

SHATIN PUI YING POST

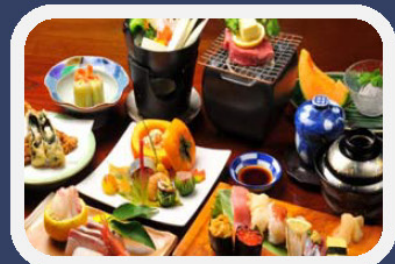
Matrix

Theme: Life

November 2017



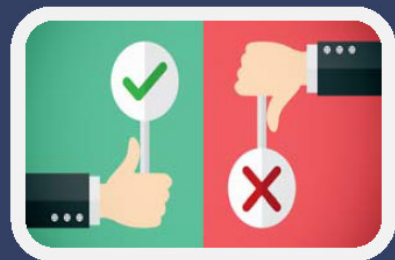
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English Fun Camp 2017

The English Fun Camp was successfully conducted with the help of over 80 student-helpers and teachers. On 7/10, 14/10 and 21/10, our students entertained 410 students from 29 different primary schools with enthusiasm. They have created an English-speaking environment for the students with educational but entertaining activities.

Our students playing ice-breaking games with the newcomers.

Everyone is preparing for the slogan competition





Each group has to showcase their efforts and team spirit.





Students playing group games with peers from different schools.



Participants are also eager and dedicated in the drama competition and the treasure hunt.



Trip to Beijing

4C Ronny Chan

Excelling in a quiz show, four of our teammates of quiz team were offered a once-in-a-lifetime opportunity to visit Beijing this summer. I was quite reluctant to go on this trip initially as Beijing was deemed as a dirty place with turbid air and piles of rubbish everywhere. Yet, my impression of Beijing was completely altered after this journey.

When I first set foot in Beijing, I felt that the weather wasn't as hot as



expected, and that left me in quite a good mood. To start our journey, we visited [Tiananmen Square](#). I saw the national museum and mausoleum of Chairman Mao nearby, and in front of the Square was a monument of people's

heroes to commemorate the patriots who had sacrificed themselves for the country's good in several wars.

The next day, we visited a centre for disease control and prevention, abbreviated as [CDC](#). It was a place where people couldn't get in without authorization. This centre comprises three main buildings, namely Laboratory for Animal Dissection, Aids Control Centre, and Malaria Control Centre. After walking round the centre once, we were given a lecture concerning the aim, objective and work of CDC. The staff shared with us their contributions in manipulating and avoiding the diseases from spreading all around the globe. Not only do they offer training and exchange concerning disease prevention to Africans, they have also lent a helping hand to the curing work of schistosomiasis. Hearing these surprising contributions, I was tremendously astonished and able to know the great and heavy global responsibility that our country has borne.

Following this visit was a trip to the [Old Summer Palace](#) (Yuanming Yuan). Stated in the textbook of Chinese History, the Palace was a summer resort for the Empress Dowager Cixi, the mother of Emperor Tongzhi, to kick back from the hectic life. Yet, after the Eight-Nation Alliance, the garden was destroyed in a firebomb attack. At the moment, archeologists tried to put the fragmented pieces together and showcase them to visitors. This was when I could finally have a chance to witness these historical puzzles first hand. I was also able to admire the meticulous and westernized design of the current buildings. It was indeed much more striking than pictures from text books.



The next day, we went to two factories, which produced motor cars and robots respectively. Though I am not a car lover myself, I was intrigued by the whole process of car production. I was also shocked by the booming technological development of our nation. Who would have thought that we could see a robot that can dismantle a bomb in a jiffy in reality but not in movies? Through these two visits, I finally understood why people say the technological development of our nation is beyond our imagination.

After having a substantial meal, we headed to [Office of the Commissioner of the Ministry of Foreign Affairs](#) of the People's Republic Of



China. I had never thought I could be in such a gorgeous place. The commissioners there first led us to the Consular Protection Centre with numerous photos stuck on the wall. It turns out there were touching stories concealed in each photo. One even shows how the Chinese army scrupulously and unyieldingly rescuing their suffering countrymen. Then, the commissioners

explained to us the aim and work of the officials here. It was really an eye-opening experience to me as I barely knew anything about this office before. Through this trip, I finally understood the idiom “A coconut-shell full of water is an ocean to an ant”!

On the fourth day, we visited two museums. First, we headed to the **Forbidden City**. No one could imagine how grand it was without actually having a walk there. There were three main buildings. Overlooking the Forbidden City, I was enthralled by the breathtaking view. The tallest building was the **Hall of Supreme Harmony**. It was a place for the emperor to worship the god they confided in. Second to this building was the **Hall of Middle Harmony**.

It was constructed for holding grand parties or conferences and officials to worship the emperor. The last main building was the **Hall of Preserving**



Harmony. It provided a place for advanced students to take their examinations. Walking ahead, we spotted gorgeous houses with high ceiling heights and delicate decorations where the emperor and the queen once lived. It is quite cogent that class was considered important in Qing Dynasty. The last tourist spot we visited in this journey was the **Capital Museum**. We experienced local cultures and customs of Beijing people via their clothes, dramas, and artwork. Through this visit, I constantly wondered what I would be like and how I would feel if I lived in old Beijing. I think I would like it here.

This journey exposed me to a completely different cultural environment. Not only did I acquire knowledge about Chinese History and Beijing’s culture, but I also met new pals in the trip. I hope all of you can also seize your chance to exchange with people in places outside of Hong Hong to broaden your horizons and develop multinational outlooks. I’m sure you’ll learn much more than just flipping through books or looking up things on Wikipedia. Hope we can all enrich our lives by becoming global citizens.

The Origin of Japanese Cuisine

How much do you know about Japanese cuisine? Japanese food has been gaining popularity around the world; food like tempura, ramen noodles, sushi, are greatly welcomed by people of all races and has become a significant figure of Japanese culture. Despite knowing those popular Japanese cuisines nowadays, do you know the history behind them?

The history of Japanese cuisine is short when compared to that of China and European countries. The earliest Japanese eating habit was formed during the Yamato Dynasty (250-710C.E). Since Buddhism was widely accepted by imitating of Chinese culture of Tang Dynasty, eating meat became a taboo at that time. This continued till even the Heian period (794-1185C.E) when Buddhist vegetarian philosophy was still influential; many of them still refused to have meat and this hindered the development of Japanese cuisine.

Although many people give credit to Japanese cuisine nowadays and even travel to Japan just for the food, Japanese cuisine was fundamentally influenced by and derived from foreign countries. One of the most notable examples is Ramen. Ramen is one of the most iconic dishes of Japanese cuisine; it is a kind of noodle served in a broth, either meat or fish-based, usually flavoured with soy sauce or miso, and served with several delicious toppings, for instance, chāshū, dried seaweed, and green onions. Although it has become a must-try in regions like Kyushu



and Hokkaido, it was surprisingly originated from China. What you may not know is, the history of noodles in Japan was in fact related to famine. Since people had to refuel their belly in a more affordable way during the Edo period, soba noodles appeared. Then in the early 20th century, due to the expansion of Japan before WWII, the government allowed workers in Japanese colonies to work in Japan, including those from China and this subsequently led to the rise of ramen, which was also called Chinese soba, in Japan.

Apart from ramen, tempura is also another classic of Japanese cuisine. What many people perceived as a traditional dish originated in Japan, is in



fact from the other side of the world – Portugal. Tempuras are battered and deep fried seafood or vegetables. During Sengoku period(16th century), Japan’s age of war, some Portuguese missionaries and merchants entered Japan as a result of Renaissance and Protestantism. Now that they could not consume any meat of beast

during the Ember Days, which is also called Quatuor Tempora in Latin, Portuguese sailors consumed deep fried seafood instead. Some Japanese learnt from this Portuguese cooking method and hence created tempura. In fact, Portugal not only brought tempura to Japan, but also another famous sweet in Japan, Kompeito. Kompeito are small star-shaped candies. It was also brought by Portuguese missionaries in the Sengoku period. It didn’t become popular until a Portuguese preacher Luís Fróis dedicated it to Oda Nobunaga, a powerful leader at that time.

Without a doubt, sushi is the most significant dish in Japanese cuisine. Most people nowadays must have tried sushi before. It is a delicacy for most

people while some who hate raw food may think it is a disaster. But I am pretty sure that the first sushi agreed with nobody. Sushi began in Southeast Asia. Formerly, it was made up of fermented fish with salt and rice. It was



introduced to China at first, then to Japan in Yayoi period(300BC-300AD). It is recorded that sushi in Heian period was stinky, since fishes had to be first fermented under pressure of rocks for 2 to 3 months, and then further fermented with salted rice stuff in the mouth of the fish for 1 to 2 years. I am sure

that even the greatest sushi lover would not want to try this. In fact, the sound of this “sushi” sounds more similar to Surströmming in Sweden, which is regarded as a kind of “biological weapon” by cyber citizens.

In conclusion, although the most famous dishes of Japan in fact did not come from this land alone, Japan still plays an important role on the progress of the dishes, as it advances its taste and added creativity over the centuries. At the same time, foreign cultures also support the development of eating habits in Japan, which reminds us the interconnections between different countries.



My Life as an



I was born a few days ago. I am oval and white in colour. My mom told me that my brothers and I would soon be sent to another place by something called “human beings”- they were so huge and looked entirely different from us. I heard them calling us “eggs” and said they would transfer us to the “supermarket”. I was scared but also quite excited about this adventure, as I didn’t know where I would actually be sent to.

Very soon, one of those huge “beings” started to pick me and my brothers up. He then washed and put ten of us into a box. It was really cool how the water washed my whole body, and I could feel the warmth of his hand when he was holding and wiping me. He did everything ever so gently, so I thought he was probably a good person and would send us to a brilliant place. I was really looking forward to seeing how the place called “supermarket” was like.

After several hours, we finally arrived. I couldn’t see much as I was in a paper prison, but I know the “being” who drove us here left after giving us to another huge “being”. This new huge “being” put my brothers and I into a very cold area, just like how he did with my cousins and distant relatives. It was freezing in that room. My distant cousin in



the box behind me said he and his brothers had arrived a long time ago, and they had heard people calling this place “fridge”. He told me that we would probably be taken away soon, but he and his brothers wouldn’t be leaving as they had been there for too long and might just die there. I felt really sorry for them. I wouldn’t want to grow old and decay in this frozen kingdom. I hope to leave here as soon as possible. I miss my mom. Will I see her again?

Staying in this “fridge” for hours was like a torture. The boxes which were originally in front of me were now gone. I could see lots of huge “beings” pass by. Some of them came in front of me and stood and just looked at me and my cousins. I saw a little cute cow - my mom introduced it to me when I was at home - on the cuboid which had been taken away too. So I guess all I could do now is just wait for someone to take me away?

Finally, someone came for me! It was a girl with long hair, and she didn’t look as huge as the other “beings” I had seen before. She took my brothers and I to a silver table where we had great fun being pushed back and forth. Shortly afterwards, we heard a beeping sound and our eyes were almost immediately covered by white noisy walls. We then left with the girl and silently hoped more fun would come ahead.

Even though I was set free from the “fridge” for a couple of hours, I still felt a bit cold as I saw the girl again. She took me out from the box and put me in to a pot of water again. It felt more comfortable this time and I thought she was as nice as the first big “being”. A short time passed, and it felt warmer and warmer and I was even more comfortable. I could feel there was heat coming from underneath me. It was so cozy I feel like I could live here all my life. I then decided to take a nap...



Ouch! I can feel my bum burning. What’s happening around me? I can see the water dancing up and down, and I think it’s growing a bit up and down! It’s so hot I can’t breathe anymore! I must escape from the pot, or else I will die...

Awwwww—



Lemons in your Life

Though juicy and aromatic, lemons' high acidic level is probably one of the reasons why it is the least directly consumed fruit in the citrus family. It has also earned a "bad reputation" that links itself to anything negative from a sour frown to a bad experience. I personally beg to differ. Lemons are one of the coolest and most effective fruits, and its uses are way beyond your imagination. You may have heard of the saying "when life gives you lemon, you make lemonades"; in fact, lemons can do so much more than just have their juice extracted. Let's see what lemons can do other than bringing us a cool refreshing drink.

First, lemon is a good deodorant. You can keep a couple lemon peels in your fridge and the bottom of your trash can to avoid unpleasant smells. Not only does it take away the horrible odour, but it also leaves your trash can with a more refreshing smell the next time you remove its cover.

Next, lemons can repel ants and other pests. Since ants, roaches, and moths hate the smell of citrus, you can just place lemon juice in a spray bottle, and regularly mist door thresholds, window sills, and anywhere else bugs might creep in. You won't be bothered by insects anymore!

Last but not least, lemons can revive hardened paintbrushes. Students who paint a lot might always come across paint brushes that are dried up. Well now, you don't have to waste money to buy a new one! Instead, bring lemon juice to a boil on the stove, drop in the brushes, and let it sit for about 15 minutes. Wash and rinse in soap water and let dry. Those hardened bristles can get a whole new life.

In short, lemons can be very useful to our daily lives – from eating to using; from cleansing to renewing. I hope you will find the above tips useful. If you are interested, you can follow this recipe to create your own cockroach-repellent! Hope these sour lemons can sweeten your life! :)

How to make a **DIY Cockroach Repellent**:

- 1. Cut two lemon fruits in half**
- 2. Squeeze the juice into a bottle**
- 3. Pour in 1L of water**

Done!

The Catalan Crisis

Wait, Catalonia!?! What's that? Is that a card game or a health food brand? In fact, Catalonia is a region that's not frequently heard of or even mentioned. Some of you who know a little bit about football may know that the renowned FC Barcelona comes from this place. Despite its lack of fame, Catalonia seemed to have stirred up many issues recently on the European stage. Catalonia has caused anything between state unity crises to economic troubles by doing just one action: organizing an independence movement. The movement began in 2014 and has been led by the Catalan leader Carles Puigdemont. By 27 October 2017, Catalonia had unilaterally declared independence and is currently a disputed territory.

How does this teeny weeny place in Europe create all these problems? We have to analyze it by asking three questions:

1. What is Catalonia?

Time for some really boring (or maybe not) geographical background. Catalonia is an autonomous region located in the north-eastern part of Spain. One of the most famous characteristics of it probably has to be Spain's second city and also the capital of this region: Barcelona. Also, despite being under Spain, it still remains some features that largely differ from Spanish culture. One example is that Catalan is more widespread than Spanish.



2. Why does it want independence?

This involves mostly modern reasons. The difference in cultures just takes a minor share, and to find the true answer, we have to look into the economic

factor. Catalonia is one of the richest and most productive regions in Spain, accounting for almost one fifth of the country's GDP---that's even more productive than our home city, Hong Kong! However, Spain seems to take most of their taxes and the region gained little reward. The 2008 global financial tsunami made matters worse. Spain experienced a sharp surge of unemployment rate and of



course, economic regressions, which caused Madrid to rip even more off Catalonia. This made the Catalans having a stronger desire to achieve more economic autonomy, and paved the way for the movement starting in 2014.

Another factor is on the political layer. At first, Catalans are satisfied as the autonomy level is quite high and is protected by a Statute of Autonomy. However, discontent rose as someone challenged the Statute on a high court and declaring some articles of it are against the national constitution. Therefore, those articles have to be further restricted. Feeling that their autonomy is being deprived, many Catalans are angry and protested, and this gradually escalated to an independence movement.



Historically, Catalonia remained an autonomous region of Spain until the Fascist leader, Francisco Franco stepped up. To maintain national unity, he removed Catalan autonomy until his death. After the restoration of democracy in Spain, the Catalans are fearful that the government would not restore the autonomy in the region. The best way to avoid so? Independence!

So now, you should have an understanding of what is going on in this place. Then, it's time for the main course –

3. What effects are brought about by the Catalan independence movement?

Imagine that Catalonia became a new independent country. Not only will you have to memorize one more country, capital and flag, the consequences on Catalonia itself, Spain, the whole of Europe, or even the whole world could be a lot more drastic than you would have expected.

Let's start with the impacts on Catalonia itself. Although they did gain independence and enjoyed full autonomy on economic, executive, jurisdictional and legislative sectors; however, they still have one thing missing: recognition. After the declaration of independence, many members of the EU and even the dominant countries like USA, China and Russia had already said 'no' to Catalonia. Without support from Europe and especially the rich USA, Catalonia will become isolated in economy and trade. Although many nations still haven't stated their opinions on the matter yet, Catalonia will still be in a diplomatic crisis.

There will also be a bigger impact on Spain still if Catalonia is to leave. As mentioned before, Catalonia has a major share of the country's economy, and if it leaves, Spanish economy will purge significantly. But in fact, there is an even larger factor that could actually cause Spain to fall apart in decades' time. If Catalonia succeeded, then many separationist regions in Spain may also fight for independence. For instance, the region of Basque holds a totally different culture from the rest of Spain, and they had fought for independence for many years. If Catalonia were to leave, Spain would inevitably disappear from the atlas in a matter of time.

On the international surface, this could act as an example of a successful independence movement. In many nations around the world, there are also separationist regions fighting for the set-up of their own nation, for instance, the Xinjiang Uyghur and Tibet Autonomous Regions in China, Scotland in the UK, and Kurdistan in Iraq. If Catalonia did succeed, this could fan the flames of

nationalism in those regions, and could possibly send the whole world into an era of revolutions.

Nonetheless, the Catalan Crisis is currently still uncertain to future changes. Keep your eyes on the news if you want to keep in check for the latest updates on it! Even though Catalonia is such a tiny region, no one should ever underestimate incidents stirring up in that place – this is a pending butterfly effect just waiting to unleash its most powerful storms on the world.



Catalonia, Spain

Criticisms Bring Progress

People nowadays are frequently labelled as not being “stress-resistant” and unable to bear other’s negative opinions. What they fail to notice is that criticisms in fact let people notice their disabilities and develop a sense of urgency to make improvements. Therefore, I truthfully believe criticisms, instead of praises, help people improve primarily because of these three reasons – the ineffectiveness of praises, the bigger impact of criticisms, and the long-term character ascension of one self.

To begin with, I believe praises are ineffective to people making progress, and may even harm them in the long run. Napoleon is the best example to illustrate this. His countrymen regarded him as a hero, which made him full of himself. Later, he made a fatal mistake in the Battle of Waterloo, and was defeated tragically by Wellington. Through Napoleon’s life, we see how praises and over-estimation destroy a person’s modesty, eventually leading to his decline and failure. By looking at the most classic example, it is clear that praises deter progress and affects people’s accuracy on self-estimation.



Apart from the subpar effectiveness of praises, criticisms do influence people by giving them a certain amount of pressure that prompts them to change. In being criticized, people develop a sense of “shame” in general and seeks to change in order to get rid of that shamefulness. For instance, governments, companies, and organizations often modify the strategies after receiving negative evaluation. As the ultimate goal of the government is to serve its citizens, it will probably reflect upon their policies and make amendments in order not to be criticized. In the same way, if one is negatively commented by his peers, he may think of his own flaw and hunt for measures to correct it. The unforgettable feelings of shame on what

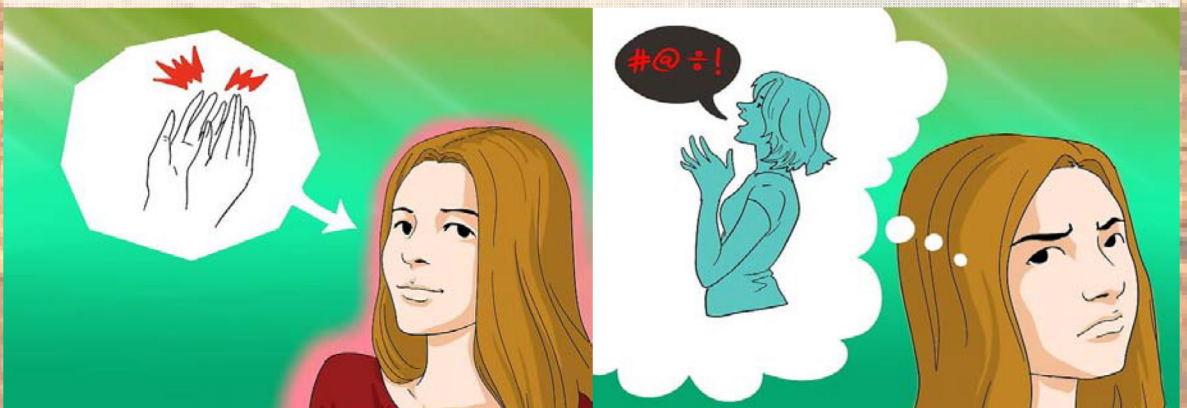
one has done wrong can urge one to rectify his fault. Thus, criticisms laid on a person can undoubtedly allow him to do corrections in a more tough way.

As such, in the long run, people can adapt a better personality by enduring criticisms by learning to be enduring and perseverant. People who are determined not to be criticized anymore will be unconsciously influenced to reflect every now and then. In doing so, they may cultivate a habit to find out loopholes or bad habits they have committed in their daily lives. In time, by doing this practice day by day, people learn to be a more cautious and meticulous person.



Of course, some may argue that people will turn to be picky eventually. But why is the desire to always bring out the best of people a bad thing? If we can learn to extract the essence out of a criticism and take it positively, we can strive for excellence and encourage others to do so too! In short, if people learn to be more careful in receiving criticisms and try hard to improve all the time, they can ultimately become a stronger fighter who can have greater achievements.

To conclude, criticisms can certainly allow people to improve in life, whereas praises would make people regress if given excessively or under the wrong circumstances. Nonetheless, criticisms should also be given at a moderate quantity so as not to reverse the effect and destroy one's confidence.



Praises Bring Progress

In nowadays society, we can easily observe how people are used to criticizing others' failures and weaknesses instead of appreciating their strengths. From their job, personality, to their life purposes, everything is subject to possible scrutiny or even criticism. What we fail to notice is how the power of praise is stronger than that of criticism. Instead of magnifying one's flaws, praising is in fact a better way to encourage improvement as it can help people gain self-confidence, build up a more positive mind-set, and to become more stress-resistant in performing better at their job.

Firstly, reinforcing others' efforts and achievements could help people gain acceptance of their own body and mind (self-esteem), which is essential for the development of self-confidence. By praising, people would be more assertive at their work and more prone to believe in their own ability in completing challenging tasks. These can all help boost the sense of self-recognition. For example, in the book *Success in a choice* by Rick Pitino, he has stated that his employees who have received more praises than criticism tend to push themselves forward more and can set up better long-term goals. The above phenomenon could be explained by the development of a high self-esteem motivated by the reassurance of one's potential and the receiving of others' support. From the above example, we can observe that people working in a praise-filled environment could build up better self-confidence, which would bring positive effects to the recipient, such as willing to take higher risks with a greater confidence. This allows them to have greater achievement in the future, and to keep up with a continuous progress.



Praises could also help people maintain a positive mind-set. People who often receive praises are more likely to affirm their own strength, and

to have positive thoughts such as “ I have the ability to do well”. Therefore, they would have the security in believing someone would support them



and appreciate their hard work under whatever circumstances. Thus, they are willing to take up challenges and to make progress with new attempts. In contrast, people who are used to being criticized would be afraid of taking up challenges, as they fundamentally believe that they are, and will never be

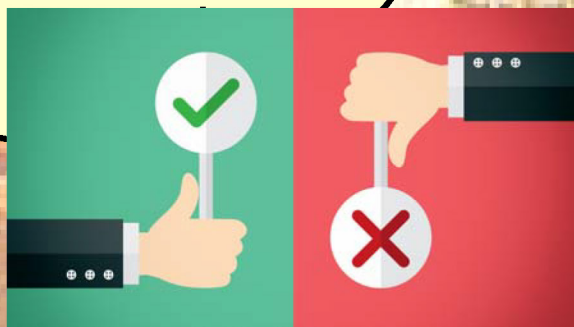
well-prepared or capable to fulfill the task, and they will forever be the ones who lack ability in handling new events or challenges. Such negative thoughts can be very damaging to one’s confidence and the level of achievement they attain in the future, as they do not even have the courage to believe in themselves, not to mention make progress. Therefore, praising others is a more effective way to encourage improvement as it can set up the foundation for progress.

People being praised would also be more stressed-resistant. As they usually have a higher self-esteem and a positive mind-set, they would not be easily affected by a single event. Therefore, the pressure they take on even when facing the same situation will be relatively smaller than those who survive under criticism. Besides, stress could be alleviated for people who have sufficient confidence, as they would always trust in their own ability even when they come across occasional failures. Their positive thinking would allow them to deal or duel with negativity with a healthier mind, thereby allowing them to be less burdened in stressful situations and maximize their ability to perform well. This allows them to have a better opportunity to succeed.



Though some may argue that praises would lead to pride and arrogance, praises are undoubtedly a foundation for progress. Without sufficient praises, it is hard for people to have the confidence to make new attempts and improve their performances. Therefore, when you are trying to encourage others to improve in the future, instead of criticizing them by saying "Why can't you do better?", you may receive better results if you appreciate their efforts instead. These actions are important to boost your targets' self-confidence and build up their mindset, allowing them to first believe and later on improve more than we can imagine.

After hearing arguments on both sides, which one do you think is more convincing? Which one do you think is more effective to you personally? Would you prefer receiving honest criticisms or encouraging praises from your parents and teachers?



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