HUG O’ WAR
I will not play at tug o’ war,
I’d rather play at hug o’ war,
Where everyone hugs
Instead of tugs,
Where everyone giggles and
rolls on the rug,
And everyone grins,
And everyone cuddles,
And everyone wins.

Shel Silverstein

HAPPINESS around every corner

Inside this issue:
- Being happy makes you a better student 2
- What are your favourite things? 3
- Yummy cakes to make 4
- What do you know about Christmas? 5
- Christmas legends 6
- A Santa with a difference 7
- History of the Christmas tree 8
- Christmas food 9
- ‘Twas the night before Christmas 10
- Christmas Carols 12
- English Activities 13

Special points of interest:
- Unhappy people have poor memories
- Cup cakes are easy to make
- You have heard about the Chinese Santa Claus?
- Xmas trees are just a new idea
- All the words for a famous Christmas Carol
- You can have fun with English!
Happy People have stronger memory power

Winifred So (S4B)

People in Hong Kong work all day in pursuit of success. However, not many of them are happy. Being satisfied with what we have is the key to happiness and a strong memory. A recent survey showed that people who were unhappy had a poor memory, so staying happy strengthens our memory and makes us work more efficiently.

What about health? In order to make us healthier, it is said that laughter can improve our health, just like exercise. When we are healthy, we are more happy. This is a good cycle of us. We should try some new activities and make new friends.

Everyone loves a cheerful person because they share their happiness with everyone, so I urge you to take some time everyday to do the things you like and relax. Staying happy is very important. If you want you be a happy person, you will become one.

Is being a student making you stressed?

Kathy Chan (S4B)

When we were children, we didn’t have any troubles, so we were always happy. But now that we are students, we all have to face problems with our studies, friendships, and families. These problems make us feel stressed and unhappy.

However, some experts say that being happy is the key to good health. Medical experts say that if people are happy they can live a longer life. People with a positive outlook have a stronger immunity than those you think negatively. It shows that happiness can keep us healthy, so staying happy is very important for human beings.

To relax, you can do things such as listening to music, looking after plants or going dancing. Enjoy your life and be happy!

Healthy Food

Jay Lui (S4B)

Do you know that if you are happy, your appetite will improve? When you feel happy and you eat your favourite, healthy food, your blood flows well around you body and you are healthy. If the flow of blood is slowed because of stress or unhealthy food, it is easier for us to get sick or get a disease. So think about what you eat and find time to relax by doing something that makes you happy.
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<td>I love Japanese pop</td>
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<td>It sounds great</td>
<td>The special effects (SFX) are great. It looks so real.</td>
<td>The sets in the movie are so good!</td>
<td>The story is interesting and exciting</td>
<td>You can watch movies and play games</td>
</tr>
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## Queen Cakes
(Creaming Method)
(Makes 16)

### Ingredients:
- 150 g flour
- 2 level tsp. baking powder
- 125 g butter / margarine
- 85 g-100g icing sugar
- 2 beaten eggs
- *flavouring*

### Variation in flavouring:
- 1/4 tsp. vanilla essence
- 1 tbsp. desiccated coconut
- 2 tbsp. raisins 2 tbsp Almond flakes
- 50 g chocolate chips

### Method:
1. Preheat the oven to 190 °C. Gas Mark 5.
2. Sieve the flour & baking powder.
3. Cream the butter and sugar until light & fluffy, & the colour turns to creamy white.
4. Beat the egg, then add flavouring. Gradually add the beaten egg into the butter cream mixture. Beat well each time. (avoid forming curdle)
5. Sieve the flour and gently fold well, then stir in the flavouring. If the consistency is too thick, add a little milk. (dropping consistency)
6. Put the mixture into the paper cases up to 2/3 full.
7. Bake in the oven for 15-20 minutes until golden brown. Rest on the cooling rack.

### Utensils:
- 1 plate
- 1 large mixing bowl
- 1 measuring jug
- 2 teaspoons
- 1 fork
- 1 sieve
- 1 scraper
- 1 baking tin
- 16 paper cases
- Electric egg beater
- 1 cooling rack
- 1 glass bowl

Li Sin Yi and Lui Ka Lee of 2B are happy with the result—yummy Queen cup Cakes!
Christmas—whose birthday is it?

Glad tidings we bring
To you and your kin
Glad tidings for Christmas
And happy New Year

The history of Christmas begins with the birth of Jesus

“Glory to God in the highest, peace on earth and goodwill towards all men”.

A Chinese Christmas

Tam Kwong Hou (S5E)
Chan Yun Fai (S5E)

Christmas is the most popular festival in the world. Some people in China do celebrate but not for the same reason Christians do. The Chinese light their houses and decorate their Christmas tree which they call “Tree of light” with paper chains and paper lanterns. They like to cook special food and meet with relatives and friends. Chinese children hang muslin stockings and wait for a visit from Christmas Old Man, Dun Che Lao. (Chinese Santa Claus)

People decorate their homes and give gifts each year at Christmas time to celebrate.
Santa's reindeer

I am a toy reindeer and my owner called me 'Lovely.' Although she always dressed me up as Santa's reindeer at Christmas, I am not a real reindeer. At Christmas I always wished that a miracle would occur and I might become Santa's real reindeer so that I could fly around the world freely and deliver presents to children on Christmas eve.

One dark, dark Christmas Eve, my owner and I were tucked away in bed when suddenly a bright light shone into my eyes and a voice asked me, "What is your Christmas wish?" I woke up startled and there in front of me stood an angel. I was shocked but knew that I could now realize my dream. "Oh! I would like to be one of Santa's reindeer for just one night, please," I immediately answered.

The next thing I knew I was flying in the sky, pulling Santa's sleigh! How exciting!

"Go Donner! Go Blitzen! Go Lovely!" Santa shouted at us reindeer as we delivered presents to the children of the world. Now I could bring happiness to everybody, including my owner.

The next day, I was so tired. My owner scolded me. "You are a lazy reindeer. Get out of bed! It's Christmas Day!" If only my owner knew I had been working all night, he would be so proud of me.

The legend of the Christmas stocking

There was a kindly nobleman, his wife was died of an illness and leaving the nobleman and his three daughters in despair. After losing all his money in useless and bad inventions, the family had to move into a peasant's cottage. The daughters did their own cooking, sewing and cleaning.

When it is the time for the daughters to marry, the father became more depressed as his daughters could marry without dowries, money and property given to the new husband's family.

At night, the daughters had washed out their clothing and they hung their stockings over the fireplace to dry.

That night, Saint Nicholas knowing the despair of the father, stood near the nobleman's house. Looking through the window, Saint Nicholas saw that the family had gone to bed. He also noticed the daughters stockings. He took three small bags of gold from his pouch and threw them one by one down the chimney and they landed in the stockings. They were saved.

So today, people hang out their Christmas stockings in the hope that Santa will leave something nice in them too.
Jonas, the Negro Santa

Alicia, Lam Tez Tung
Eva, Chung Yee Wa
S.S.E

Once upon a time, in a village so tiny that you couldn't even find it on a map, there was a snowy, frosty town called Santa Claus Lane.

If you glanced cursorily and squinted your eyes just a bit, you could see all the townsman were dressed in red, red trousers and coat with white cuffs and collar, black leather belt and boots. A pale face with snow-white beard seemed to be the order of the day.

However, there was one exception. Jonas was a resident of Santa Claus Lane, he was a Santa Claus, but the other Santas looked down their noses at him. No one had ever given him a chance to be a real Santa, to bring gifts to children. Poor Jonas, he was just ordered to check on the presents before the final delivery. You may ask why.

Oh, aye. He was a slim black American, so different from all the other Santas. The white Santas always teased him because of his skin colour and build. In actual fact, these Santas should have been teased because they always received tons of complaint letters from parents around the world that they had been seen in their houses on Christmas eve, delivering gifts at midnight. The children had seen them and so the Santas had failed in their mission.

Then one foggy Christmas Eve, Santa Frank declared that he couldn't carry out his job that night. He was just too sick. He had eaten too much Christmas cake, all the other Santas were all too busy and had a timetable and so he asked Jonas to take his place delivering presents.

"Ho! Ho! Ho!" said Jonas on hearing this news. He was mega jolly. He packed his stuff and sleigh, rounded up the reindeer and started out on his first job ever!

Unlike his fellow Santas he was light of foot and dark of skin, and so was not seen or heard delivering presents, not even by the parents around the world. He was a star!

Then all the other Santas loved him and they shouted out in glee,
"Jonas, the Negro Santa,
You'll go down in history!"

(Inspired by the lyrics "Rudolph the Red-nosed Reindeer")
The History of the Christmas Tree

S.5E
H. Tsz Kiu Yuen

Many years ago, people in some countries thought that evergreen trees could keep away witches, ghosts, evil spirits, and illness.

The Christmas tree tradition started in the 16th century when some devout Christians in Germany brought decorated trees into their homes. Then, the Americans became aware of the Christmas tree idea in the 19th-century but did not adopt the idea until the 1840s.

When England's Queen Victoria's German husband put up a Christmas tree at Windsor Castle in 1848, the Christmas tree became a tradition in England, the United States and Canada.

Christmas trees started to be sold commercially in the USA in 1850s. Now the idea is quite widespread.

Nowadays, Christmas Trees appear in many countries, like most Western counties, Japan, and China. People also decorate their houses with Christmas Trees at Christmas.

“Fairy” or “Twinkle” lights are the most popular ones for Christmas decorations. Use them for holiday decorating, and your home will be festive and beautiful.

Tse Ka Wun S.5E
Chan Ka Luen S.5E
Christmas Food

S.5E
Lau Cho Woon
Shiu Ho Yan

Christmas pudding originated in England. It was the King’s recipe.

Christmas pudding is a steamed pudding made with dried fruit, brandy, nuts, and suet. It is dark in appearance, like a chocolate cake as a result of the dark sugars and black honey. The mixture can be moistened with the juice of citrus fruits, brandy and other alcohol.

Traditionally puddings were made on or immediately after the Sunday due to the fact that everyone in the household, or at least every child, gave the mixture a stir, and made a wish while doing so.

Christmas puddings keep well and so many families keep one pudding from Christmas to be eaten at another celebration later in the year, often at Easter.

S.5E
Law Kai Fu
Wu Kwok Wai

Christmas pudding is the dessert traditionally served on Christmas day. It can be eaten with sauce, brandy butter, rum butter, cream, lemon cream, or custard and is often sprinkled with caster sugar.

Turkey is the other Christmas food. It is a larger bird and festive food. Turkey is an American local product. For many years, these "exotic" turkey birds only graced the tables of the wealthy.

Christmas cookies are traditionally sugar cookies cut into various shapes related to Christmas; for instance, candy canes, reindeer and holly leaves. In the USA, children leave cookies and milk on a table for Santa Claus on Christmas Eve, though many people simply eat the cookies themselves.
Twas the Night before Christmas

Clement Clarke Moore (1779 - 1863)

Twas the night before Christmas, when all through the house
Not a creature was stirring, not even a mouse.
The stockings were hung by the chimney with care,
In hopes that St Nicholas soon would be there.

The children were nestled all snug in their beds,
While visions of sugar-plums danced in their heads.
And mamma in her ‘kerchief, and I in my cap,
Had just settled our brains for a long winter’s nap.

When out on the lawn there arose such a clatter,
I sprang from the bed to see what was the matter.
Away to the window I flew like a flash,
Tore open the shutters and threw up the sash.

The moon on the breast of the new-fallen snow
Gave the lustre of mid-day to objects below.
When, what to my wondering eyes should appear,
But a miniature sleigh, and eight tiny reindeer.

With a little old driver, so lively and quick,
I knew in a moment it must be St Nick.
More rapid than eagles his coursers they came,
And he whistled, and shouted, and called them by name!

"Now Dasher! now, Dancer! now, Prancer and Vixen!
On, Comet! On, Cupid! on, on Donner and Blitzen!
To the top of the porch! to the top of the wall!
Now dash away! Dash away! Dash away all!"

As dry leaves that before the wild hurricane fly,
When they meet with an obstacle, mount to the sky.
So up to the house-top the coursers they flew,
With the sleigh full of Toys, and St Nicholas too.

And then, in a twinkling, I heard on the roof
The prancing and pawing of each little hoof.
As I drew in my head, and was turning around,
Down the chimney St Nicholas came with a bound.
He was dressed all in fur, from his head to his foot,
And his clothes were all tarnished with ashes and soot.
A bundle of Toys he had flung on his back,
And he looked like a peddler, just opening his pack.

His eyes-how they twinkled! his dimples how merry!
His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow,
And the heard of his chin was as white as the snow.
Twas the Night before Christmas

The stump of a pipe he held tight in his teeth,
And the smoke it encircled his head like a wreath.
He had a broad face and a little round belly,
That shook when he laughed, like a bowlful of jelly!

He was chubby and plump, a right jolly old elf,
And I laughed when I saw him, in spite of myself!
A wink of his eye and a twist of his head,
Soon gave me to know I had nothing to dread.

He spoke not a word, but went straight to his work,
And filled all the stockings, then turned with a jerk.
And laying his finger aside of his nose,
And giving a nod, up the chimney he rose!

He sprang to his sleigh, to his team gave a whistle,
And away they all flew like the down of a thistledown
But I heard him exclaim, ‘ere he drove out of sight,
"Happy Christmas to all, and to all a good-night!"

Clement Clarke Moore (1779 - 1863) wrote Twas the night before Christmas
also called A Visit from St. Nicholas in 1822
Silent

The origin of the Christmas carol we know as Silent Night was a poem that was written in 1816 by an Austrian priest called Joseph Mohr. On Christmas Eve in 1818 in the small alpine village called Oberndorf it is said that the organ at St. Nicholas Church had broken. Joseph Mohr gave the poem of Silent Night (Stille Nacht) to his friend Franz Xavier Gruber and the melody for Silent Night was composed with this in mind. The music to Silent Night was therefore intended for a guitar and the simple score was finished in time for Midnight Mass. Silent Night is the most famous Christmas carol of all time!

Silent night, holy night
All is calm, all is bright
Round yon Virgin Mother and Child
Holy Infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace

Silent night, holy night!
Shepherds quake at the sight
Glories stream from heaven afar
Heavenly hosts sing Alleluia!
Christ, the Saviour is born
Christ, the Saviour is born

Silent night, holy night
Son of God, love’s pure light
Radiant beams from Thy holy face
With the dawn of redeeming grace
Jesus, Lord, at Thy birth
Jesus, Lord, at Thy birth"
Dear Friends

This will be my last KYC Post and last weeks at KYC. It's time to hang up the duster and chalk as new challenges await me. I want to thank you so much for being my friends and making my time at KYC so wonderful. I will drop in to see you now and again to see how you are getting on. I wish you all the very best of luck for the future. How lucky I am to have something that makes saying goodbye so hard.

Be well, do good work, and keep in touch.

With much love

Ms K

Hong Kong Speech Festival participants: (left to right) Charlotte, Fanny (2nd prize) Katherine, Joyce, Jasmine (3rd prize) and Sandy, all from 4A.