The Salesian

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Cover Story

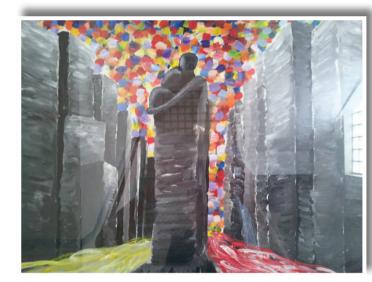
Roy Tong --- the humble discus-thrower

Roy Tong from 6B was interviewed by Mr. Kwan about his story with his favourite sport, discus. Roy has always been a Salesian. He spent the last 12 years studying in the Salesian School primary and secondary sections. Roy has started his discus training since Secondary 1 and he is now one of the outstanding sportsmen in the famous Hong Kong sports club, South China Athletic Association. Throughout these years, he has participated in numerous internal and external athletic competitions. They include inter-school competitions, district and Hong Kong-wide competitions. In the interview, Roy will unveil some surprising facts and experiences from the past which are unknown to many. Stay tuned!

K: Hi Roy, nice to meet you.

- R: Hi Mr. Kwan.
- K: Thanks for having the interview with me. I would like to start with your experience as an active person in sports.
- R: You're welcome. I have been playing sports since primary 1. When I was in primary school, I was in the athletic team. I am now in the secondary school team and I am a discus-thrower. I am also a sportsman of the South China Athletics Association.
- K: How long have you been trained in discus?
- R: For 6 years from Secondary 1 to 6.
- K: Have you joined any competitions?
- R: Yes, I join competitions every year ranging from internal to external ones. In the recent two or three years, I involved more in external competitions than before.
- K: When it comes to professional sports, people are always interested in records. Can you tell me some of your personal bests?
- R: We keep different records according to the weight of the discus. There are two records of mine. 37.35 metresis the best for a 1.5-k (kilogram) discus and 34.00 metres for a 1.75-k one.
- K: Wow, I'm sure you have put a lot of work on discus. Alright, what made you choose discus in the first place?
- R: Oh, it all started because of a failure. When I was participating in a 4x100m relay in the Final in primary school, I tripped. Since then, I am afraid of running. So when the PE teacher asked me which sport I participated in, I dared not to say running. I said field event.
- K: Oh! That's very surprising! In your discus-throwing career, who helped you most?
- R: Certainly my coach, Uncle Man, in SCAA. In the first five years of discus-throwing, I had never had a stable coach because I was not an elite. So it was in a competition a year ago in which I met him. After a short chat with him, he gave me anopportunity to start professional training.
- K: After you entered SCAA, how would you compare yourself to your counterparts?
- R: It was eye-widening! After joining SCAA, I have improved a lot; but at the same time, I also know that there are many others out there who are much better than me. To me, knowing that there are many more stronger players is positive. It makes me feel like to be better.
- K: I feel so happy for you. Umm... discus-throwing is an individual sport; do you like group sport too?
- R: Sure, I'm also a basketball team player.
- K: So, can you tell us the difference between these two?
- R: Umm... one big difference is that basketball is a team game whereas discus is individual. Another big difference is that basketball involves lots of skills but discus requires repeated actions.
- K: But I think discus helps you in basketball too.
- R: Yes, as throwing discus helps me train my arm and waist muscles, I surely benefit from that a lot.
- K: Yeh, I am sure that helps. Do you have any idol?
- R: I can't think of any but I do have someone who I admire. He's a record-holder who has guided me. He's Chiu Sir, Chiu Lap San. He is still an amateur sportsman in Hong Kong even though he has a busy job working as an inspector in the police force. I would like to follow his footsteps.
- K: Do you mean to be an inspector too?
- R: No, I mean to have a balance between a successful career in sport and a stable job.
- K: If you had a chance, would you choose to be a full-time or part-time player?
- R: I would definitely choose to be a part-time. The reason's because the lifespan for a sportsman is extremely short. And only players among the best can represent Hong Kong. So I would like to be someone like Chiu Sir, to have a stable job which allows me to continue to develop my discus career.
- K: That's a very sensible decision. You know it's always hard to have a balanced life in studies and sports too. Do you think playing discus helps you in your studies or is there any negative effect?





Roy's drawing: he certainly shows some talent in art.



- R: Discus doesn't affect my studies much. Rather, I gave up many other favourite things because of it, for example, drama.
- K: Why did you give up drama?
- R: I gave it up because drama rehearsals require so much time, even more than the time I spend on training discus. Because of the lack of suitableground for discus training, my training time is limited to 3 to 6 hours a week; whereas drama requires a 3-hour session almost every day. Besides, as discus-throwing is a highly-repetitive training, frequent training will exert too much effort on the muscles and may lead to sour muscles or even injuries, so I have to take rest.
- K: Roy, let's talk about your future. Have you ever thought of entering the university?
- R: (Grinning) Yes, I'd like to study visual-art.
- K: Oh, I think you will choose something like sports science.
- R: Nope, I'll continue to play discus but it is not my only interest. I also like art because, to be honest, discus could be quite boring at times. On the other hand, art has infinite topics.
- K: So, do you take VA in the DSE?
- R: Yes, I'm going to take the exam. If I get into the uni, I want to be a visual-art student; and at the same time, I'll take courses to prepare myself to be a part-time coach or referee in discus.
- K: Okay, I think it's the perfect time to end our interview here. I hope you every success in your future. Thanks so much for your time.
- R: Thank you.

The interview was done in 2A classroom. When the interview was over and Roy was ready to leave, 2A boys gave him support and encouragement by clapping wholeheartedly. Our humble discus-thrower replied by leaving a very short but meaningful message to them 'Work hard on your studies!'

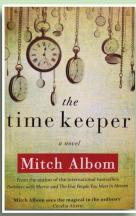
Trivia: Chiu Lap San, who Roy referred to as 'Chiu Sir', holds the Hong Kong Discus Record of 46.16m. He broke the Hong Kong record last year in Taipei in May 2011. I think Roy works hard every day to close the gap between him and Chiu.

The interview was done at 11:00 a.m. on 1st February, 2013



Roy Tong seriously prepares for a trial on Sports Day.

Be Bookish Andy Choi

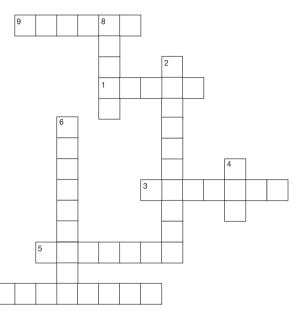


This book is about the inventor of the world's first clock being punished for trying to measure time. He is banished to a cave for centuries and forced to listen to the voice of all who come after him. At last, with his soul nearly broken, Father Time is granted his freedom, along with a mission: a chance to redeem himself by teaching two earthly people the true meaning of time.

He returns to our world, now dominated by the obsession with time, he so innocently begins and commences a journey with two unlikely partners, one a teenage girl who is about to give up on life, the other one is a wealthy, aging businessman who wants to live forever. To save himself, he must save

them. Eventually, he saves them both, and Father Time sets him free, but nobody has ever seen him since then. I think this book is fascinating. It's because the plot is perfectly made, and the story is exciting as well. I would rate this book four out of five, since the content is a little creepy for me, and I got scared. I would recommend this book to my friends.

Be the first five to complete the crossword puzzle below and get a prize from Mr. Kwan



Across:

- 1. How many English Corner Stamps do you need to collect by year end?
- 3. Where can you make photo copies at school?
- 5. Number of English teachers at school
- 7. What is the last name of our native English Teacher? 9. English Corner is on the
- floor

Box Office

Down:

- 2. Which MTR station is the closest to our school?
- _ is the only female 4. Ms. English teacher who does not sit in Room 509
- 6. The Team won all three grades in the inter-school
- 8. On which day do we have English assembly?

competition this year.

Steven Lo, Rogue Patipan

JACK REACHER is a fictional character created by British author Jim

The Singer Sings his Song

Bon Jovi was founded in Sayreville, New Jersey. There are four members in the band which is a well-known hard rock band. They rose as meteorically in 1980s. "It's my life" is one of the masterpieces of Bon Jovi. Without further ado, I'll introduce the song.

"My heart is like an opening highway

Like Frankie said I did it my way

I just wanna live while I'm alive" It's a sincere wish of young people. You were not born to follow others. You live your own life in the way you want to live it.

- "Better stand tall when they're calling you out
- Don't bend, don't break, baby, don't back down"

We meet with many setbacks in our life. But, no matter how many barrers there are in front of you, you should overcome them.

It's a good song and it's about the notion that what you think leads you

to where you will be. It is a well written song, isn't it? I like the distinct and captivating voice of John Francis Bongiovi, Jr.; and also the lyrics. The song is like a lantern that lights up our life. The composer gives us the message – "Never give up".

Want to listen to it now? Wait no more! Go to http://www.youtube.com/watch?v=vx2u5uUu

Fed up with the traditional way?

'Know' is an English word that everybody should know when they learn English because of its importance. Why so? Because if you don't know the word 'know', you can't tell anyone that you don't know or understand something! So, I'm going to tell you something about 'know' and words that you can use to either substitute 'know' or complement it. 'Know' itself is a verb. The graph below shows many words that carry the same meaning as 'know' does and the different forms of 'know'. This kind of graph is called 'visual thesaurus'.

As a teacher, I have been asked so many times the equivalence of words. It's time to find them out on your own! After all, however rich vocabulary your teachers have, they can't provide you more words than the thesaurus can! How to read the graph?

The above graph shows the word 'know' in the middle. The words connected with solid lines are close equivalence of 'know'; while those connected with dotted lines are vaguely related. Red dots signify nouns while green ones represent verbs. As 'know' is a verb, you can see many green dots in the graph. Lastly, the red dotted line leads you to the antonym of 'know'. What's an antonym? Find it out yourself! Discover more on www.visualthesaurus.com



Kendrew Ngai

bands in the



Kendrew the Commentator

Wilt Chamberlain

Whoever played basketball knew that there was a guy who scored 100 points in the court of professional basketball.

Ricky Li

Known as "Wilt the Stilt" or "Big Dipper", Wilton Norma "Wilt" Chamberlain is a 7 ft 1 inch (216cm) BIG MAN. He played for the University of Kansas and also for the Harlem Globetrotters before playing in NBA. Scoring 100 points in a single game is nothing but a piece of cake, Wilt Chamberlain holds 71 NBA records, 62 by himself. (Most point in a game(100), Most rebound in a game(55), Season Highest Scoring average (50.4/GM)) ...etc. Although Wilt is a great scorer in the game, his teammates thinks that Wilt is an egotist. He didn't make a lot of passes. He'd rather play by himself instead of playing with the team.

AND 1 Street Basket- ball

Everybody knows that NBA is a place for world top athletes to play basketball but do you know that there are people playing tricky basketball with skills but not playing professionally?

Here we are going to talk about a special move that needs skillful technique. In order to make a successful crossover and try to make a splendid dunk, those players make a series of quick move that mainly used to fake the defenders. When the defenders get faked or even fall down, they are embarrassed and they get posterized shamefully.

However, it is not a popular technique that almost all of the top players often use, except some guys like Allen Iverson, Jason William etc., who liked to show off. It's because it is more for entertaining audiences than trying to play simple basketball. Therefore, we can only see this move from some friendly matches or in some street basketball courts. If you are interested to learn some of the 'And1 best moves', you can search for 'and1 best tricks' on Youtube. • One clip I recommend: http://www.youtube.com/watch?v=Nh36RITv30o.

Also, Look up for the bold words on dictionary.cambridge.org to know about basketball better.



The movie starts with a man sniping five random people with six shots. Soon,

Grant and is the main character in 17 books. This time, Paramount Pictures decides to film one Reacher's story of the whole series.

the police, based on the fingerprints, arrests James Barr, a former Army Infantry sniper. James is arrested but he only says one thing to the police, "Get Jack Reacher." Reacher is a former Army Military Police officer who has no job, no home and no car. Although Reacher leads a vagabond life, he does have a clear analytical mind and sharp observation on different things and people.

After he sees the news reporting James' crime, he comes to investigate the case with the help of James's lawyer, Helen. Reacher is a wacky man that does not care about law. The only thing that he cares about is right and wrong. How can this special man find out the clues and reach to the real face of this case? Let's go to the cinema and enjoy the extraordinary story with the great acting of famous movie actor Tom Cruise now! Vocabulary:

vagabond: (n.) a person who wanders from place to place without a home or job. synonym: wanderer

analytical: (adj.) relating to using analysis or logical reasoning. **synonym:** explanatory

clues: (n.) plural of clue, a piece of evidence or information used in the detection of a crime. **synonym:** hint

Grit and grind

Some English words undergo conversion in the history of English language. Conversion describes a process in which the class of a word changes, usually from noun to verb or vice versa.

Google is the most noticeable example in past decade. All of you should know something about the famous search engine. Google is a perfect tool for people to obtain information on something or somebody on the World Wide Web. It is also a name of a company and a noun. Now, Google is used frequently as a verb in sentences.

So, if you want to ask your friend to help you search something from the Internet using Google; instead of saying 'Can you go onto Google to look for this pair of sneakers for me?' You can simply say 'Can you google this pair of sneakers for me?' Isn't it much easier to say?

From the example of Google, do you notice that language is becoming more convenient and user-friendly? If Google is not good enough to convince you, google 'Xerox'. Xerox is another similar example which appears even earlier than Google. Imagine one day, everybody says 'I macdonald every day', but not 'I go to the MacDonald's every day.'

More than a School

Salesian is more than a school. It serves the world in the name of Christ in many ways. Volunteering is one of them. Recently, Fr. George Chalissery, provicial of the Salesian vice Province of Zambia, makes an appealfor more Salesian Missionaries in Africa. While you go to school every day in early chilly morning reluctantly, there are people on the other side of the world eagerly awaiting the volunteers from Salesian.

The Salesian Editorial Board 2013

Editorial

I am more than happy to introduce to you the first issue of this newsletter, The Salesian. The theme of this newsletter is clear -Salesian English School and culture. Therefore, the purpose of publishing this newsletter is obvious, which is to give an account of the happenings in, but not limited to, SES. It also introduces the organisation which founded our school, The Salesian of Don Bosco and the culture that surrounds us.

Salesian English School has always been unique. Unlike many other schools, it enjoys the tranquility, situated on a small hill on its own. It overlooks the whole Shau Kei Wan and its campus can be seen from faraway. Students from Salesian liken themselves to their school's uniqueness. They give significant results in fields such as sports and social services. They are given much freedom, and are encouraged to do their utmost.

Coming to this production, it is a great honour for me to be the teacher-in-charge of this newsletter. Although it is a challenging task to complete, it is also an unforgettable and remarkable experience. It was great working with a group of dedicated fellows who had helped me a lot since the very first day we started our work. I would like to remind you that the beautiful product that you are holding in your hands involves hard work and sweat of 9 young men, who worked and worked till they reached their best. Here I would like to thank Ms. To, our principal, and Ms. Hui for their support and invaluable advice, and all members of the board for their devotion.

The last few words I want to say are, ease off your jacket, sit back and enjoy reading this newsletter.



Teacher-in-charge	Mr. C. Y. Kwan	
Section Editors:		
Sports:	Kendrew Ngai	S.3B
Essay:	Anson So	S.3A
	Trevor Cheang	S.4A
	Ricky Li	S.4D
	Jonathan Chong	S.4E
Art:	Cosmos Patipan	S.3B
	Steven Lo	S.3B
	Andy Choi	S.3D
	Gorden Lam	S.4D
Special thanks to Lau Chun Sing (S.6E) for the photos		

Talents Wanted

We are in awe of talents.

Our newsletter is still in its early development. Your contribution can help it grow! There are 2 ways to contribute your effort to it.

1. To come on board -If you are responsible and confident, you are most welcomed to go talk to Mr. Kwan in Room 509.

2. To submit your good works -Add 'Seewhy Kwan' on Facebook. Message your files or documents as attachments If they are considered good articles, they will be posted in the next issue.

Talents never go unnoticed!!!