

ISSUE 22 (MAR 19)

SHATIN PUI YING POST

MATRIX

A New Beginning



School News: P. 2 — 5



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English Week 2019





S2 FASHION SHOW

Students' ingenuity and craftsmanship are beyond imagination.



Tongue Twister

We introduce tongue-twisters to students to raise their awareness towards pronunciation.



Food Tasting

Yummy snacks are given to students as a reward for talking to us in English.



In-class Activities

Students are enjoying themselves in various English-learning activities.



A New Beginning

Kitty Cheng 5C

Getting better results, losing weights, improving language skills - they are the common year goals of many students. Now, take out your schedule book, and ask yourself "have I reached my last year's goals yet?" The answer for most of us would probably be "No". I have come up to realize that the majority of our plans fail year after year, falling into a vicious cycle. Our new year has started for a while already, can we really try to get rid of this cycle entirely and keep up with our progress for the rest of the year this time? If you want to buy yourself a true new beginning for this year, keep reading and you will find the secrets of setting goals.



Before moving on to set your new year goals, let's first catch a glimpse of the common problems of your last year's goals. We lack internal motivation to achieve most of our goals such as improving academic results and reading more books. This kind of goal is set based on extrinsic motivation or the society's expectations, rather than your own choice or will. That's why you easily give up and even forget about the goals you set for yourself. I am going to play a little game with all of you - The Future Funeral. This game will guide you to set goals following your own desires step by step.

❁ Before the game starts, please spare at least an hour for yourself and put your mobile phone aside (to eliminate all possible distractions). Then take out your schedule book, play some soft background music and calm down. Ready? Here we go.

First, think about who would come to your funeral. Imagine you had attained great achievements in the future ten years, say, a well-off businessman, a famous dancer, or a brilliant professor, simply whatever you want to be. Unfortunately, you died 10 years later.

Now, you need to decide which 10 people would attend your funeral. Take out a piece of paper, list out all their names, and visualize their faces while you are doing this. Remember, these ten people must be the ones you respect and love the most.

Secondly, imagine how they are going to describe you. They would do so using these three openings, they are "you can ...", "you are ..." and "you always ..." For instance – "you always bring happiness to others" and "you always seek the approval of others". Try to write down as many as you can think of. This step may be a little bit difficult. Don't worry, take it slowly. If you really can't think of any, you can consider going back to your list and change to an easier or more relatable "guest".

Thirdly, figure out the values hidden behind people's comments, they are actually the projections of your own core values. If they said "you are a good daughter", that would mean you value family more than other things. If you were described as a diligent person, a possible implication is that discipline is important to you. By listing out 5 to 10 values using the above method, you will be able to sort out what your core values are and hence set objectives that you really care about. Only when your objectives are relevant to you, they can be motivating and thereby prompting you to accomplish them.



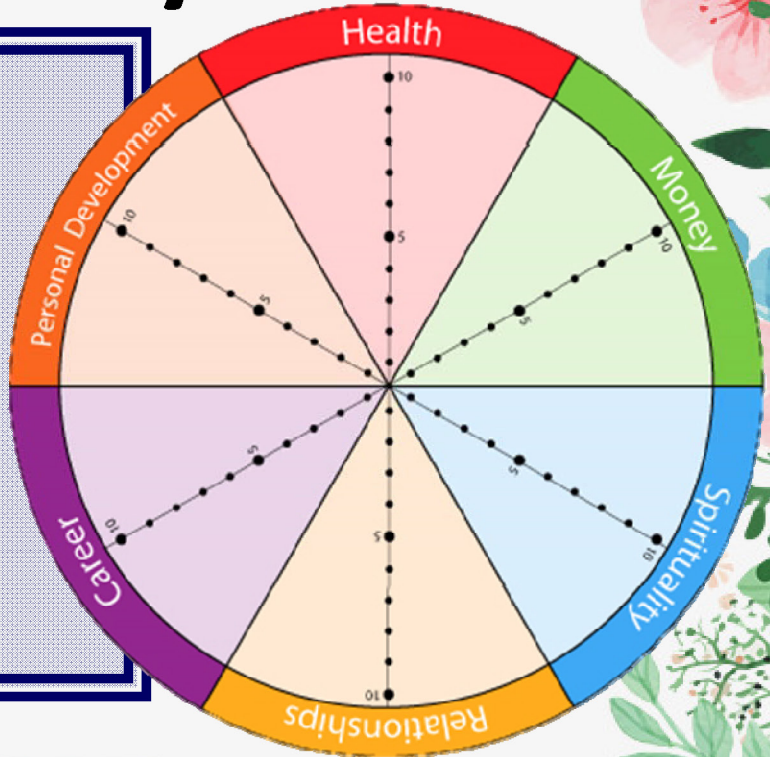
Finally, set measurable goals. In this step, you need to turn your qualitative goals into something quantitative. For example, if you think friendship is important, you can spend at least three hours a week with your friends. For those who seek to improve your interpersonal relationship, try greeting someone in your tutorial classes every week. By doing so, your goals will become clearer and more motivating. Not just because they are quantified, but more importantly, every goal is of value to you. Remember do not be too greedy, setting 5 to 10 goals is already enough. Do not forget to review your progress regularly! You may create a habit tracker or a goal tracker in your schedule book so that you can check your paces from time to time. Here are some of the examples.



It is impossible for me to guarantee that everyone can successfully set year goals by using the "The Future Funeral" method, but it is for sure that you can gain better understanding of yourself in the process. Although it seems hard to conduct, I hope all of you can at least try it out and get a better picture for your future-self. From now on, never set your goals too hastily and light-heartedly. Invest at least an hour then you will earn yourself a whole new beginning!

Let's Try Now!

- What are your goals for each of these aspects?
- What would make you feel you have achieved something meaningful and are not wasting your life?
- What is your score right now?
- Where do you want to be?



DEVELOP A HABIT

my new habit is: _____

66	65	64	63	62	61	60	59	
58	57	56	55	54	53	52	51	
50	49	48	47	46	45	44	43	
42	41	40	39	38	37	36	35	
34	33	32	31	30	29	28	27	
26	25	24	23	22	21	20	19	
18	17	16	15	14	13	12	11	
10	9	8	7	6	5	4	3	
2	1	my reward is _____						

- Is there an old habit you want to get rid of?
- Is there a new habit you want to build up?
- Do you want to start it small, like
 - drinking 2L of water per day?
 - sleeping before 11pm every night?
- Or do you want to make a big change?
 - handing in all homework on time
 - concentrating in all lessons
 - asking questions after each lesson



Ask Questions, Please!

Lemuel Lee 5C

A wise man once said, "There's no such thing as a stupid question, there are only fools who do not ask questions". Asking questions is something everyone should do. It is unfortunate that Hong Kong students in general actively avoid doing so. In fact, I empathize with people who feel "embarrassed" asking questions, and I hate the people who causes such "embarrassment".

I remember in one of the lessons I had recently, the teacher shared some of his parenting skills with us. He mentioned that, unlike many other parents, he wouldn't ask questions like "How's your day today?". When his son goes home after school, he would, instead, ask "How many questions have you asked today?" Sadly, from my observation, if Hong Kong parents ask their children this question, I believe the majority of students would probably be zero, and that is a really sad fact.

Why is it sad? Well, it either means the students already know everything, and having lessons is just an utter waste of time, or worse, the students gain nothing from the lesson and simply don't understand. Regrettably, from my daily observations, I'm very certain the case would be the latter one.



I genuinely feel annoyed when I see classmates around me struggling with their studies and then just "letting it go". Their determination to not ask for help often outlasts their patience they have for the problem itself. Then, they just let the problem slip away. I used to criticize them on this in a very direct way.





However, this is not entirely their fault. With our packed schedules, lessons in schools don't really have room for questions to be asked. I have heard from some of my friends elsewhere that their lessons are somewhat like a lecture with limited interaction between teachers and students. Students are similar to, and somewhat encouraged to be a spoon-fed duck. They go to school, sit still, and behave as passive as possible. Other students, who are generally considerate in nature, have a misconception that lessons will be interrupted if they ask questions, or teachers would be sidetracked. In order not to do so or distract other students in the room, they prefer keeping the questions to themselves, burying their curiosity.



Occasionally, I would share a classroom with a “brave” classmate who cannot bury or withhold his curiosity, and would keep asking questions — not to challenge the teacher, but the knowledge they are receiving. I consider this a lucky opportunity because it is rare. It is rare for students to think actively in class, and it is rare that students would want to learn so badly they would do something “uncommon” or “alien” in the classroom. If I am to be honest, many a time his questions were those that I was thinking about as well, and I have to confess I used to be secretly grateful to him for asking on my behalf so I can understand without having to do something “extraordinary”. Eventually though, I started to question myself, if I benefit so much from questions and I like them being answered so much, why do I hate asking them so much at the same time?

After pondering for a while, I believe I have come up with one major explanation — to ask a question, some people like me have to go through an “identify crisis” every single time. Some think that asking the right questions is a showcase of your attempts in understanding things, others





think that asking a “dumb” question is almost as if you are “showcasing your idiocy” to the world. This is why many people resort to comforting pet phrases like “Whatever”, “As you like”, “I don’t know”, or even “I don’t care”. What we fail to note is that putting ourselves on the spot for temporary or even imaginary ridicule is much less scarier than putting ourselves out in the cruel world and being categorized as inadequate. Many a time, if we brace ourselves, take a deep breath, conquer our inner-demon and ask the question, we come to realize surprisingly that the questions we have in mind are in fact simultaneously floating in many other people’s head as well!

Sometimes I think people in our society, particularly students, get embarrassed too easily. They are afraid to ask questions mostly because they are unsure whether their questions are worth asking; they are more worried about the quality or even “stupidity” of their questions. I believe there’s no such thing as “a stupid question”. In fact, when a new concept is presented to students, they view the concept from different dimensions, just like spectators in a football match, watching from different angles and at a different height. While some people have unobstructed views, others may not. Likewise, the answer to a “stupid question” may seem obvious to some people, but it may be as difficult as Einstein’s theory of relativity for the others. In short, it is unnecessary to be afraid of asking “stupid questions”. The anxiety to be judged by others is simply the shadow of our own fear.

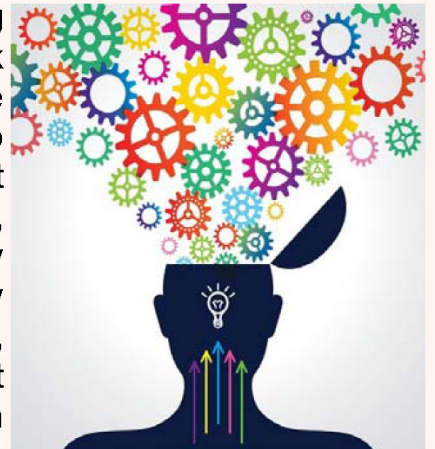


Asking questions bring us no harm at all. On the contrary, doing so is highly conducive to our learning. It is evident that asking questions is beneficial to





students. To me, it is like taking a shortcut to understand a concept in a much faster manner. Time is limited, it is not wise to waste time wrapping my head around hard concepts, and risk falling into terrible misconceptions. I just need to ask and get the most precise answer from the teacher. Besides, asking questions allows us to jump out of the confinements of textbooks. Most Hong Kong students rely primarily on textbooks, but in many circumstances, they are only sufficient to a certain extent. Textbooks only contain what is necessary to tests and exams, and the underlying reasons for different phenomena or the theories behind are often omitted. To gain a deeper understanding of the concept, one must ask questions. Although not required for the test, learning the principles behind often allows me to automatically deduce its cause and result. This also strengthens my memory too!



In short, asking questions can encourage speakers to be more analytical, listeners to be more critical, and respondents to attempt a better quality of expression, fostering a higher degree of intellect for all, and creating an atmosphere that is advantageous for both teachers and students to teach and learn.

Ask questions! Don't be afraid! There's nothing to worry about as you aren't disturbing anyone, on the contrary, you are helping them. Do not let fear overwhelm your curiosity. We are especially blessed in Shatin Pui Ying College as teachers here all appreciate it if you raise your hand and ask questions. If I were a teacher, I would like my students to ask as many questions as possible too, because this shows that they are indeed paying attention, and most importantly, THINKING!



Win the Morning

Marissa Li 5C

What is the first thought that pops up in your mind once you wake up? Feeling blessed like it's Friday or blue like it's Monday? Being grateful for a new start or just grumbling about another day of school? Or do you find yourself very energetic or absolutely exhausted? Sadly, I believe most of us would lean towards the latter. This "unhealthy" phenomenon is quite prevalent even though ideally we should be greeting every day with energy and a smile. I used to feel the same way as you do, but I have regulated my mindset and lifestyle recently, so now I have a great morning every day. Do you want to know that? If you do, please read on!

For most of you, the first thing off the top of your head would likely be your hectic schedule. "Today there will be one test, two quizzes, three dictations, four boring lessons..." Gradually, you will get drained and



be suffocated by the countless items and the immense workload. To get rid of this negative energy, you can try to count 3 'hopeful' things to begin your morning with. For instance, you may look forward to a fulfilling and tasty meal during lunch; or simply take 10 seconds to breathe in and appreciate the blue sky or fluffy clouds on a sunny day. In fact, there are lots of good things which could be celebrated as long as you pay more attention to your surroundings. Cheering yourself up can indeed make your spirits higher and you can say toodles to tiredness. Our suffocating schedule is not everything in our life.

For some of you who are relatively pessimistic, your apprehension may immediately come to mind once you open your eyes. My family used to call me Mrs Worries, because I sleep with Mr Worries and always hang around him throughout the day. I have once read an article reminding us that most of our worries are in fact unnecessary or unrealistic, where people tend to think of a million possible problems that may happen with one event only to neglect an even larger possibility that everything may in fact end up being alright! It's true that the past has a hold on

MR WORRY
By Roger Hargreaves



us; it's true that experience is significant, but we don't have to be a victim of either, nor should we be a victim of "what ifs". In fact, you don't have to be a victim of anything at all! Just lay your worries down, think of the possibility that everything may go as planned, try your best, and live in that moment!



We all know it's like a battle of life or death in the morning against the alarm clock, but the choice of snoozing for 5 minutes would unknowingly lead us to sleep on for 10 minutes, 15 minutes, or even



more. As you rush through your daily routines later, you will continue your rushing when heading for the lift, for the bus, and even for the closing school gate. This rushed life will eventually mess up your day. This is why my suggestion is to get out of bed right away. If you feel like waking up on time is too difficult for you, I recommend you read Mel Robbins's The 5 Second Rule. She teaches people to countdown from 5 to 1 so we feel like launching a rocket. This imagery gives us

a sense of importance and achievement of doing something great, and can help us develop a powerful momentum that can magnify efficiency. So even when it's as small as getting out of bed, as long as we see the significance of the act itself as powerful and life-changing as launching a rocket, the 5-second rule can help us attain the result we want. For more practical help, I highly recommend you read the book in detail. :)

Starting a great morning is not as difficult as you think, so long as you want to do it and find the right way. You're the only one that has the right to control whether you have a good day or not. No one can affect you but yourself and your mind. Sometimes all we need is a little twist or a cue, or even a little deception for your brain over your heart. Let's try it together, and enjoy a bright new day every day!

Flash Back and Ahead

Tiffany Lau 5C

At the beginning of 2019, the Internet was trending over the '10-year challenge' (aka How Hard Did Aging Hit You Challenge). The post first appeared on Facebook on January 11th, 2019. Initially, the meaning of the challenge was to compare your first profile picture with your current one. Then people just began to publish photos of themselves from 10 years ago (in 2009) and compare to a recent image of themselves from 2019.

It is always a good way to look back at what you have done in the previous year at the start of each new one, and you can



have a chance to relive memorable events and learn from your mistakes in order to prevent them from happening again. This is why I would like to share my reflection process with you this year, and hopefully you will find them helpful too!

There are a few things I did and thought about before I started writing new goals. Here are the steps that I took:

Step 1: Look at my schedule book from last year

→ I can remind myself what special (or not special) activities I had actually completed last year.

Step 2: Screen out important events and observe the trends

→ From last year, I was able to see what my first trial was, who I spent most of the year with, what I usually did during weekends / after school etc.

Step 3: Reflect on the above pattern and the significance

→ Ask myself what I have learnt, whether they are worth the time and effort, and whether I should change my pattern / focus for the coming year.

Based on the above information I have observed and written down, I am ALMOST ready to set my goals for the coming year. But first, I have to go back to the rubrics of setting good goals. Here are some you might want to consider too!

1. Consider **WHO** you are: be familiar with your identity

For example, our main identity right now is a student. So no matter how important our hobbies are, or no matter how much we detest studying, there has to be goals set on the improvement of our core identity.



2. Be **SPECIFIC**: do not be too general

If your new goal is to be hard-working and say goodbye to laziness, make sure it is countable, doable, and find someone to hold you accountable. Holding yourself accountable by inviting someone to check your progress is equally important. Be specific with what you want to do, how you want to do, and who can help you do it.



3. Be **REALISTIC**: set up goals that you can fulfill

If you want to spend more time on revision, do not set goals like using 5 hours per day to study. That is impossible since you will already be exhausted after an entire day of school! It may be as simple as 15 mins of tidying, or 5 minutes to flip through the notes for each subject that day. And make sure to include some entertainment in balance, so you have more motivation to fulfill this target!



4. Be **TIDY**: tidying the space we work in

No matter how tidy we are throughout the year, there are always physical items misplaced on our desks, and psychological items that occupy our mind and yearn for our immediate attention. A neat area in both senses can help us declutter and start afresh. Life is hard enough, but knowing whether our battles can be fought is crucial. Don't mistake those that can be fought for those we should give up, or cling onto those that are beyond our ability to change. You will realize how these little tips can change you when you face difficulties in the future.



Cry of Wolf (Part 1)

Henry Chu 5C

This was a cold Christmas night. At Christmas-time, usually, the feeling of warmth and joy should be everywhere, right? Not for this little girl.

People who were celebrating has already retreated into their cosy homes, except for this poor little girl. While all people had left the pavement, she was still clutching her batch of matches in her pale hands. In fact, she longed to return home like the rest, but there was no 'home' for her anymore. The cold night was the sneaky thief that took away her home, her only loved ones. All happened just a few days ago. She was left there on the streets to struggle for survival all on her own.

This little girl already knew that these matches she had would never be sold. Therefore, she took one, her hand shivering, and struck it against the cold wall. In an instant, the yellow glow gave her a glimmer of hope. At last, there was the warmth she wanted. But that was not the thing she wanted the most. As she struck another match, she started to imagine the happy scenes where she could reunite with her family. She wanted so badly to regain what was taken away from her - her home and her family.

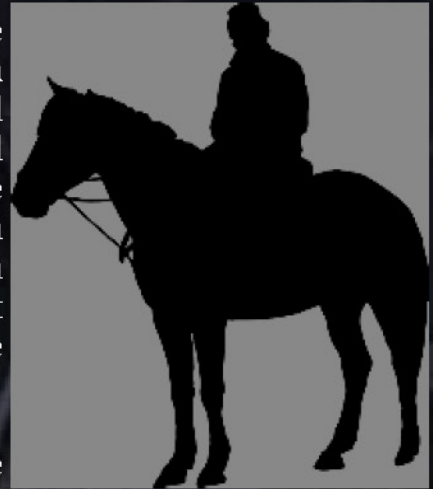
She struck one match each time and it could only give her numb body little warmth. It seemed that the little girl had forgotten her bygone self in the arms of her loving parents. But then, as she lit the final match, she saw something different. She saw herself with the silhouette of a young man. While they were hugging each other tightly, their faces were gently pressing against each other's. What did the little girl want actually? She just wanted someone that could love her back, and she hopefully vowed in her heart that she would do the same to whoever was willing to take her away.



The joyful scenes before her eyes started to fade as the fire slowly died away.

All of a sudden, she heard an obscure voice approaching. It seemed to be a fair young man, and he looked rather tense. "Hey! Hang in there!" The man wrapped her frozen body with a down jacket and laid a thick quilt upon her.

The little girl smiled. Finally, she thought, the Father in heaven is welcoming me with open arms. She comfortably lay still and could feel the warmth seeping back into her fingers, and then into her body. Opening her eyes, she expected to see everything white around and a smile of a kind old man. Instead, she saw a smartly dressed young man, and standing next to him was a horse with the skin as dark as the night sky.



‘What... what has just happened...?’ she whispered.

‘I’m so glad that I came just in time. You fainted on the street. If I hadn’t come by, you would have been frozen to death. Where are your parents? Let me take you to them’

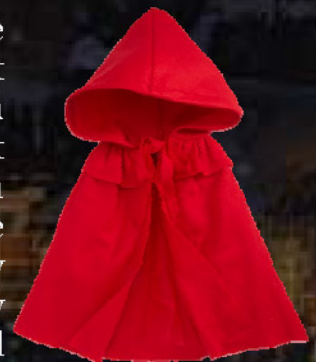
‘Thank... thank you sir, but I don’t have a family...’

‘Oh, that’s quite unfortunate. But don’t worry, I will help you find a good place to stay. Here, take my hand.’

- - - - -

The mysterious gentleman jumped back on the horse with the little girl in his arms, and swiftly brought her to a couple living in the Magic Forest. After briefly explaining the situation to the owners of the house, this handsome stranger smiled at the little girl. He said “Don’t worry, everything will be fine now.” The little girl nodded weakly, barely opening her eyes.

When she opened her eyes again, she realized how the odds had suddenly turned in her favour. For the first time in her entire life, she was given a name - May. On May’s 10th birthday, her mother gave her a magnificent red cape - knitted by herself. May liked it very much and wore it wherever she went. The people living in the small neighbourhood saw her running around joyfully in the forest in the red cloak day after day, so they started to call her Little Red May, or even Little Red Riding Hood.



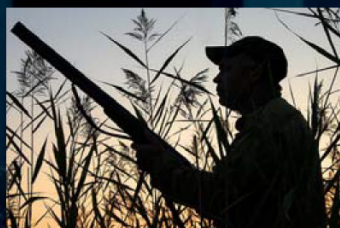
Time passed, and May grew up happily. Her new-found parents were used

to letting her go out and play in the afternoon. One day, May decided to go somewhere farther than usual and explore the forest. She didn't realize the farther she went, the darker it got. She felt like she had seen the worst, and that she wasn't afraid of anything, especially just a little bit of shadow.

Suddenly, a weird sound disturbed the tranquility in the wild. Little Red Riding Hood was startled, and despite being brave in her mind, her heart started to quiver slightly. "Should I run?" May asked herself. The eerie sound made her feel unusually dangerous, but before she could decide, a fearsome grey wolf leapt at her!



'AHHH! HELP ME!'. May ran frantically trying to flee from the fierce meat-eater. The wolf, driven by hunger, ran after her with its injured forelimb.



Another loud 'BANG!' was heard. The wolf panicked and ran away. May was still too scared to figure out what had just happened, and then a man in a khaki safari suit holding a rifle appeared in the woods.

'Hey! Are you hurt?' he asked kindly.

'I'm okay, thank you,' May replied.

'Be careful of these creatures,' the man said. 'They eat humans sometimes, and they are all over Magic Forest. Better keep an eye on them when you enter the woods next time. Without us hunters, you might not be so lucky next time.'

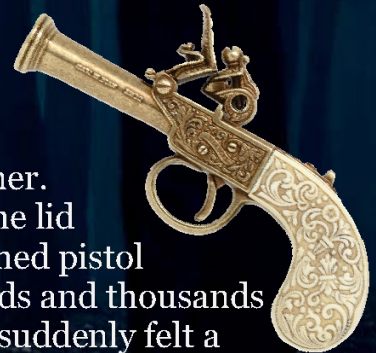
'Thanks for your reminder, and thank you for saving me,' May replied.

May quickly ran home to share her near-death experience with her parents, and before she reached the door, she already started yelling, "Ma, Da, you wouldn't believe what just happened..." Hoping to hear some enthusiastic response, May was disappointed when the house lay still. 'What's wrong...' she murmured worriedly. As she touched the door knob, she realized that the door wasn't closed. She



stepped into the house, quivering, and she couldn't believe what she saw! The whole room was in chaos. Stains of blood were all over the ground and the walls, pieces of flesh covered in clothes were dumped on the floor. May screamed at the top of her lungs. Tears were welling up in her eyes automatically, but she was soon distracted by the clanging saucepans in the kitchen. A grey creature dashed out and gave a loud burp. She immediately recognized it from the limping forelimb - it was the wolf that attacked her just now! May instantly knew what happened - her parents were eaten alive but there was nothing that could be done. The merciless wolf snarled and growled at May in a low voice, but having had a full meal a moment ago, he turned and left, gnawing at a fleshy bone in its mouth.

May was left in inexplicable shock and grief. Though her heart was torn in two, she knew this was not the time to sink in her own emotions; she knew she had to protect herself, because from now on it's just herself, again. May wiped her tears, took a deep breath, and tiptoed into the bedroom. She turned away from where her parents last slept, because she didn't want that inerasable scene to be the last memory of her dear parents, and headed straight to the wardrobe next to the bed. She opened the door on the left and saw a case lurking in the corner. Still, with a face full of tears, she cautiously opened the lid of the case, and from inside revealed a finely brandished pistol in shimmering bronze. Under the pistol were hundreds and thousands of bullets. She slowly picked up the weapon, and she suddenly felt a lurking sense of protection and security deep down her heart, and also, a burning flame of anger and vengeance.



'I, I...' May — whose red hood was as red as the blood and vengeance in her heart— mumbled to herself as she wiped away her last tear.

'I will kill it myself, if that's the last thing I do.'

(To be continued...)

How to Begin a New Life

Valerie Young 5C

Under many circumstances, we are forced to or would want to reboot our lives. The changes can be either tiny or tremendous. Some big events that influence your life including marriage, graduation, change of identity, reputation being ruined, or even accidents; you would need to readapt to a brand-new condition. The problem is, how do we begin a new life? It is hard to develop a proper attitude to deal with the new challenges ahead of us. I would thereby suggest a few methods in order to boost your determination in starting a new life.

First of all, we need to embrace our new selves. For instance, unfortunate accidents would greatly interfere with one's everyday life since they can lead to disfigurement or disability (touch wood). However, never, ever think that it would devastate our lives completely and deprive us of all



hope. All we need is a positive mind-set to accept the different self and should not be ashamed of the scars left behind. This afternoon, I listened to a sharing by a middle-aged man who is visually impaired. He lost his eyesight when he was a teen owing to glaucoma. Nevertheless, he knew it is impossible to stay at home for the rest of his life so he decided to accept his flaw and adapt to a completely different lifestyle. He was inspired by a news report on the television about bowling for the visually impaired and therefore determined to seek activities that were suitable for him

to join. With the help of the advanced technology and volunteers, he has already adapted to his new life and does not find his condition shameful.

Our physical body is just a part of us, and what matters most are the virtues we have inside. You might consider the scars imperfect, but soon you would be able to accept it as a part of you when you gain support and understanding from family and friends. Embracing our flaws is





action we need to take so that we would not be affected by negative emotions. In this way, you can plan your brand new daily routine and set new life goals that match your current condition so as to lead a more meaningful and happier life.

The above example is just an extreme case when we are forced to change our lifestyle. What if we wish to modify our lifestyle but lack the motivation to attain the goals set? A common situation would be listing out all the New Year's resolutions but end up

procrastinating on our goals due to laziness and lack of desire to fulfill the dreams. Also, most of us tend to delay the goals without time

restrictions as they seem less urgent

to be achieved. To get rid of procrastination, we can spend some time evaluating our past and thinking about the consequences with the

goals achieved or neglected. For example, when we find our academic results unsatisfying, we should first find out the fundamental causes. If the reason is due to the improper usage of spare time, we should always remind ourselves the pleasant achievements if we start to change our lifestyle. Envisioning how successful we can be gives us the motivation to modify our living habits.



I'll do it tomorrow



If this method unfortunately does not work for you, try to think from another perspective: imagine how urgent it is to change this lifestyle. What would be the possible consequences if we ignore the goals set? Take the situation for senior form students as an example; they only have limited time to prepare for the pending HKDSE examination. If they still remain unaware of the consequences of poor time management and continue to procrastinate, they would most likely get





unsatisfactory academic results and this limits their choices of future career. After reflection, they would be alerted to take action immediately and begin a new routine to become well-equipped in order to prevent the undesirable consequences from happening. We are most likely to be motivated when we spend some time reflecting our lifestyle and anticipating the possible outcomes if we continue to live an improper lifestyle.

The mentioned methods are just part of the possible approaches that help us change our lives and adapt to our ideal lifestyle. More importantly, we should not be afraid of embarking on a new beginning. When confronting different stages of life, we would need a fresh start every time. The future uncertainties and being despised can be daunting, yet only by making changes we enable growth and improvement. Remember not to be too sensitive to criticism; instead, we should be confident while beginning a new life.



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