. When she grew up, she became a leading veterinary surgeon. Many famous hospitals offered her a job but she turned them down. She was determined to work in the zoo where the monkey was. She looked after the monkey and other animals.

When the monkey was sick, she took care of it overnight. They became the best friends in the world. Friendship has no borders.



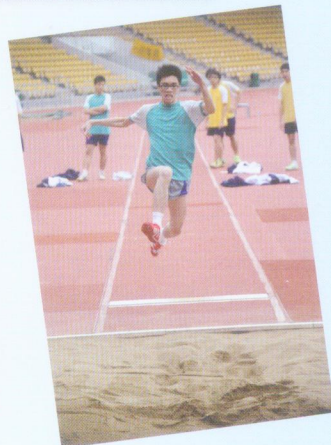
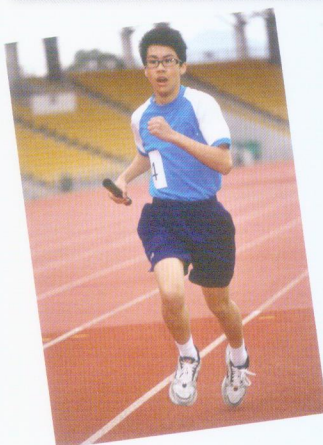
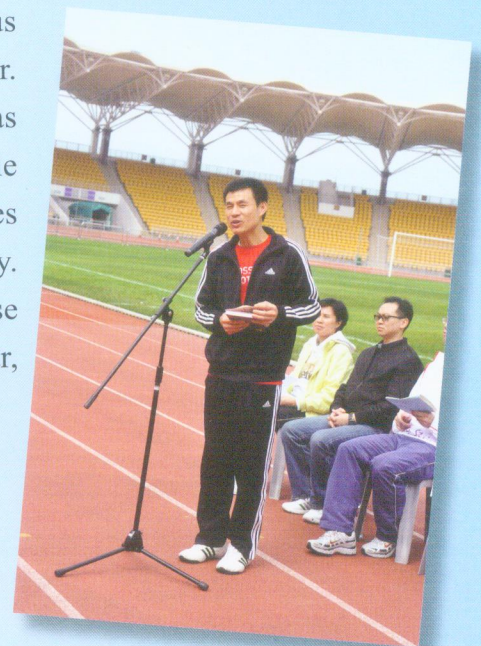
SCHOOL EVENTS



Pass-it-on Ceremony 2010 was held on March 26. Students passed the lighted candles which symbolized the light of God to shine upon people's heart. This ceremony is practised as one of the important traditions of Henrietta Secondary School. An alumina and present teacher of HSS, Mr. Cheung Fu Wah, was invited to speak at the meeting.



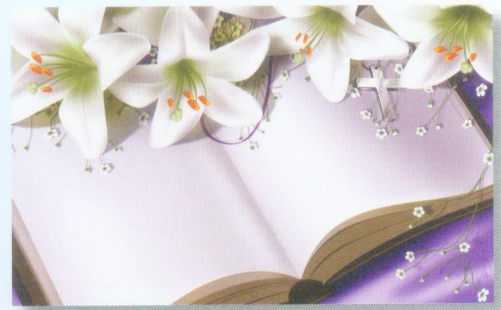
The 31st HSS Sports Days brought a lot of joy and excitement to all participants and spectators. An internationally-famous Hong Kong cyclist, Mr. Hung Chung Yam was invited as the honorable guest for presenting prizes at the closing ceremony. Red House is the House Champion this year, congratulations!



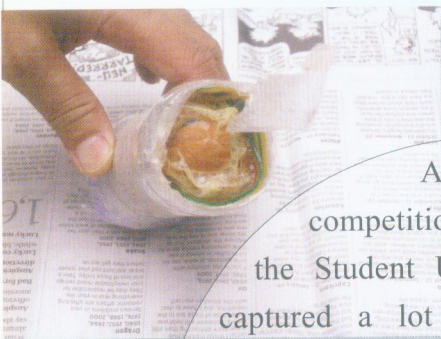


The Easter Service was conducted on March 23 and 24. Through the passionate reading of articles and scriptures from the

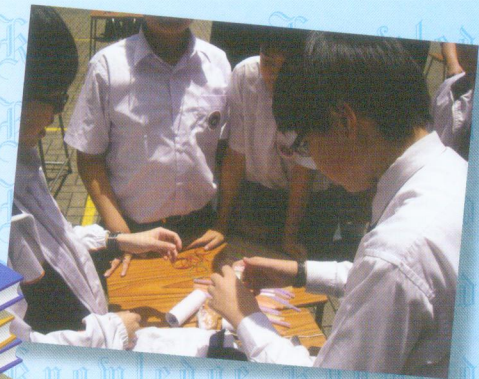
Bible, the focus this year was on the reflection towards the previous earthquake in Sichuan and the poverty problem in Hong Kong as the theme to help the congregation remember the suffering Christ.



An annual Inter-house Quiz Competition was held in April. Through the event, students were tested not only about their subject knowledge but also something of their daily life. Yellow House won at the competition.



A special competition organized by the Student Union in late April captured a lot of attention on the campus. Participants were required to design a special cushion by using some recycled materials to protect an egg dropped from a height with a parachute. The egg was also required to land 'safely' on a designated spot. This activity was not only interesting but scientifically educational.





‘Thank you
for this hard won election. We
had to compete with well established
political parties with little resources. It is
your trust and approval that brought us
here. I am grateful’.

~ Cyd Ho.

Cyd Ho Sau-lan was born and raised in Hong Kong. She studied German Language and Literature in University of Waterloo. After her return to Hong Kong, she worked in the textile industry and traveled extensively in Mainland China. In 1998, she was elected Legislative Councilor and was re-elected in 2000. She won the seat of Kwun Lung in 2003 District Council Election.

Cyd has stayed active in the civil society. She was chairperson of HK Human Rights Monitor (2006-2007), Convener of Project Civil Referendum, spokesperson of People’s Panel on West Kowloon and founder of District Council Reform Alliance.

With a view to helping students understand more about the topic: Social Equality, Cyd was invited to conduct two assemblies for junior and senior forms’ students respectively in March. Through the talks, she shared her vision of education and insights towards the elimination of discrimination against minorities in Hong Kong society.



At the talks, students actively engaged in the Question and Answer session. Their questions to Cyd regarding current social issues truly provided the audience with a good chance of self-reflection towards their concerns about society.



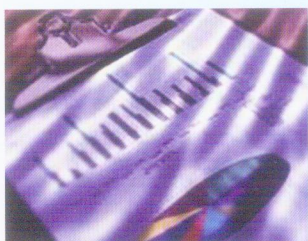
The Inter-class Scrabble Competition 2010 was held in May. Students from different classes participated in the game and demonstrated their high-level ability of using English vocabulary. The champion this year is Fung Wing Yan, Helen from Form 4.



To show respect and love to teachers, the Teacher's Day was organized in last January. Representatives from student body and Parent-Teacher Association gave speeches at the ceremony. Each teacher was given a small plant as a gift which showed their significant roles in cultivating and nurturing students' growth.

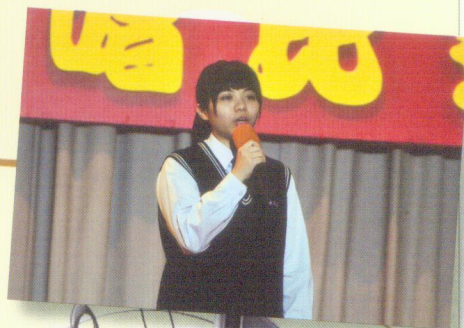


An excursion held by Liberal Studies brought a group of students to Sai Kung in the beginning of the second school term. Through the trip, participants could not only learn more about the techniques and skills of conducting on-site research but also the insights of studying the related subject.



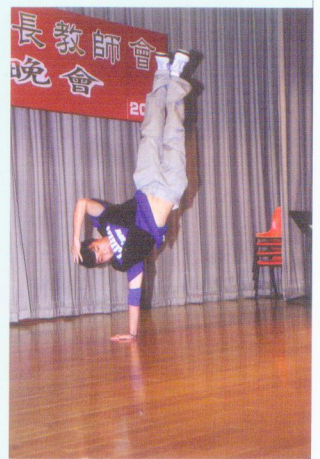
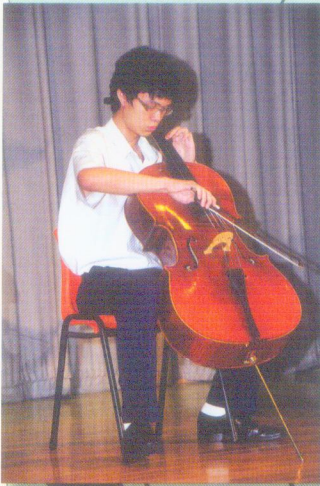
Inter-house Singing Contest

An annual Inter-house Singing Contest 2010 heated up the school hall in March. This year, the level of participants was high. No matter if they sang in person or group, their performance was extraordinarily praised. Green House finally won the championship title. Steven Cheung, from BOY'Z and Wada Hiromi, a pop-singer were invited as adjudicators and performers at the event.



Variety Show 2010

The Variety Show 2010 was held on May 14. Parents and students were invited to attend this activity organized once every two years. The purpose of the show is not only to let students demonstrate their talent and abilities in academic and non-academic areas, but also to establish a bridge between parents and school. At the show this year, even members of Parent-Teacher Association (PTA) played a drama and performed singing on the stage that gained a lot of applause from the audience. The happy atmosphere filled the hall that night.



English Musicals 2010

Learning English through performing arts!

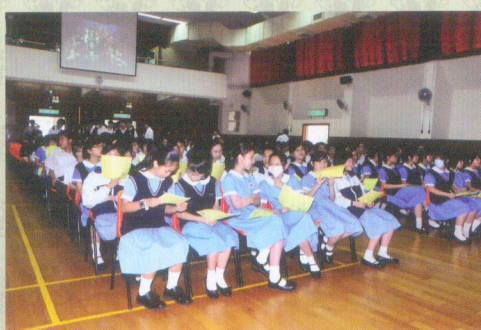
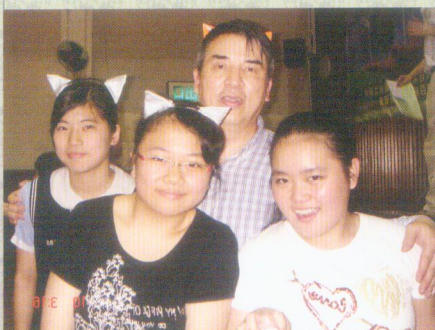
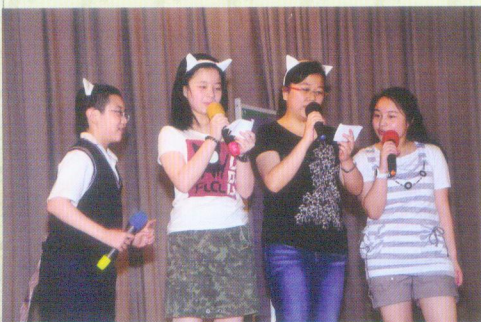
Chen Kwai Hing (Member of English Enhancement Program 2010)



Have you ever imagined a group of lovely and naughty cats on stage? The Yellow Castle invited our remarkable cats to 'conquer' the stage and thrilled the audience.

From live violin playing and musical song singing to poem reading and acting, our students have shown their talent and confidence in performing and using English in front of their schoolmates. Not only did these performers benefit from the activity, but also the MCs and backstage crew members who contributed a lot to the show. They included

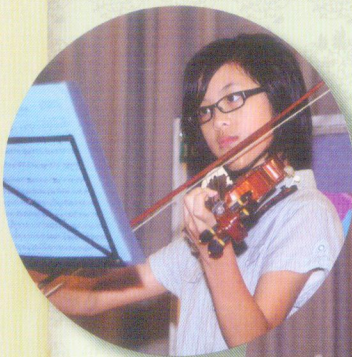
costume and props design, sound and visual effects control and stage managers. They should be proud of what they have done! Such an unforgettable and memorable moment they have experienced. If you want to enjoy it like them, don't hesitate to join the Yellow Castle next year!



'Cats' on May 7, 2010

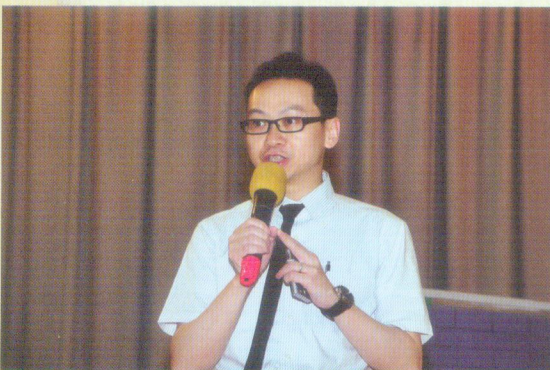
(*Jor Wing Yan - Member of English Enhancement Program 2010*)

The show "Cats" was really a wonderful experience for all students and teachers who participated. For the students, Yellow Castle provides them with a golden opportunity to enjoy the fun of singing English songs and performing in English. I discovered that many HSS students are potential future singers and actors. Many are also talented backstage coordinators. For the teachers, practicing with the cheerful and energetic students has been great fun! It makes us feel younger too! In the coming years, I hope more students from different forms will come and join Yellow Castle and share the exciting experience in dramas and musicals with us!



Fabulous Performance ~

Cheung Fu Wah, Frederick (English Panel Head)



Every year, Yellow Castle, holds a variety of English-learning activities for students to expose themselves to English through a non-academic and relaxing setting with a view to bringing students a strong message ~ learning English is fun.

Thank you to my colleagues and students who participated in the English musical this year. *Cats* is one of the internationally-famous musicals composed by Andrew Lloyd Webber based on *Old Possum's Book of*

Practical Cats by T. S. Eliot. The most well-known song, 'Memory' has successfully captured many hearts these years. *Cats* has been performed around the world many times and has been translated into more than 20 languages.

Not only could students learn this eminent play but also train themselves for the use of English before hundreds in the audience. It is also encouraging to see that most of the participants this time were junior form students. Through poem readings, singing and music playing, the audience could fully enjoy the vigor, intensity and passion which *Cats* wants to bring to its audience.

“A New Costume to Put On”

In my solo art exhibition “Coming and Going with the round fans” in June 2009, I wrote a lyric written by a Song Dynasty poet Zhu Tuen Yu (朱敦儒) on one of my paintings. It is written as follows:

I am glad to be old, being so experienced and knowledgeable.

To be able to understand emptiness of life, and be capable of burying the hatchets and settling sadness laden for years.

Also be able to be invulnerable to temptations, not addicted to drunkenness, roaming everywhere dizzily.

Sleep after having a big feast, and fool around whenever dreams are over.

Do not ever talk about the past and present, nor bear anything crucial in mind.

Never chase after fairyism, nor plead for peace and mercy from Buddhas, of course, not anxious to preach like Confucius.

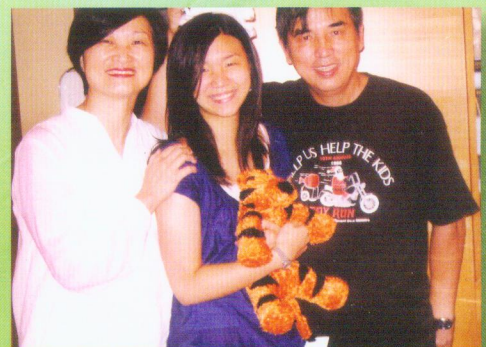
Just be idle to compete, irrespective of any teasing.

It is just like that, the play is over, and my costume is taken off and passed to someone else.

The poet Mr. Zhu really reflected in his lyric my present situation and sensation towards my retirement in two months time.

I do have a lot of things to remember in my fifteen years teaching in Henrietta and twenty more years teaching and working in other institutes.

Time has really been passing as swiftly as a horse. I certainly have my happiness and grief to remember, particularly for the days in Henrietta. I am happy to see students growing up, going for further education and getting everything settled with their careers. However, it is



sad to see them being frustrated with their failures, as well as their loneliness and helplessness in searching for their well being in despair.

In the verse, the poet Mr. Zhu was certainly happy with being relaxed and going to retreat from his work in his retirement. According to his history, he left his work and lived in a style of a hermit in the woods.

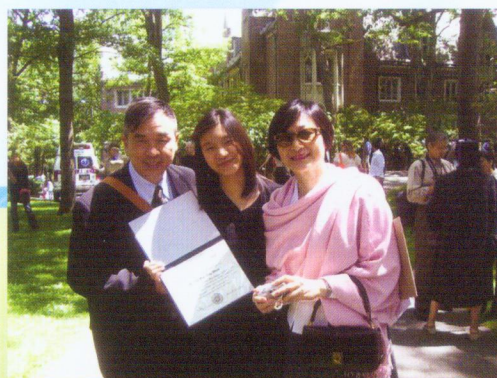
For me, in my retirement, I will never be a hermit. Of course, I need to pass my job to my successor, who must take up my job and go on in the following school term. However, I have no intention to retire like Mr. Zhu. Instead, I am hoping to start my exploration in art composing as my career. A new costume of another play of life in a new era of mine is waiting for me.

To end my writing, allow me to quote the first verse from a poem “Chance” written by our modern Chinese poet Xu Zhimo (徐志摩). The very first verse of the poem is very much indeed helping me to bid farewell to everyone in Henrietta. It is written as follows:

*I am a cloud in the sky,
A chance shadow on the wave of your heart.
Do not be surprised,
Or too elated;
In an instant, I shall vanish without trace.*

Um..., I do not really vanish without trace. It's a joke, sorry. In fact, I hope I can squeeze in time to pop into Henrietta and give everyone of you a big shock.

Cheerio, everybody in Henrietta. Adieu!



Mr. Wong Lai Keung