

## DIARY: 2006

### JANUARY

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1 Sunday

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2 Monday

Nice day. Run with Prem up Tai Mo Shan then through forest to Sek Kong; did not trip over this year!

3 Tuesday

Nadine spends day on Cheung Chau.

4 Wednesday

Nadine leaves this afternoon to return to Boston. Ariel Sharon, Israeli PM, suffers a massive stroke.

5 Thursday

Became cooler in afternoon.

6 Friday

HK man reaches S Pole having already climbed highest peaks on the 7 continents and reached the N Pole. Last member of the 'Gang of Four' dies.

7 Saturday

HK woman beats Henderson Land tycoon for land in NT as she had occupied it for more than 20 years.

8 Sunday

More concern about the children in Eastern Turkey which have succumbed to the H5N1 bird-flu virus.

9 Monday

Cool for run - just 13 degrees. Ran from Tai Mei Tuk to Cloudy Hill to Tai Wo - 3 hr, 5 min (1 min faster than last year).

10 Tuesday

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11 Wednesday

Call from Gavin late afternoon. Most of the arrested Korean WTO protesters released.  
Australians killed in bus accident on road from Alexandria to Cairo.

12 Thursday

CE moves into renovated Government House. As many as 400 killed in stampede during annual Hajj in Saudi Arabia. Turk who shot Pope John Paul II released from a Turkish jail.  
KCRC reprimanded for tying up broken joints holding compressors to carriages by straps.

13 Friday

North Korean president in Guangdong; all guests from 'White Swan' Hotel told to leave!

14 - 15 Saturday - Sunday

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16 Monday

Very warm for most of run at 22<sup>0</sup>C; 3 minutes slower than last year.

17 Tuesday

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18 Wednesday

KCRC in trouble again with a train leaving a station with doors open.

19 Thursday

Dead bird in HK found to have the H5N1 virus.

20 Friday

Message from Al Queda for a truce!!

21 Saturday

Gym – weights + 15-min rowing at 2:03.8 per 500 m.

22 Sunday

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23 Monday

Run - pullover temps, but took it off before an hour had gone. From TMT to Lai Cho Wo, but then over to Luk Keng instead of back to TMT. Took 2 hr 52 but that included several navigation stops for the new leg.

24 Tuesday

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25 Wednesday

Hamas - the Palestinian terrorist organisation - elected to power in democratic elections.

26 Thursday

As a 'special guest,' received a Chinese pudding for the New Year from the hotel.

27 Friday

Mozart's 250th birthday!

28 Saturday

Good 15-min row in middle of weights workout - average 2:01.6 min per 500 m.

29 Sunday

All day on accounting.

30 Monday

No hike today. Announced that Aberdeen to be developed into a tourist fishing village. Grave of Li Ka Shing's wife vandalised. Wishing tree - not allowed to throw wishes onto the branches.

31 Tuesday

14 HK tourists killed and many injured in (another) bus crash in Egypt.

## **JANUARY**

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1 Wednesday

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2 - 6 Thursday - Monday

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7 Tuesday

Run today in the Tai Lam Chung area - 4 mins faster than last year's run. Backyard poultry raising in HK to be banned.

8 Wednesday

Bird with H5N1 found dead in street in Tuen Mun. \$10 000 licence needed to keep racing pigeons.

9 Thursday

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10 Friday

Tenth anniversary of the Pat Sin Leng hill fire, killing 2 teachers and 3 students.

11 Saturday

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12 Sunday

HK marathon today; about 20 taken to hospital, two after collapsing.

13 Monday

Run around Plover Cove. Not bad, though 3 minutes slower than last year (but equal to previous years). Announced that HK is to host next big aerospace exhibition instead of Singapore.

14 Tuesday

Older of two runners who collapsed, dies, apparently from asthma.

15 - 16 Wednesday - Thursday

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17 Friday

March today by local Muslims to protest the recent publication of cartoons about the prophet. ABC Asia Pacific TV broadcasts Super-14 matches.

18 Saturday

A kiwi hatched in a zoo in Washington as part of a breeding programme to prevent them from becoming extinct.

19 Sunday

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20 Monday

Run from Tai Po to Fanling mainly in sunny conditions. Took 3 hr 40 min which was 3 min slower than last year even though conditions for the last leg last year were appalling.

21 Tuesday

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22 Wednesday

Budget day.

23 Thursday

Visited dermatologist in Tuen Mun. Got an appointment for a biopsy.

24 - 26 Friday - Sunday

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27 Monday

Good run. Tai P to Tai Mo Shan to Tai Lan Chung reservoir to tunnel bus. Only about 16 degrees and cooler on TMS where it was cold, windy and misty. At 3 hours, 24 min, as 4 minutes faster than last year. On returning, foot lesion bled for about 5 minutes!

28 Tuesday

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## **MARCH**

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1 - 3 Wednesday - Friday

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4 Saturday

Run today, by myself [not with Prem], due to biopsy on Monday. Shorter run; just over 2 hours. Buffet dinner at hotel - first time.

5 Sunday

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6 Monday

Went for the biopsy at 10:30 am. At the clinic most of the morning.

7 Tuesday

No gym - waiting for wounds to heal a bit first.

8 Wednesday

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9 Thursday

The 'Alexander Grantham' fire boat 'retires.'

10 Friday

Complaints against Police files plastered on the Internet showing names and details of about 20000 who have made complaints in the past few years. John Profumo dies, aged 91.

11 Saturday

Milosevic found dead in his cell in the Hague - apparently from natural causes.

12 Sunday

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13 Monday

Cool for run, at 12 degrees, though did not feel this cold; even took off my pullover about halfway through. Ran from Tai Tong Village to reservoir, over the TLC and past the tunnel to Sek Kong. Probably lost a few minutes looking around as there was much less air pollution today.

14 - 15 Tuesday - Wednesday

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16 Thursday

Got results of biopsy - basal cell carcinoma. KCRC problems continue with resignation of acting CEO. KCRC CEO unexpectedly resigns after seemingly patching up dispute with chairman.

17 Friday

Very early in the morning, two policemen killed in a shootout; gun stolen from the policeman killed in Tsuen Wan 5 years ago also recovered at scene. NZ win Rugby 7s gold at Commonwealth Games in Melbourne.

18 Saturday

Run by myself today. Rather hot at about 24-25 degrees. Ran for about 2 1/4 hours in the Tai Lam area.

19 Sunday

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20 Monday

To clinic again for another biopsy on my upper chest.

21 Tuesday

Humphrey, the Downing Street stray cat, dies.

22 Wednesday

Have a cold and a sore throat. Call from Tuen Mun Hospital to tell me of the change of date for operations.

23 Thursday

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24 Friday

Leonie arrives in the afternoon; goes straight to the hostel.

25 Saturday

Leonie here in the morning and for overnight. Goes to town in evening. Got a bottle of wine from the hotel as a birthday present!!

26 Sunday

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27 Monday

Run with Prem - damp and very humid but only 18 degrees. Ran from Tai Po up Needle Hill and back. At 2 hr 59 min, it was 7 minutes slower than last year because of a pulled muscle, first torn in the previous run, at about the halfway point

28 Tuesday

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29 Wednesday

Clinic calls to change appointment from Monday to tomorrow.

30 Thursday

To clinic today instead of next Monday to have stitches removed and to be told that latest lesion is also BCC.

31 Friday

Rugby 7s begin.

## **APRIL**

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1 Saturday

Run with Leonie and Prem. Shorter at about 2 hours and very warm at about 25 degrees.

2 Sunday

England beat Fiji 26 - 24 from a converted try after the final hooter to win the HK Rugby 7s. NZ thrashed by Fiji in the semi-finals. Leonie out here again for the weekend. Gavin arrives and calls at about 7 pm.

3 Monday

In the evening, went out to dine with Gavin, Sian and Leonie.

4 Tuesday

MiG 21 fighter (minus engine) found in a container at the port on its way from the Ukraine to the US.

5 Wednesday

In evening to Kowloon Hotel for dinner with Leonie, Gian, Sian and Sian's dad.

6 Thursday

To Tuen Mun Hospital for appointment in plastic surgeon's clinic. Gavin and Sian fly out late evening.

7 Friday



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8 Saturday

Run with Leonie but didn't enjoy it much as had a bit of breathing trouble last night and didn't want to take any reliever. Large Japanese WWII explosives cache uncovered at a construction site. About 300 pieces in total - hand grenades, shells, bombs - which were exploded in the evening in time for the TV news.

9 Sunday

Interesting documentary on the 'great escape' from Stalag Luft III in WWII and the 50 of the 79 escapees who were shot by the Gestapo.

10 Monday

Leonie sick all day - she believes she has meningitis! Report that Bush et al are planning to strike Iran!

11 Tuesday

Proposed merger of MTR and KCR announced by CE. Watched part of 'Fifth Gear' - not 'Top Gear.'

12 Wednesday

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13 Thursday

To clinic to change post-operation appointment. However, didn't change it as clinic independent of hospital.

14 Friday

Good Friday. Record number of flight movements at airport - nearly 900.

15 Saturday

Much cooler. Ran up Ma On Shan. Disappointing - 11 mins slower than last year (which also included the several minutes wasted due to my fall).

16 - 19 Sunday - Wednesday

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20 Thursday

Collect Gavin's new ID card.

21 Friday

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22 Saturday

Run with Leonie to Tai Lam and Ho Pui reservoir. Didn't enjoy it much - hot, tired and sunscreen lotion running into my eyes.

23 Sunday

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24 Monday

First swim for season - 1 km.

25 Tuesday

Anzac Day. Watched dawn service at Gallipoli on TV. Terrorist bomb explosion at Dahab, Egypt. Very heavy rainfall overnight on parts of HK Island - estimated as once in 400 years.

26 Wednesday

20th anniversary of Chernobyl accident.

27 Thursday

Leonie here overnight and off to the Philippines early morning. To HS Bank later to speak with financial adviser and to put money into bonds. On TV news, report about huge amount of Chinese fake goods in Europe, including a Ferrari of a model of which only 6 were made!

28 Friday

Overcast and wet at times. Cooler. Swam 20+ laps to give 5.3 km for week.

29 - 30 Saturday - Sunday

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## **MAY**

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1 Monday

Public holiday. PLA bases and ships open to public.

2 Tuesday

22 laps today, 18 yesterday.

3 Wednesday

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4 Thursday

News report that sugary fizzy drinks to be removed from most US school vending machines. Only milk, unsweetened juice and water available. Leonie here evening for overnight.

5 Friday

Leonie leaves for Malaysia in the morning. Same 20 laps to give 6.3 km for week. Cheung Chau bun festival today.

6 - 7 Saturday - Sunday

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8 Monday

Swam 25 laps. Diarrhoea straight after dinner - think it was an orange, not the dinner itself.

9 Tuesday

Got 'free' soup plates from Park n Shop, but had to go to another shop to get them. Gym not swim today.

10 Wednesday

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11 Thursday

Quarterly cleaning of suite.

12 Friday

25 lap swim to make 4.5 km for the three days of swimming this week. A ferry goes aground on Lantau in broad daylight and with calm seas! NZ offered for sale (by an Australian) on e-bay until the company pulled the plug.

13 Saturday

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14 Sunday

Gavin's birthday.

15 Monday

Swam 50 laps - 3 km. Perhaps a bit too much! First typhoon for season approaching HK - the strongest typhoon record for May.

16 Tuesday

Cultural revolution in China began this day 40 years ago.

17 Wednesday

35 lap swim. A NZ man with artificial legs reaches the top of Mt. Everest.

18 Thursday

Typhoon veers to the East and misses HK - a bit of a fizzer. Swam 32 laps to make 7 km for the 3 swims this week.

19 Friday

Nearby Wetland park officially opened today.

20 Saturday

Three Gorges main dam completed today, but turbines, etc still need to be added before electricity will be generated. Soccer 7s competition; Manchester United knocked out of main competition.

21 Sunday

Leonie here mid-afternoon for dinner and evening. She brought leftovers from dinner hosted by her colleagues. Went over to the sale in Tower 2.

22 Monday

Leonie leaves today; plane departs at 12:45 pm. Swam just 30 laps. Feeling a bit ill in evening.

23 Tuesday

Overcast and drizzly all day. Swam 40 laps (was only going to do about 25 but did more so I could do 100 for the week).

24 Wednesday

To hospital for pre-surgery consultation. Took the whole day!! Did an ECG, blood pressure, chest X-ray, took urine and blood samples, met with anaesthesiologist and surgeons plus 2 student doctors. Got a call from Gavin about 6:45 pm.

25 Thursday

To clinic. Waste of time. A long wait and a different doctor who did very little.

26 Friday

ENRON executives found guilty. Swam 30 laps to give 100 or 6 km for the week.

27 Saturday

Work all day. Out earlier and back earlier. Crusaders beat the Hurricanes 19 - 12 to win the inaugural Super-14 final in a fog-bound Christchurch.

28 Sunday

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29 Monday

Annual downhill cheese chase in England. Swam 20 laps.

30 Tuesday

Swan 30 laps.

31 Wednesday

Dragon boat day public holiday.

## **JUNE**

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1 Thursday

Call from Gavin in the afternoon. No exercise today. Sherlock Holmes booklets arrive from Stanford.

2 Friday

Left for the hospital about 7:15am. After admission, got ready for the operation. Wheeled into the OR at about 12:30. Operation began about 1 pm and lasted 1 1/2 hours. Came to at 4 pm. Lousy food and one annoying guy who wanted TV on and loud. Slept OK but had eye shade on and ear plugs!

3 Saturday

Finished reading TIME magazine and studied some Russian. Left for 'home leave' (not discharged) at about 5 pm.

4 Sunday

Anniversary of June 4th 1989 massacre in Beijing; rally in HK. Fiji win IRB 7s crown in London; beat NZ 21-17 in semi-final with a last minute try.

5 Monday

Working all day. A basket of fruit arrives in afternoon from leasing staff.

6 Tuesday

Today 06-06-2006 or 666!

7 Wednesday

All Blacks to revert to their original haka for Saturday's test instead of the new one with its final throat-cutting gesture.

8 Thursday

To hospital in morning for removal of facial stitches and dressing of wounds. Returned the walker. Al Zarfawi killed in Iraq from a US air attack.

9 Friday

Leonie's graduation ceremony early am (HK time; Thursday pm in Boston). Not able to see it on a webcast. Wet weather here. Cathay Pacific Airways buys out DragonAir so now gets access to China routes. Heavy rain so didn't go to hospital for a dressing; didn't actually want to go as I wanted to finish the m/s for the Sg science books.

10 Saturday

To hospital for dressing. Found out I was actually discharged last Thursday. Paid for hospitalisation - HK\$650. Rested for most of rest of day. To TST in evening.

11 Sunday

To hospital am for dressings. Fine today.

12 Monday

Nadine's birthday. To hospital for another change of dressings. Faster today - less than 1.5 hours. Big storms in NZ. Power cut to 1/2 of Auckland; lots of snow in South Island. Stephen Hawking arrives in HK.

13 Tuesday

Guns and ammo seized in a NT raid; some of the ammo was at Harbour Plaza!

14 Wednesday

Didn't go to hospital. To gym for first time since operation; OK except for two exercises involving wrists.

15 Thursday

To hospital for dressing. In afternoon, watched Stephen Hawking's lecture on TV at HKUST.

16 Friday

Man in Shenzhen has bird flu even though he has not been in contact with chickens. Chicken imports to HK halted. Hawking leaves for Beijing.

17 Saturday

Work all day. All Blacks beat Ireland 27-17 in Auckland. Package arrives from Leonie with Harvard T-shirt and graduation photos.

18 Sunday

A bit longer at the hospital as they were busy resuscitating a patient.

19 Monday

Catamaran ferry and small cruise ship collide off Macau.

20 Tuesday

Only one young doctor to check me today. In gym, did 15 mins running plus 15 mins rowing.

21 Wednesday

More problems with Lantau cable-car system.

22 Thursday

Visit to hospital again for dressings; shortest visit at 1 hr 10 min.

23 Friday

Hungarian uprising 50 years ago. NZ blanketed in snow again.

24 Saturday

Hot weather now. Temps about 33 degrees. To hospital am. Didn't go out in the evening.

25 Sunday

At World Cup, England beats Ecuador to get into the quarter-finals.

26 Monday

TNT picks up PC books just before 5 pm. Hawker drowns in river at Tin Shui Wai after running from hawker control officials. At 7 pm, TNT calls to say package cannot be delivered as they do not have a customs clearance form.

27 Tuesday

Last regular appointment at the hospital.

28 Wednesday

T1 up but unlikely to hit us. Lowered later. Harriet, the Galapagos tortoise brought by Darwin, dies aged about 175 years.

29 Thursday

OL and NL books collected for delivery to Singapore.

30 Friday

Fine day. OL and NL books arrive in Singapore (but not delivered) after 'technical delay' in HK. Finished reading the Sherlock Holmes booklets. It was 46 years ago that man reached the lower edges of space with a balloon from which the rider then parachuted back to Earth. Report shows most primary school 'tuck' shops selling unhealthy snack foods.

## **JULY**

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1 Saturday

Completed railway to Tibet opened today. Holiday for China's national day; estimates from 28 - 58000 for today's 'democracy' rally.

2 Sunday

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3 Monday

Government's implementation of 5-day working week for civil servants begins today. First post-op swim - 17 laps.



4 Tuesday

N Korea test fires several missiles.

5 Wednesday

Swim - 20 laps. N Korea test fires more missiles.

6 Thursday

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7 Friday

Swam 23 laps - took about 34 min, in 34-degree water with 37 people at pool! TVB news shows the 'handbag All Black haka' shown in Australian TV ads.

8 Saturday

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9 Sunday

Men's Wimbledon final. World Cup final. Troublesome breathing.

10 Monday

Italy (the team that cheated against Australia) wins the World (soccer) Cup by beating France in a penalty shoot-out after 1 - 1 at end of extra time.

11 Tuesday

E-mail to say that Uncle Ron died on Friday July 7th, aged 92, in Hamilton. Bomb explosions in Bombay railway stations - about 200 killed.

12 Wednesday

Skype 'conversation' with Sg LSS chief editor.

13 Thursday

Weights plus 12 min rowing (av 2:06).

14 Friday

Swam 20 laps+ 10 laps at deep end (300 m) to give 4.5 km for week.

15 - 16 Saturday - Sunday

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17 Monday

Pool water cooler at 29 degrees after heavy rain. Swam just 20 laps.

18 Tuesday

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19 Wednesday

Hospital appointment. All seems OK with BCC excisions. Another appointment for next week to remove another suspected area.

20 Thursday

Dermatologist appointment. Swam 60 (short) laps - 1.8 km.

21 Friday

Chris Patten in HK again. Swam 70 (short) laps or 2.1 km to give 7.2 km for the four days this week.

22 Saturday

To Marco Polo Hotel restaurant for \$50 buffet. NZ beat SA 35-17 in Wellington.

23 Sunday

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24 Monday

Spoke on Skype to Nadine for about an hour. Swam 1.8 km in 34 degree water! Marinah calls in evening.

25 Tuesday

Gavin's gift of socks and skin crack cream arrives. Swam 80 (short) lengths - 2.4 km.

26 Wednesday

In early evening another swim - did 4 km (a record?).

27 Thursday

To pool at 7 am but closed due to thunderstorm and flood warnings!! Then for Tuen Mun Hospital to get 'pimple' on lower leg excised; gave us lunch (one sandwich!). Saw again the TV documentary on Kim, the Vietnamese girl burnt by napalm.

28 Friday

30th anniversary of the Tang Shan earthquake in China.

29 Saturday

NZ against Australia Rugby again. NZ win, just, 13 – 9.

30 - 31 Sunday - Monday

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## **AUGUST**

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1 Tuesday

Did a 30-min treadmill run but only at 10 kph as breathing difficult. Later took one of the remaining prednisone tablets from 2000, which seemed to help.

2 Wednesday

Skyped with Nadine for about 1/2 hour.

3 Thursday

Very strong winds in the evening as typhoon skirts HK and heads for Guangdong. Most fights cancelled.

4 Friday

Leonie's birthday. To CUHK in the morning to collect medicine and have stitches on food wound removed. Watched again the last episode of 'Son of God' which included a possible reconstruction of Jesus' face.

5 Saturday

Backlog of passengers stranded at airport because of typhoon gradually decreasing. Buffet dinner at hotel in evening. Australia just beat SA 20 - 18 with a late try in their tri-nations Rugby match.

6 Sunday

61st anniversary of the dropping of the atomic bomb on Hiroshima.

7 Monday

Dosed up on prednisilone and theophylline. Breathing easier but side effects not pleasant. Managed a 30 min run at 11.6 km/h without breathing problems, but again tightened up in the evening.

8 Tuesday

'Lights out at 8 pm' campaign has mixed success but did achieve its purpose in bringing attention to reduce pollution.

9 Wednesday

Off to Singapore in the late morning. Met at Sg by Justin who took me to the York Hotel.

10 Thursday

After buffet breakfast, took a taxi to Pearson's offices. Most of the day spent on preparing for the presentation. Indonesian lunch at Jurong Bird Park.

11 Friday

Lunch with LSS editors at a Chinese restaurant.

12 Saturday

Presentations at the Hyatt Hotel. Followed by a buffet lunch (having had a buffet breakfast!).

13 Sunday

Free day. Had a look around Fort Canning. Heavy shower. Then to Chinatown. Free buses then back to MRT and to Little India. In HK, Jack Edwards dies.

14 Monday

Lunch with Marinah Oui at the Raffles Marina in Tuas.

15 Tuesday

Met Chua Hong Koon and had lunch with him at the Jurong Country Club Japanese restaurant. Spoke on phone with Andrew Yeo.

16 Wednesday

To a school am to promote books. Lunch with Marinah at the Jurong Country Club western restaurant. At about 5:15 pm. she took me to the airport. Flight departed at 7 pm. Just missed the 11 pm hotel bus. Took E34 arriving back at 12:30 am.

17 - 18 Thursday - Friday

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19 Saturday

NZ beat Australia 34-27 in a very physical game in Auckland and so clinch the tri-nations title (again).

20 - 22 Sunday - Tuesday

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23 Wednesday

To hospital pm for follow-up. Swam 2.2 km.

24 Thursday

Pluto kicked out of the Solar System!!

25 Friday

Swam 2.4 km to give 6.4 km for the week.

26 Saturday

All Blacks beat Springboks 45-26 in SA.

27 Sunday

Bomb explodes in Maramris, Turkey.

28 Monday

Swam 3 km.

29 Tuesday

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30 Wednesday

Swam 2.5 km.

31 Thursday

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## **SEPTEMBER**

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1 Friday

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Swam 2.5 km - 8 km for the week. Another TU-154 crashes, this time in Iran. Backing truck kills pedestrians - the second such incident in as many days.

2 Saturday

South Africa beat the All Blacks 21 -20; NZ never seemed like winning!

3 Sunday

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4 Monday

The Australian who tried to catch the Yuen Long crocodile died in a marine underwater accident - he was speared in the chest by a stingray. Swam 2.4 km.

5 Tuesday

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6 Wednesday

Think I finally killed the annoying fly using pesticide - 'bait' on bed didn't seem to work. Feel a bit sorry for the tormentor - the Stockholm syndrome! Swam just 1.5 km - did it at the 'shallow' end as few people.

7 Thursday

The fly turned up again! Managed to swat it. Put it in the toilet. Later in the day it appeared again - it must have been alive and managed to get out of the toilet bowl! Finally swatted it in evening and flushed it down the toilet this time!

8 Friday

To dentist am for check up and cleaning.

9 Saturday

Final match of the Tri-Nations series. SA beat Australia by 24 - 16. Government to reduce size of closed border areas. 30th anniversary of the death of Mao Ze-dong.

10 Sunday

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11 Monday

Swam 2.1 km. Water a bit cooler and only 2 or 3 people in the pool, In evening watched some of the 9/11 anniversary commemorations live on TV.

12 Tuesday

Al Gore has been in HK promoting his film and beliefs about global warming.

13 Wednesday

Wet, windy and thundery. Instead of swim, did 30 min of rowing. Managed 2:07.5 for 20 min, but then with 3 stops finished with an average of 2:10.5.

14 Thursday

Minor earthquake - 3.5 - about 8 pm. Didn't feel it. Swam 2.5 km to give 4.6 km for the two swims this week.

15 Friday

In a third division soccer match, a lady referee awarded a goal 'scored' by a ball boy who picked up the ball after it had hit the side netting and placed it into the goal!

16 Saturday

Went out late afternoon!

17 Sunday

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18 Monday

The Lantau cable car system opened today after a delay of three months. Swam 2.5 km.

19 Tuesday

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20 Wednesday

Army takes over in Thailand, ousting the PM and government. Eventually swam 4 km! A Westerner dressed up to look like a terra-cotta warrior hid amongst the statues. Although seen entering, it was a long time before he could be found. He was given a warning but they kept his suit!

21 Thursday

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22 Friday

Same 2.5 km to give 9 km for the week

23 Saturday

Worked all day until midnight proof reading. New cable car has to stop operating for a while due to strong winds.

24 Sunday

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25 Monday

Indented to swim about 1.5 km but ended up doing 3 km. Last major day of work on LSS books before they are to be submitted.

26 Tuesday

To the Tuen Mun clinic for two biopsies on my back. Didn't do any gym in the afternoon. In evening listened to final hour of final night of BBC proms which was also held in a park in Manchester.

27 - 30 Wednesday - Saturday

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## **OCTOBER**

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1 Sunday

National day. Fireworks (waste of money) display in evening. Spent a lot of the day looking up places to visit.

2 Monday

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3 Tuesday

MRSA detected in the HK community and not just in hospitals.

4 Wednesday

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5 Thursday



Mythbusters investigates the Mr Bean skit of using dynamite in a bucket of paint to paint a room. Did a 30 min rowing and an average of 2 min 6.9 sec.

6 Friday

To Tuen Mun clinic pm but only got the stitches removed; no doctor's report. In evening, mid-autumn poolside buffet.

7 Saturday

Finally finished PC TRB! UN report that only Cambodia (34% victims) beats HK (~22%) for consumer fraud; Japan (2%). However, HK is one of the safest cities when it comes to violent crime.

8 Sunday

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9 Monday

30 min run at 12 km/h. North Korea appears to have exploded an underground atomic bomb.

10 Tuesday

Three large pipes fall from a construction-site crane onto a road on HK Island; no-one killed but a car flattened.

11 Wednesday

Was going to do rowing but then had a swim; did 3 km.

12 Thursday

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13 Friday

Did a 30-min run at 12 km/h.

14 Saturday

To Tower 2 in evening for buffet dinner.

15 Sunday

Another restaurant closes - the one in this building!

16 Monday

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17 Tuesday

Double-decker KMB bus has entire roof ripped off when it runs off the road in Waterloo Road.

18 Wednesday

Run - 30 min @ 11.6 km/h.

19 Thursday

Bill passed to ban smoking in most public places from next January; government also talking of allowing self-ventilating smoking rooms!

20 Friday

30 minute run at 11.8 km/h. Mail.com appears with a voice!

21 - 22 Saturday - Sunday

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23 Monday

Slow run at just 9 km/h.

24 Tuesday

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25 Wednesday

1.5 km swim mid-day. HK's budget airline - Oasis - fails to get underway as permission to fly over Russia denied; passengers sitting in plane for 6 hours waiting.

26 Thursday

To clinic for latest results; both lesions on back BCC, one with Bowen's disease. Decided to skip exercise. The Oasis flight to London gets airborne.

27 Friday

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28 Saturday

Tung Chee Wah awarded HK's highest award.

29 Sunday

Henry Fok died last night.

30 Monday

Public holiday for Chung Yuen - more than 60 hill fires.

31 Tuesday

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## **NOVEMBER**

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1 - 2 Wednesday - Thursday

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3 Friday

?Second anniversary of Gavin's accident. Hill fires in Tai Lam Country Park finally extinguished after burning for 2 days and destroying more than 65000 trees; worst hill fire for 10 years.

4 Saturday

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5 Sunday

Guy Fawkes day. Saddam Hussein sentenced to death by hanging. 10 more hill fires.

6 Monday

Began exercise again with a swim, eventually doing 2.1 km.

7 Tuesday

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8 Wednesday

Not a good day for President Bush - party loses out heavily in mid-term congressional elections and Daniel Ortega becomes president in Nicaragua. Swam another 2.1 km. HK's Margaret Chan becomes Director of the WHO.

9 Thursday

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10 Friday

Oxfam Trailwalker starts today. Ghurkha team won - again - in 12 hr 11 min. Watched finish live on a webcam. Swan just 1.3 km to give 5.5 km for the week.

11 Saturday

Remembrance day. First run of the season - terrible, 20% slower than best time! Buffet dinner with last coupon. ABs play France in Lyon; won 47 – 3.

12 Sunday

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13 Monday

Swam 1.5 km.

14 Tuesday

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15 Wednesday

Last swim for season. Did 2 km to give 3.5 km for the week. Water temp 24 degrees. Actually had a little drizzle. In evening, watched a DW-TV documentary about a US soldier having 2 weeks leave from Iraq to visit his family in Germany.

16 Thursday

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17 Friday

No exercise today. Worked morning, but spent afternoon in bed.

18 Saturday

Another terrible run - 2 hr 45 min as against just 2 hr last year. Airbus A380 in HK as part of its proving tests; off to Japan tomorrow. ABs play France in Paris; win 23-10.

19 Sunday

Problems with fish and dyes used in eggs from China.

20 Monday

Most of the day in bed.

21 Tuesday

Now its dangerous freckles remover that is causing trouble on the mainland. Icebergs off Dunedin in NZ.

22 Wednesday

To Tuen Mun hospital pm for regular 'checkup.' Eggs and fish from the mainland found with carcinogens.

23 - 24 Thursday - Friday

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25 Saturday

Shorter hike, with a lot of walking am. ABs beat Wales 45-10.

26 - 30 Sunday - Thursday

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## **DECEMBER**

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1 Friday

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2 Saturday

Run less bad - only 10% slower. But had an accident - fell over! Spent pm in bed!

3 Sunday

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4 Monday

Started gym exercise again with weights though a bit tired on finishing.

5 Tuesday

Government scraps plans to introduce a GST tax. Army finally takes over in Fiji.

6 Wednesday

Now its salted fish that is infected, this time from the Philippines.

7 Thursday

Invitation from Stanford for new book out but have to pay US\$20 this year. To dermatologist again in the afternoon; will apply the cream for another 4 weeks.

8 Friday

65th anniversary of attack on Pearl Harbor. (Dec 7th in Hawaii)

9 Saturday

Shorter run - 1 hr 43 min - though still slower, especially on uphill bits. NZ win 2nd round of iRB 7s in George, SA, beating SA 24 - 17 in final.

10 Sunday

Election today for the 800-person committee to elect the next CE.

11 Monday

For CE election committee, 27% turnout. In Chile, Pinochet dies.

12 Tuesday

Treadmill at 10.5 kph.

13 Wednesday

Cooler and a bit wet. Most protesters at Star Ferry pier / clock tower removed. Combined weights with 15-min rowing at 2:12 average.

14 Thursday

Treadmill at 10.6 kph. Article in paper produced by Brigham & Women's Hospital about exhausted interns, mistakes they make and hours of work. Cooler and still wet.

15 Friday

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16 Saturday

Run still not good, though cooler at about 15 degrees. Clock tower from old Star Ferry pier finally demolished after all protesters finally removed.

17 Sunday

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18 Monday

After all the trouble, the government announces that the clock tower was dumped in a landfill.

19 Tuesday

Treadmill at 10.68 kph.

20 Wednesday

Weights + 15-min row at 2:10.7.

21 Thursday

Treadmill at 11 kph.

22 Friday

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23 Saturday

Run again difficult - did the Tai Lam Chung trail, 15% slower.

24 Sunday

To HK Park early evening for RTHK's Concert in the Park, but too late to get in.

25 Monday

Slept in for an hour but then worked the rest of the day.

26 Tuesday

Via Skype, Leonie tells me that she became engaged at a ski lodge in Vermont. At 8:37 pm, while on sofa, felt a slight earthquake, apparently originating near Taiwan.

27 Wednesday

Gerald Ford dies, aged 93. The earthquake damaged an undersea cable near Taiwan which has seriously affected Internet communications.

28 - 28 Thursday - Friday

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30 Saturday

Saddam Hussein hanged at 6 am (11 am HK time). Run - bad at the start but overall maybe less bad. Near the end, came across an orienteering competition. Apart from 2 hours for dinner and news, was in bed for another 17 hours.

31 Sunday

One of two ships sent to repair damaged cables itself breaks down!



## Hikes: 2006 - 2007

### 2006

1	11/11	28°C	Tai Po V → lead mine pass (41) → loop to Grassy Hill / Rd (1.29) → forest → Tai Po	2:12
2	18/11	25°C	Tai Tong → road/trail → reservoir (37) → Stage 10 track → road (1.23) → forest track t.o. (1.39) → TT Rd → Tai Tong	2:45
3	25/11	25°C	Tai Tong → rd/trail → reservoir (45) → small loop → top of reservoir → tunnel bus	(2:10)
4	2/12	24°C	TT gate → reservoir (30) → road → main dam (1.10) → Stage 10 t.o. → small reservoir (2.00) → TT bus terminus	2:18
5	9/12	21°C	TT → end of road (30) → Stage 10 track → reservoir ( 1.00) → TT valley/picnic site → TT	(1:43)
6	16/12	15°C	TT gate → reservoir (30) → forest track → rd (1.00) → Stage 10 road (1.10) → top of reservoir (1.24) → tunnel bus	2:03
7	23.12	18°C	TT → road/trail → reservoir (40) → Tai Lam Chung (TLC) trail → tunnel bus	2:06
8	30/12	18°C	TT gate → reservoir (30) → Stage 10 road → Stage 9 park (1.00) → track/road → forest t.o. (1.20) → reservoir (1.40) → TT gate	2:14

### 2007

9	6/1	14°C	TT → rd/nature trail/track → reservoir (38) → small loop → top of reservoir (1.00) → Ho Pui track → t.o. → road/Y-junction (1.21) → tunnel bus	1:50
10	13/1	18°C	TT gate → reservoir (29) → Ho Pui reservoir (1.07) → dam (1.27) → Sek Kong	1:54
11	20/1	17°C	TT gate → reservoir (27) → Y-junction (40) → Ho Pui t.o. (59) → dam (1.15) → Sek Kong	(1:41)
12	27/1	16°C	TT gate → reservoir (28) → forest track → road (56) → TLT junction (1.13) → track/shortcut → road (1.25) → top of reservoir (1.41) → tunnel bus	2:16
13	3/2	15°C	TT → rd/nature trail/track → reservoir (36) → TLC trail → tunnel bus	(1:48)

14	10/2	21°C	TT → end of road (29) → Stage 10 track → reservoir (55) → Yuen Tun trail → first short-cut → road top of reservoir (1.39) → tunnel bus	2:14
15	17/2	23°C	TT gate → reservoir (27) → Stage 10 track → rd (1.05) → track t.o. (1.18) → small reservoir (1.25) → over dam → end of road (1.44) → electricity grid → paths → TT bus terminus	2:03
16	24/2	19°C	TT → path → park (lost!!) → reservoir (52!!) → Ho Pui reservoir (1.37) → family walk around res (1.53) → track/steps/rd → Y-junction (2.16) → tunnel bus	2:38!!
17	3/3	24°C	TT → park → reservoir (45) → tunnel bus	(1.30)
18	10/3	21°C	Tai Po V → lead mine pass (36) → Tai Mo Shan (1.39) → Twisk (2.00) → Tai Lam Chung (3.00) → tunnel bus	3:35
19	17/3	19°C	Tai Mei Tuk → Brides pool (50) → Sam A Chung → Lai Chi Wo (1.57) → pass (2.21) → Luk Keng	2:59
20	24/3	22°C	Tai Po V → lead mine pass (37) → top of reservoir (51) → road to bottom Needle Hill ( 1.14) → Needle Hill (1.44) → Grassy Hill → lead mine pass (2.35) → Tai Po V	2:57
21	31/3	27°C	CU → ridge [4] (52) → Pyramid Peak (1.18) → Ma On Shan (1.48) → [4] t.o. (2.27) → CU	3:09
22	7/4	18°C	Tai Wo → Cloudy Hill (47) → first reservoir (1.06) → family walk (lookout) (1.20) → Hok Tau reservoir (1.45) → Cloudy Hill (2.24) → Tai Wo park	2:55
23	4/4	25°C	Tai Po V → lead mine pass (35) → Ng Tung Chai t.o. (1.15) → temple (1.39) → Kadoorie farm (1.57) → Fanling	3:45
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24	21/4	25°C	Tao Po V → lead mine pass (35) → top of reservoir (47) → pineapple track → main dam (1.13) → track → top of reservoir (1.50) → lead mine pass (2.14) → Tai Po V	2:37
25	28/4	25°C	Tai Po V → lead mine pass → Tai Mo Shan → Twisk → Kap Lung trail → Sek Kong	3:05 ~2:39

Average time (20 runs) 2 hours 35 minutes