Message from the Editor

We decided to choose “New Beginnings” as this year’s theme for the yearbook. There have been so many things happening these past months and it has been hard to keep up with all the new developments, during the Covid-19 Pandemic.

Coronavirus has been affecting the whole world for more than a year now, and it has led to several changes in our daily lives, including our studies and work. Because of that, we decided to change and not be stuck in the past. We keep thinking and rethinking about how things were before coronavirus and hoping that everything will go back to normal soon. The sad truth is that it has been a long time since we have been thinking this way. Although, this does not mean we should not have hope for the future. Actually, we should have hope for the future, but let’s work on creating it. Rather than wondering what things could be or what they would be, we should learn from the current situation, from all the mistakes and all the things done right. This includes all the negative and positive outcomes we have so far. And from all that, we should adapt. We should start a new chapter and do our best to make everyday a better day than the previous one.

This is something that is not easily achieved, and it is a bumpy road ahead. Sometimes there will be holes in the road, and we might trip. But we have done well so far, and we are ready to continue with our heads up, to work hard, and strive for a better future. We wish every success to HKAC students and faculty, staff’s lives and are honored to be helping with the yearbook this year.

Calebe and Sara
<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>Message from President</td>
</tr>
<tr>
<td>07</td>
<td>Meet the Faculty</td>
</tr>
<tr>
<td>11</td>
<td>Meet the Staff</td>
</tr>
<tr>
<td>16</td>
<td>Chinese Adventist Seminary</td>
</tr>
<tr>
<td>22</td>
<td>Meet the College Students</td>
</tr>
<tr>
<td>48</td>
<td>Talent Show</td>
</tr>
<tr>
<td>50</td>
<td>Art Day</td>
</tr>
<tr>
<td>52</td>
<td>Fall &amp; Spring Gospel Week</td>
</tr>
</tbody>
</table>
## Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>54</td>
<td>Student Life</td>
</tr>
<tr>
<td>62</td>
<td>Graduates</td>
</tr>
<tr>
<td>68</td>
<td>Social Committee Events</td>
</tr>
<tr>
<td>70</td>
<td>Newsletter Autumn 2020</td>
</tr>
<tr>
<td>88</td>
<td>Newsletter Winter 2021</td>
</tr>
<tr>
<td>104</td>
<td>Newsletter Spring 2021</td>
</tr>
<tr>
<td>121</td>
<td>Sponsors</td>
</tr>
</tbody>
</table>
Message from the President
Historians will consider the year 2020 a very exceptional year. The pandemic of COVID-19 has changed the way we live, the way we learn, and the way we interact with one another. This long-lasting pandemic has created many new norms for us. Who would have thought that Zoom, an online meeting application, has dominated our personal as well as college lives and “you’re muted” became the most used business phrase of 2020? Working from home and wearing masks when away from home have become new norms in Hong Kong. Ecommerce shopping and ordering foods online are now daily activities for many people.

As we are learning our new ways of living, don’t forget to thank those who have changed their way of working to accommodate us. I would like to thank our teachers for their extra efforts in preparing and teaching online classes. It takes extra work to draw the students’ attention and engage them in online classes. I was quite concerned and wondered if students were able to adapt to online learning until I was informed that over 20% of our students are placed on the Dean’s List with a GPA of over 3.5. Our teachers and students must have been well adjusted to this new norm of teaching and learning.

I would like to congratulate the graduates of 2021. Although your student life this year is different from the past, your achievement of finishing college remains as great as before. You will always be the graduates of Hong Kong Adventist College. When you take the time to survey our highly successful alumni, you would discover that they all share a common philosophy of being lifelong learners – they continue to learn and grow. I encourage you to continue to try, to learn, and to grow after you leave our campus because learning does not end when you graduate from college. As you embark on the journey towards your goals and dreams, please remember that we will always be here to celebrate your success stories with you. Trust God and rely upon Him for the Scripture says, "No one has ever seen, no one has ever heard, no one has ever imagined what God has prepared for those who love Him." (1 Corinthians 2:9)

Dan Cheung, PhD
HKAC President
Message from the Academic Dean
One of the wonders of academic life is the sense of beginnings. While the rest of life is a continuous line, interspersed with vacations and holidays, academic life is a broken circle that starts and stops numerous times during a given year, each giving a chance for a new beginning.

When the school year starts in the fall, almost before you realize it, midterms are on the horizon. Midterms are often challenging, but they bring with them a chance for recalibration and a new focus. You settle in following midterms and before you know it, finals appear, and almost as soon as it began, the term concludes. After a few weeks break, the spring semester starts things anew.

This is where the joy of academic life becomes clear. If you finished the fall term strong, the spring semester gives you a chance to build on what you learned. If the fall term was more of a challenge, all of those struggles can be laid aside and you can start the spring semester with a clean slate.

Covid-19 left us with a 2020-2021 school year like no other. The year began online and then some classes returned to face-to-face. Before we finished the fall we were back online. Each of these reversals contained challenges unique to itself that brought opportunities to grow and embrace the beginnings of life.

As a historian, one of the challenges we often discuss is the difference between “History” and “Memory.” History is based on facts that are concrete, an event that occurred in a specific time and place. Memory is different. Memory may be based on a factual event but more often it is based on the collective recollection of a time, place, or event. Years in the future, when we look back on this most unique time, one dominated by Covid-19, we will have a choice. Will our focus be on the daunting facts that caused great disruption or will we choose to create a “memory,” of a time that laid another brick in the path to future success. A time that gave us not only the regular starts and stops of a school year but gave us innumerable chances to begin again?

Paul E. McGraw, PhD
HKAC Academic Dean
Faculty

Fall 2020 - Summer 2021
Administrators

Cheung, King Fai Dan, PhD
President

McGrath Paul, PhD
Academic Dean
Chair, Department of General Education

Yeung, Pak Nin Hosea, MBA
Business Manager

Seo, Se Kwang Ben, BA
Dean of Students (Fall 2020), Chaplain

Song, Paul, DMin (Candidate)
Dean of Students (Spring 2021)
Faculty

Cheng, Chiung Ho Richard, MEd
Faculty - English

Choi, Kit Chun Barbara, DrPH
Academic Dean

Chau-Pak, Yu Chantone, MPH
Chair, Department of Health

Chua, Shian Wee Simon, MA
Director of DPUS Program

Ip Tsz Lee, MPhil
Faculty - Philosophy
Spring 2021

Lam, Shui Ying Monica, MA
Faculty - English

Landolt-Cheung Man Yan Josephine, DPsy
Faculty - Psychology
Spring 2021

Lau, Chuen Chuen Finisky, PhD (Candidate)
Chair, Department of Religion

Li Wing Kwan, Spencer, MBA
Faculty - Business
Spring 2021
Staff

Fall 2020 - Summer 2021
Staff

Ma Kib Ming Katerina, BA
Dormitory Dean
Senior Assistant Librarian

Mak Sai Ching
Janitor

Ngai Kwan Lin
Janitor

Suen Mei (as Sylvia)
Gatekeeper (Day-shift)

Tam Han Lin, MA
Assistant Librarian

Tang Yuen Hau
Ground Keeper

Tong Chi Yuen Joseph
Food Service Director
CooK

Tong Hon Man
Janitor

Wan San Yuen Dave, BSc
IT Manager
Staff

Wang Jin Bin
Ground Keeper

Wang Cho On
Foreman of Plant Service

Wong Man Him Leo, BBA
Marketing Executive

Wong Sue Duk Alice, MSc
HR Manager
President’s Secretary

Wong Sue Kuen
Janitor

Yee Kwok Harry, MBA
Registrar
Chair, Department of Business

Yip Tsz Hin Andrew, BScEd
Marketing Assistant
Bayview Church

Fall 2020 - Summer 2021
Bayview Church

Chew Gim Teng Daniel, PhD
Senior Pastor

Moody Tyron
Assistant Pastor

Wong Sung Kit
Assistant Pastor
Message from the Dean of students

Turning Education from the Worst to the Best

Greetings to our students, faculty members, and coworkers! As a new Dean of Students, I would like to express my heartfelt thanks, and share a thought from my experiential learning.

March 4, 2021, our family arrived at the Hong Kong International Airport. Our flight landed at 10 p.m. and it took many hours for all the procedures until we came to our reserved hotel for the 21-day compulsory quarantine. At the airport we were not provided to use any carts, but we should walk from place to place in long distances for checking and testing the COVID-19. Carrying many bags and things brought out a physical tiredness and exhaustion to us.
About 5 a.m. in the following morning, finally we could come to the hotel to take a rest. My son and I stayed at one room, and my wife and daughter were placed at the other separated room on a different floor. We were not permitted to meet together, and we were prohibited from sharing between the two rooms any physical things including foods and even some important necessities during the quarantine. We were noticed that we should not step out from our room to the hotel corridor, otherwise we would be immediately arrested by police.

This experience might be one of my worst things in my life. However, I tried to perceive this situation positively and even to enjoy that period as a kind of Sabbatical time by refreshing and re-energizing our physical and spiritual conditions. I was very thankful for the timely message in a morning devotion via the ZOOM from our campus Chaplain Pastor Ben Seo that a prison with Christ is a palace and a place without Christ is a prison.

The former British prime minister Winston Churchill said, “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” In the midst of challenging obstacles how we perceive them makes a significant difference for our life. Churchill stated, “Success consists of going from failure to failure without loss of enthusiasm. Success is not final, failure is not fatal: it is the courage to continue that counts.”

If we do not give up, someday the situation may be changed from the worst to the best. What we need to do is to keep our positive mindset and wait for the time of changes. According to Ellen G. White, “man’s extremity is God’s opportunity” (2SM 373.1). Any kinds of difficulties or challenges in our life, these weak points and situations are not bad things. Let us just take them as great learning opportunities to exercise our muscle of faith in God. “For the foolishness of God is wiser than the human wisdom, and the weakness of God is stronger than human strength” (1 Cor 1:25).

Our loving God can turn over from the worst to the best. Jesus chose the uneducated disciples, and transformed them into the best taught and learned men in the world throughout the human history. These disciples did influence, change, and turn the world upside down. Dear students! Let us ask our living God to lavish on us all treasurers of wisdom and knowledge! He is promising that He will give generously to all without finding fault (James 1:5).

Paul Song
HKAC Dean of Students
College Students

Fall 2020 - Summer 2021
To Start Anew

From time to time, we make plans and efforts to start afresh.

We welcome a new school year, and we join a new academic program. We seek a new direction and take new turns in our career. We meet new people and make new friends, or we bring freshness in a long-term relationship we treasure. We gain new insight in our spiritual journeys.

What does it mean to psychologists when they are tasked to support their clients to start a new life? Will this be a goal for therapy and how is this relevant? It depends... (my students’ favorite answer!)

For the psychoanalysts, it may start with searching into one’s childhood with the goal of understanding a person’s past and thus be able to address issues deep down within someone. Only by going back to the past can one rewrite one’s life narrative. The focus remains in the past, and the healing comes from the cathartic release of buried emotions.
Psychologists of other perspectives would perhaps advise a client to move on from his/her past. “The past is a place of reference, not a place of residence.” This is a quote that I read on Twitter.

For psychological behaviorists, it could mean replacing unfavorable behaviors with more acceptable behaviors. Therefore, to make anew means to advise one’s client to adapt to new ways of behaving.

Cognitive psychologists attempt to understand how a person’s mental process affects his/her behavior changes. The aim is to transform the maladaptive or distorted thinking pattern to a constructive one. To make anew means adopting a new way of thinking.

For humanistic psychologists, it is vitally important to find new meaning in life and one’s existence by developing one’s potential.

As a believer in God and a student of the Bible, I found out that the Scripture actually describes in great detail of God’s plan in creating a new life in His children. It is right at the center of His salvation plan. God not only invites us to realistically look into our past but also plays an active role in restructuring our current life. It is through modeling the love of God that Jesus motivates us to choose to live a life, which is completely different from one that we are so used to living. This is a total transformation, which is not limited to outward behaviors but is also transforming the mind and the heart. Thus, this make it possible for us to live a new life – one that could be extended to eternity.

God knows our past, walks with us now, and leads us to the future!

Folks, throughout summer and into autumn, it is my prayer for you to search for the meaning of God’s invitation: “if anyone is in Christ, the new creation has come” (2 Corinthians 5:17). “For I truly believe it is God’s plan to have you live life abundantly” (John 10:10).

Yes, see you then in the new school year! For all graduates, I wish you a new beginning!

Priscilla Wong
HKAC Chair, Department of Psychology
Department of Psychology

Abdul Manaj, Fathima Rushka

Amjad, Moeza

Basharat, Mohammad Hassaan

Biswa, Risha

Chan Man Ching

Chan Yat Sen

Chang, Atlantic

Cheng, Angela Alcala

Cheng Sheung Ching
Department of Psychology

Cheng Wai Lam
De Almeida Carlos, Calebe
De Almeida Santana, Sara
De Vera, Lexine Paije Marquez
Ho Tim Yau
Hor, Nicolas
Ilagan, Zuviel Tagle
Ilunga, Anne-Marie Butundu
Khan, Zuhaa
Department of Psychology
Department of Psychology

Rivera, Maria Immanuel Joseph
Sajid, Sanra
Suen Ming Ho Samuel
Suen Wai Shan
Yip Cheuk Man
The 2020/2021 school year went by quickly and we experienced a handful of challenges each day! The Coronavirus disease (COVID-19) has impacted the world, and on 11 March 2020, with the deeply concerned by both the alarming levels of spread and severity and the alarming levels of infection, the World Health Organization (W.H.O) announced that COVID-19 can be characterized as global pandemic! In order to protect ourselves and others around us, we need to pay attention to our personal hygiene and take appropriate health maintenance precautions, such as:

- Washing your hands often with soap and water
- Maintaining a safe distance from each other (at least 2 meters)
- Wearing a face mask
- Refraining from touching your eyes, nose, or mouth
- Staying home if you feel unwell
- Seeking medical attention if you’re suffering from a fever, frequently coughing, and/or having breathing difficulties.
What is a new beginning? According to the definition, it can be referred to a fresh start, letting go of past failures and disappointments, embracing a new perspective, or having a fresh look at some possibilities in order to reach our destiny.

I would like to share four points about new beginnings:

1. **Let go of the past** The definition of “let go” is to stop holding or gripping! Letting go is the practice of restraint, refraining, of less not more. Practice to let go of the old habits before we can come up with some new possibilities, goals and strategies.

2. **Make important life decisions** We are in control of our lives, so developing a greater agency can help us to make important decisions in life. The following questions can evaluate how much we are in control of our lives:
   
   a) How many times have you smiled/laughed today?
   b) How much effort did you exert at work/school?
   c) How well have you prepared, mentally or physically?
   d) How have you acted on your feelings?
   e) What is your level of honesty?

3. **Lead your life with purpose** We are in control of our own destiny and no one else is destiny, just ourselves. Therefore, we are in control of whether we succeed or fail, whether we get up or continue to lie down, and whether we live as a victim or as a champion. It is all controlled by us. Most of our destiny is determined by our decisions or choices. We can discover our destiny by accepting the easy way first, and then follow our common sense or challenge the beliefs that keep us going.

4. **Put God first** I would like to encourage each and every one of you with Proverb 9:10 which states “The fear of the Lord is the beginning of wisdom...”, because when we put God first we can have the assurance of peace, love and joy! “Therefore if any man be in Christ, he is a new creature, old things are passed away behold all things are become new”. (2 Corinthians 5:17)

Dr. Barbara Choi
HKAC Chair, Department of Health
Department of Health (Nursing Track)

Cheung Cheuk Kwan Candy
Cheung Ka Wing
Cheung Yan Kiu

Chiu Shing Hei Jason
Chong Kam Yin
Frimpong, Sandra

Han, Jeonghyun
Kim, Gahyun
Kwok Wah Ying Christine
Department of Health (Nursing Track)

Lam Hiu Tung
Lam Shing On
Ng Wing Shan

Ryu, Hansol
Tse Hoi Lam Karen
Tsui Yin

Wong Tin Hung
Wong Tez Ki Kermit
Wong Yick-Man Imelda
Message from the Religion Department Chair
Ms. Twinky Lau

Gospel means good news and this is what the world needs.

The HKAC Department of Religion aims to equip not only theology students to proclaim the gospel but also to equip lay people to meet the Great Commission from Jesus Christ to spread the gospel simultaneously to proclaim the Second Coming of the Lord Jesus Christ, in this critical era.

In 2021, there is no peace around the world with the COVID-19 global pandemic and wars. Moreover, the signs of Second Coming from the Bible are fulfilled one by one. That good news should be proclaimed to everyone on Earth.

Thanks to God and His Spirit for inspiring His people in different eras. Recently a group of Adventists lay people in Hong Kong were willing to offer their time and money to educate themselves for the future God’s works. Around 20 lay people started to take HKACs evening certificate course from our department since January 2021. At the same time, the local Adventist Conference is strongly supporting this ministry, and would like to sponsor each student taking this course.

We would like to meet the needs of our community with religious education and to prepare them for the Second Coming of Jesus Christ.

Ms. Twinky Lau
HKAC Chair, Department of Religion
“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” – Marie Curie

Marie Curie was the first woman to win a Nobel Prize, the first and the only woman to win the Nobel Prize twice (1903 & 1911), and the only person to win the Nobel Prize in two scientific fields (Physics & Chemistry). She had a tough time making it during her life, where her gender became a barrier to her early success. Succeeding as a scientist became a challenging task for the young Marie determined to succeed in a field traditionally dominated by men, at the time, and she persevered for tough times ahead. She knew she could achieve her goal and had nothing to fear.

You fear less when you take the bold step to understand. In this way, you gain greater in sight, so that you can take the most appropriate decision.

Mr. Henry Ya’ang
Department of Business

Cheung Ki Jim

MANINDERJEET-SINGH

Rai, Sargam

Velasquez, Irvine Ashley Casalme
“Winners never quit and quitters never win.”
– Vince Lombardi

A winner is someone who is determined to reach his goals, no matter how difficult the journey may be. A winner is ready to face challenges and obstacles that may come in between them and their goals. Although they faced difficulties initially, they did not lose hope. A winner never stops pursuing their goals just because they failed along the way. They strive hard to reach their goals and are only satisfied when success touches their feet.

Henry Ya’ang
When things go wrong, as they sometimes will,
When the road you’re trudging seems all uphill,
When the funds are low, and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don’t quit.
Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don’t give up though the pace seems slow,
You may succeed with another blow.
Success is failure turned inside out,
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far;
So stick to the fight when you’re hardest hit,
It’s when things seem worse, that you must not quit.

By Edgar A. Guest
In any noble endeavor that one opts to undertake, ‘Don’t Quit’ is the essence of success. Mix that together with the biblical inspiration found in Philippians 4:13, “I can do all things through Christ which strengtheneth me”, and the power within becomes great. The power lies not in looking back at incomplete tasks but in the belief that you are not alone in the challenges you face. The power you create is all in the mind.

Through the years, the Diploma in Pre-University Studies (DPUS) programme has inspired many students to discover their potential and believe in their capabilities. Those who adhered to the wise instructions of their teachers moved on without regret, as they reaped the rewards of their own efforts.

Henceforth, set your goal and objectives. Stand firm against the tide of distractions along the way. Many of those who went before you have gone through the test and turned their lives for the better. Some have pursued their dreams in aviation, journalism, jurisprudence, psychology, health, and many other career fields. Your own dreams are yet to be realised.

Diploma in Pre-University Studies is only a conduit; you are the message of success it expounds. Therefore, strive for excellence, and you will never regret that you took this road.

Put your faith in God and hold his hand, as you take another turn in the journey of your life.

Mr. Simon Chua
DPUS Program Director
Diploma in Pre-University Studies (DPUS)

Gurung, Dixita
Lai Siu Yuen Brian
Maryam, Bi Bi
Ring Wai Lok
2+2 Degree Articulation

Chan Ka Him
Chan Qi Lam
Choi Wang Fung
Fan Kun Ka
Ho Man Sze
Kwan Wai Hang
Lam Tsz Wai Kenny
Lau Sze Leong
Lee Tsz Ying
2+2 Degree Articulation

Leung King Hei
Lim, Elmua Khye Herng
Pak, Joseph
Siu Ka Shun Rocky
Sunar, Rakriti
Ung Tsz Shan Jaime
Wong Ka Wai
KU Ye
This year the student body did a pretty good job of hiding their talents, although not on purpose! With classes perpetually held online, Hong Kong Adentist College did not have the pleasure of seeing students put their talents to good use. Fortunately, the online Talent Show was able to help showcase some of them. Although we would have loved to see more students participate, there were brave students who were willing to share with HKAC their hidden talents. From magic shows to dances, solo singing and group singing, overall it was an exciting program. Not only were the participants very talented, but they were very creative too. Some of the singing groups had to overcome challenges of being in different countries, while one student put this unique opportunity to good use by sharing her painting talent on the online platform. Normally, painting would take too long. By recording the whole process ahead of time and fast forwarding the speed, the individual was able to showcase the entire creative process in mere minutes. This just shows that when we put our heads together, we can overcome any challenges that come our way. Now that’s real talent!

Mr. Jeriel Chuah
HKAC Dormitory Dean
Zoom Student Talent Show

Yeung Ho Yan performs magic

Suen Wai Shan (Jenny) dance an amazing split

Risha dance outdoors

Lexine and Zuriel sing together

Evangelina wowed us with her speed painting of penguins

Jade sings “put your head on my shoulder” in a trio with Lexine and Zuriel
Art Day 2021

Art Day commenced as usual on January 20, 2021. However the hall was completely empty. Where are all the students? The Covid-19 coronavirus brought on all sorts of challenges including student activities, however this didn’t stop Art Day from taking place. Each student from the safety and comfort of home logged into their Zoom account and soon the computer screen was packed with the faces of all the students and teachers. This year, we invited Chary Lin, who is the founder of Travelfa Workshop to teach students how to make an origami ox in celebration of the year of the Metal Ox! It was definitely a challenge for all learning how to fold origami via Zoom, but in the end it looked like most were quite successful.

Mr. Jeriel Chuah
HKAC Dormitory Dean
Art Day (2021)

Mr. Jeriel Chuah, Dormitory Dean, follows origami instruction

Academic Dean, Dr. Paul Megraw shows us his origami ox

Dr. Calvin Luk ponders his light blue origami ox

Associate Academic Dean, Dr. Corjena Cheung created a big white origami ox

Ms. Chary Lin teaches the art of origami online

Dr. Anna Liu-Chim and her origami ox
Fall 2020 & Spring 2021 Gospel Week

Hong Kong Adventist College is unique in Hong Kong for its spiritual growth mindset and its aim for students to know more about God and His salvation gospel. This is accomplished through two Gospel Weeks per year, one in the Fall and one in the Spring, as a time for spiritual revival.

During the Spring 2021 Gospel Week, held from the 15th to 18th of March, we had the privilege of having a special guest live on ZOOM from Los Angeles, Pr. Enoch Lee from Olympic Korean SDA Church. His theme for the week was “Master, Where Dwellest Thou? Come and See.” Each day of Pr. Lee’s Gospel Week sermon carried a different message of God’s influence upon our lives, whether through Love, God’s Word, Integrity, or Blessings.
Spring 2021 Gospel Week (March 2021)

Pr. Enoch Lee’s Gospel Week message, given through his own life experiences, was an inspiration to all of us. He asked us to be a living example of Christ’s character, as a shining light to those around us, while Christ dwells within us. In addition to his message, Pr. Enoch Lee challenged us to show God’s love & kindness to our parents, teachers and friends, through acts of gratitude.

![Pr. Enoch Lee](image)

In singing praises to our Heavenly Father, the Golden Angels missionary choral group from South Korea was also live on ZOOM. They filled the sanctuary venue with glorious melodies of praise and worship, thereby touching our hearts with God’s loving grace.

![Golden Angels missionary choral group](image)

The student body, faculty, and staff of HKAC were blessed by the message of the Lord’s humble servant Pr. Enoch Lee, despite not meeting together in in-person worship. I believe that many have felt the conviction from God to be more like Him and have taken the initiative to know more about Him.

Joseph Pak
HKAC/AURising Sophomore Student

![Golden Angels missionary choral group](image)
Lam Tsz Wai (Kenny) presents “The Damage of Plastic” on Environment Day (11 November 2020)

Gaganpreet (Andrew) Singh presents “Landfills in Hong Kong” on Environment Day (11 November 2020)

Aakriti Sunar presents “What is Self Confidence” (November 2020)

Qiu Enze

Hansol Ryu presents from South Korea in Zoom Culture Day (18 November 2020)

Aleksandr Zubkov broadcast from Russia in Zoom Culture Day (18 November 2020)
Alumna Richla Sabuin discussed life at Andrews University (HKAC affiliate).

Sajeid Sanna

Lim Elmus Khye Hery

Lee Tsz Ying

Aleksandr Zubkov
Introduction
I am Chan Kin Long, the team captain of a research team that participated in the 7th Hong Kong University Student Innovation and Entrepreneurship Competition hosted by HKChallenge Plus. We are looking into the development of a browning drug and solving the quarantined-worsened obesity trend in the globe. This research team consists of nine students from multiple schools and universities - HKAC, CUHK, UST and POLYU. The competition is intense and stressful since most teams consist of talents with Master degrees and PhDs. We were the only team with no resources, no accessible laboratory and no funding. Our thesis is “A new nanoscale approach in weight loss treatment through browning-induced-thermogenesis with altering active ingredient bioavailability.” fought its way into the TOP 10 FINALISTS and was bestowed the Merit Award in Life Sciences.

What’s the Problem?
There are over 2.7 billion individuals in the world suffering from weight problems. The situation is expected to deteriorate further under quarantine periods. Several quarantine-themed factors that worsen weight problems globally were identified, including lack of dietary restraint while working and learning from home, eating in response to stress, and lack of physical activities especially during “lock down” periods. In response to this problem at hand, we sought out to develop a more effective approach to weight loss.
What’s A Potential Solution?
Browning is the act of transforming white adipose tissues (WATs) into beige adipose tissues. Beige adipose tissues are responsible for glucose homeostasis and lipid metabolism. As proven by many studies in Diet-induced obese (DIO) and genetically obese (Db/Db) rat and mice models, increasing beige adipose tissues lead to improved serum lipid profile (TG, TC, LDL-c, HDL-c, FFA) and improved body composition.

Beige adipose tissues are also capable of “thermogenesis”. Thermogenesis is a process where lipid droplets are broken down and released as heat energy. This mechanism was developed to keep humans warm via a non-shivering method. However, it is believed that this mechanism can be exploited and utilized as a weight loss treatment. Thermogenesis capabilities can be assessed via upregulation of different browning mRNA expressions (UCP-1, PRDM16, PPAR-γ etc.)

Current Progress
Since we are hoping to develop an effective and easily accessible method to jumpstart the browning mechanising, a pharmacological approach seems promising. We reviewed a range of browning chemicals and concluded green tea extracts, quercetin and rutin exhibit the most potential as the ingredients of a browning drug. We also considered the problem of low bioavailability, which directly affects the effectiveness of the drug. Ultimately, our team came up with two approaches: oral administration of a nano-particle coated drug or applied via a bio-active cream.
Graduates
Congratulations to all DPUS graduates

Gurung, Diexita

Lai Siu Yuen Brian

Maryam, Bi Bi

Ning Wai Lok
Ilunga, Anne-Marie Butundu
Department of Psychology

I don’t know even where to begin. I am writing this card to say a massive thank you to the whole staff of HKAC and to the HKAC president and Andrew University for believing in me and allowing me to study on this campus. Previously, I was not able to continue my education, due to my refugee situation. But with the grace of God, he sent me into this school. Looking back now I have no words to express how lucky I was to study here and what I have gotten to learn is beyond any words can possibly express!

I just want to say thank you to HKAC for believing in me and giving me a chance. I will always remember and have this place in my heart.

God bless the whole HKAC for everything you have done. Please continue to support and make others dreams come true.

I can proudly say that I am walking out of this place better than how I came in.
Congratulations to the Bachelor Graduates

Chau, Chun Yin Jacky
Department of Health

Ng, Hong Yee Peony
Department of Health

Pang, Tat Him Felix
Department of Health

Cheng, Wai Lam Christy
Department of Psychology

Ng, Tik Shun Dixon
Department of Psychology

Suen, Ming Ho Samuel
Department of Psychology

Yu, Carina Si-lok
Department of Psychology
Congratulations to the Bachelor Graduates

Chau Chun Yin (Jacky)

Ms. Charlene Pak, Pang Tat Him (Felix), Chau Chun Yin (Jacky), Dr. Barbara Choi

Chau Chun Yin (Jacky) and Ms. Charlene Pak

Cheng Wai Lam (Christy)

Ms. Charlene Pak, Pang Tat Him (Felix), Ng Hong Yee (Peony), Chau Chun Yin (Jacky), Dr. Barbara Choi
Congratulations to the Bachelor Graduates

Andrews University Graduates 2020

Yu, Carina Si-lök (2020)

Cheng Wai Lam (Christy) and Suen Ming Ho Samuel (2020)

Ng Hong Yee (Peony) 2020

Gradutes throw up their caps to celebrate!

Ng Tik Shun (Dixon) 2021
Social Committee Events 康樂組活動花絮

Farewell Party for Dr. Daniel Chuah ~ 29 June, 2020
蔡錦程博士的告別會 ~ 2020年6月29日

HKAC group portrait after Dr. Chuah’s party

HKAC President Dan Cheung and Pastor Daniel Chuah
Social Committee Events 康樂組活動花絮

2021 CNY Couplets Writing | 2021 農曆新年寫揮春

HKAC gardener Li Tak Cheung writes fluid and auspicious Chinese Lunar New Year of the Metal Ox couplets
Welcome home faculty, staff, and students of Hong Kong Adventist College. I hope you had a refreshing and productive summer. As we all come back to this campus to start our new 2020-2021 school year, I would like to wish you a healthy and rewarding school year ahead.

The past school year was challenging to say the least. We first experienced the political unrest, riots, and protests which interrupted our classes in few occasions. Then came COVID-19, which turned not only our face-to-face classes to online mode, but also turned our world upside down. The spikes of new daily confirmed cases in March and in July caught us all by surprise. We’ve all had to adapt to a new way of living like wearing face masks all day long, keeping a social distance, refraining from handshake, working from home, eating and staying at home as much as possible, and possible vaccinations in the near future. No one would enjoy this new way of living, but we all have to do so in order to survive.

School work is somewhat like living under COVID-19. Most students dislike homework or taking examinations, but we all have to adapt in order to survive college life.

Many teachers do not relish grading homework or examinations either, but they adapt to this work ethic, in order to survive their teaching career as well. As long as we all know what we need to do to survive, we should all put our best efforts toward all our assignments, examinations, lectures, and grading papers. Political unrest, riots, protests, and COVID-19 will diminish and vanish soon, but the knowledge we gained from this college campus will stay with us for the rest of our lives.

As the Bible reminds us: “And we know that for those who love God all things work together for good, for those who are called according to his purpose.” (Rom 8:28) Let us all work together during this new school year to do the best we can, because we all are called according to His purpose.

by Dr. Dan Cheung, PhD
President of HKAC
Throughout the fall (autumn 2020) semester, despite the COVID-19 pandemic putting a damper on in-person events, HKAC managed to keep the campus spirit alive through a series of Zoom online events. This began with a Student Orientation Event on August 17, a Faculty Development Day plus a New School Year Dedication Service on September 2. There also were weekly Zoom Chapel events featuring faculty, guest speakers, students, and pastors. A highlight has been a 12–16 October Gospel Week of daily sermons co-led by Pastor Tyson Moody and Pastor Ben SeKwong Seo.

A recent Weekly Chapel Zoom event on 11th November featured three students from a communications class present topics related to environmental sustainability and instilling self-confidence. Because the 23 October Environmental Day had to be cancelled to heed group limits for social distancing mandates, it was really nice and educational to hear the perspectives of students discuss such topics as “The Damage of Plastic” by Tsz Wai (Kenny) Lam (Dept. of Health) and “Landfills in Hong Kong” by Gaganpreet (Andrew) Singh (Dept. of PTC) and a “What is Self Confidence” by Aakriti Sunar (Dept. of PTC).
Similarly Culture Day, which is usually held in the middle of November, was held online during a Zoom Chapel event broadcast from King Huy Hall on November 18th. Boys’ Dormitory Dean Jerial Chuah hosted this Culture Day Zoom event, which featured a video and audio reporting by three HKAC students: Zuriel Tagle Ilagan (Dept. of Psychology) from the Philippines, Hansol Ryu (Dept. of Health) from South Korea, and Aleksandr Zubkov (Dept. of Business) from Russia.

Through online events, HKAC has managed to pull together the campus community whether or not affiliated people were based on site, elsewhere in Hong Kong or overseas. In the digital age, we benefit from such virtual events technology from any mobile device, laptop or desktop computer. This would have been nearly impossible (or very expensive) just 25 years ago without special teleconferencing rooms. We look forward to weekly digital community engagement throughout 2020 and beyond!
Welcome to Dr. Paul McGraw  
(Academic Dean, Fall 2020 Onward)  

Hong Kong Adventist College warmly welcomes new Academic Dean, Paul E. McGraw, who comes to HKAC from Pacific Union College (PUC) in the United States, where he was a professor of history and also taught religion classes since 1998. He served as department head at PUC. Prior to teaching at PUC, Paul pastored in the Potomac Conference of SDA Church for fourteen years. Dr. McGraw received his Ph.D. from The George Washington University in 2004.

In his spare time, Paul loves to sail. He’s experienced the joy of sailing in the San Francisco Bay and along the California coast, as well as the Bahamas, British Virgin Islands and the coast of Maine. Dr. McGraw hopes to be able to sail the wonderful waters around Hong Kong at some point!

Meanwhile, Dr. McGraw aims to meet and get to know all students and his new colleagues at HKAC! He and his lovely wife Betty also look forward to a happy, spiritual chapter of life in Hong Kong.

Dr. Paul E. McGraw, HKAC Academic Dean
Welcome back Ms. Twinky Lau
(Chairperson, Dept. of Religion, Fall 2020 Onward)

Article by Jenifer Shiu
Photo by Leo Wong

We welcome back Ms. Twinky Lau to the Clear Water Bay Campus as the new chairperson for the HKAC Department of Religion! Ms. Lau received her Theology degree on campus and she taught in the HKAC Department of Religion from 2010-2014, after she graduated with a Master degree in Divinity from Andrews University. Twinky continues work on her doctorate dissertation through Andrews University. She truly enjoyed her four years teaching on campus and is happy to be back!

Ms. Lau is an avid sports lover and enjoys many outdoor activities such as hiking, cycling, swimming, and tennis. She also enjoys playing badminton and table tennis in her spare time.

At HKAC, Twinky would like to help students build a good relationship with Jesus. In the coming years, she would also like to help Church members have opportunities to gain knowledge about theology and ministry. Per Ms. Lau, “I pray that God will use me as His tool to glorify Him.”
Clear Water Bay Campus Fall 2020 Other Buildings Renovation Project

Photos by Sarah Gordon
Renovation Explanations by Hosea Yeung

Rear patio view of Bayview Church / King Huy Hall during the second renovation phase.

Dawn breaks during the second renovation phase, which included the back part of Bayview Church / King Huy Hall.

Following the 31 July 2020 board approval, Bayview Church / King Huy Hall received repaired and refinished pews, a vinyl plank to replace termites prone teak wood flooring, a new air conditioning system, new outdoor floor tiles on the rear patio, and granite fencing to replace the prior iron fencing.

Bayview Church / King Huy Hall road being repaved in the northeast section of the Clear Water Bay campus.
The 81 years old HKAC Administration building’s renovation project included repairing drainage issues, repairing the external damaged brick wall, repainting of classroom walls, and waterproofing the rooftop of the grade 2 listed historic building designed by Elder Chu Yue-tat.

During the renovation of the HKAC Multi-Purpose Hall, work projects included placement of the wood dado/trench wall with ceramic tiles, installation of new air conditioning units, installation of new lights, and addition of a new wall cloth above the dado/trench wall.
Samuel Woo, a piano student who joined our HKAC piano program in July 2019, planned to take the Professional Piano Performance Diploma at Trinity College of Music (London) through the Fellowship of Trinity College, London (FTCL). He studied under the tutelage of HKAC Music Director, Mrs. Rena Phua, during which she coached and prepared Samuel in three very challenging high level piano works, including Beethoven’s Piano Sonata in C minor Op.111, Bach’s Partita No. 6 in E minor (complete set) and Chopin’s Scherzo No. 2.

Because of the Covid-19 pandemic, the FTCL Practical examination (music examiners from the UK) were cancelled and postponed for two consecutive sessions. Therefore, Mrs. Phua suggested that Samuel audition for the Master’s Degree Program at the Krakow Music Academy in Poland. The Krakow Music Academy is the second largest music school in Poland, after Warsaw. Samuel sent in his audition video tape in June this year and was happily accepted into the Master’s Degree Program in Music. He began his studies in October 2020.
Samuel did not major in Music during his B.A. Degree studies at Hong Kong Baptist University. Instead, his major was Chinese Studies. However, Samuel did complete the professional performance diplomas, ATCL followed by LTCL, which has elevated his performance standard acceptable to the Master’s Degree level in Europe. This can certainly be one area that HKAC’s Music Program can explore in consideration for our students’ further studies planning, especially for those students interested in pursuing postgraduate studies.

Congratulations to Samuel and we wish him a great deal of success, during his higher education music studies in Poland!

Samuel Woo outside of the Krakow Music Academy in Krakow, Poland (October 2020)

Lily Phee (in photo above with Samuel Woo) is also Rena’s student from Singapore. She performed at the June 8, 2019 80th anniversary piano concert at HKAC. Lily was accepted directly into the final year of the Krakow Academy of Music (Poland) Bachelors degree program, after graduating from Singapore’s Nanyang Academy of Fine Arts (NAFA) with a Music Diploma. Congratulations to Lily on her fine achievement!
HKAC Dept. of Music Students Teresa Chung and Lee Che-Wei Achieve Distinction by Earning ATCL Diplomas

In further good news from the HKAC Dept. of Music, one of our Diploma piano students, Teresa Chung, had passed her ATCL Performance Diploma with Distinction (87/100) recently. Earlier in the autumn season, another Diploma student Lee Che-Wei had also achieved Distinction for his ATCL Performance exam. The following are the performance Diploma levels, per Trinity College London’s web site.

**Performance Diplomas are available at these three levels:**
- **ATCL**: equivalent in standard to the first year recital of an undergraduate degree
- **LTCL**: equivalent in standard to the final year recital of an undergraduate degree
- **FTCL**: equivalent to a postgraduate course recital at a university
It was August of 2017, and it was my first time ever leaving my home in California. I remember getting off the plane at the Hong Kong International Airport and being delighted when I saw the smiling faces of Jeriel Chuah and Eric Stocker. Once we got in the car I realized how quiet Jeriel was and how much of a talker Eric was (I wasn’t too keen on this trait of his because I was the one who liked to talk).

August turned into September and September seemed to blur into December. I was busying myself with students, teaching and outreach. Eric and I got to know each other as time passed through similar interests. It turned out him talking a lot wasn’t bad after all. I was quite intrigued by the things he said (most of the time). Not only did he have a passion for health and exercise, but he felt he was being led by Jesus Christ as well. We would go on long walks such as Junk Peak, Lobster Bay, Heaven’s Gate and the Great Buddha and just talk for hours. Very late one night, we even shared a near death experience of getting lost on one of the mountains in Lantau Island.

It was by this time I started to realize that Eric was no ordinary man. He was a man of wit, charisma, intelligence and longing—all the same words that described my father! It wasn’t long before I told him that I loved him on a clear, cool night in March, at the nursery garden in Diamond Hill. I wish you could have seen his face. He was so shocked (because I had denied him a relationship previous times). I couldn’t help but laugh!

Now our wedding has passed (September 2020), and I am the official wife of Eric Stocker! How I look forward to the many adventures I will be sharing with this young, crazy man I met in Hong Kong!
Q&A with Ariel Lynch, Former HKAC Student Ambassador:

1. What do you and your husband Eric do currently?
I’m a nursing student at Loma Linda University in California, trying to follow in the footsteps of Dr. Corjena Cheung, wife of the HKAC president. Once I am done with school, we are planning to return to the mission field! My husband Eric works as the Swiss Army Knife of a physical therapy clinic and gym in California. He does everything: marketing, website management, scheduling and back office work, graphic design, IT, contracting, etc.

2. Which years were you both serving as student ambassadors on campus?
2017-2018

3. Besides mutual attraction and friendship, what drew you both together on campus and after HKAC? Was it the shared religious experience on campus and cultural values?
Having the same religious beliefs and hope in Jesus’ return was the most important part. However, passion about health and service to others were big too.

4. Any memorable academic courses or teachers?
Chinese taught by Mrs. Charlene Pak

5. Besides meeting each other, what positive things did you both experience during your student ambassador year?
Too much to say! There were so many wonderful experiences with students, spending time around Hong Kong, working with the staff from the college and academy, putting on English camps in China, learning more about ourselves and God.

6. What do you miss most about life on the Clear Water Bay campus?
Besides the people, I miss the ability to exercise in so many amazingly different environments all so close. Running up mountains or at the beach, into town, through a village, up and down stairs, etc.

7. What do you recommend to current students and future student ambassadors?
Take advantage of the environment you are in. In the short time we were in Hong Kong, we actually ended up seeing more of it then many people who literally lived in Hong Kong their whole lives. Climb every mountain, and see every beach! Go deep in the woods and deep in the city. Meet and interact with the staff and students around you. They are all amazing, with so much to teach you.
SYMS Alumnus Mr. Billy Yung and His Wife Visit the Clear Water Bay Campus

Article and Photos by Jenifer Shiu

Clear Water Bay Sam Yuk Middle School alumnus Mr. Hok Man (Billy) Yung and his wife Ms. Suet Yan Yeung visited our campus on 28 October, despite the cloudy, rainy weather.

It was so nice to meet Mr. Billy Yung and his lovely spouse, and we were happy to bestow some 80th anniversary alumni gifts, including the commemorative album and a decorated mirror gifted by another Sam Yuk Middle School alumnus nicknamed “Chile Pepper”.

Mr. Yung mentioned that he works at one of the terminal ports in Hong Kong. He was a student on campus from 1993-1998. Since Billy and his wife live in Hong Kong, we hope they can visit our campus in the future on a sunny day. Our best wishes and blessings to them both!
Clear Water Bay Campus Renovated Cafeteria
(July to August 2020)

Photos by Jenifer Shiu

The chefs, Mrs. Li and her son, Mr. Li

The renovated interior space’s food serving station

New chairs and interior wall decor

Students Calebe and Sara

Food & Beverage Director Joseph Tong, Alice Wong, Henry Ya’ang, and students
Clear Water Bay Campus Fall 2020
Administration Building Renovation Project

Photos by John Lau, SYMS Photo by Jenifer Shiu
Renovation Explanations by Hosea Yeung

For the HKAC Administration building renovation, during the September to October 2020 phase, waterproofing of the rooftop and repairing drainage issues were completed. In addition, exterior brick wall work repairs was also done, together with painting of classroom walls.

Above and below:
Waterproofing work on the HKAC Admin. building rooftop

Forklift helps with HKAC Admin. Building rooftop waterproofing and repairs projects

Solar panels were added to the HKAA building rooftop, and it started generating electricity as of mid-July 2020.
HKAC Fall 2020 Campus Vistas

Photos by Jenifer Shiu

Alice walks under the HKAC Admin. Building’s archway, as workers repair the facade

President Dan readies to kick the ball

Exterior renovations occur at King Huy Hall

Gardener Emeritus Li prunes a floral tree
HKAC Fall 2020 Campus Vistas

A butterfly rests on a violet flower on campus

Jeriel trains his dog at the SYMS building

Henry guards the goal post, as Leo tries to score

A forklift elongates to help workmen
President Cheung Discusses New Evening Online Certificate in Theology Program (February 2021)

Hong Kong Adventist College (HKAC) and Hong Kong & Macao Conference (HKMC) have been discussing to offer religion classes to the Adventist church members in Hong Kong for more than a year. The purposes of these classes are to advance the members’ Biblical knowledge and to provide training for them to be lay pastors.

The new Certificate in Theology program was designed by the HKAC Religion Department chair, Twinky Lau. The program, which consists of eleven online religion, theology, and ministry courses, is tailored to the Adventist church members. Classes are conveniently offered in the evenings on Tuesdays and Thursdays. Each course takes six hours of class time per week and a total of eight weeks to complete.

The first course, History & Prophetic Heritage, began on January 5, 2021. It is taught by the HKAC Academic Dean, Dr. Paul McGraw. There are 24 students between the ages of 22 and 73 years registered for the course; they are from various Adventist churches in Hong Kong.

With the tuition discount and financial subsidies from HKMC and the local churches, the cost to attend these courses is only HK$1,000 per person. With the training from this Certificate in Theology program, students will be able to extend their ministry involvements by helping their pastors in areas such as preaching, Bible studies, and teaching Sabbath School lessons. We believe that these theology training sessions will help retain church membership as well. After finishing this certificate program, students have an option to continue their studies at HKAC to earn a Bachelor’s degree in Religion.

Please continue to pray for these evening classes, the students, and the faculty. We hope that graduates from this program will be well-prepared to preach the Gospel throughout the greater area of Hong Kong and hasten Christ’s second coming.

by Dan Cheung, PhD
President, HKAC
An HKAC community mainstay during each academic semester is the two to three times monthly Chapel service that takes place on Wednesday mornings from 10:30 a.m. to approximately 11:20 a.m. During the winter 2020-2021 season, as the pandemic continued, these weekly inspirational and fun sharing meetings were held online on Zoom. Through technology and access to an Internet connection, students based in Hong Kong and overseas have been able to connect with each other and campus leaders in meaningful ways. The Clear Water Bay campus community have also had ongoing shared spiritual experiences during online opening and closing session prayers during Zoom Chapel.

The 2 December 2020 Zoom Chapel featured “What is Christmas?” slides, a Kahootz online Christmas trivia game, and wonderful musical performances. There was a Christmas mini concert quartet featuring student Jonster / Teacher Bart Brondo / Dormitory Dean Jeriel / and Former Student Ambassador Mighty De La Bel on the piano. Next, a students duo Daniel and Mark played instruments, and then there were Christmas tunes singing performances by students Sara De Almeida Santana and Jade Rozanne Justin.

During the 6 January 2021 Zoom Chapel, President Dan Cheung gave an inspiring presentation to mark the beginning of Spring 2021 semester.

For 20 January 2021 Zoom Art Day, there was a brief talk about the history of papermaking, how the art of origami originated in Japan, and an origami demonstration by Chary Lin, with Interim Dean of Students Pastor Ben Seo, Dormitory Dean Jeriel Chuah, and others making the fun origami (folded paper) ox.
Next, for 27 January 2020 Zoom Chapel, alumna Richla Sabuin, a current student at Andrews University, discussed life as a transfer student to the Michigan-based American university. HKAC has an ongoing partnership with Andrews University and other US institutions for joint academic programs. The Kahoot online game asked participants questions about Andrews University, during her presentation. We were also shown major academic buildings of interest, during a quick snapshots tour of Andrews University.

The 3 February 2021 Zoom Chapel was devoted to the Adventist Lifestyle with presentations by Pastor Tyson Moody and Interim Dean of Students Pastor Ben Sceo.

Lastly, in 22 February 2021, Zoom Chapel broadcast an incredible talent program emceed by Dormitory Dean Jeriel Chuah. Student performances were highlighted. First up was a stylish female singing trio featuring students Jade Rozanne Justin, Zuriel Ilagen, and Lexine De Vera; they sang “Put Your Head On My Shoulder”. Secondly, student Evangelina Pereverzina did an impressive, fast watercolour painting of a pair of penguins. Third up was student Ho Yan Yeung who performed a cool “sleight of hand” magic trick with multiple bottles and canisters. After the magic show, we enjoyed watching Risha Biswas dance at night in an urban setting. The dance choreography was created by Amee Vera Shah. Next, we enjoyed DPUS student Siu Yuen (Brian) Lai in his daytime outdoors performance followed by student Wai Shan (Jenny) Suen dancing and doing an amazing split in front of a dance studio mirror.
The Love of Jesus Beyond Borders  
(Christmas 2020)

Article and Photos by Interim Dean of Students, Pastor Seo Se Kwang Ben

This year, I have been working as a chaplain at HKAC for seven years. But this winter in Hong Kong was colder than previous years. To make matters worse, the tensions and anxieties caused by the Covid-19 pandemic has made not only the body feel cold but also the mind feel numb. However, fortunately, I had enough winter clothing, and I could overcome the chilliness with warm food made by my beloved wife.

But sadly, the college students in the dormitory right near my home didn’t look like that. Because of the pandemic, dorm students from abroad were unable to visit their own countries during Christmas break, so their preparations for surviving winter time on campus were not planned in advance. In addition, I found that it was not easy to buy winter clothes and blankets here in Hong Kong because of students’ financial difficulties. This is a phenomenon shared across the globe during the pandemic winter season.

As a chaplain working for students and as a co-parent in a family, it weighed heavily on my mind that campus students were living in very chilly conditions. Therefore, while praying earnestly, I contacted some South Korean church pastors and appealed to them about “a winter clothing sponsorship project”. When my fellow pastors heard about this project, they fully understood my concerns and were willing to share the love of Christ that transcends borders. Thanks to such love and compassion for fellow human beings, I was able to contribute food that could be warmed up, hand warmers, and winter clothes for HKAC dormitory students.

I am sure that these small gifts of sharing will become the seeds of love scattered in the hearts of young students, and that they will grow and bear beautiful fruits. Moreover HKAC students will be great servants of the Lord to share generously with those who will be in need in the future. Thus, the love of Christ is like a boomerang and a law of increasing blessings that goes beyond the general concept of mathematics that we learned. Like a drop of water into the sea, love and compassion shared with others ripples outward and increases exponentially.
The Love of Jesus Beyond Borders
(Christmas 2020)

I would like to emphasize once again that the love of Christ across borders is like a burst of sunshine that can overcome any severe cold. What our students and all of you should not forget is the clear fact that we are all one family in Christ. Therefore, all the students who study in this campus are precious souls and part of one great family who will ultimately go to heaven one day. In this way, they are blessed, and so are we all.

Pastor Seo Se Kwang Ben

Students with their GU carrier bags of winter goodies

Jader and friends stock up on essential instant noodles!

Sara and Calebe like the snacks!

GU clothing and Pringles chips go together very nicely!

GU brand carrier bags of winter clothes
Avetik Badalyan (Junior BS Data Science) worked during the 2019-2020 school year with Dr. Tiffany Summerscales from the Andrews University Department of Physics, doing BayesWave research as part of the LIGO team, which is classifying observatory data into two groups, noise and signal, using Bayesian inference in hopes of finding the probability of an event. The team uses prior knowledge of conditions related to the event to infer the waveform of a gravitational wave. BayesWave models and parameter inference are commonly implemented using a Reversible Jump Markov Chain Monte Carlo algorithm, but Avetik’s ongoing research centers around training a deep neural network to learn Bayesian posteriors instead of explicitly using Bayesian inference through Markov chains.

In further Andrews University Math Department news, Joshua Lim Khye Shuen (senior Mechanical Engineering from Malaysia) was inducted in Pi Mu Epsilon, the Mathematics Honour Society.
Lunar New Year of the Ox 2021 Calligraphy by Gardener Li Tak Cheung (February 2021)

Photos by Jenifer Shiu

Gardener Li Tak Cheung writes lunar new year couplets upon request from staff

Laughing Buddha ink brush pot and Gardener Li’s two brushes

HKAC chef Mrs. Li (Cheng Ah Yuk) requests couplets from Gardener Li

Lunar New Year calligraphy wishing viewers good health, good fortune, peace, and happiness

Pastor Seo Se Kwang Ben
Thank You For Your Much Appreciated Donations to HKAC!!

Message from President Dan Cheung

Throughout the years, Hong Kong Adventist College has been overcoming financial challenges by receiving donations from friends and alumni. Donations can be as small as a few hundred dollars and as large as a few million. Some donations are designated for a specific purpose such as a scholarship for students with financial needs or for students with great academic achievements. Some donations are designated toward a certain physical or academic project. Afterall, donations help to sustain the mission of the college which is to empower students to grow in Christ physically, intelligently, and spiritually.

On behalf of Hong Kong Adventist College, I would like to express my heartfelt gratitude to those who have donated to our college. Your selfless contributions have helped the college grow continuously. For those of you who are inspired to contribute, I would encourage you to do so because the survival of our college relies on your support. Hong Kong Adventist College is registered as a non-profit organization; therefore, your donations will be tax-deductible.

If you reside in the U.S., there are 2 ways to contribute:

1. Send your donation to the S.D.A. Church General Conference and indicate that the donation is for Hong Kong Adventist College.
2. Send your donation to the Chinese Ministries International at 17134 Colima Road, #E, Hacienda Heights, CA 91745 and indicate that the donation is for Hong Kong Adventist College.

The General Conference and the Chinese Ministries International will issue a tax-deductible receipt to you. In either case, please notify us by email, info@hkac.edu, regarding your donation so that your donations will be accounted for.

Thank you in advance for your help and support.

Dan Cheung, PhD
President of Hong Kong Adventist College
Phase 2 of King Huy Hall/Bayview Church Renovations (January 2021)

Photos by Jenifer Shiu

King Huy Hall with new waterproof roof

New back walkway and new granite railing

New back walkway and new granite railing

New side walkway and granite railing
Alumni Drop into the Clear Water Bay Campus (December 2020 to February 2021)

Photos by Jenifer Shiu

Sam Yuk alumnus Mr. Yue Chun Lok (Joe) and his lovely wife Joey visited the Clear Water Bay campus in late February 2021. They had time to catch up with Mrs. Chuah and Senior Pastor Daniel C. T. Chuah who has been the HKAC Department of Religion, as well as the former president of HKAC from 2001-2011. The happy couple, Joe and Joey, live far away in the outskirts of the Hong Kong New Territories, so we were lucky to have them drop by for a visit. Joe was a student on campus from 1991-1993.

In mid-January 2021, Mr. John Kong, a Sam Yuk alumnus, visited the HKAC Library at the Clear Water Bay campus to research archival school photographs. He was a Form 1 student, during the 1964-1965 school year. His elder brother and cousin brothers also attended the school. After some years in the US, he is now happily living in the Hong Kong New Territories.

Mr. Wong Hin Kee (Sidney) is a 1965 Sam Yuk alumnus who visited his alma mater in February 2021.

Mr. John Kong 江富照
In 1994, for the first time I entered the Clear Water Bay Sam Yuk Middle School campus. That day in 1994, I was a child guest who was invited to participate in the wedding of a couple from my church (The Chinese Full Gospel Church). I was very fortunate to be able to offer psalms as a choir member! Since that day, I have fallen in love with the campus. I feel very comfortable, especially inside King Huy Hall (Bayview Church), which is both solemn and magnificent and which also left a deep, lasting impression in me. I was only ten years old at the time!

Years later, my wedding anniversary on 9th December 2020 was spent with my husband Kim Lau on the campus. I had really wanted to introduce my husband to this beautiful place, to regain my childhood memories of the campus, feel nostalgia, and keep my impressions as a wonderful memory!

1994年是我第一次進入三育中學校園, 當日是參與我教會（基督教中華聖職救恩會）一對新人的婚禮。很慶幸亦能當上詩班獻詩！從那天起，我已深深愛上這個地方，感覺非常舒服，尤其景輝堂教堂，既莊嚴又華麗，給我留下深深的印象，但當時其實我只是得十歲而已！

適逢今年12月9日是我跟丈夫的結婚週年紀念日，我很想攜丈夫再次進入這美麗的校園重拾回憶，回味一番，留作紀念！
HKAC Winter 2021 Campus Vistas

Photos by Jenifer Shiu

Newly installed Chan Shun Road sign near the front gate entrance

Ms. Suen Mei Yee (Sylvia), our friendly gatekeeper, by the firecracker flowers

Lily flowers adorn brick fixture

Wishbone tree by the 81 years old HKAC Administration Building
HKAC Winter 2021 Campus Vistas

Camellia Japanica ("winter rose") blooms beautifully on campus

A bride and groom rehearse their vows before the happy ceremony

Mr. Tsoi Hon Man ("Brother Man") works diligently to keep our campus environment clean and healthy

Twin palm trees sway in the sunny blue skies of the HKAC campus
Dear Alumni, Teachers and Friends,

Now that many of us live abroad and find ourselves in the sunset years of our lives, Doreen and I ask that we think back on our beautiful memories of our time at Clear Water Bay Sam Yuk Middle School, now Hong Kong Adventist College, and think about how we can give back to our beloved alma mater.

The college is now affiliated with Andrews University and collaborates with Loma Linda University, La Sierra University and also Kettering College. The school draws students from many places besides Hong Kong, ranging from Malaysia, Nepal, Japan, Korea, India, Pakistan, the Philippines and other countries (though small in number) including Congo, Ghana and even far flung Argentina.

The head of the college is Daniel Cheung, PhD, a certified financial planner, son of well-known Pastor C. P. Cheung of Hong Kong. He left two successful businesses in Minnesota to dedicate his focus to making the college succeed and grow. He is supported in this endeavor by his wife, Hong Kong native, Corjena Cheung, PhD, who left her teaching post at the University of Minnesota to become the Associate Academic Dean of Hong Kong Adventist College.

This college plays an important role as a beacon of light in this part of the world, leading young people to Christ, as they prepare themselves to face life’s challenges. With 80% of the students being non-Adventist and 50% being non-Christian, it is a mission field. As such it offers the opportunity of spreading the good news about God’s true character and His unconditional love.

May I extend an invitation to you to be a supporter of Hong Kong Adventist College? It is a blessing to play a role in helping young people find Christ and develop a Christian worldview in a crucial time of life when various consequential decisions and choices are made.

There are many opportunities to be of service. Let me share the specific and immediate needs of Hong Kong Adventist College at this time:

A perpetual scholarship fund with the target value of US $258,000 and the ability to sustain itself, when 5% of it is used annually to help students. Joblessness is a reality these days because of the pandemic and students are having a difficult time. This fund could help many at a crucial moment in their lives.
Upgrading of buildings:
- Biology Laboratory.....US$93,000
- Converting Chemistry Laboratory Into Lecture hall......US$155,000
Upgrading of equipment.....US$45,000
Faculty housing facilities....US$6,500,000

I am attaching documents with this letter from the college as well as a letter from the General Conference of the SDA Church about the tax dedication receipt.

I hope you will give serious consideration to this matter. I am appealing to my Clear Water Bay Sam Yuk families to join together and be supporters of our old school. I am hoping you can approach your siblings and inspire them to be involved together in this worthy endeavor. Thank you for your time and consideration.

Sincerely,
Doreen Liem & Mei Ying Pierce

**As an example, the following is Mei-Ying Pierce, nursing program alumna (photo courtesy of Marie Char) a letter from the General Conference Treasury Department stating that they will issue a receipt for a donation.

January 21st, 2021
Dear Ms. Pierce,
The General Conference will receive donations for Hong Kong Adventist College and send a tax deductible receipt. The donation is made payable to General Conference of SDA and mailed to: Elder Eugene Korff General Conference of SDA 12501 Old Columbia Pike Silver Spring, MD 20904

Phone Number for General Conference: 301-680-6000

Kindly note that we will accept donations only for the college’s use and not for any individual student or faculty member.

Thank you kindly,
Stanley
General Conference of SDA Church
Memo: This donation is for the Hong Kong Adventist College Alumni Fund.
The idea of starting a locally accredited higher diploma program has long been a goal of HKAC. The proposed Higher Diploma in Health and Rehabilitation Services program was initiated in 2020 and has just been approved by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications. We are delighted to be offering the program beginning in the Autumn/Fall 2021 semester!

This two-year long higher diploma program will provide students with basic nursing and rehabilitation knowledge and skills needed to join the health care sector workforce. Once they have completed the two-year program, students will be qualified to work as a health care officer, rehabilitation assistant, administrative executive, and health worker in a variety of healthcare settings.

Alternatively, this higher diploma program will create a good academic foundation for graduates to pursue a further advanced degree in nursing, physical therapy, occupational therapy, speech therapy, public health, and so forth, in the future.
HKAC is currently offering three bachelor degree programs (i.e. religion, health, and psychology) and one associate degree program in business. These specific HKAC college programs are affiliated with Andrews University in the United States. HKAC is expanding its academic programs through focusing on creating locally accredited higher diploma programs to not only provide students with more academic options but also to become a recognized tertiary institution in Hong Kong.

With two Adventist hospitals in Hong Kong, HKAC is in a good position to offer programs in which our students will be able to become future healthcare professionals. Just like many other major metropolises around the globe, Hong Kong is an aging society; therefore, chronic diseases will become more prevalent and the demand for health and rehabilitation services will escalate.

Starting this Higher Diploma in Health and Rehabilitation Services program at HKAC will help attract more local and international students to not only meet the forecasted needs of healthcare professionals in Hong Kong and around the planet, but also to learn more about God and developing a spiritual, Christian outlook, in their everyday life.
The HKAC Chemistry Laboratory, on the second floor of the HKAC Administration building, underwent renovation work from February through May 2021. It was converted into a brand new lecture hall. This page features the “before” and “in process” renovation photographs. On the next page are images of the completely updated space’s new lecture hall.

Former Chemistry Lab built-in cabinets, sink, and lab stool seat in the smaller, adjoined room

Brickwork exposed after wall paint removed. Old wiring, plastic shrink-wrapped new cabinet door. Yellow bucket and renovation machine tool are on the foreground

Former Chemistry Lab classroom with built-in fixtures plus windows face the football pitch and newly renovated King Huy Hall/Bayview Church

Here’s the CHEM LAB classic door!

Renovation PM by Hosea Yeung & John Lau
Photos & text by Jenifer Shiu
The HKAC Chemistry Laboratory, on the second floor of the HKAC Administration building, underwent renovation work in the February through May 2021 period. Humbly, and with great appreciation, we thank Principal Hing Sun Leung’s generous family who donated funds for the creation of the new lecture hall named in his honour and dedicated to his memory. Principal Leung had an illustrious history at San Yu College (Sam Yuk Middle School) and at HKAC. On this page are the new lecture hall and dedication plaque images. The prior page depicts the former Chemistry lab prior to and during renovation work. We look forward to welcoming college students to the new lecture hall in Fall/Autumn 2021 semester!
HKAC Biology Lab/Classroom Renovation Project (January to April 2021)

The Biology Lab classroom on the second floor of the HKAC administration building was renovated from early 2021 through April 2021 and mainly included the following project work: removal of old plaster, painting on top of the re-plastered wall, re-wiring, air conditioning work, laying PVC flooring, installing new lighting fixtures, and building storage cabinets and tables. Renovation images are featured on this page.

Renovation PM by Hosea Yeung & John Lau
Photos & text by Jenifer Shiu

A worker adds grout sealant to the HKAC Biology Lab window sill

The new wall shelving unit being put in place by ladders in the classroom

Rewiring work in Biology Lab classroom and a dormitories view

A worker in the Biology Lab is about to continue with renovation activity

P.109
Here are images for the newly completed Biology Laboratory classroom on the second floor of the HKAC administration building. It was renovated from early 2021 through April 2021 and mainly included the following project work overseen by Hosea Yeung and John Lau: removal of old plaster, waterproofing on top of the re-plastered wall, re-wiring, air conditioning work, laying PVC flooring, installing new lighting fixtures, and building storage cabinets and tables. Boxes are full of equipment / tools for the lab. Renovation in process images are featured on the previous page. The newly updated Biology Laboratory is ready for college students to enjoy in-person in the Autumn/Fall 2021 semester.
Alumnus Visits the Clear Water Bay Campus (14 April 2021)

Photo by Livia Li Siu Kan
Text by Jenifer Shiu

HKAC alumnus Mr. Terry Chan Chun Kit visited the Clear Water Bay campus in mid-April 2021. He had time to catch up with Ms. Charlene Pak, Faculty member of the HKAC Dept. of Health. Terry was a college student on campus who graduated in 2016. We were so pleased he could visit the campus and his former teacher, Ms. Pak.
Hong Kong Principals’ Football Competition at HKAC (7 April 2021)

Photos by Jenifer Shiu

President Dan Cheung together with the winning blue team, which won the coveted golden trophy

President Dan Cheung with the yellow team, which also won competition medals

Matches scoreboard

A match between the red and blue teams with High Junk Peak in the background
Welcome to Dr. Hope Zhang (CAS President) & Mr. Paul Song (HKAC Dean of Students)

Articles/family photo by Mr. Paul Song & Dr. Zhang
Other photos by Sarah Gordon & Leo Wong

HKAC is so pleased to welcome Dr. Zhang Xiao Yan (Hope) and Mr. Song Sungsub (Paul) as new faculty and staff members of the Clear Water Bay, Hong Kong campus, as of the Spring 2021 semester!

Dr. Zhang Xiao Yan (Hope), our new CAS President who is married to Mr. Song Sungsub (Paul), HKAC’s new Dean of Students, received a bachelor in Economic Law from North China University of Technology, Beijing, China, and a Master of Divinity from Adventist International Institute of Advanced Studies (AIIAS). She began as a missionary at Capital Chinese Church in Maryland, USA from 1999, as a youth pastor in Beijing Gang Wa Shi SDA church, and as a Chinese Bible teacher in the language institute of South Korea.

She received her Doctor of Ministry degree from AIIAS in 2014 and served as the associate pastor in Ilsan English Church of Northern Asia-Pacific division in Korea from 2017-February 2021. Hope enjoys paddle sports, such as playing badminton and table tennis.

Dr. Hope Zhang at the CAS door

Mr. Song Sungsub (Paul) in his HKAC office
With respect to Mr. Sungsub (Paul) Song, he served as the Media Center Manager of the Northern Asia-Pacific Division of the Seventh-day Adventist Church’s education system. Later he was elected as the Associate Executive Secretary in 2015 to serve the same division until March 2021. Regarding his educational background, Mr. Song received a Bachelor of Business Administration from University of Seoul and an M.A. in Theology from Sahmyook University also based in Seoul, South Korea.

Currently, Paul is a Doctor of Ministry candidate specializing in discipleship through the auspices of Michigan, US-based Andrews University. Mr. Song is interested in myriad fields, including: discipleship activities, reflection/meditation, brainstorming, genius education, studies on science, technologies, horticulture, and smart farming. Recently he began to enjoy playing soccer with HKAC administrative staff on the Clear Water Bay campus.

Paul aims to be a genuine disciple of Jesus and to help others also become disciples of Jesus on the HKAC campus. At the same time, he aims to help students be trained as successful global leaders who can not only influence and lead the world spiritually but also intellectually, physically, and socially.

Mr. Song’s family is multi-cultural. He is Korean, and his wife is Chinese. They met each other at Guangwashi Church in Beijing. Paul offered a series of three prayers, following the example of Abraham’s servant Eliezer, during the first two days of meeting Dr. Hope Zhang. After receiving all the answers immediately to each of his three conditional prayers, Paul determined to get married to Hope! The rest of course is history; they are happily married and HKAC is very pleased to have them both join the Clear Water Bay campus educational community!
Gospel Week Spring 2021
(March 15-19, 2021)

Articles by HKAC alumnus Joseph Pak
Photos by Pr. Enoch Lee, Golden Angels, Yuko Liu

Hong Kong Adventist College is unique in Hong Kong for its spiritual growth mindset and its aim for students to know more about God and His salvation gospel. This is accomplished through various activities, including hosting two Gospel Weeks per year, one in Fall and one in Spring, as a time for spiritual revival.

Due to the Covid-19 pandemic, Spring 2021’s Gospel Week was held from the 15th to 18th of March as a series of daily Zoom live presentations. Our campus had the privilege of hosting a special guest live streaming from Los Angeles, California. Pastor Enoch Lee was the featured Gospel Week presenter who represented Olympic Korean SDA Church. His theme for the week was “Master, Where Dwellest Thou? Come and See.” Each day during Gospel Week carried a message of God’s influence upon our lives, whether through Love, God’s Word, Integrity, or Blessings.

Pastor Enoch Lee of the Olympic Korean Church, Southern California Conference of Seventh-day Adventists

Pastor Seo Se Kwang (Ben) on Zoom
Pr. Enoch Lee’s message given through his own life experiences was an inspiration to all of us. He inspired us to be living examples of Christ’s character as shining beams of spiritual light to those around us. In addition to Pr. Lee’s message, he challenged us to show God’s love and kindness to our parents, teachers, and friends, in an act of gratitude to them.

In singing praises to our Heavenly Father, the Golden Angels singing missionary choir group from South Korea gave live performances on Zoom. Their performances filled the screen with glorious melodies of the Lord’s praise and worship; the music filled our hearts with God’s loving grace. Overall, the student body and faculty and staff of HKAC were blessed by the message of the Lord’s humble servant, Pr. Enoch Lee, despite not meeting together for in-person worship.

I believe that many people have felt God’s grace and would like to take the initiative to learn more about Him and the Christian way of life. HKAC has myriad programs to help people look more deeply into this matter. In addition to weekly Chapel programs for enrolled college students and a Department of Religion, HKAC also has a new Certificate program in Ministry, as well as a Certificate Program in Christian Counseling in 2021.
Hiking in Clear Water Bay Community to Enjoy God’s Beautiful Creations

Article by President Dan Cheung  
Photos by Wai Chi Chan, Mandy Lam

Springtime is beautiful on the Clear Water Bay campus. The trees are budding, the flowers are blooming, and the grass is turning green again. I did not recall how beautiful and peaceful this campus had been, when I was a student here in 1971. Now, 50 years later, I have returned back to this verdant campus, and I have found joy and peace from walking around here, as well as hiking in the Clear Water Bay community.

Since the start of the COVID-19 pandemic, it has been quite inconvenient for people to travel outside of Hong Kong. The frequent COVID-19 tests and 21-days of quarantine, upon return to Hong Kong, really takes the fun out of travelling abroad. In order to make the best out of the situation, my wife, Dr. Corjena Cheung, and I have gradually acquired the pleasure of hiking in the Clear Water Bay vicinity.

Prior to the pandemic, we did not know there were so many beautiful hiking trails in Clear Water Bay. There are trails that lead down to the beaches, up to the peaks, along the ridge of hills, along the oceanfront, and crisscrossed from one hill to another. While hiking along the lush trails, we are able to breathe in fresh air, observe the flowers nearby, hear the birds singing, and watch the ocean waves gently brushing the shore.

Furthermore, there are trails that pass through villages that have been around in Clear Water Bay for years. Some of the houses were built almost 100 years ago. There are also hiking trails that lead to wonderfully unexpected temples. Some of them, which are used for worshiping ocean gods, are located in front of the ocean. Other temples are located half way up the hills, and they are used for worshiping gods of the ground and the wind. Who would have thought that hiking could provide such interesting cultural experiences?
Many of you may know that hiking trails have ratings in terms of the level of difficulty. Some hiking trails in the Clear Water Bay vicinity are rated as “easy”, while others are rated as “difficult”. The easy trails give us opportunities to really enjoy nature, while the difficult ones give our hearts a good workout. Some trails are short, so that you can easily finish within an hour, while other trails are long and will take as long as four to five hours to complete. Best of all, they are all within walking distance from the college campus!

I would like to invite all alumni and friends of the college to come hike around the Clear Water Bay area and enjoy the beautiful creations of our Lord. As the Bible reminds us, “Sing to the LORD a song of thanksgiving. Make music to our God with a lyre. He covers the sky with clouds. He provides rain for the ground. He makes grass grow on the mountains.” (Psalm 147:7-8)

Come and observe what the Lord has prepared for us in the vibrant Clear Water Bay community!

In Christ,

Dan Cheung, PhD
President, Hong Kong Adventist College
A lady with an umbrella sun shade rests and enjoys the tranquillity on campus

A just plucked, yellow daisy gift from Pastor Moody’s daughter

Cherry Fan Kam Fa, chief accountant, and the administration building stairwell

Full blooming fuchsia bougainvillea floral sprays along a campus path
King Huy Hall/Bayview Church, and a pale yellow flower, bask in the morning sunshine

A father and son during the Jr. Math Olympiad held at the CWB campus

A male changeable lizard enjoys the view of campus life from his perch

Parents and a child in front of SYMS building during the Jr. Math Olympiad

A blue glassy tiger butterfly hovers above a fallen orchid tree flower
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Photo by Leo Wong
Our warmest congratulations
to the graduates of 2021

Graduation is not the end of education,
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Drs. Dan and Corjena Cheung
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上午9:30 安息日學
早上11:00 崇拜聚會
下午2:30 復臨青年團
下午4:00 海光詩班

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2:30pm 幼鋒會和前鋒會/Adventurer Club & Pathfinder Club

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7:15pm 普通話祈禱晚會/PUTONGHUA PRAYER SERVICE

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