

# DIARY: 2010

## JANUARY

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1 Friday

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2 Saturday

Cloudy and humid. Run, Cloudy Hill area, 2 h 44 min. Blood in urine - exercise-induced haematuria?

3 Sunday

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4 Monday

Ex: 15w + wts. Call from Gavin in evening.

5 Tuesday

Ex: 20w + 20r.

6 Wednesday

Installed Google Chrome browser - can't see any major advantage in it. Ex: 15w + wts.

7 Thursday

Ex: 20w + 20r. HK doctor gets jab then Guillain-Barre syndrome. Only 5% of high-risk groups vaccinated. More on LPG taxi saga. Number of IIs increases again. Survivor of both atom bombs in Japan dies. 60 Min - gun sales in US increasing.

8 Friday

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9 Saturday

Run OK: Tai Po to Tai Lam tunnel bus, 3 h 38 min, no haematuria. Acid attack in the evening, this time in Temple Street.

10 Sunday

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11 Monday

Ex: 15w + wts.

12 Tuesday

Quarterly cleaning pm. Ex: 20w + 20r. Proofs for last of Book 6 arrive for checking.

13 Wednesday

Proofreading. Ex: 15w + wts.

14 Thursday

Ex: 20w + 20r.

15 Friday

Sent donation for Haiti to MSF. Many TV news items: Railway protests, for and against becomes a festival; people jailed over Harbour collision; Acid attack suspect charged; a rare annular solar eclipse occurs; New airport terminal and port open to serve 8 mainland cities.

16 Saturday

Run felt good though not the fastest - 3 h 3 min, 10 mins off best – CU to Stage 4 to Kowloon Peak to Shatin River to CU. 5000 tickets for local Rugby 7s all sold.

17 Sunday

Prince William in NZ for his first official overseas visit.

18 Monday

Ex: 15w + wts. Govt gets verbally tough over protesting students.

19 Tuesday

To supermarket: HS \$300 PnS coupons + \$30 coupon given me from people in front of me.

Ex: 20w + 20r.

20 Wednesday

Ex: 15w + wts.

21 Thursday

Ex: 20w + 20r.

22 Friday

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23 Saturday

Damp and misty. Up Ma On Shan, but my slowest time though didn't feel too bad.

24 Sunday

Evening buffet in Tower 2. Then bought new (Speedo) shorts at sport's shop for \$169.

25 Monday

Ex: 15w + wts.

26 Tuesday

5 legislators resign to force by-elections they say will be a de-facto referendum on universal suffrage. Ex: 20w + 20r.

27 Wednesday

Ex: 15w + wts.

28 Thursday

Ex: 20w + 20r.

29 Friday

Old 5-story block of flats in Ma Tai Wai Rd collapses, killing 6 or 7.

30 Saturday

Four 'Classical music for babies' concerts this weekend. Run not too bad - not slowest for the route. Earliest start ever, at 8 am.

31 Sunday

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## **FEBRUARY**

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1 Monday

Ex: 15w + wts.

2 Tuesday

Fung Shui 'master', Tony Chan, loses claim to Nina Wang's fortune of \$100 billion. Ex: 20w + 20r.

3 Wednesday

Fung Shui 'master' arrested for forging the will. Ex: 15w + wts.

4 Thursday

Ex: 20w + 20r @ 2:6.6s - not bad, though done on other machine.

5 Friday

Exam day. Proofs of G6 book arrive late afternoon.

6 Saturday

Misty. Ran from TMT around Nam Cheung - first time for 7 years. Time 3 h 40 min; last leg 5 min slower than last year. Did proofreading in afternoon. Fiji win the latest round of the IRB 7s held in Wellington.

7 Sunday

Finished proofreading.

8 Monday

Ex: 15w + wts.

9 Tuesday

Ex: 20w + 20r.

10 Wednesday

Ex: 15w + wts.

11 Thursday

Ex: 20w + 20r @ 2:06.3 / 500 m. Hurt lower back as a result of rowing.

12 Friday

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13 Saturday

Public holiday. Run around Plover cove reservoir to Bride's pool - 2 hr 49 min; 6 min faster than last year. Good conditions for run - cool, calm, damp (which settled the loose gravel).

14 Sunday

Drizzly. NY parade held in the evening in TST. Samoa beat NZ in the IRB 7s final, held for the first time in Las Vegas.

15 Monday

Norton monthly report gives interesting way to fool hackers when entering passwords. Ex: 155 + wts. Fireworks display in evening in spite of slight rain and low cloud.

16 Tuesday

Ex: 15 w + wts. US Senator resigns because of way Congress operates.

17 Wednesday

USS Nimitz arrives in HK today. Ex: 15w + wts.

18 Thursday

Ex: 20w + 20r. TV report on credit/debit card traps. SCMP articles on babies more likely to be bilingual if hear 2 languages in womb.

19 Friday

Cold but day warmed up. Run OK but at 2:53, was 5 mins slower than for same route 2 years ago; could be because a bit slushy underfoot due to rain earlier in the week.

20 Saturday

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21 Sunday

Pearl Report on 'Visceral fat' + dangers of soda drinks and also 100% fruit juice.

22 Monday

Ex: 15w + wts.

23 Tuesday

Ex: 20w + 20r.

24 Wednesday

Financial Secretary delivers his budget - seems to be mainly 'sweeteners'. Ex in morning: 15w + wts. Hospital appointment in afternoon.

25 Thursday

Ex: 20w + 20r.

26 Friday

Spent most of the day trying to get air tickets to NZ. Row over whether TVB and ATV can show some of the World Cup soccer games. More melamine in milk in China. 8.8 magnitude earthquake off Chile.

27 Saturday

Very tough run; very hot 26 degrees and almost 100% humidity; 15 mins slower than 2 years ago. Marathon tomorrow. Letter from hospital to dermatologist arrives.

28 Sunday

HK Marathon in the morning. Buffet in evening.

## **MARCH**

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1 Monday

Ex: 15w + wts.

2 Tuesday

Nearly 6 hours at HS Bank + 'lunch'. Ex: 20w + 20r. On TV news - flying hovercraft in NZ.

3 Wednesday

Ed: 15w + wts.

4 Thursday

Ex: 20w + 20r @ 2:11. Call from Gavin in evening.

5 Friday

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6 Saturday

Very tough run. Very hot and humid. From Tai Tong and ending at Sek Kong. Took 3 h, 6 mins, which is nearly 1/2 hour slower than best.

7 Sunday

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8 Monday

Temps much lower. Fireman killed in 4th alarm fire. Ex: 15w + wts.

9 Tuesday

Ex: 20w + 20r.

10 Wednesday

Got confirmation of tickets by Lotus. Ex: 15j (= jog) + wts.

11 Thursday

Paid for tickets to NZ. Also registered and paid for BHS Jubilee. Ex: 20j + 20r.

12 Friday

NPC session following the CPPCC sessions. Went to HS Bank to get travel insurance. Completed ESTA form and got approval for travel to US.

13 Saturday

Run at 2 h 27 min better than last week - still very humid but 10 degrees cooler.

14 Sunday

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15 Monday

Ex: 15j + wts.

16 Tuesday

100 years today since inauguration of HKU. Report that the shortest man in the world (~74 cm) died, aged just 21. Ex: 20j + 20r.

17 Wednesday

Most of day proofreading LSS revision book. Ex: 15j + wts. Got new lease form - big increase to \$8700.

18 Thursday

Poor sleep so tired. Finished proof reading. Ex: 20 w + 20r.

19 Friday

Condoleezza Rice in HK at CUHK.

20 Saturday

Warm and humid run. At 2 h 19 min, was essentially 6 min faster than last year (slightly different route and also ended at the bus terminus).

21 Sunday

Samoa win Adelaide 7s beating USA! in finals.

22 Monday

Air pollution index reaches maximum of 500 in many places!!!! Low visibility caused many pilots to use autopilot to land. Ex: 15w + wts. US Health Bill passed. 4/10 births in HK now Caesarean.

23 Tuesday

Picked up 'birthday gift' of chocolates from Taste. Clinic appointment 9am. Google bypasses internet censors in China by redirecting its uses to its HK site. Ex: 20w + 20r.

24 Wednesday

Ex: 15w + wts.

25 Thursday

Ex: 20w + 20r. HK developed oral arsenic leukaemia drug receives a US patent. Po Chai pills tainted with harmful substances.

26 Friday

Did exercise today as no run tomorrow: 15w + 10r + wts (30 min). Checked in online. Birthday 'party' in TST evening.

27 Saturday

Second day of HK Rugby 7s. Good weather conditions. Watched many of the games on TV.

28 Sunday

Left HK for NZ on SIA. Broke a tooth on SIA eating a ice cream with a hard solid chocolate core.

29 Monday

Arrived Chch 10:15 am. To B && H's.

30 Tuesday



B&H to visit patient in hospital. I walked up Cashmere hill a bit. Later in car up to Port Hills.

31 Wednesday

Picked up Lucas and then to Jellie Park pool for his swim lesson. I swam 2 km - I think.

## **APRIL**

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1 Thursday

Opening day for BHS 50th jubilee. Registered at 11 am then given a brief guided tour of school followed by my own walk around.

2 Friday

In morning, John Glue picked me up then with others of my former 4P1 form students for ride in Gondola and walk down bridle path. In evening to staff reunion and buffet dinner.

3 Saturday

Official opening by PM, a former BHS student followed by lunch and group photos.

4 Sunday

Cooler and some drizzle. Church service in marquee am. Reminisces by former students pm; I introduced Linda Robert. Jubilee ends.

5 - 6 Monday - Tuesday

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7 Wednesday

Picked up by Keith. To shops for goods then off to Ruru. 7 km run along road early evening.

8 Thursday

Walk around Moana am.

9 Friday

Onto Lake Brunner with boat. Unsuccessful fishing and water skiing. K, but not me, to evening talk by person returned from Israel and Palestine.

10 Saturday

Walk up Crooked Creek area. On return, Bruce and Edward had arrived.

11 Sunday

Run up Mt Te Kinga with Edward; 3 h 11 min return, excluding the hour we spent at the top.

12 Monday

Back to Chch with Bruce. Called in at Kirwee to visit Lyndsay and Lorraine but away on holiday.

13 Tuesday

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14 Wednesday

Walk around Riccarton area and shops. Bought cheap glasses, Minties. Moved to Keith's in afternoon.

15 Thursday

Mountain bike ride from Brighton to Spencer Park and return.

16 Friday

Visit wetland area.

17 Saturday

Walked to square area and had a look around.

18 Sunday

Looked through cases in Keith's attic to see what to keep and what to throw out.

19 Monday

More sorting out of stuff. Mountain bike ride at McLeans Island.

20 Tuesday

Buffet lunch with Keith in town.

21 Wednesday

Long walk down Avon River area and back. Then to Public Library with K. Dinner at B&H's.

22 Thursday

To town again to buy gifts + further look around. Another mountain bike ride around McLeans Island; had a heavy crash.

23 Friday

To Air Force Museum. Bought Fish etc and chips for dinner. K's birthday today.

24 Saturday

Cool and wet. Did little.

25 Sunday

Up at 5 am. Walked to town with Keith for dawn ANZAC service in square. Walked back. Off to airport at 9 am. Left for HK; very turbulent on approaching hills. In HK, midnight bus back. To bed about 1:40 am.

26 Monday

Not too tired. All day putting things in order. Gym in afternoon.

27 Tuesday

First swim here - felt difficult and slow. 15w + 1.2 km swim.

28 Wednesday

Almost back to normal. Ex: 15w + 1.5 km swim (much easier).

29 Thursday

Rainy. Ex: 15w + wts.

30 Friday

Did exercise midday: 15w + 1.8 km swim (4.5 km for week). To dentist late afternoon to get broken upper incisor fixed - cost \$384.

## **MAY**

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1 Saturday

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2 Sunday

Letter: Forgot photos of L and G mounted in green stones; bought glasses.

3 Monday

Ex: 15w + 1.8 km swim.

4 Tuesday

Ex: 15w + wts.

5 Wednesday

Ex: 15w + 1.8 km swim.

6 Thursday

Ex: 15w + wts. Severe thunderstorm overnight.

7 Friday

Ex: 15w + 1.8 km swim (5.4 km for week).

8 Saturday

Man with chopper goes on rampage in Kwai Chung, killing two.

9 Sunday

Went for a swim today instead of tomorrow - 2.5 km.

10 Monday

Two biopsies am. No exercise. (NB: Joshua Bell in Washington subway experiment.)

11 Tuesday

Ex: 15w + wts.

12 Wednesday

Another knife rampage in China - 5th in the last few weeks - at a kindergarten, 7 children and 2 adults killed.

13 Thursday

Took plasters off stitches. Looked OK so went for a swim: 2 km.

14 Friday

Gavin's birthday. Ex: 0 + 1.8 km swim (6.3 km for week).

15 Saturday

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16 Sunday

By-election as a result of the 5 'pro-democracy' legislative councillors who resigned to force what they call a 'referendum' on democracy. Voted straight after breakfast. A Cathay plane escorted into Vancouver airport by fighter jets due to an unspecified terrorist threat.

17 Monday

Turnout for by-election only just over 17%. To clinic am to have nose stitched removed. Ex: 15w + wts.

18 Tuesday

Ex: 15w + 1.8 km swim.

19 Wednesday

Ex: 14(!)w + wts - no swim because of thunderstorm.

20 Thursday

Ex: 15w + 1.7 km swim. (Antioxidants & cancer.)

21 Friday

Public holiday for Buddha's birthday. Ex: 15w + 1.6 km swim - difficult (5.1 km for week).

22 - 23 Saturday - Sunday

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24 Monday

To clinic am for removal of stitches in calf. Ex: 15w + wts. Paid rent for the whole year.

25 Tuesday

Ex: 15w + 1.5 km swim.

26 Wednesday

Ex: 15w+j + 1.5 km swim. Phone message to go to clinic tomorrow for results.

27 Thursday

Leg BCC but all excised. Call from dermatologist later to say nose result was just actinic keratosis. Ex: 15j + 1.5 km swim (4.5 km for week).

28 Friday

News item: Not brushing teeth --> greater risk of heart attacks, strokes. EV-71 causes school to close. Ex: 15j + wts. (Dunkirk, crossing channel in small He party balloons.)

29 Saturday

Used \$50 money back coupon.

30 Sunday

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31 Monday

Ex: 15j + 1.5 km swim (felt a bit better).

## **JUNE**

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1 Tuesday

Ex: 15j + 2.0 km swim. Chicken abattoir cancelled.

2 Wednesday

Phoned hospital who changed appointment date. Ex: 15j + wts.

3 Thursday

Ex: 15j + 2.2 km swim (5.7 km for week).

4 Friday

June 4th - vigils and protests to be held include by students at CUHK. About 150 000 at Victoria Park. Ex: 15j + wts.

5 Saturday

Downloaded OpenOffice.org.

6 Sunday

Chaos with lots of protests as the CE and his ministers go around HK to promote the government's electoral reform package.

7 Monday

Ex: 15j + 2.0 km swim.

8 Tuesday

NZ most peaceful nation, for second successive year. Ex: 15j + 2.0 km swim.

9 Wednesday

Gym earlier: 15j + wts. Hospital am --> appointment for further biopsies on BCC part of nose.

10 Thursday

Ex: 15j + 2.0 km swim (not easy!) - 6 km for week. \$500 in PnS vouchers for credit card expenditures arrive.

11 Friday

Ex: 15j + wts. New hot plates installed. World Cup begins in SA.

12 Saturday

Nadine's birthday. First AB test of season - beat Ireland 66-28 in New Plymouth. Aus beat England in Perth.

13 Sunday

Smoke in bathroom back early am and then after 10 am.

14 Monday

Ex: 15w + 1.5 km. Decided to do a little less/easier exercise this week.

15 Tuesday

Ex: 15w + 1.5 km swim. CLP reports on minor radiation leak in Daya Bay nuclear power station that happened nearly a month ago.

16 Wednesday

Ex: 15w + wts.

17 Thursday

AOL news - aspirin can exacerbate asthma! Ex: 15w + 1.5 km swim - tough! CE and Audrey Eu debate electoral reform package.

18 Friday

Ex: 15w + wts (several with increased wt).

19 Saturday

ABs beat Wales 42-9 in Dunedin. England beat Aus 21-20.

20 Sunday

Coloured hair.

21 Monday

Ex: 15w + 1.5 km swim.

22 Tuesday

Ex: 15w + 2.0 km swim (felt much better: and only 3% non-crawl - 2 lengths, probably due to the 1 theophylline I took last night).

23 Wednesday

Ex: 15w + wts. Pre-vote debate on electoral reform package begins in Legco.

24 Thursday

Ex: 15w + 2.5 km swim - only 1 length backstroke (6 km for week). Rudd replaced as PM of Australia. McCrystal replaced for insubordination by Petraeus.

25 Friday

To CUHK clinic for medicine, eye test and completion of form for drivers license. Legco passes electoral reform package after 26 h of debate. 60th anniversary of start of Korean war.

Ex: 15w + wts.

26 Saturday

ABs beat Wales 29-10. Australia beat Ireland 22-15 in Brisbane.

27 Sunday

Covered bathroom extractor fan duct with cardboard to prevent smoke entering.

28 Monday

Ex: 15j + wts (no swim due to thunderstorm warning up).

29 Tuesday

Ex: 15j + 2 km swim.

30 Wednesday

About 6 poos between 8 am and 10 am! Ex: 15j + 1.5 km swim. China developing an ASBM.



## JULY

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1 Thursday

Holiday - handover anniversary. First very hot day - 37 in Repulse Bay. Handover procession am, 'traditional' protest march pm. Ex: 15j + 2.5 km swim (first at deep end; no back/breast stroke). Food label laws come into effect. New VC at CUHK takes office.

2 Friday

Again very hot. Ex: 15w + 2 km swim (? or 2.3 as I lost count of the laps! Again all crawl.)

3 Saturday

Passenger helicopter crashes into harbour after take-off - all 13 people rescued. Got renewed driver's license.

4 Sunday

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5 Monday

Ex: 15j + 2.1 km swim; water temp 34.

6 Tuesday

Hot again. Ex: 15j + 4.0 km swim!! - felt pretty relaxed.

7 Wednesday

Hot: Ex: 15j + 3.0 km swim. Spain beats Germany in second World Cup semi-final - so Paul the octopus oracle was correct, again! Report that Cantonese is a dying dialect in Guangdong!

8 Thursday

Ex: 15w + 3.3 km (I think!) swim.

9 Friday

Ex: 15w + 2.7 km swim to give 15.1 km for week.

10 Saturday

Watched on TV ABs beat Springboks 32-12 in Auckland (and with 4 tries get a bonus point).

11 Sunday

Number plate '8964' priced at \$125 000 but could not be sold. Spain beats the Netherlands 1-0 to take the World Cup.

12 Monday

Used a \$25 PnS coupon. Ex: 15w + 2.5 km swim - style became flatter.

13 Tuesday

Quarterly housecleaning. Ex: 15j + wts.

14 Wednesday

Ex: 15w + 4.5 km! swim.

15 Thursday

Kaia's birthday. Minimum wage law passed, though rate not decided. Ex: 15w + 3 km swim (10 km for week). Asics - an acronym.

16 Friday

Chief Justice retires. Tourist guide filmed berating tourists from China. Ex: 15w + wts.

17 Saturday

(Credit card instalment payments.) Another convincing AB win, defeating SA 31-17 in Wellington (plus a bonus point).

18 Sunday

Opening of WWI cemetery at Fromelles, France.

19 Monday

Ex: 15w + 2.0 km swim.

20 Tuesday

Got passport photos taken - 8 for \$45. Ex: 15w + 2.5 km swim. Call from Gavin in evening; spoke for about an hour. Drops of liquid mercury found in canned pork from China.

21 Wednesday

Ex: 15w + wts. Tropical cyclone signal #3 raised.

22 Thursday

Went earlier for exercise to avoid bad weather (did get worse later): 15w + 2.5 km swim (7 km for week).

23 Friday

Limited number of iPads go on sale in HK. Ex: 15j + wts.

24 Saturday

'Abbott and Costello' in Australian election. Aus beat SA 30-13.

25 Sunday

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26 Monday

Ex: 15w + 2.1 km swim.

27 Tuesday

Ex: 15w + 2.4 km swim.

28 Wednesday

Ex: 15w + wts; no swim due to thunderstorm and black rain storm warnings. Dinner and meeting with Ras/Pearson; dinner at YMCA.

29 Thursday

To Pok Oi hospital at 7.30 am for nose biopsy; there most of the morning. No exercise. Octopus card company 'scandal' over selling of personal data continues. In 30 years, expected to be only 800 males for every 1000 females. Bull fighting banned in Barcelona and rest of Catalonia.

30 Friday

No exercise. News - Ca supplements increase risk of heart attacks; don't help osteoporosis much.

31 Saturday

ABs beat Australia 49-28 (seven tries to three) in Melbourne.

## **AUGUST**

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1 Sunday

Protests in HK and Guangzhou over Cantonese culture. Can now only bring 19 cigarettes (1 short of a packet) into HK duty free.

2 Monday

Ex: 15w + 2.1 km swim.

3 Tuesday

Ex: 15w + 2.1 km swim.

4 Wednesday

Leonie's birthday. Earlier ex: 15w + wts. To Tuen Mun hospital to have stitches removed; most of sBCC was also removed during biopsy. Govt to ask for a review of the light sentence (12 month probation) given to niece of High Court judge for drunken driving, accident, refusal to take breathalyser test and assault of policemen - fir third time! Another knife attack at kindergarten in China - 3 children killed, many injured. Last HKCEE results given out today. Cathay Pacific to buy 36 new aircraft, mostly A350s.

5 Thursday

Ex: 15w + 2.1 km swim (6.3 km for week).

6 Friday

Anniversary of dropping of atomic bomb on Hiroshima. To CU early afternoon to get witness for passport photo and dental hygiene appointment (cost \$96 but they forgot to give me the change from \$100). On return posted passport application.

7 Saturday

In Chch, ABs beat Aus 20-10.

9 Sunday

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9 Monday

Air NZ pilot, missing on hike since last Wednesday, still not found. HK man who changed sex not allowed to marry because birth cert (and genes) say M even though ID says F. Ex: 15w + 2.1 km swim (mix, 2/3 overarm).

10 Tuesday

Ex: 15w + 2.1 km swim (85% overarm).

11 Wednesday

Donated to World Vision for Pakistan relief. Body of Air NZ pilot found. 'Jet Blue' attendant leaves plane down an emergency chute. Ex: 15w/j + wts. Body of Air NZ pilot found near Plover Cover Visitor Centre.

12 Thursday

Ex: 15w + 2.1 km (6.3 km for week) - c. 83% overarm. Now 6 banks found to have sold customers' data.

13 Friday

Another donation for Pakistan relief - this time with MSF. Ex: 15j + wts.

14 Saturday

Semi-international HK milk-tea competition; won by a HK man. HK women wounded by a stray bullet during a game at Women's world softball tournament in Venezuela. Milk in China polluted with female hormone - changing girl toddlers into women.

15 Sunday

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16 Monday

Lousy sleep last night. Tired but still did ex: 15w + 2.1 km swim.

17 Tuesday

Ex: 15w + 2.1 km swim.

18 Wednesday

T-shirt sign: 'Singapore - a fine city'!! Bought new swim suit. Passport arrives - by (unrequested) courier! Ex: 15j + wts. More 'bubble and squeak' for dinner.

19 Thursday

To dermatology clinic am. Ex: 15w + 2.1 km swim (6.3 km for week).

20 Friday

Ex: 15j + wts.

21 Saturday

Australia goes to the polls today - result too close to call. First heart and lung transplant carried out in HK, at QMH. Women's RWC on in UK. In SA< in front of 94000 spectators,

ABs beat SA 29-22 (2 tries in last 3 minutes) to take the Tri-Nations title. In UK, NZ women beat SA 55-3 in Women's RWC.

22 Sunday

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23 Monday

Bus load (25) of mainly HK tourists held hostage in Manila - eventually 8 killed. All this broadcast live!! Broadband connection breaks again! Ex: 15j + 2.0 km swim (60 m backstroke). A 9-day, 190 km traffic jam on a highway leading into Beijing.

24 Tuesday

Technician comes at lunchtime. How long will the connection last this time? Gavin tried to call after this. Ex: 15j + wts (pool closed!).

25 Wednesday

Ex: 15j + 3.0 km swim at 26 min/km, though it did tire me somewhat. Went at midday in case of thunderstorm later. In evening, ceremony on tarmac at airport when plane arrives from Manila with bodies and survivors, etc.

26 Thursday

Three minutes silence at 8 am for hostage victims. Ex: 15j + 2.5 km swim (7.5 km for week).

27 Friday

Almost no sleep last night. Tired. Got courier refund for passport from NZ. Still went to the gym. Ex: 15j + wts. Appointment at 7 pm to make a declaration for the property transaction.

28 Saturday

Got property transfer documents finished and ready for posting. In SA, Springboks beat the Wallabies 44-31 in a late comeback.

29 Sunday

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30 Monday

Posted property transfer documents in morning. Ex: 15j + 2.1 km swim.

31 Tuesday

Ex: 15j + 2.1 km swim - rather tired.

## SEPTEMBER

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1 Wednesday

Ex: 15j + wts. Property transfer documents arrive in Toronto 10 pm (HK time)

2 Thursday

Brief call from Gavin am. Went earlier for exercise: 15j + 2.1 km swim (6.3 km for week).

3 Friday

Ex: 15j + wts.

4 Saturday

Big earthquake centred just 30 km from Chch at Darfield - extensive damage, state of emergency declared. Largest earthquake in NZ since the 7.8 at Napier in 1931. Then a sky-diving plane at Fox Glacier crashes on take-off killing all nine on board - 4 instructors + tandem jumpers + pilot. Aus beat SA in SA 41-39 with an injury time penalty.

5 Sunday

NZ women win fourth Women's RWC title, beating England 13-10 in final.

6 Monday

Decided to do no exercise this week. Spent a lot of the day looking for, unsuccessfully, my US Social Security Card. Discovered I have had a Stanford alumni e-mail account for about 7 years.

7 Tuesday

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8 Wednesday

Huge thunderstorm + light and sound show for about 2 hours around midnight. Lightning strikes from 9 pm - 2 am: cloud to ground ~26000, cloud to cloud ~8100. Turned on computer to check lightning map; instead had to wait nearly 2 hrs. for a 'checkdisk'.

9 Thursday

Testing Google's pdf feature; opened first pdf file I came across and got a conference co-sponsored by NE and CU.

10 Friday

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11 Saturday

ABs beat Aus 23-23 in Sydney having been down 22-9 with just 20 minutes left and so win all their Tri-Nations matches.

12 Sunday

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13 Monday

Started exercise again: 15j + 1.6 km swim. Started to drink milk instead of sports drink following exercise.

14 Tuesday

Ex: 15j + 1.8 km swim.

15 Wednesday

Ex: 15j + wts.

16 Thursday

Ex: 15j + 2.3 km swim (5.7 km for week).

17 Friday

Ex: 15j + wts. Hotels' mid-autumn buffet for guests held in lobby in evening.

18 Saturday

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19 Sunday

Dyed my hair.

20 Monday

(Forgot to mention no asthma puff in last letter) T1 in force so went for midday exercise: 15j + 2.1 km swim. Lucky as pool closed when I finished. Spent most of the day - and night - working on my 'website'.

21 Tuesday



All day again on my website. Because of (light) rain and thunderstorm warning, didn't think pool would be open, but it was, so ex: 15j + 2.5 km swim - all by myself.

22 Wednesday

Ex: 15j + wts. Person in Deep Water Bay gets dengue fever; the first case in HK for 7 years.

23 Thursday

Holiday - day after Chinese Mid-autumn Festival. Ex: 15j + 2.5 km swim (7.1 km for week).

24 Friday

Ex: 15j + wts.

25 Saturday

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26 Sunday

E-mail from facebook saying Eileen Yee is 45 years old.

27 Monday

Ex: 15j + 2.0 km swim.

28 Tuesday

Two vouchers at supermarket: Hang Seng \$50, PnS promotion coupon \$50. Ex: 15j/r (j = jog = 7.6-9.5 kph; r = run = 9.6+; w = walk = 7.5-).

29 Wednesday

Ex: 15r + wts.

30 Thursday

Mid-day ex: 15r + 2.2 km swim (a few non-crawl strokes) (6.3 km for week).

## **OCTOBER**

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1 Friday

National day + Mum's birthday. Ex: 15r + wts.

2 Saturday

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3 Sunday

Broadband connection goes again. Commonwealth Games opening day in New Delhi.  
Opposition here to 2024 Asian Games.

4 Monday

Earlier Ex: 15r + 2.0 km swim. Broadband technician came pm.

5 Tuesday

Earlier ex: 1.5r + 3.0 km swim.

6 Wednesday

Got an e-mail to adapt NSD for use in Thailand. Ex: 15r + wts. Got another e-mail from Ivory Coast (through Livemocha), one of those get-rich scams.

7 Thursday

Earlier ex: 15r + 2.5 km swim (7.5 km for the week). Israeli man threatens to bring down a Qantas plane flying to HK from Australia.

8 Friday

Earlier ex: 15r + wts. Broadband connection 'fixed' itself but I still allowed the technician to come pm. Liu Xiaobo receives Nobel peace prize to the fury of the Chinese government.

9 - 10 Saturday - Sunday

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11 Monday

To supermarket + \$45 PnS coupon. Earlier ex: 15r + 2.0 km swim.

12 Tuesday

Earlier ex: 15r + 2.0 km swim. To hospital in afternoon; turns out the lateral excision still shows some bcc. Joan Sutherland dies.

13 Wednesday

Earlier ex: 15r + 2.0 km swim. CE gives annual policy address. Evacuation of trapped miners in Chile begins.

14 Thursday

Ex: 15r + 2.0 km swim. All 33 miners in Chile rescued.

15 Friday

Earlier ex: 15r + 2.0 km swim (10.0 km for week).

16 Saturday

Public holiday today for Chung Yuen festival.

17 Sunday

–

18 Monday

Ex: 15j + 2.0 km swim.

19 Tuesday

Ex: 15j + 2.1 km swim.

20 Wednesday

Ex: 15j + 2.5 km swim. The remains of the super typhoon did a 90 degree turn to head for HK.

21 Thursday

Ex: 15j + wts.

22 Friday

Supermarket: coupons PnS \$25, Money Back \$50 and \$10. Ex: 20j + 20row + 20wts.

23 Saturday

–

24 Sunday

HK - 250 million overtime hours pa, mostly unpaid --> HK\$24 billion to employers.

25 Monday

Ex: 45j + 2.1 km swim.

26 Tuesday

Cooler. Ex: 15j + 2.5 km swim. Volcano eruption + 7.5 earthquake + tsunami in Indonesia.

27 Wednesday

Ex: 15j-r + wts. Paul the Octopus dies!

28 Thursday

Ex: 15jr + 2.6 km swim (7.2 km for week).

29 Friday

Cooler again but very fine. Ex: 15j + wts.

30 Saturday

In HK, Wallabies beat ABs 26-24 with a converted try just after full time.

31 Sunday

—

## **NOVEMBER**

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1 Monday

Ex: 15r + 2.1 km swim. E-mail from AirNZ to me and 2 others to pick at a container at their depot!!

2 Tuesday

Ex: 15r + 3.0 km swim - probably best swim of season, felt good, fast @ ~24 min/kh and all overarm.

3 Wednesday

Ex: 15r + wts.

4 Thursday

Ex: 15r + 3.0 km swim - another good one (8.1 km for week). Engine on a Qantas A380 explodes shortly after take-off from Singapore; manages to return safely. Café de Coral increases hourly rate of employees but excludes paid lunchtime --> overall lower monthly pay. Top Gear on 60 Minutes.

5 Friday

Ex: 15r + wts.

6 Saturday

Report of people getting multiple flu jabs in order to get a bag of rice each time. In Rugby tests yesterday: ABs beat England 26-16, SA beat Ireland 25-16, Aus beat Wales 25-18.

7 Sunday

–

8 Monday

Ex: 15r + 2.1 km swim.

9 Tuesday

Ex: 15jr + 2.1 km swim.

10 Wednesday

Power cut: 10:30-10:45 and 2:15-2:30. Ex: 15r + wts. Minimum wage announced as \$28 per hour; many workers will get a pay increase of up to 17%.

11 Thursday

US Veterans Day. Ex: 15r + 2.1 km swim (6.3 km for week). China asks UK PM to remove his poppy - he refuses. Run across US by 5 Brit Marines (one a triple amputee) and 1 US vet; ends in San Diego on Veterans Day.

12 Friday

Dentist 9.45 for a small filling. No exercise today as starting runs tomorrow.

13 Saturday

First run of the season, usual route, rather tough, 1:59, slow but not slowest. ABs beat Scotland 49-3, Eng beat Aus 35-18. SA beat Wales 29-25.

14 Sunday

–

15 Monday

HSBC 9:30. Ex: 15j + 1.6 km swim.

16 Tuesday

Ex: 15j + 2.4 km swim.

17 Wednesday

Ex: 15r + wts. Lady down with bird flu, probably caught when she was in the mainland.

18 Thursday

Ex: 15r + 2.6 km swim (6.6 km for week).

19 Friday

Explosion in NZ's largest coal mine, on the West Coast (of the SI). Finished proof-reading the Singapore LSS revision books. A 2.8 earthquake with its epicentre in Deep Bay.

20 Saturday

Run in Tai Lam reservoir area - rather tough. Past many people near the end of their 100 km Trailwalker. Rugby: ABs beat Ireland 38-18; Scotland beat SA 21-17; Aus beat Italy 32-14. Two ABs get their 93rd cap to pass record set by Sean Fitzpatrick.

21 Sunday

–

22 Monday

Ex: 15r + 4.0 km swim. Last swim of the season; felt very good, good have done more but ran out of time. ---> 88 swims (in HK) at average of 2.2 km.

23 Tuesday

Ex: 15r + wts.

24 Wednesday

Finally got my webpage working using a web host. All 29 miners in NZ declared dead following a second massive explosion. Ex: 30r + 20row.

25 Thursday

Ex: 15r + wts.

26 Friday

Someone sent a thanksgiving e-card, but it would not open.

27 Saturday

Run around Tai Lam reservoir; at 2 h 13 min neither my fastest nor slowest. Rugby: Aus thrash France 59-16; ABs beat Wales 37-25 (Carter becomes all-time record scorer with 1188 points; moments silence for NZ mine victims); SA beat England 21-11.

28 Sunday

More US secret files placed on Wikileaks.

29 Monday

Ex: 15r + wts.

30 Tuesday

Ex: 30r + 20 row.

## **DECEMBER**

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1 Wednesday

Began revision of sample chapters of Sg Chem textbooks. Ex: 15r + wts.

2 Thursday

Memorial service in NZ for victims of mine disaster. Ex: 30r (slow!) + 20 row (quite good).

3 Friday

—

4 Saturday

Run in Tai Lam area finishing at tunnel bus; at 2 h 13min, 2 min better than last year but 4 min from best.

5 Sunday

—

6 Monday

Ex: 15r + wts.

7 Tuesday

First real drop in temp. Ex: 30r + 20row.

8 Wednesday

Ex: 15r + wts.

9 Thursday

To dermatologist am. Ex: 30r + 20row.

10 Friday

Watched most of Nobel Peace Prize ceremony on BBC TV (+ Thrusters).

11 Saturday

Run not bad - first time on this exact route for two years. At 2 h 10 min, was 2 min faster.

Fell over at one point, on a rather innocuous path. But tired in afternoon. NZ beat England to win second leg of IRB 7s in SA.

12 Sunday

—

13 Monday

Fa Yuen St / Sai Yeung Choi St arsonist arrested. Ex: 15r + wts.

14 Tuesday

HK to apply to host Asian Games in 2023. Ex: 30r + 20row. Boat with asylum seekers dashed against ricks on Christmas Island; many killed/drowned (??today).

15 Wednesday

Causeway Bay acid thrower gets 13 years in jail! Ex: 15r + wts.

16 Thursday

Temps down to -2 on Tai Mo Shan. Last flights for UK Harrier jets. Saw some surfing at Honolulu 'pipeline'. Ex: 30r + 20row.

17 Friday

Used a \$10 PnS Money Back coupon.

18 Saturday

Run: Tai Po to TMS to Sek Kong. Slow at 2 h 51 min. Passed lady going up TMS with an ice-axe!! I was never a member of the Order of Rechabites. Watched 'Carols in the Park' in Sydney.

19 Sunday

—

20 Monday



Ex: Starting skipping: 7x 2 min with 15 s rests (tough!) + wts. Call from Pearson Chen editor in evening - very unsatisfactory.

21 Tuesday

Ex: 10 skip (4 x 2.5 + 15s rests) + 20r + 20row.

22 Wednesday

Ex: 15skip (3+12) + wts.

23 Thursday

Ex: 12s + 20r + 20row. Christmas card from Gavin && Sian. Bokhary given jail term for breaking probation terms. San Diego suffering from flood and mud.

24 Friday

–

25 Saturday

Run around TL reservoir + TLC trail: at 2 h 27 min, 6 min slower than last year.

26 Sunday

Chch hit by a 4.9 aftershock close to the city centre.

27 Monday

Government Flying Service helicopter (Eurocopter Super Puma) ditched into Shing Mun reservoir when filling up a bucket of water for fire bombing. Ex: 15S + wts.

28 Tuesday

Ex: 12s + 20r + 20row.

29 Wednesday

Didn't work today; all draft chapters done. Just waiting. Tested free e-mail to fax sites. Ex: 15r + wts.

30 Thursday

Ex: 12s + 20r + 20row. Interesting 60-Mins on SAM (Superior Autobiographical Memory). QEII becomes a great-grandmother (Peter Phillips child in HK).

31 Friday

\$10 Money Back PnS coupon used. Era of Kodachrome ended today.

Hikes: 2010 - 2011

2010

1	13/11	23°C	Tai Po V → lead mine pass (37) → [7] loop → Grassy Hill/road (1.21) → Tai Po Kau forest → Tai Po	1:59
2	20/11	23°C	TT → road/track → reservoir (35) → Stage 10 track → road (1.14) → forest track t.o. (1.26) → TT Rd (1.42) → TT	2:06
3	27/11	21°C	TT gate → reservoir (29) → road to dam (1.09) → Stage 10 t.o. (1.38) → small reservoir (1.58) → TT bus terminus	2:13
4	4/12	20°C	TT gate → reservoir (28) → forest track → road (55) → road to TLT Y-junction (1.11) → track → road (1.23) → top of reservoir (1.39) → tunnel bus	2:13
5	11/12	19°C	TT → end of road (28) → Stage 10 track (turn left) → reservoir (54) → Yuen Tun trail → shortcut/steps → road → top of reservoir (1.38) → tunnel bus	2:10
6	18/4	14°C	Tai Po V → lead mine pass (38) → Tai Mo Shan (1.46) → Twisk (2.10) → Kap Lung trail → Sek Kong	2:51
7	25/12	18°C	TT gate → reservoir (29) → forest track → road (56) → Stage 10 rd (1.06) → top of reservoir (1.19) → TLC trail → tunnel bus	2:27

2011

8	1/1	16°C	CU → ridge [4] (53) → Kowloon Peak (2.06) → Shatin river (2.39) → CU	3:09
9	8/1	13°C	Tai Wo → Cloudy Hill (45) → first reservoir (1.10) → road to Hok Tau dam (1.32) → Cloudy Hill (2.13) → park	2:46
10	15/1	15°C	CU → ridge [4] (53) → Pyramid Peak (1.21) → Ma On Shan [pass not peak] (1.40) → [4] t.o. (2.18) → CU	2:55
11	22/1	12°C	Tai Mei Tuk → Pat Sin Leng (39) → Hok Tau t.o. (turn left) (1.58) → Sha Lo Tung → Ting Kok Rd → Tai Po station	2:54
12	29/1	12°C	Tai Mei Tuk → Brides pool (49) → Wu Kau Tung (1.00) → Sam A Chung → Lai Chi Wo (1.56) → pass (2.20) → [fall] → Luk Keng	2:55
13	5/2	19°C	Plover cove dam → grave (? overgrown) → ridge (1.41) → stream (2.28) → Brides pool bus stop	2:56!

14	12/2	14°C	TT → end of road (?) → Stage 10 (turn left) (38) → reservoir (53) → Ho Pui reservoir (1.28) → family walk loop (1.43) → Sek Kong road → dam (2.00) → Sek Kong (2.25) → Sek Kong roundabout	2:29
15	19/2	11°C	TT → amusement/lychee park → reservoir (33) → Stage 10 road → Stage 9 sign/park (59) → track/road/track → Stage 10 rd (1.24) → top of reservoir (1.36) → tunnel bus	2:09
16	26/2	18°C	Tai Po V → lead mine pass (36) → top of reservoir (49) → pineapple track → main dam (1.16) → track → top of reservoir (1.36) → lead mine pass (2.20) → Tai Po V	2:44
17	5/3	17°C	TT → amusement/lychee park → reservoir (33) → Ho Pui reservoir (1.07) → family walk loop (1.21) → track/steps/rd → Y-junction (1.42) → tunnel bus	2:06
18	12/3	18°C	TT gate → reservoir (28) → Stage 10 track → road (1.06) → small reservoir (1.25) → across dam → end of road & return to dam (1.55) → TT bus terminus	2:10
19	19/3	15°C	Tai Po V → lead mine pass (35) → Tai Mo Shan (1.40) → Twisk (2.03) → Twisk road → Sek Kong roundabout	2:32
20	26/3	17°C	TT gate → reservoir (28) → TLC trail → original bus t.o. (1.36) → Y-junction (1.56) → reservoir → TT gate	2:34
21	2/4	23°C	TT → rd/nature trail/track → reservoir (33) → Yuen Tun trail → Yuen Tsuen trail → road!! (1.04) → Stage 10 rd → top of reservoir (1.27) → TLC trail → pylon (1.53) → across ravine → road → TT Rd → Yuen Long highway	2:26
22	9/4	22°C	Tai Po V → lead mine pass (36) → top of reservoir (49) → road to base Needle Hill (1.15) → Needle Hill (1.45) → road to lead mine pass (not via Grassy Hill) (2.26) → Tai Po V	2:52
23	16/4	25°C	TT bus terminus → small reservoir → Stage 10 t.o. (35) → across main dam (1.03) → road → top of reservoir (1.41) → tunnel bus	2:14

Average time (23 runs) 2 hours 31 minutes