

Editor's Column

Editor - K.C. Yam

It takes a thousand years, approximately 365,000 days (round to 3 significant figures), to change the most significant digit of a 4-digit Year number. Can you imagine that 2,920,000 days after January 1st, 2000, human will be using the 5-digit Year number? The question then will be: "Are you Y10K ready?"

Are you Y2K ready? I bet you have checkbooks that still have "19" printed on it. So what, you just cross it out and write the "20" on top of it. Lives go on because of Y2K or not. Apart from technological advances, but human natures and moral standards have not significantly improved in the last 730,000 days since the birth of Christ.

Practical electrical communication began 59,000 days ago with Samuel Morse's telegraph system. In those days the transmission rate was about 100 alphabets per minutes or 1.33 alphabets per second. Voice communication started 14300 days later with Alexander Graham Bell telephone system. Can you imagine it takes 44,000 days of development after Bell to have fiber optics transmission rate of 10Gbits/second? (1 Giga is 1000 millions) Transmission rate of 10Gbits/second means all phone books in every US cities can be completely transmitted in 9 seconds.

Distance becomes not an issue with this lightning speed of information transmission. Christopher Columbus might take 90 days to cross the Atlantic Ocean 146,000 days ago, we can now talk face-to-face with our friends or relatives through the internet in the matter of microseconds (1 micro second is 1 millionth of a second). With the advance of information technology, we no longer need to travel to work, to school, to get entertained, to shop or to the bank. We may not even have to meet the delivery person who brings in the merchandises we have bought by e-commerce. We can be so isolated ourselves that we can live in a world not dissimilar to

people in Stone Age that we only meet people of our clan.

What really happens is people are so technologically smart but lack of social and interpersonal skills? A human face is just an image on the monitor screen. If this web site does not satisfy what we need, we just "click" and go to other web site. We tend to be impatient with people. We demand immediate attention and information. Human intervention seems to be an impediment

We know that we cannot do away with human interaction due to Internet, but we also know that our modern age young generation will lack certain social skills if they stay with the computer all day long. It is heartening to learn that the Hong Kong Polytechnic University is spending billions of dollars to build a 3000-plus dormitory and one of the reasons is to give opportunity to our students the experience of community living and sharing. This is the vision that modern age parents should be focusing. While we are equipping our children with leading edge information technology tools, we must not forget to encourage our children to participate in community works and team games. We must develop their social skills so they will work, play and live harmoniously with real people. Today's technology will become obsolete by tomorrow but human will never become obsolete.

Do you have the habit of making New Year resolution? But I bet you have never made a resolution at the beginning of the millennium yet. You can keep your resolution secret, but the resolution of your Board of Directors is to serve you better in the coming year. They are determined to organize at least ten functions this year. Watch out for these activities and come to have fun together. They also hope you will continue to support the Association and bring more friends of TC-POLY-POLYU to our fold.

**This issue is Y2K compliant, wish you all a
HAPPY NEW YEAR !!**



軍容不整，有些人去了抓艇

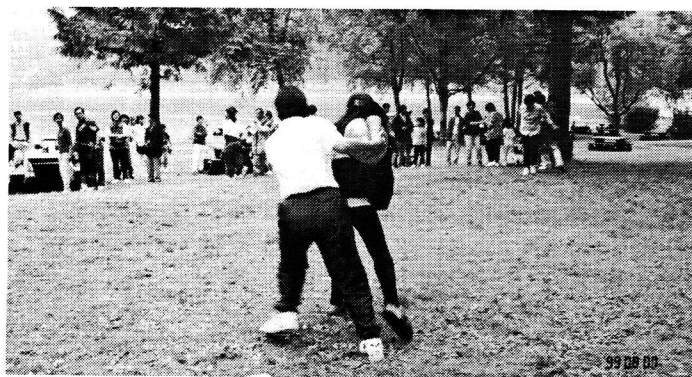
時為仲夏八月七日，雖天陰有雨，但大吉，宜燒烤。

員生會於該天舉行郊遊燒烤會，目的地為溫哥華市近郊的金耳朵公園（Golden Ear Regional Park）。員生會每年的郊遊燒烤動均能吸引不少會員的支持，今年亦吸引到五十多位會員及家屬參加。

往年我們採用港式燒烤，以燒烤叉架在火炭上來燒烤，今年卻改回西式燒烤，員生會準備了兩大個燃燒石油氣的燒烤爐來燒烤食物，會員們仍然熱烈參與，輪流主持燒烤食物，大家亦覺樂趣無窮。

除了燒烤野餐外，更由兩位活動統籌李平先生及劉黃碧蘭女士主持多項遊戲活動，包括了二人三足接力賽、飲筒傳圈、懷抱汽球往前走、野外尋寶等，會員、家屬、及親友，不論男女老幼均全面投入，玩得十分開懷愉快，最後有幸運抽獎。而燒烤會直到下午三時許才結束，而部份會員更依依不捨，有些留下來繼續玩樂，包括抓船，行山等，各適其適，定必盡興而歸。

值得一記的是我們其中一位會員沈武靖兄更自願充當新移民指導，為了幫助其鄰居來自中國大陸的一家三口新移民融入溫哥華的社會生活，沈兄帶同他們一起來參加，讓他們可以認識更多新朋友，而他們亦全情投入，玩得很開心，此亦可見我們的會員對於服務社會的熱誠。



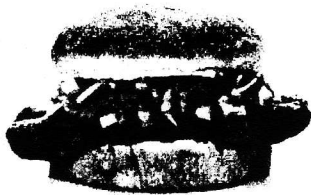
努力加油



理大健康新一代



各位準備 寶物在山洞內？草地上？



從未如此親近過

Annual MEETING

理大（加西）員生會於九九年九月廿五日假列治文 Kwantlan University College 的會議中心召開一年一度的週年會員大會(Annual General Meeting)，該天早上整個大溫地區刮起猛烈強風並下著滂沱大雨，有很多電纜被吹倒，七千多戶居民的電力供應中斷，我們很多會員亦受到影響，很多人家中的車房門不能開啓，而很多地區的交通燈號不能正常運作，所以使到很多會員未能如期出席這次的週年大會。天氣雖然這麼差，但仍然有約廿位會員及家屬陸續到達，可見風雨未能阻擋會員對會務的熱誠，週年大會得以如期進行。

會上由創會會長傅德梅先生報告去年的會務，而義務司庫吳沛泉先生因私人事務出了埠，故未能出席今次會員大會，其財務報告亦由會長代為宣讀，由於財長理財有道，所以我們的財政狀況絕對健康，詳情可閱讀我們的年報 (Annual Report)。其後進行選舉理事，我們每一年都有一半的理事需要退任，今年亦不例外，但我們卻有更多的會員參選，願意為員生會服務，所以大會一共選出了七位理事連同留任的四位合共十一人組成來屆理事會，理事會其後進行互選，選出任健藻先生 (Mr. Gabriel K.C. Yam) 出任會長一職，大家都深慶得人。(理事名單列後)

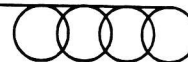
員生會邀請到香港駐哥華的香港經濟貿易處顧問袁黃潔玲女士出席，擔任今次會員大會的專題演講嘉賓，袁女士向會員們介紹了香港經貿處在溫哥華的服務和對香港來加移民可能提供的服務；此外她亦詳盡介紹了香港在九七

回歸後的社會和經濟狀況並且鼓勵海外移民對香港作出投資。

會後設有豐富茶點招待，會員及家屬們得以聯誼一番，而會員亦趁此機會跟袁女士懇切交談有關香港的各項問題。亦有會員向各理事提出有關改善會務和加強會員聯繫的建議，理事們答應把他們的建議提交理事會詳細討論，而大會亦在熱烈討論氣氛中結束。



交換紀念品—香港年報



Board of Directors (1999-2000)

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Public Affairs Sub-Committee: Randy Chan, Raymond Chan, K.C. Yam, T. N Foo

Program Committee: Priscilla Lau, Francis Li

Liaison Leaders:

*Mr. Edmond Hui
 Mr. Mo Ching Sum
 Mr. Jonathon Wong
 Ms. Carina Wong
 Mr. Johnson Li
 Mr. Chris Cheung*



upcoming Y2k EVENTS

- 01 00
Academic talk - "How to arrange education fund for your children"
- 02 00
Spring Banquet
- 03 00
Academic Visting Tour
- 04 00
Leisure talk - lawn bowling, dancing (plus classes)
- 05 00
Picnic or BBQ
- 06 00
Fishing
- 07 00
Self-help travelling
- 09 00
Annual General Meeting (plus academic talk)

**FREE
MEMBERSHIP**

Refer 5 NEW members during Y2K, and you will be qualified for a FREE membership for the year 2001!

MEMBERSHIP RENEWAL!!!

Annual Membership for Year 2000 will due on January 1, 2000. While celebrating the new millenium, don't forget to mail your membership dues to us at #140-8380 Lansdowne Road, Suite #157, Richmond, B.C. V6X 1B9. Cheque should be made payable to HKPU (Western Canada) Association. Your ongoing support not only lead us to continued success, but also enable you to continue enjoying the privilege of using facilities at HKPU while visiting Hong Kong.

Y2k Membership*	C\$ 20
Years 2000 to 2004 (5-year Memberships*)	C\$ 80
Life Memberships*	C\$ 200
(* whichever is applicable)	

Associations, Clubs, Parties, Societies and Unions

.....Why we want and stay to be a member

KC

At any moment in time, every one of us is bound to be a member of one of these ACPSUs. Some of these you may join against your own free will but gladly accept their membership if you have the chance - for example, the Union's membership of a particular trade or profession. You join the "Air Mile", "Club Z" or "Safeway Club" willingly because they offer you gifts or price advantages. "Visa", "American Express" or "Costco" membership offers us convenience. By law, you are automatically a member of the Strata Council if you are an owner of an apartment or town home. We were financially motivated to be affiliated with these ACPSUs.

You may have undergone years of education and training to be admitted as "Student" or "Associate" member of a professional institute. You dutifully pay your annual dues and after years of working experience you become "Full member" and possibly gain the title of "Fellow". The designation after your name gives you prestige and honour, and likely you will continue with the membership after you retire from the profession.

We become a member of "S.U.C.C.E.S.S.", the "Red Cross", the "Stroke and Heart Foundation" or the "Lion's Club" because we want to give something back to the society. That something are time and effort, which are more demanding than the financial donations you can make without being a member. But you are doing the charitable work of these ACPSUs happily because you are enjoying the fruit of sharing. You will continue to be member and wish you had more time in participating.

It is not really difficult to get involved in politics in Canada. There are not many choices of political Parties but the cost of membership is minimal. You have to be interested in politics to be active in the Party. Involving in politics is a full time job and once you are in it, it will be difficult to get out.

On some lighter notes: we join the local "Golf Club", "Tennis Club", "Dance Club" or "Community Center" because we are interested in that particular sport, we like to meet people of the same interest there and we can use the facilities of the "Club". We will continue with our membership with the "Club" if it satisfies our needs. These "Clubs" can be profit or non-profit making. However, commercial choices: such as fees and facilities, have great influences on us in choosing and staying with that "Club".

Why are we joining "Alumni Associations"? For fun, for comradeship, for old time sake? You may like to congregate with your high school gangs because during the formative year of development, high school friends were the funniest and the friendship was most innocent. However, joining "Alumni Association" of tertiary institutions allows you to acquaint with friends of different years' of graduation and faculties. They will indeed widen your social network. You can always learn something new from your friends and nothing can replace meeting together and exchanging ideas. I think these are the reasons we join and support "Alumni Association". Because there are no financial incentives, commercial choices or prestigious status go with "Alumni" membership, the growth of the "Association" depends very much on member's generosity, in terms of annual dues and time to participate the "Association" activities, and the attractiveness of activities. As the "Association" belongs to every member, every one of us has an influence on its growth or shrinkage.

Annual DINNER

會長致詞



校長風采



員生會每年一度之盛事乃週年聚餐，自一九九六年員生會成立，隨即於該年十一月舉行週年聚餐，至今員生會已進入第四年，而週年聚餐亦為第四次舉行。今年適逢香港理工大學校長潘宗光教授伉儷前往美國丹佛市開會路經溫哥華，專程出席了我們的週年聚餐，故今年此盛會更具意義，吸引了一百二十位會員及家屬參加。

週年聚餐假溫哥華百老匯街東海鮮酒家舉行，筵開十二席，出席的會員及家屬均衣香鬢影，興高彩烈。晚上六時卅分以後各參加者陸續到達，趁晚會未正式開始之前大家把手言歡，互聚舊情，氣氛熱烈；潘校長伉儷亦於六時五十分左右到達，——與會員們握手見面，氣氛更加熾熱。

晚會於七時十分正式開始，由前任理事 Ms. Helen Tai 出任司儀。首先由會長任健藻先生致歡迎詞，任會長於歡迎詞中除歡迎潘校長伉儷蒞臨外更多謝各會員的支持，他更呼籲各會員努力支持員生會未來的活動，希望大家能夠繼續積極參與本會的會務和活動使員生會可以茁壯成長，活動更能適合會員的興趣和需要。歡迎詞後司儀邀請潘校長致詞，潘校長向大家報告了理工大學最近的發展，校長指出近兩年來由於香港經濟不景，政府對大學的撥款十分緊拙，但理工大學仍然能夠在此景況下憑藉本身的力量而有長足發展。在建設方面，理大將白屋仔及

各系人馬



幸運兒





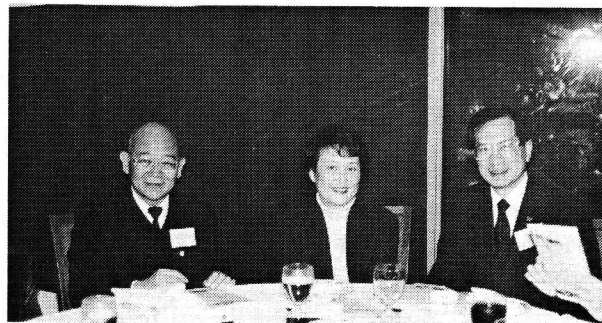
校長風采



奇士域堂拆卸，改建成一座高十九層的大樓，主要供行政部門使用，而當中有三層闢作電腦中心，供同學們使用。在學術上則加強研究工作並設立有關經貿及開發技術的研究中心，以配合社會的需要。在行政上則減少會議，加強電郵溝通，使教職員可以把更多精力用於教學和研究上，這自然可以使教學質素提高。校長致詞引起了會員的熱烈回響，會員提出了多項問題，有欲罷不能的情勢，最後因時間關係，司儀宣佈以任會長回應校長的致詞作結束。晚會的餘興節目隨即開始，由今屆的活動統籌李平先生及劉黃碧蘭女士主持；因時間關係，祇能進行「人名 BINGO」一項遊戲；他們另外設計了「劃鬼腳」的形式來抽出臺上獎品亦十分有趣，會員們都玩得很高興。這時候大家都已腹如雷鳴，故司儀乃宣佈上菜，美味佳餚陸續出場，會員們一邊欣賞美食一邊把「汽水」言歡，大樂也。晚會的壓軸乃幸運抽獎，今次的獎品特別豐富，除了由會長任健藻先生、副會長陳國樑先生及創會會長傅德梅先生送出獎品外我們更得到理事陳傳亮先生及會員 Mr. Francis Au 送出獎品，而更豐富的獎品乃分別由香港理工大學及永高旅行社送出，獎品合共有二十多分，其中大獎乃「情牽理大」千禧版男女裝腕錶各一，獲獎的會員當然喜不勝收，而一年一度的週年聚餐亦在歡樂中結束，對參加的會員來說，今年的聚餐特別有意義，非因美味佳餚，亦非因節目和獎品豐富，這次的特別意義乃在於潘校長於百忙中抽空來到溫哥華與我們共渡這個歡樂的晚會，實機會難逢也。



各系人馬



傅德梅先生 潘宗光教授伉儷

"If you can't laugh at yourself, then you are missing the biggest joke of your life"

- Charles Alden Smith

What is in a Clown?

The core of Clown is a Human Being. One who can take delight in the experience of being Human and enjoys conversing about the experience. Beyond what we traditionally think of as clown there is a particular attitude of mind that is willing to continually face up to itself with insightful honesty as it evolves and a quality of heart that can compassionately acknowledge the feelings that are encountered in the process.

These attributes promote a self-acceptance that is deeply grounding and encourages self-authorization. When this sense of being is shared with others it can help to re-animate similar sensation in them and remind us all of some of the common bonds potentiality and fallibility we share together in the Human Experience.

What do Clowns do?

Clowns play within the non-linear and unstable systems of the active, self-organizing Human mind. Their actions provide a destabilizing of set systems of perception and help to create alternate frameworks of possibility. They facilitate perceptual mobility and, by doing so, often act as a catalyst for change and a vehicle for adaptability at both a personal and a communal level.

Who can benefit from Clowns?

Anyone who wishes to release themselves from the oppression of rigid, linear thinking and develop a more flexible and creative attitude of mind. Anyone who would like to increase their freedom for taking self authorized action and participate more consciously in the process of their own evolution. Anyone who desires the challenge of discerning the difference between myth and reality and feels that they want to practice expressing themselves in the present tense. People from many walks of life have benefited; Teachers, Lawyers, Nurses, Doctors, Engineers, Bodyworkers, Housewives, Computer Specialists, Actors, Singers, Dancers, and Musicians,.... Maybe you.

Web-Based Instruction
by Dr. Fleming Woo

W I R E D
for knowledge and skills

With the advent in Internet and web technology, Cyber University, distributed learning and distance education are becoming new trends of studying for many universities and colleges. Web-based instruction is more cost-effective, students can learn flexibly at their own pace and own place. Some of the developments in B.C. and Alberta include:

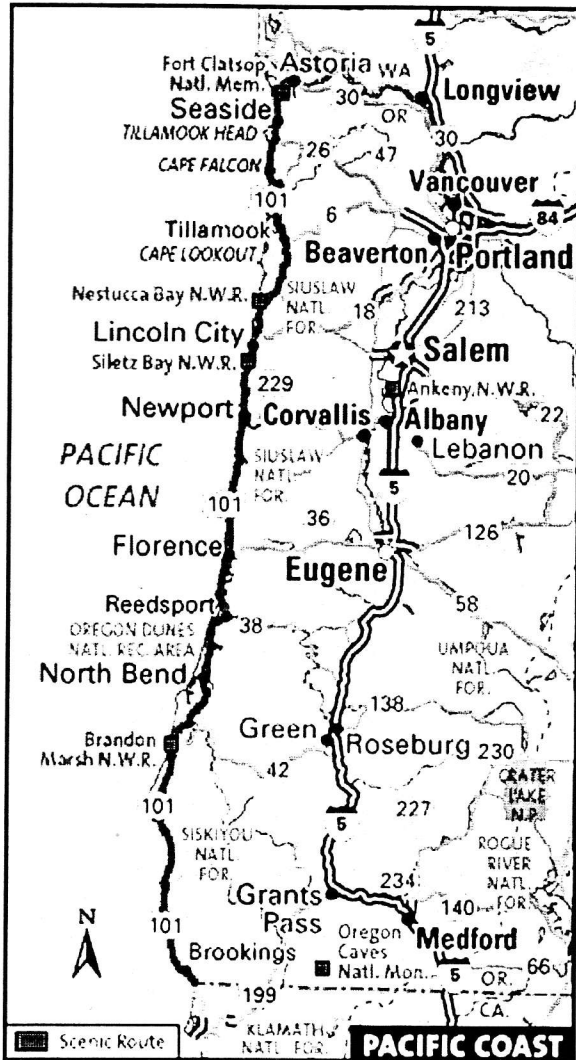
1. Through their Continuing Studies Department, the University of British Columbia (UBC) have announced many courses and programs using Internet-based teaching. These include Internet Marketing, Internet Systems Administration, Multimedia and Customized Corporate Training.

In general, UBC adopt a mix of traditional classroom and Internet based teaching. They appointed a manager, William Koty to co-ordinate the development of Web-based curriculum. By the end of 1999, they will have a 100% web-based program. They charge about \$4200 for a six-month web-based learning program.

2. About a year ago, the British Columbia Institute of Technology (BCIT) has started a Bachelor of Technology degree majoring in "Technology Management" that is delivered entirely over the Internet. The program coordinator is Marnie Wwright. Students after completing a degree or a two-year diploma program can enroll into this two-year degree. Enrollment is flexible; students can start every month. Each intake is about 15 students and now they have about 75 students from across Canada studying at various stages in the program. They charge C\$7200 for the 48 course credits in the program.
3. The number of Internet based curriculum at Simon Fraser University (SFU) has increased from 32 to 60 over the last year. Dr. Vivian Rossner-Merrill is their senior educational technology director. Their web-based teaching is limited to continuing education and diploma programs at the present time and the curriculum is available to students overseas.
4. British Columbia has a new Technical University of B.C. According to Maria Lantin, they will start to accept first year students in September 1999 into their Bachelor of Applied Science degree majoring in Information Technology. They hired a team of 26 IT professionals to put their curriculum into their Internet server.
5. The Athabasca University is the Open University of Canada. They offer a Bachelor of Science in "Computing and Information Systems" based on a mix of Internet and CD-ROMs. They allow year-round admission and enrollment. Peter Holt is the department chair supervising this degree program.

Web-based instruction is just at the starting stages in many institutions. Within one or two years, more courses and programs will become widely available over the Internet.

DRIVE TRIP ALONG OREGON COAST PART 1



The Oregon Coast stretches some 400 miles (640Km) from the California border near Brookings to Astoria at the mouth of Columbia River. You can drive through it in a day if you want, but you will see nothing. You can spend days along the coast, savoring the photogenic scenery at every turn. However, after a few days of feasting on the beautiful landscapes and seascapes, you may find yourself incapable of enjoying another miles of sand dunes, beaches protected by rocky headlands and lighthouses. Therefore, Travel Buggy will take you to the Oregon Coast in two separate trip, The one describes in this issue is the southbound trip, starting from Astoria and ends at Florence. In the next issue, we will complete the coastal drive by driving from Crescent City, about 20 miles south of Brookings in California.

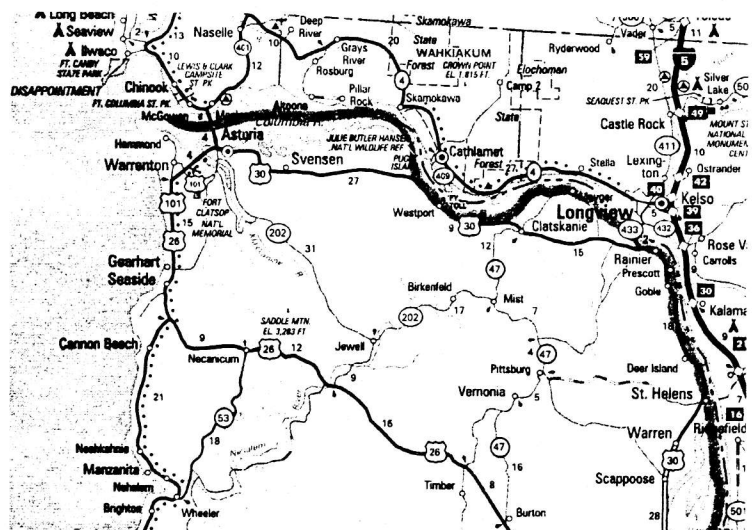
One word of warning, Oregon Coast is very, very popular during summers, book your motels in advance if you plan to stay in places which are typed in *Italics*. It does not mean there are no problems in other towns or cities, Travel Bugger happened to be fortunate enough to able to find a berth for the evening in those places, you are taking your own risk.

[Start] your trip from Vancouver early in the morning so that you can arrive at Astoria before dark, about 8.00 – 9.00PM in summers. Take I5 south and from **Kelso**, follow SR4 west along the Washington shore of Columbia River, until you arrive at **Cathlamet**. From Cathlamet you can take the last remaining ferry service on the lower Columbia River operates between Puget Island. A bridge from Puget Island will bring you to **Westport**, which is about 50 Km east of Astoria on SR30.

If you miss the ferry at Cathlamet or its service is suspended by the time you take this trip, you can drive further west along SR4 and meets **Megler** on US101, where you can drive through the bridge that spans across the Columbia River into Astoria.

One of the highlights in **Astoria** is the Astoria Column. You must have to climb the 164 steps to an observation platform to view the surrounding mountains, river and ocean. In the neighborhood of Coxcomb Hill, where the Column stands, are some old streets filled with Victorian homes.

15 miles south of Astoria on US101 is **Seaside**. Oregon's largest and oldest ocean resort. You can book a room in one the resort hotels and relax there for couple of days. Or you can plan to have lunch in one of the waterfront restaurants and take a relax walk along the Promenade.



才子廚師 工業教育下成才



理工大學由早期的香港工專演變成理工學院最後發展成理工大學，其教育原則乃以工業教育為本，為香港工業發展培育人才，所以理大很多學系都是直接為某些工業或服務行業訓練人才，而酒店膳食管理及廚藝乃其中較獨特的學系。我們加西員生會其中一位會員「謝其賢」(Mickey Tse)便是這一學系的高材生，謝其賢不斷強調他自己是在工業教育培訓下成長，而其事業的發展亦緊隨著他自己所接受的工業教育而演進。所以他今日全心全意投入膳食管理及廚藝教育中，希望能夠為這行業培育更多優良人才。

相信認識謝其賢的人不會很多，但如果大家有細讀我們的通訊便會讀到一些食譜介紹和一些很有趣的小吃製造方法，這些作品便是謝其賢的大作。

謝其賢君既不斷強調他自己是在工業教育下事業和學習相輔相成，獲得成就，他稱過去廿年來他自己仍不斷接受教育；故要介紹謝君便需從其事業發展和接受教育雙線並進式的介紹。謝君稱他自小便喜歡廚藝，少時已經入廚為自己弄膳，中學畢業後，因家境問題未能即時接受較高等教育，需投入工作市場，時為一九七六年，謝君先隨其舅父進入香港馬會的西餐廳當學徒，甚麼雜務工作都要做，當然很辛苦，但他卻甘之如飴，因為他可以學到很多廚藝上的工夫，亦為他未來的膳食管理教育事業埋下伏線；而當時從事餐廳廚房工作的人一般的學歷都不高，所以謝君以中學畢業生身份走

入廚房，可算是學歷較高的一人，故常被戲稱為才子。

謝君於馬會西餐廳工作到一九七九年，學藝略有所成，下山創業去，他加入了一家頗具盛名的酒店西餐廳任職廚師，與此同時他開始以兼讀的方式接受廚藝及膳食管理的教育。首先考進黃克競工業學院接受該學院第一屆的西式專業烹飪學程，該課程為期兩年，於八零年完成，謝君即被進升為總廚；他並沒有因此而滿足，反而繼續其學業，於其後三年中，他分別完成了一年的高級飲食服務文憑課程、一年的飲食管理文憑課程、一年的高級西式專業烹飪文憑課程。正由於這些在職訓練，使他的資歷和經驗都能夠與時並進，到一九八零年他便被山頂明德醫院聘任為膳食部經理。該年他亦完成人生另一重要課題，與其愛侶共選連理，組織幸福家庭，目前他們育有兩名子女，皆在加國上學。

由於謝君的個人志趣並不止於此，故了完成上述課程，獲得了基本資歷後，他便考進理工學院研讀酒店膳食管理課程，他在理工一直研讀了五年，於一九八八年獲頒高級文憑。為了想更進一步，謝居於其後兩年於香港大學校外課程部全力研習商用英語，到一九九零年完成。與此同時，他獲得香港職業訓練局的聘用，任職講師，正式展開其工業教育工作。這時候謝君更感工作上的挑戰越來越大，學生的要求越來越高，而同事間亦很常有學歷上的比較，故形成很大的壓力，謝君把這壓力化成動力，推使他自己求學的決心。

在職訓局工作期間，謝君先後完成了美國一大學的遙距商業管理學位課程(BBA)、工商教育學院的註冊教師課程及教育碩士學程，而由於獲得了這些訓練和資歷，他於一九九四年獲進升為職訓局的高級講師，一直工作至一九九七年移民加拿大，目前謝君仍然為其另一個碩士學位進行研究，該項研究為醫院膳食管理系統，他希望於未來一年內可以完成其論文。

當謝君移民來加後，他深明他缺乏加國的訓練和經驗，在此求職會很困難，所以抵加未及兩年，他便完成了三項課程，考獲三項牌照，包括正式廚師牌照、食物安全管理牌照和合格教師文憑，藉此謝君可以在加國從事飲食教育工作；令謝君可以感到自豪的乃其食物安全管理牌照和教師文憑；目前在整個大溫地區可以中文教授食物安全管理課程的導師不及五人，而他自己乃是其中一人。

從上文的介紹中大家可能會覺得謝君祇是精於西廚烹飪，其實非也，在移民來加之前，謝君曾前赴中國大陸習中式廚藝，考獲正式中菜及點心牌照，而他亦是第一位為香港職業訓練局撰寫中菜課程的講師，所以他可以說是文武雙全，中西皆能。

在香港時，謝君的事業跟學業與時並進，由於他的努力，其發展雖艱苦，但亦見順利。來加後，則與上不少困難，雖然很快便於北溫一酒店獲得一份二廚的工作，卻被該廚房的大廚剝削，要他每天工作十四至十五個小時，卻沒有額外補

薪，當時由於不了解這裏的勞工法例，唯有隱忍，故工作並不愉快。第二份工作任職於一意大利餐廳，這次卻遇上刻薄老闆，遲遲不發人工。於九八年初謝君為 Consumer First 於加航年宵迎新歲中作花果彫刻及烹飪示範，其後又被邀請到溫哥華 City Square 內一家廚具公司的廚藝學校作示範教授，當初他被告之這些都是義務性質的，但其後他卻發現這些都有薪的工作，他祇是被中間的介紹人剝削了。最近一年來他獲聘任為中僑互助會職業訓練學院的「機構廚師訓練班」及「食物安全管理訓練班」的導師，雖然當中仍有未能盡如人意的地方，同時間中仍有被剝削的感覺，但總算可以加入自己喜歡的事業中。在加國的就業過程中十分困難和遇上不少挫

折，但謝君仍然保持樂觀，他深信一分耕耘必有一分收穫，必需付出，才有收成，他更強調工業教育和事業發展的相輔相成的關係，謝君堅稱他不會放棄努力，希望在加國可以再創一番事業。他亦以其自身經歷勉勵其他會員，付出努力必有成果，切莫氣餒。

How to select quality beef?

> the lean meat should be bright red, with small flecks of white fat (marbled).

> the fat should be firm, brittle in texture, creamy white in color and odorless.

Recipe for Roast Beef

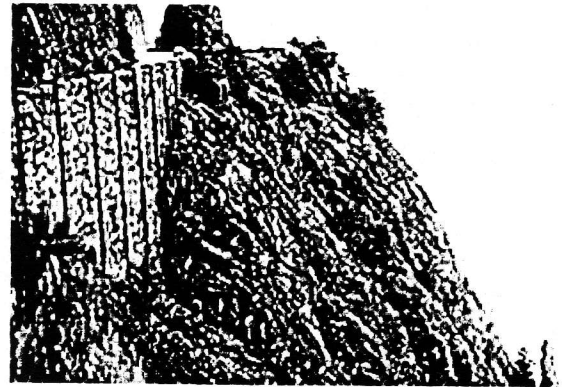
1. Season joints with salt, place on a trivet, in a roasting tray.
2. Place a little oil on top and cook in a hot oven at 230C - 250C
3. Baste frequently and reduce the heat gradually when necessary.
4. Roasting time is approximately 30 minutes per kilograms.
5. To test if cooked, place on a tray and press firmly in order to see if the juices released contain any blood.
6. Beef is normally cooked underdone and a little blood should show in the juice.
7. On removing the joint from the oven, rest for 15 minutes to allow the meat to set and facilitate craving

Recipe for Gravy

1. Remove the roast from the pan.
2. Place the pan on top of stove and reduce meat juices until they stick on pan. This reduction will concentrate the flavor and provide a natural rich dark color. Do not burn pan.
3. Pour off any excess fat from pan to prevent greasy gravy
4. Deglaze pan with stock and some wine if desired, and whip constantly, making sure all the concentrated meat particles are removed from the bottom of the pan.
5. Thicken very lightly with starch mixed with liquid.
6. Check seasoning and consistency.

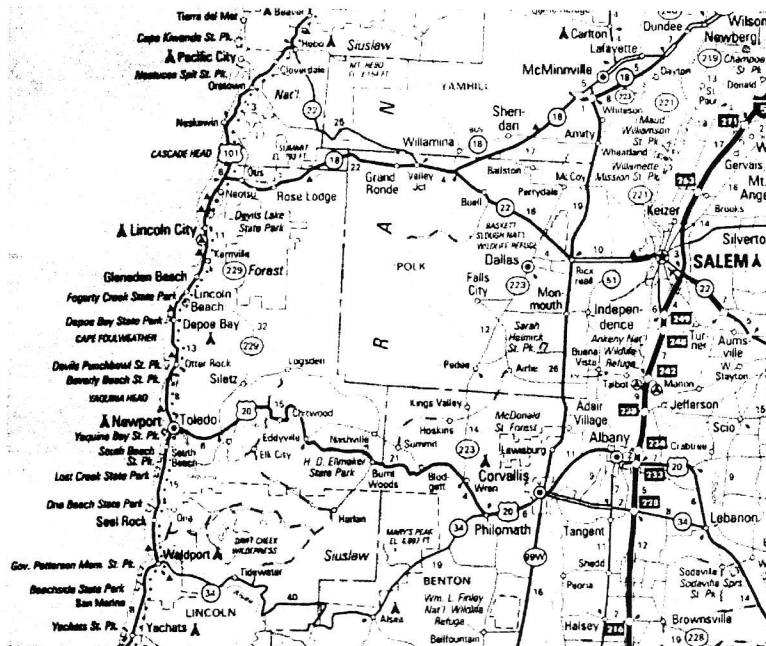
travel BUGGY

Couple of miles south of Seaside is the famous **Cannon Beach**. The coastline includes one of the world's largest monoliths, Haystack Rock. You have no need to labour yourself to find a parking spot at the town center so that you can walk to the beach. You will have to trespass the many private properties along the waterfront to get to the beach. You can drive a couple of miles south and easily find a parking spot. You can see the mammoth rocks better from a distant.



Your **[next]** stop along US101 south is **Tillamook**. Allow 1 hour to visit the Tillamook Cheese Factory. If you are interested in WWII fighter aircraft, allow yourself another hour to visit the Tillamook Naval Air Station Museum. If you want to cut short your coastal drive, you can drive East on SR6 to Portland from Tillamook.

Drive 45 miles south you will arrive at **Lincoln City**. There are 65 Factory Outlets for your shopping pleasure. You can really enjoy the no sales tax regime of Oregon State. Unless you have planned to stay at Seaside or Cannon Beach, you should be reporting to your motel/hotel at Lincoln City.



The **Sea Lion Caves** is located 46 miles south of Lincoln City. The Caves is home of Steller sea lions year round. They are generally found in the cave during the fall and winter and on the rocks just outside the cave during the spring and summer. Bring light jackets and binoculars when you visit the Caves. Watch out for the nearby Heceta Lighthouse, that contains Oregon's most powerful beacon.

The **[last]**, but not the least, destination of this trip is the town of **Florence**. Between Florence and the ocean lies an extensive area of sand dunes that sometimes reach a height of 300 feet. You can rent a sand buggy and drive around the Dunes or have a guided tour of the Dunes on specialized vehicle.

You can get back to I5 from Florence by driving east on SR126. **Eugene** and Springfield are the first two metropolitan areas you will meet on I5. Are you interested in Roses? There are 5 acres of roses at Owens Memorial Rose Garden, along the south bank of the Willamette at north Jefferson Street in Eugene. How about going to the east hills of Eugene where you will find more than 6,000 rhododendrons and azaleas in Hendricks Park of Rhododendron Garden.

Further north on I5 is the Capital of Oregon, **Salem**. You may visit the State Legislature Compound and Buildings. You may also visit **Portland** and spend a couple of days visiting the interesting museums, gardens and zoo of this beautiful city.

If you are interested to see how bulk beers were brewed, you may visit the **Olympia Brewing Company** at **Tumwater**. Take Exit 103 at I5 and head east. Tours are offered Monday to Saturday except public holidays. You may taste the beer but, please do not drink and drive.