



Bishop Ho Ming Wah Association & Community Centre

Registered Charity No.290398

To enhance & improve the quality of life of all residents, particularly Chinese, in London

Autumn Newsletter

October 2016

From the Chairman

The financial year-end work has drawn to a close. The 2016 annual report and accounts, which have been independently examined, will be published by the end of September. 2016 was a positive year of excellent team work. Over 45 volunteers have been involved in many different roles, helping with service delivery as well as supporting fundraising events. Even though the Luncheon Club had suffered a setback due to staff sickness, we managed to keep the Centre buzzing with a combination of new and popular activities. On the financial side, we are pleased to report that an operating surplus was attained in 2016. However this was achieved against the backdrop of overstretching resources among staff and volunteers as well as trustees.

We won't be short of tough financial challenges in the coming years, but we are clear that what is most important is delivering the best possible outcomes for the people we serve. With your generous support we seek to ensure our services remain affordable and attractive. Work has been underway to explore fresh opportunities for collaborative working with new and existing partners. We are eager to listen to your suggestions for improvement.

On an exciting note, please join me to welcome Derek Mitchell to the role of co-chairman. The forthcoming Annual General Meeting is going to be a day of fun and good entertainment. I look forward to seeing you on Saturday, 12 November.

Chairman
Alice Chan

Notice Board

It's hard to say goodbye

Mrs. Lo, who has been the cornerstone of the popular Luncheon Club service, decided not to return to work. Since joining the Association in 2002, Mrs. Lo had cooked over 45,000 healthy and delicious meals at the Centre enjoyed by many members and guests.

Not only will we miss her culinary skills, but also her friendship. Wishing her all the best from all of us.

New Chef Wanted

We are urgently looking for a Chef for the Luncheon Club. If you know anyone who may be interested, please speak to us. A job description for the position is available.

Befriending

Our volunteer workers are happy to visit the elderly, who may feel isolated and lonely, to keep them in touch with the community and to have a friendly chat from time to time. If you know of anyone who would like to have this service, please contact us.

Walking group

Outing will be on 19th Oct and 23rd Nov, please find further detail in the Centre.

Acknowledgement

Special Thank you to **Mr and Mrs Chow, Hoo Hing Limited** and **See Woo Supermarket** for donating mooncakes and food items.

Knowledge Encyclopedia : Mooncake

A mooncake is a Chinese bakery product traditionally eaten during the Mid-Autumn Festival. The festival is for lunar worship and moon watching, when mooncakes are regarded as an indispensable delicacy. Mooncakes are offered between friends or on family gatherings while celebrating the festival.

There is a folk tale about the overthrow of Mongol rule facilitated by messages smuggled in moon cakes.

Mooncakes were used by the Ming revolutionaries in their effort to overthrow the Mongolian rulers of China at the end of the Yuan dynasty. The idea is said to have been conceived by Zhu Yuanzhang and his advisor Liu Bowen, who circulated a rumour that a deadly plague of "Hóuzi chuánwěi jíbìng de" was spreading and that the only way to prevent it was to eat special mooncakes, which would instantly revive and give special powers to the user. This prompted the quick distribution of mooncakes. The mooncakes contained a secret message coordinating the Han Chinese revolt on the 15th day of the eighth lunar month.



Adapted from Wikipedia

<https://en.wikipedia.org/wiki/mooncake>

Fundraising activities (Jun – Aug 2016)

Haircutting service

Thanks to Mrs Mak, who volunteers a hair cutting service every Tuesday from 1pm at the centre. Suggested fee for the hair cut is £3, **£78** has been raised.

Knife sharpening service

Thanks to volunteer Mr Lee for this service. We ask for a minimum donation of £1, **£13** has been raised. Members who want this service, please make sure the knives or sharp objects are well wrapped when brought to the centre.

Computer repair and consultation service

Thank you volunteers Mr Lee and Mr Tong who are experts in computers and electronic products. **£70** has been raised.

Donation box £545.82

Donation from members, which include monthly donations, seasonal donations and all regular donations. A total of **£190** has been raised.

Tai Chi Sword class £158.5, Tai Chi class £1015

We thank you for your generosity and support. We will make good use of your donation and hope you will continue to support us.

Forthcoming Activities Highlights (October to December 2016)

October

10th Oct (Mon) 1pm

Health talk: How to stay healthy during winter

Dr Helen Li from The Institute of Chinese Medicine

17th Oct (Mon) 1pm

Chat after lunch: Olympic Spirit

Rev. Paul Lau & Dr. Ronald Lo

24th Oct (Mon) 12.30pm

Birthday Party (for friends having birthday in Oct, Nov and Dec)

£7 (member), £10 (temporary member)

November

12th Nov (Sat) 12.30pm

Annual General Meeting

14th Nov (Mon) 1pm

Chat after lunch: Democracy and Election

Rev. Paul Lau & Dr. Ronald Lo

21st Nov (Mon) 1pm

Health talk: Introduction to Critical Care Medicine (Intensive Care)

Dr. Ronald Lo

December

12th Dec (Mon) 1pm

Chat after lunch: Christmas celebration

Rev. Paul Lau

19th Dec (Mon) 12.30pm

Christmas celebration

£7 (member), £10 (temporary member)

Chinese Calligraphy Class



Calligraphy students are concentrating on practice.



Mr Liang Gong Zhu is demonstrating calligraphy.

Seal Engraving Class



Mr William Cai is teaching seal design.



Mr William Cai is demonstrating engraving technique.

All the way from Hong Kong



Choir members mingled with centre members.

The Learners Chorus visited and performed at the centre on 25th July.



Centre members listened to the performance.



A group photo for the choir and centre members.

