



# 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

Summer Newsletter

July 2018

## From the Chair

Summer is a busy period for the Association, in particular the trustees. Work has been underway to produce the annual report and accounts for the previous year. Apart from looking back at what, and how well we have done in the past 12 months, we will make plans for future development. Shortage of human resources in recent years has added extra pressure to the organization, directly affecting the progress of activities. All in all, last year was a remarkable year in terms of achievements and team spirit.

Your feedback is crucial for driving continuous improvement to the way we deliver future services, and we value them very much. Because of the successful turnout last year, we have decided to hold another open day in October. We would welcome your help and support to make it a fun event for friends and families. In response to popular demand, we hope to bring the joy of singing to the community soon.

We are also keen to improve communication and publicity. In recognition of those who have made significant contributions to the Association, we have dedicated a column in the quarterly newsletters for the unsung heroes starting from the last issue.

In October the Association would have occupied the existing premises for 10 years under a license agreement with St. Martin-in-the-Fields. We are in the process of getting the license renewed for the next ten years. A significant increase in premises costs may be inevitable, but we feel blessed to be able to operate from a location where it is convenient to many people.

Your engagement and generosity has helped to build a joyful, inclusive community. We are extremely grateful for all this support.

Alice Chan

### **MEMBERSHIP RENEWAL**

for Associate Members having an expiry date on 30<sup>th</sup> June 2018.

Please come to the Centre to have your membership renewed.

*Don't forget to bring along your old card.*

Membership fee is £12.

### **Dragon Boat Festival Celebration, 11<sup>th</sup> June**



## \*\*\*\* Special Events \*\*\*\*

### Open Day

Community Centre

12pm – 3pm, Saturday, 20 October 2018

Free Admission

*Bring your friends and families for a fun-packed day of good food and activities.*

We welcome your help as Volunteers



Open Day 2017

### 4-Day Trip to Rhine Valley

Monday, 15 October – Thursday, 18 October 2018

Charges: £250 per person, twin-share room

(including coach; hotel, local guide fee and river cruise fare)

Booking deadline: 31 July 2018

*Details may change after publication, please check the Centre notice board or speak to Edith.*



### LEADING BY EXAMPLE

**Commander Alastair Anson** joined the Association in 1996 when he was Churchwarden of St. Martin-in-the-Fields. It all started with the leaks into the old premises and the church not doing enough to help! He has worked tirelessly as a trustee ever since, seeking to secure a sustainable future for the charity.

During his time as Chairman (2003 – 2008), Alastair was much involved with the temporary relocation to St. Anne, Soho; planning and designing of the renewed premises; fundraising for the new kitchen and furnishing; and setting up the first license agreement with St. Martins.

To many of us, Alastair is an inspirational figure. He always comes prepared for meetings and plays a major role in important (and often difficult) decision-makings. In addition to making regular gifts, he draws on his knowledge and networks to raise funds for the Association over the years. He is instrumental to the strong link we have developed with St Martins.

Although Mrs. Anson has wanted Alastair to reduce his workload, we just can't let him go!

## Regular Activities (July to September 2018)

**Jul** **9 Jul** (Mon) 1.00pm  
**Chat After Lunch** – “Organs donation”  
 Lead by Rev. Lau and Dr. Lo

**16 Jul** (Mon) 12.30pm  
**Birthday Party (for Jul – Sep)**  
 Members £8, Guests £12

**23 Jul** (Mon) 1.30pm  
**Move to Music**  
 Lead by Mrs. Ruly Tsang

**Aug** **13 Aug** (Mon) 1.00pm  
**Chat After Lunch** – “Pros and cons of trade unions”  
 Lead by Rev. Lau and Dr. Lo

**20 Aug** (Mon) 1.00pm  
**Health Talk** – “Pre-operative assessment”  
 Lead by Dr. Lo

**20 Aug** (Mon) 2.15pm  
**Move to Music**  
 Lead by Mrs. Ruly Tsang

**Sep** **10 Sep** (Mon) 12.30pm  
**Mid-Autumn Festival Celebration**  
 Members £8, Guests £12

**10 Sep** (Mon) 1.00pm  
**Health Talk** – “TCM in the treatment of depression”  
 The Institute of Chinese Medicine

**24 Sep** (Mon) 1.30pm  
**Move to Music**  
 Lead by Mrs. Ruly Tsang

### **DRAGON BOAT FESTIVAL (DUANWU 端午)**

The story best known in modern China holds that the festival commemorates the death of the poet and minister Qu Yuan 屈原 (c. 340–278 BC) of the ancient state of Chu. When the king decided to ally with the increasingly powerful state of Qin, Qu Yuan was banished for opposing the alliance and even accused of treason. During his exile, Qu Yuan wrote a great deal of poetry. Twenty-eight years later, Qin captured the Chu capital. In despair, Qu Yuan committed suicide by drowning himself in the Miluo River.

It is said that the local people, who admired him, raced out in their boats to save him, or at least retrieve his body. This is said to have been the origin of dragon boat races. When his body could not be found, they dropped balls of sticky rice into the river so that the fish would eat them instead of Qu Yuan's body. This is said to be the origin of zongzi 粽子.

(Source: Wikipedia)

#### **SALE OF ZONGZI (粽子)**

Hope you have had a chance to enjoy these yummy rice dumplings made by our amazing volunteers. A **BIG thank you** to everyone who have supported this annual fundraising event. This year we raised a total sum of £1,394 (before expenses).



Special thanks to Mr. Philip & Mrs. Joyce Kan for donating £1,000 towards the costs of ingredients.



### **Volunteers Day 2018**

Together we can do so much more.  
Help us make a difference.  
Volunteer with us!



### **Fathers' Day Celebration**



### **Befriending visit**

### **Trip to Latvia**



### **Protect the Environment, Reduce Plastics Use**

Plastics have become an intrinsic part of modern lives. As the use of plastics increases, so has its negative impact on the environment. Some of the chemicals used in manufacturing plastics are harmful to humans. Because plastics do not biodegrade, they will remain for a long, long time unless being treated. Improper disposal of plastic waste by incineration can lead to the release of toxics.

It is probably not realistic to expect everyone to stop using plastic items all at once. However, we can start with some simple steps to reduce plastics use:

- 1) Bring reusable bags, baskets or containers for shopping.
- 2) Recycle plastic products.
- 3) Use reusable alternatives like stainless steel, or glass for household products and food storage. Any suggestions of how we can reduce plastic use in the Centre?



Getty images



Image: The Nature Conservancy