

DIARY 2012 – 2020

2012

02 January 2012

Ex (lighter): 15w + wts. Legionaries disease found in more parts of the new govt HQ at Tamar, including the CE's office. This after Michael Suen recovers from the disease.

03 January 2012

Ex: 10s + 20r + 20w.

04 January 2012

9 overseas doctors accepted to work in local hospitals, in spite of opposition of many doctors. Ex: 15w + wts.

05 January 2012

Ex: 10s + 20r + 20w+.

07 January 2012

Hot air balloon catches fires and crashes in NZ, NE of Wellington, killing all 11 on board. Cool at about 13 degrees. Run not too difficult; time ~same as last year.

08 January 2012

Container ship stranded on reef in NZ breaks in two. Protest outside clothing shop that would not let HK people use/photo it – organised on Facebook. A turnout of about 80 000 for democratic CE primary election. Stephen Hawking turns 70.

09 January 2012

Ex: 15w + wts.

10 January 2012

Ex: 10s + 20r + 20w. Boat stuck on reef in NZ breaks in two; one half sinking.

11 January 2012

Ex: 15w/j + wts.

12 January 2012

Live chicken sales resume. Ex: 10s + 20r + 20 w/j.

14 January 2012

Run up Ma On Shan (pass only not peak) - felt not too bad, but slow! Ma of the KMT wins again the Taiwan presidency.

16 January 2012

Ex: 15w + wts.

17 January 2012

Last year. only 59 'good' days in terms of air pollution. Ex: 11s + 20r + 20w/j. Loose tooth causing a lot of pain overnight.

18 January 2012

To dentist for emergency treatment (\$108 for X-ray). There for about 2 hours. Need 3 more appointments. Still getting more info about the Italian cruise liner that ran aground and capsized by an island off the Tuscony coast. Ex: 15w/i + wts. Tired. Shangri-la hotels to stop using shark's fin, blue tuna etc. Now its toxic gases in the new Legco building!

19 January 2012

14-year old girl dies of scarlet fever; 12-yr old boy in intensive care. Ex: 11s + 20r + 20w/i/j.

20 January 2012

'MegaUplad', with HK in NZ!! closed down.

21 January 2012

Run from TMT to Tai Po; little slower but felt good. Report of a professor in China calling HK people 'dogs' - widening the feelings between HK and mainland. Government to allow live poultry and poultry products back into HK from tomorrow.

23 January 2012

Chinese New Year's day. Ex: 15w/i/j + wts. Parade of 12 floats + 23 performing groups in TST evening.

24 January 2012

Ex: 12s + 20r + 20w/i/j. Minimum temp below 10. Fireworks display in evening. Whales beached in Golden Bay in NZ.

25 January 2012

Temps down to 5 deg in places. Last day of the holidays. Ex: 15w/i/j + wts. Cable car breaks down again – fourth time in 2 months – stranding up to 800 for nearly 2 hours.

26 January 2012

Ex: 12s + 20r (good) + 20w/i/j.

28 January 2012

Run from TMT to Luk Keng. Expecting a good run but turned out tough and slow at 3 h 8 mins. Tiny plastic fibres in sea getting into food chains.

29 January 2012

Computer trouble again - takes a long time to open.

30 January 2012

Ex: 15w + wts.

31 January 2012

Ex: 11s + 20r (good) + 20w. Two guys got into an argument over whether the jogging track was for jogging or for lifting for weights.

01 February 2012

Budget day; nothing for me! Ex: 20w + wts.

02 February 2012

Dentist at 11.30 am for second appointment for the root canal - \$54 (?50) for another X-ray. Ex: 10s + 20r + 20w. Whole page ad in 'Apple Daily' describing mainlanders as 'locusts'. A 100-yr old Indian man, who started running at 89, to run in 10 km race (not marathon due to air pollution concerns) in between a recent marathan and the upcoming London marathon!

03 February 2012

HKU report mainly blames VC for trouble during visit of China's deputy PM.

04 February 2012

Run tough tho' conditions OK; Plover Cove around reservoir and back to TMT (no bus from Bride's Pool as not a holiday) - 3 h 27 min.

05 February 2012

Ethiopians win both the men's and women's marathon races. The 100-yr old Indian man completes the 10 km in 1 h 34 min.

06 February 2012

Ex: 15w + wts. The 60th anniversary of the Queen's accession to the throne. Strong earthquake affects Negros Island including Dumaguete.

07 February 2012

Ex: 10s + 20r + 20w. Charles Dickens born 200 years ago today.

08 February 2012

Ex: 25w + wts. HKU pollster to hold a public 'vote' / survey on the CE candidates two days before the actual vote.

09 February 2012

Ex: 12s + 20r (good) + 20w. Drive C drops from 12.2 GB to 11.3 GB - latest in its storage ups and downs.

10 February 2012

Oldest WWI vet dies at aged 110; a lady who served in the RAF for the last 2 months of the war (actually died on Feb 4th).

11 February 2012

Run: Cool at 11 degrees. Tai Tong to reservoir to small reservoir to Sek Kong; 2 h 32 min, three min slower than last year but ok.

12 February 2012

HK wins international snow polo tournament in Tianjin. Whitney Houston dies. Samoa beat NZ 26-19 to claim the USA Sevens title in Las Vegas. Jonah Lomu will need a second kidney transplant as his health continues to deteriorate.

13 February 2012

Ex: 15w + wts. Mainland woman given 10 months jail for helping pregnant women to come to HK to give birth.

14 February 2012

Again chaos outside BOC banks as people queue to get centenary banknotes. Ex: 10s + 20r + 20w.

15 February 2012

Ex: 15w + wts (light)! Henry Tang caught up in scandal about illegal basement at one of his homes. Today is the 70th anniversary of the fall of Singapore to the Japanese.

16 February 2012

A 4.8 earthquake at 2.30 am in HK. Decided not to do exercise. Problem with modem. Saga of Tang's illegal basement continues; now he is 'blaming' his wife.

18 February 2012

Run better than expected - Tai Po Needle Hill and back - 2 h 48 min.

19 February 2012

Coloured hair; used a new brand (IPA pb Natural Black \$25 from PnS).

20 February 2012

Henry hands in his nomination papers with about 370 nominees. Ex: 15w + wts. Didn't sleep much; spent time thinking about boyhood, mainly paper-boy days.

21 February 2012

Today - first anniversary of Chch quake. Ex: 20w + 20r + 10s (reverse of normal order).

22 February 2012

Ex: 15w/j + wts.

23 February 2012

Ex: 10s + 20r + 20w/j.

25 February 2012

Damp day. Run around Shing Mun reservoir and back to Tai Po: 2 h, 46 min.

27 February 2012

In Aus, Julia Gillard beats Kevin Rudd in the very viscous battle for head of the Labor Party and thus PM. Hotel to stop leasing serviced suites. Ex: 15w/j + wts.

28 February 2012

Ex: 10s + 20r + 20w/j. One Legco announces his intention to impeach the CE.

29 February 2012

Ex: 15w/j + wts.

01 March 2012

Ex: 10s + 20r + 20w/j.

02 March 2012

Looked at a flat; willing to take it. Engelbert Humperdinck at age 75 to be the UK entrant in this year's Eurovision contest!

03 March 2012

Terrible sleep - thinking about things related to the flat and moving. Very humid for run around Tai Lam and TLC in 2 h 41 min; quite good seeing that I was supposed to be very tired!

04 March 2012

The 'Apple Daily' reports that the Chinese Vice President will announce this afternoon at A CPPPC meeting the CE candidate China favours. Looked at another flat - Tower 8, 16/F - and later signed a preliminary contract.

05 March 2012

Sleep still not perfect but better. Ex: 15w/j + wts. An 8-yr on in Wellington takes the family car for a wild drive through the town at 5am!

06 March 2012

Ex: 10s + 20r(deliberately slow!) + 20w/j.

07 March 2012

Ex: 15w/j + wts.

08 March 2012

Ex: 10s + 20r + 20w/j.

10 March 2012

Cool at 13 degrees. Run exactly the same time as last year for same route at 2 h 06 min (run included a poo!). In CE election, triads and police now involved; Tang believes Leung was in league with a triad to disrupt his (Tang's) campaign, so Tang has lodged a complaint with police. In evening to 45th anniversary dinner of MYC.

11 March 2012

Last episode of excellent series about Captain Cook on Aus TV.

12 March 2012

Ex: 15w/j + wts. Rent here to increase from \$15000 to \$15800 in July!!

13 March 2012

Ex: 10s + 20r + 20w/j. Large-scale Harvard (?school of nutrition) report on greatly increased risk of cancer and heart disease from eating red meat.

14 March 2012

Ex: 15w/j + wts.

15 March 2012

Bruce arrives in the early morning. Ex: 10s + 20r + 20w/j.

16 March 2012

Now its white rice leading to Type 2 diabetes!

17 March 2012

Warm at 23 deg and very humid for run which was 4 mins slower than last year at 2 h 14 min. Bruce visits Wetland Park.

18 March 2012

In afternoon, Bruce and I walk along the Ping Shan trail.

19 March 2012

Very tired! Bruce takes the 9 am bus to airport. King of Tonga dies in HK at QMH. Ex: 15w/j + wts.

20 March 2012

Signed contract to lease flat. Ex (tired): 10s + 20r + 20w/j.

21 March 2012

Ex: 15w/j + wts.

22 March 2012

To dentist again in morning for the root canal; this treatment cost about \$640. Measured the flat in afternoon. No exercise - just exhausted.

23 March 2012

Popular vote today for CE. I couldn't vote online as hackers have brought down the system. Very, very tired. Rested all afternoon.

24 March 2012

Excellent sleep; best for quite along time. Cooler and dry. Went for a run; not bad, and took 2 h 15 min. Watched some of the HK Rugby 7s live in afternoon. Tried to vote online but again unsuccessful.

25 March 2012

In 'popular' vote for CE, about 240 000 took part. the majority choosing 'none of the above'. First round of official CE election this morning. Second, if necessary, this afternoon. CY Leung wins comfortable in first round. Fiji beat NZ 35-28 to take HK7s title.

26 March 2012

Yam Cha birthday lunch. No exercise.

27 March 2012

In the evening, moved three PnS trolley loads of books across to the flat.

28 March 2012

All morning cleaning kitchen and dining stuff. Cleaned all the crockery then moved it across. Only broke one drinking glass.

29 March 2012

All afternoon at Ikea to look then purchase things.

30 March 2012

To dentist - got a temporary plastic crown - took 1 1/2 hours. Put down a deposit (!) of \$1000. In afternoon, cleaned most of the flat. In WA, fourth fatal shark attack in the past seven months.

31 March 2012

Run OK after a week off exercise; same time as last year at 2 h 34 min. Low air pollution; could see as far as China. South of the Philippines, a cruise ship (owned by the same company as the Costa Concordia) that had left HK, disabled by an engine room fire.

01 April 2012

To Ikea again to change small bookcase for a larger one. On the way, got reimbursed the \$39.60 extra charge for the wrong Octopus card issued to Bruce. Australia win the Tokyo sevens!!

02 April 2012

Moved 5 more trolley loads. Started exercise again, though lighter: 15w/j + wts.

03 April 2012

Transferred 7 trolley loads of stuff. Ex: 15w/j + wts (partly different) + 10r (slower). Report from Aus that soft drinks --> change in size of retinal blood vessels --> heart(?) disease later in life.

04 April 2012

Holiday for Ching Ming. Another 5 trolley loads. Ex: 15w + wts. 200 US Marines arrive in Darwin for deployment.

05 April 2012

Lantau cable car re-opens after 2+ months - then has to shut down again for 2 hours because of a thunderstorm. Ex: 15w/j + wts (as on Tues) + 10r.

06 April 2012

Ikea come to deliver and install the furniture, but much later than expected.

07 April 2012

Run a bit tough from TT terminus around reservoir to tunnel bus, but at 2 h 15 min. only 1 min slower than for same route last year.

08 April 2012

Busy - and tiring - day, moving stuff. 10 trolley loads.

09 April 2012

Only 4 trolley loads today. Ex: 15w/l + wts. Tired.

10 April 2012 - To the dentist in the morning to get the porcelain crown fitted - another ~\$1000. Guy comes to move the piano and Chinese partition in the afternoon - not very professional! No exercise.

11 April 2012

All day organising the remaining rooms. Ex: 15w/j + wts. Still got the slightly sore throat and annoying cough - body hurts when I cough. An 8.7 earthquake off Aceh in Indonesia.

12 April 2012

Finished flat organisation with cleaning. Then opened electricity a/c with CLP. Ready for occupation! In evening, Ikea called for a review of their performance. Ex: 15w/j + wts + 10r.

13 April 2012

Spent time am and pm in the flat, mainly reading.

14 April 2012

Decided to go for the last run for the season. Tough, hot (28 deg) and humid --> a slow 2 h 20 min --> average for season of 2 h 34 min.

16 April 2012

Wanted to start swimming but would you believe it, a thunderstorm warning closes the pool. Ex: 15w/j + wts. Guy measures rooms for curtains.

17 April 2012

Ex: 15w/j + 2.0 km swim (first swim for season).

18 April 2012

Ex: 15w/j + 2.0 km swim.

19 April 2012

Ex: 15w/j + wts (no swim due to thunderstorm warning!).

20 April 2012

Thunderstorm again so no swim (or any exercise). Late afternoon, moved computer to flat. At first, it would not start. Later, OK. Internet connection OK.

21 April 2012

To flat am to use computer and take another trolley load. Then Ex: 15w/j + 2.0 km swim. In afternoon, guy came to flat to install curtain rails and Venetian blind (in study). He also bored holes for the three pictures. Then cleaned up the dust, even though his drill was able to collect some dust. Early morning fire in the 'Harbour' hotel in North Point.

22 April 2012

Coloured hair.

23 April 2012

Ex: 15w/j + 2 km swim.

24 April 2012

Ex: 15w/j + 2.0 km swim.

25 April 2012

Watched the ANZAC dawn services from Gallipoli and NW France (near Amiens). Ex: 15w/j + 2.0 km swim.

26 April 2012

Ex: 15w (only) + 2.0 km swim.

27 April 2012

Worked on the LSS revision in the morning. HGC connected the telephone in the afternoon. Ex: 15w/j + wts.

28 April 2012

Worked on LSS in the morning. Curtains returned - still short - have to wait a week! Holiday for Buddha's birthday. Bun festival weekend.

29 April 2012 - Write letter in morning. In afternoon, just rested; listened to Verdi's first opera 'Oberto'. Dinner from left overs + noodles + NZ soup.

30 April 2012

Breakfast from things I left over. Last swim in the morning. Ex: 15w/j + 2.0 km swim. Had lunch at Fairwood. Checked out at about 2.30 pm. Hot and humid.

01 May 2012

First full day in the flat. Had to use the air-cons in the lounge and bedroom last night. Holiday for May 1st.

02 May 2012

All day revising LSS Ch 1.

03 May 2012

First supermarket visit. Temps here range from about 27 - 32 degrees.

05 May 2012

A bit cooler today; only used the bedroom aircon for overnight.

06 May 2012

French elect a new (socialist) president.

07 May 2012

Deposited HPRC refund cheque for leaving hotel early.

10 May 2012

To dermatologist at 9 am. Because of many later appointments, decided to do biopsies at 12 noon. Walked up to MacLehose trail and Town Hall while waiting.

11 May 2012

Swimming pool opens early morning. Curtain guy brings around new, correct curtains pm, but seem to be bit thinner.

12 May 2012

PM, cleaned/washed the floor for the first time (After moving in).

13 May 2012

Fiji win London 7s but NZ take series title - for the 10th time.

14 May 2012

Gavin's birthday. Enquired from the clubhouse re gym and pool costs.

15 May 2012

On Skype with Nadine while she bought an air ticket for me. Had first swim here - 1.7 km (0.5 km + break for storm + 1.2 km); bought a season ticket.

16 May 2012

Ex: 1.7 km swim.

17 May 2012

Ex: 5 min skip + 1.5 km swim.

18 May 2012

Ex: 5 min skip + 2.0 km swim.

19 May 2012

Chelsea win the European Champions League Cup. beating Bayern Munich in Munich 4 - 3. after 1 - 1 at end of normal time.

21 May 2012

Eclipse of the sun (but mainly hidden by cloud); next not for 300 years. Call from dermatologist to say both tests sBCC. Ex: 6 skip + 1.7 km swim.

22 May 2012

Ex: 6s + 2.0 km swim (good).

23 May 2012

Swim an hour later. Ex: 6s + 2.0 km swim.

24 May 2012

To dermatologist to have stitches removed - couldn't find nose stitches! Prisoner at clinic also. Ex: (In earlier pm session) 6s + 1.7 km swim. Tom graduated - PhD (?) judging by green flower emblem on gown.

25 May 2012

At lunch time felt rather tired. Still went for a swim pm. Ed: 6s + 1.8 km swim (9.2 km for 5-swim week).

28 May 2012

Ex: 7s + 2.0 km swim.

29 May 2012

Ex: 7s + 1.9 km swim. Received Nadine's wedding invitation in post.

30 May 2012

Ex: 7s + 2.1 km swim.

31 May 2012

Deposited cheque for rent am. Ex: 7s + 2.1 km swim.

01 June 2012

To supermarket early am. Then to a SWD office (actually the first one sent me to another!) with application for ;fruit money'. Ex: 7s + 2.0 km swim (10.1 km for week).

04 June 2012

Ex: 8s + 2 km swim. Pool closed earlier dues to sand in pool. Annual June 4 vigil and march in the evening. China blocks 'sensitive' June 4 websites - including Shanghai Stock Exchange as index fell 64.89 points (6-4-'89)!

05 June 2012

Ex: 8s + 2.0 km swim.

06 June 2012

Ex: 8s + 2 km swim.

07 June 2012

Ex: 8s + 2.1 km swim.

08 June 2012

Ex: 8s + 2.1 km (10.2 km for week).

09 June 2012

Whole day on second last LSS chapter (to meet deadline). Very hot day.

10 June 2012

Hot! Most of day finishing LSS revisions. After evening dinner, sat on balcony for some time.

11 June 2012

Ex: 8s + 2 km swim. Water temp up to 30°C.

12 June 2012

Temps up to 34°C today! Ex: 8s + 2.1 km swim. Nadine's birthday.

13 June 2012

Ex: 8s + 1.3 km (only dues to a thunderstorm warning).

14 June 2012

Am, called BOQ and changed my address. Ex: 8s + 2.3 km swim.

15 June 2012

Am went to HPRC to check for any mail; found that the leasing desk had gone. Ex: 8s + 2.3 km swim (10 km for week). CE-elect observes 1-min silence (probably against his will) for 'suicide' of dissident in China.

16 June 2012

Loud heavy metal music from Flat 17F in the afternoon. Complained to the management office who told them to lower the volume a bit (I think); also, no regulations against such noise!

17 June 2012

Number 1 signal raised.

18 June 2012

Ex: 8s + 4.0 km swim!! Little work today. Finished reading Emile Zola's 'L'Assommoir'.

19 June 2012

No 1 signal lowered am so went for an am swim: 8s + 2.3 km swim (all overarm, no pauses, ~53 min). Deposited a cheque to pay for N's wedding chopsticks.

20 June 2012

Am swim again: 8s + 4 km. To HSBC pm then all around looking for Maxim's - unsuccessfully. Came back to find location using Google maps then went and got it.

21 June 2012

Ex: 8s + 2.5 km (then closed - thunderstorm - but about what I was going to do). Pm, began to play the piano again.

22 June 2012

Ex: 8s + 3.2 km swim (16 km for week). Tired - maybe too much. Had a rest on the bed for an hour pm. Switched computer to 'hibernate' mode.

23 June 2012

Working on how to get HSBC accounts for LGN. News report on centenary of birth of Alan Turing.

25 June 2012

Ex: 8s + 3 km swim. Evening, HSBC relationship manager called re accounts.

26 June 2012

Ex: 8s + 3 km swim. Most of day on revising LSS Vol A.

27 June 2012

Ex: 8s + 2.6 km swim. CE-elect saga over illegal structures in his home still developing.

28 June 2012

Hot. Deposited rent cheque at BOC am. Ex: 8s + 3 km swim (more than I planned to do!).

29 June 2012

Supermarket earlier. Ex: 8s + 2.5 km swim (14 km for week). President arrives for handover celebrations. Chris Patten also seems to be in town. Temps here reach nearly 35.

01 July 2012

Very tired. Annual July 1st rally / protest march.

02 July 2012

Public holiday. Ex: 8s + 2.5 km swim (1 km of which was 'training'). Finished 'The Old Man and the Sea' and later started another Hemingway book of short stories.

03 July 2012

Ex: 8s + 2.5 km swim (as yesterday). Got a receipt for N's wedding chopsticks + \$40 cash!!

04 July 2012

Ex: 8s + 2.5 km swim (w training).

05 July 2012

Ex: 5s! + 2.1 km (0.4 km less due to thunderstorm).

06 July 2012

Ex: 8s + 3.0 km swim (12.6 km for week). Lot of Skype conversation with N in afternoon re setting up HSBC a/c while she in in SFO.

09 July 2012

Ex: 8s + 2.5 km swim (just took it easy; no training).

10 July 2012

Ex: 8s + 2.5 km swim. Bimonthly electricity bill arrives; with govt subsidy, nothing to pay. So turned on lounge air-con in evening.

11 July 2012

Ex: 8s + 2.5 km swim.

12 July 2012

Ex: 8s + 2.5 km swim. 2 months old-age allowance paid into bank a/c.

13 July 2012

Ex: 8s + 2.5 km swim (12.5 km for week). Rolling Stones are 50 today. SHK co-chairman and former CS charged with corruption.

15 July 2012

Kaia's birthday.

16 July 2012

Stopped using 'hibernate' last week (too slow!). Ex: 8s + 2.5 km swim.

17 July 2012

Ex: 8s + 2.5 km swim. To hospital pm - no need for surgery. Cashed Bruce's Octopus card.

18 July 2012

Ex: 2.8 km swim (no skip - late start due to thunderstorm).

19 July 2012

Ex: 8s + 2.7 km swim.

20 July 2012

Ex: 8s + 2.5 km swim (13 km for week).

21 July 2012

Renewed ESTA, a month early, just in case (\$14 this time and not free!). Max temp here just above 36 deg!! Family pics from Leonie.

22 July 2012

Coloured / Dyed hair. Heaviest rainfall in Beijing for about 60 years.

23 July 2012

Protest against introduction of National Education subject to primary schools in September. No swim - #3 signal up all day (though still ok for swimming!). Number 10 raised in evening, first time since 1999.

24 July 2012

Sally Ride dies aged 61. No swim again. Did 25 min ex in flat - 15 min skip + situps + pushups + dumbel.

25 July 2012 - Pool opens for second section; 8s + 2.5 km swim (then closed - thunderstorm and amber rainstorm warning).

26 July 2012

Ex: 8s + 2.5 km swim. HK women now longest living in world (85+).

27 July 2012

Ex: 8s + 2.5 km swim.

28 July 2012

Ex: no skip + 2.5 km swim (10 km for week).

29 July 2012

Protest march today against introduction of a National Education subject into schools (about 90 000 according to organisers). 'Swimming' gala in pool in the afternoon.

30 July 2012

Ex: 8s + 2.5 km swim.

31 July 2012

Ex: 8s + 2.5 km (swim #55 --> value for season ticket).

01 August 2012

Ex: 8s + 2.5 km swim.

02 August 2012

Ex: 8s + 2.5 km swim. Max temp about 36 deg.

03 August 2012

Ex: 8s + 2.5 km swim (12.5 km for week). HK gets an Olympic bronze in cycling.

05 August 2012

Used the washing machine for the first time to wash the bedsheets.

06 August 2012

Ex: 8s + 2.6 (?) km swim. US spacecraft 'Curiosity' lands successfully on Mars.

07 August 2012

Ex: 8s + 2.9 km swim.

08 August 2012

Ex: 8s + 2.5 km swim (8 km for week).

09 August 2012

No swim today; rest (from swim) before flying out tomorrow. Towngas comes to carry out an (annual?) inspection.

10 August 2012

Two-hour+ delay in taking off; in cabin with no air-conditioning and stifling heat (44 deg outside). Then an engine wouldn't start. Late arriving in SFO; just made it to the Boston flight, which was also late arriving. Staying at Leonie's.

11 August 2012

To Boston Common and surrounding area with L, children and others. Lunch at a Vietnamese restaurant. To Arboretum later.

12 August 2012

To beach north of Boston followed by lobster at Rockport.

13 August 2012

To Boston waterfront and Greenway with L, K and E. Lunch at a Chinese restaurant.

14 August 2012

Visit by myself to Arboretum.

15 August 2012

Visit with N to Northeasters campus.

16 August 2012

Visit by myself to Forest Hills cemetery (saw graves of MacBeth, Hamlet and Montague all in same area). Picked up E from day-care later. Evening to stay at Nadine's.

17 August 2012

Gavin now here. With him, Sian, Andrew and Stuart to Bunker Hill area and the North End.

18 August 2012

Meet Janice, Wendy and Kiri and look through the Museum of Fine Arts (expensive; \$23 for seniors, only \$2 less than for adults). Back to L's by Bus 39 then to N's pre-wedding gathering and barbecue in evening.

19 August 2012

Wedding at Gore place. Chinese wedding in evening. Back to L's very late.

20 August 2012

Very tired. With G to buy shoes for S. Farewell pizza meal with J, W, K, A and S at L's.

21 August 2012

Left N's at 5.30 am for airport for return flights. G returns rental car and heads back to Honolulu.

22 August 2012

Arrived back in HK just a few minutes late. Finished last 2 of the 8 sausage rolls in the bus on the way home.

23 August 2012

To supermarket early. Phone call from Sg re urgent work!! China to introduce tighter requirements for tourists, e.g. letter of invitation, proof of address.

24 August 2012

All day proofreading the original Chem textbook proof. Tough as still jet-lagged.

25 August 2012

Neil Armstrong dies.

27 August 2012

Decided to re-start exercise: 8s + 2.2 km swim.

28 August 2012

Ex: 8s + 2.2 km swim.

29 August 2012

Ex: 8s + 2.2 km swim.

30 August 2012

Ex: 8s + 2.2 km swim (just - thunderstorm warning). Govt to sell flats rather than rent-purchase.

31 August 2012

Ex: 8s + 2.7 km swim (11.5 km for week). Lunch at the Italian pizza place. Finished proof-reading my parts of the Chem books.

01 September 2012

Finished and sent the last batch of Chemistry proofs. 'Millions' in Shenzhen miffed that their newly acquired freedom to travel to HK without needing to go to their Heung Ha to apply for a permit has been put on hold for three weeks.

02 September 2012

Did not write a letter.

03 September 2012

Ex: 8s + 2.5 km.

04 September 2012

Ex: 8s + 2.5 km swim.

05 September 2012

Ex: 8s + 2.5 km swim.

06 September 2012

Ex: 8s + 3.0 km swim.

07 September 2012

Ex: 8s + 3.0 km swim (13.5 km for week).

09 September 2012

Went along to vote in the legislative council elections. Overall turnout about 53%.

10 September 2012

Ex: 8s + 2.5 km swim.

11 September 2012

Ex: 8s + 2.5 km swim.

12 September 2012

Ex: 8s + 2.5 km swim.

13 September 2012

Ex: 8s + 2.5 km swim.

14 September 2012

Ex: 8s + 3.3 km swim (13.3 km for week). Got a free TV late afternoon. Cooler today - no air-cons on at all even overnight. Finished (I hope!) all the teacher's materials for the pure chemistry course.

17 September 2012

Ex: 8s + 2.5 km swim (good swim!). Spoke to Thiers on the phone in the evening.

18 September 2012

Ex: 8s + 2.5 km swim.

19 September 2012

Ex: 8s + 2.5 km swim. Met with Thiers and Barbara late afternoon and spent several hours with them; had dinner at Fairwood.

20 September 2012

Ex: 8s + 2.5 km swim.

21 September 2012

Ex: 8s + 2.5 km swim (12.5 km for week). Got a Canon printer/scanner/copier from CU for just \$200. Dinner at Japanese restaurant.

24 September 2012

Ex: 8s + 2.5 km swim. Chinese navy receives its first aircraft carrier.

25 September 2012

Ex: 8s + 2.5 km swim. Got mooncakes from HSBC. Finished reading 'Kenilworth' by Sir Walter Scott.

26 September 2012

Ex: 8s + 2.5 km swim.

27 September 2012

Ex: 8s + 2.7 km swim.

28 September 2012

Ex: 8s + 3 km swim (13.2 km for week; for season, 86 swims @ average of 2.43 km per swim).

29 September 2012

Estate has a mid-autumn evening for kids in the adjacent roof-top park.

01 October 2012

No exercise. Mainland 'golden week' holiday begins today. Many tour groups expected to come here. Tragedy off Lamma Island about 8.30 pm. Boat from HK Electric on way to fireworks collides with catamaran ferry and sinks; at least 36 die.

02 October 2012

Report on GM cow that produces anti-allergy milk reared in NZ.

04 October 2012

Three-day period of mourning starts today.

05 October 2012

Three women go into septic shock after intra-vascular infusions at a beauty treatment centre. Lunch in Mall. Ferry deaths now up to 39.

06 October 2012

FINISHED the books, I hope!! ABs beat Springboks 32-16 in SA to win all 6 tests.

07 October 2012

Boy who arrived from Saudi Arabia suspected of having Sars-like coronavirus actually has swine flu.

08 October 2012

Started gym. Tried gym here for 1 day. To HS bank.

09 October 2012

Ex: 15j + wts.

10 October 2012

One of 4 women receiving beauty treatment dies. Ex: 20j (5.7 mph) 20 min + row 20 min + skip 10 min.

11 October 2012

Ex: 45j + wts.

12 October 2012

Tenth anniversary of Bali bombings.

14 October 2012

Swept and washed floor. Austrian sky diver breaks speed of sound in free fall from edge of space.

15 October 2012

Ex: 15j + wts.

16 October 2012

To dermatologist - another new person!! Ex: 20j + 20r + 10s. Cuban missile crisis began 50 years ago (today?).

17 October 2012

Ex: 15j + wts.

18 October 2012

Ex: 20j + 20r + 10s.

19 October 2012

Supermarket then gym. Ex: 15j + wts.

20 October 2012

70th anniversary of victory at El Alamein.

21 October 2012

Cross-harbour swim today.

22 October 2012

Ex: 15j + wts.

23 October 2012

Chung Yeung holiday - some hill fires! Ex: 20j + 20r + 10s.

24 October 2012

Ex: 15j + wts.

25 October 2012

Ex: 20j + 20r + 10s. Accident at construction site for HK-Macau bridge; platform collapse kills 1 and injures others.

26 October 2012

Ex: 15j + wts. Finished (I hope!) scanning all my photos into the computer - about 4300 of them!

27 October 2012

HK government higher stamp duty on foreigners buying property came into effect at 12 am. Cheque (not much!) for Tower shares arrives - to end last financial link with NZ.

28 October 2012

Minor tsunami hits Hawaii from a 7.7 earthquake off Canadian west coast.

29 October 2012

Scanned another 350 prints that I discovered - this time probably the last. Ex: 15j + wts.

30 October 2012

Ex: 20j + 20r + 10s.

31 October 2012

Ex: 15j + wts.

01 November 2012

3th anniversary of HPRC. Ex: 20j + 20r + 10s. Cooler weather now.

02 November 2012

Ex: 15j + wts.

05 November 2012

Ex: 15j + wts. HKU Dental Clinic begins to test people for AIDS virus and diabetes 2 after blunder in which equipment was not properly sterilised for about 4 weeks. Union Hospital to charge mainland mothers who turn up at the last second to give birth an additional \$150 000 (--> total about \$200 000) and report them to the police, as HK to implement zero mainland mothers as from January 1st, 2013.

06 November 2012

Ex: 20j + 20r + 10s.

07 November 2012

Presidential elections in the US. Ex: 15j + wts. Obama re-elected probably to the relief of most of the world!

08 November 2012

Ex: 20j + 20r + 10s. Lunch at the relatively new Maxim's restaurant. The president opens the 18th(?) Communist Party Congress, which will see a change of leadership.

09 November 2012

Ex: 15j + wts.

10 November 2012

Spent all morning cleaning the flat, including behind all furniture and under bed. A lot of work! General Patreus, head of US CIA resigns!

11 November 2012

Not a good sleep last night - breathing problems, probably because of dust breathed in when cleaning. Remembrance day and Veterans day. The original black ink cartridge for the printer ran out so got a new one.

12 November 2012

Slightly better sleep. Ex: 15j + wts. First day to wear a T-shirt.

13 November 2012

Good sleep but still a bit tired. Ex: 20j + 20r + 10s.

14 November 2012

Ex: 15j + wts.

15 November 2012

Ex: 18j + 15r + 5 wts + 10s.

16 November 2012

Not a good sleep last night - breathing again. No exercise today as will start running tomorrow. Oxfam trailwalker this weekend. At Macau Grand Prix weekend, HK driver killed in a tourist car race. Yesterday, a motor cyclist killed.

17 November 2012

First cold front passes over HK. Rain overnight dramatically removed air pollution. Run: Tai Po Viaduct --> pass --> loop --> Grassy Hill --> road --> forest --> Tai Po. At 2 h 1 min, just 1 min slower than last year, even with my new 'shorter and easier' running policy. Passed many Oxfam trailwalkers.

18 November 2012

Took 1 x 2 theophylline tablets for breathing.

19 November 2012

Medicine controls breathing but makes sleeping difficult. Ex: 15j + wts (very slightly less due to effects of medicine - sleepy, wobbly). Bus accident near Chai Wan - bus driver loses consciousness, bus veers across road into another bus and a taxi, killing the three in the taxi (two were Westerners).

20 November 2012

Breathing still ok good. Ex: 20j + 20r + 10s.

21 November 2012

Ex: (good) 15j + wts.

22 November 2012

Mt Tongariro erupts again. Ex: 18j + 15r + some wts + 10s.

23 November 2012

Brian Kan jailed for election bribery. (and about time he finally gets to be in jail.)

24 November 2012

Another cold front so cooler run, about 16 deg. Run not so good. Time about 2 h 10 min - not exactly sure

as battery of my watch dead so had to ask people for the time.

26 November 2012

Ex: 15j + wts.

27 November 2012

Temps down do 12 deg last night.

28 November 2012

Four poos in the morning! Ex: 15j + wts (+ poo).

29 November 2012

Ex: 18j + 15r + some weights + 10s.

01 December 2012

Run: ~20 deg. Tai Tong gate --> res --> road --> dam --> little dams --> little res --> Tai Tong bus terminus.
About 2 h 20 min. Very slow, not easy and not enjoyable!

02 December 2012

Coloured/Dyed hair. NY policeman buy warm boots to give to a bare-footed homeless man in Times Square.

03 December 2012

Ex: 15j + wts.

04 December 2012

Cool again; wore socks in bed for part of last night. Ex: 20j + 20r + 10s.

05 December 2012

Early Ex (as gym closes for cleaning most of day): 15j + wts.

06 December 2012

Ex: 18j + 15r + some wts + 10s.

08 December 2012

Run in Tai Lam area - slower than last year at about 2 h 18 min. Nurse at hospital in London where Kate Middleton is admitted found dead after Australian DJ hoax.

09 December 2012

Some breathing trouble overnight. Donated another \$5000 to MSF.

10 December 2012

Ex: 15j + wts. CE has Q&&A session with Legco over illegal structures at his home.

11 December 2012

EU receives Nobel Peace prize. CE survives a no-confidence vote.

12 December 2012

To dental hygienist early am - in chair for only 5 or 6 minutes! \$114. Ex: 15j + wts.

13 December 2012

Ex: 18j + 15r + some wts + 10s.

14 December 2012

Minimum wage to go up to \$30 an hour.

15 December 2012

Another mass shooting in the US - 20 primary students + 6 adults. Run: ~23 deg. Not so bad; 5 minutes slower than last year. Went to bed for two hours pm.

17 December 2012

Ex: 15j + wts.

18 December 2012

Ex: 20j + 20r + 10s.

19 December 2012

Ex: Same as other Wednesdays. South Korea elects its first female president.

20 December 2012

Ex: - same as other Thursdays.

21 December 2012

Some think the Mayan calendar predicts the world will end today.

22 December 2012

Breathing and sleeping not easy last night. Run: Tai Po --> Ng Tung Chai --> Sek King. At 2.27, slower than predicted. A second guy this season asks how old I am!!

24 December 2012

Overnight temps here (outside) down to about 7 deg. Ex: 15j (6.8 mph) + wts.

25 December 2012

Ex: 20j + 20r + 10s. Had a chat afterwards with a chap who had lived in California for 40 years. In

evening, watched simulcast repeat of RTHK Xmas concert - good.

26 December 2012

Ex: 15j + wts.

27 December 2012

Ex: 18j + 15r + some wts + 10s.

29 December 2012

Run 2 h 31 minutes - happy being just 5 min slower than last year.

31 December 2012

Temp here down to about 5.4 C last night. Ex: 15j (av 7 mph) + wts.

01 January 2013 Tuesday

Thought I would sleep thru the new year until woken up by yelling and screaming downstairs. A bit silly really! Ex: 20j + 20r + 10s. Day of protests in HK for and against CY Leung - more for the latter.

02 January 2013 Wednesday

Earlier ex: 15j + wts.

03 January 2013 Thursday

Ex: 18j + 15r + some wts + 10s.

04 January 2013 Friday

The perfect run? Conditions good - cool ~12 C, dry, calm and sunny. Breathing good. Uphill parts not difficult. I actually enjoyed it! CU --> [4] --> camp-site --> short cut (omit steep part up Tate's Cairn) --> Shatin (Chinese bridge). Came back on Bus 269D - the first KMB bus for many years (CU days?) - no, I take KMB buses to Tai Mei Tuk!

06 January 2013 Sunday

Most of the day on Photobucket!!

07 January 2013 Monday

Ex: 15j (7 mph) + wts.

08 January 2013 Tuesday

Ex: 20j + 20r + 10s.

09 January 2013 Wednesday

No gym; few days off before buying next 3-month ticket.

12 January 2013 Saturday

No perfect run today - terrible, terrible! Started with some kind of hip injury which just got worse. Still, completed the pre-planned modified course. Tai Wo --> Cloudy Hill (48') --> Lau Shui Heung res (1:13) --> road to Hok Tau res (1:37) --> loop over hill back to LSH res (2:07) --> road to Sha Tau Kok Rd (2:29). Then crossing road back here tripped and crashed onto the road!

13 January 2013 Sunday

In afternoon, met Grace and boys at HPRC to give them Science textbooks.

14 January 2013 Monday

Back to gym. Ex: 15w (because of injury) + wts. E-mail of offers for Perth flat. To HS Bank most of the afternoon.

15 January 2013 Tuesday

Ex: 20w + 20r + 10s. Afternoon to hospital - couldn't stand the arrogant superior attitude of this new guy!

16 January 2013 Wednesday

Documents from V sent to Aus. Ex: 15j + wts. CE delivers his first policy speech.

17 January 2013 Thursday

Ex: 18j + 20r + some wts + 10s. Has not been an easy week for exercise; hip still not right. All 787s worldwide grounded.

19 January 2013 Saturday

A tough run! Injury still there but less severe; still slowed me down a lot. Up to Ma On Shan pass and back but did not go over Pyramid Peak. 2 h 59 min - not much less than a good run that included P Peak.

21 January 2013 Monday

Obama inaugurated for second term. Ex a bit tiring after the run last Saturday: 15j + wts.

22 January 2013 Tuesday

Ex: 20j + 20r + 10s.

23 January 2013 Wednesday

E-mail to say that 'Gung 'gung' passed away last night. Ex: 15w + wts. To HSBC in afternoon; got a voucher for a Maxim's new year cake - picked up later (value \$81).

24 January 2013 Thursday

Ex: 18w + 15r + some wts + 10s.

25 January 2013 Friday

Had a cold - lots of nasal fluids.

26 January 2013 Saturday

Thigh injury + cold = very slow run. TMT, Baat Sin Leng --> road only (not Tai Po station), 2 h 59 min.

27 January 2013 Sunday

Holocaust memorial day.

28 January 2013 Monday

Ex: 15w/j + wts. My cold still around!

29 January 2013 Tuesday

Ex: 20j/w + 20r + 10s.

30 January 2013 Wednesday

Ex: 15j + wts. A bit tired pm.

31 January 2013 Thursday

Ex: 18j + 15r + some wts + 10s.

February

01 February 2013 Friday

Copies of new Singapore LSS books arrive. Govt puts a limit of 2 cans of milk powder visitors can take out of HK - to try to stamp out the practice of mainlanders buying up so much that local mothers cannot find any to buy.

02 February 2013 Saturday

Difficult run and about 30 mins longer than estimated! TMT to Wu Kau Tung --> Sam A Tueun --> Wu Kau Tung --> TMT, 3 h 14 min. Harvard University disciplines students for cheating in a take-home exam.

04 February 2013 Monday

Ex: 15w (to spare my thigh) + wts. ESF to change application procedure to favour English-speaking families.

05 February 2013 Tuesday

Ex: 20w + 20r + 10s.

06 February 2013 Wednesday

Ex: 15w + wts - went at usual time but forgot closure on first Wednesday of month for cleaning - still did exercise though!

07 February 2013 Thursday

Ex: 18w + 15r + 10s + some weights (change of order).

09 February 2013 Saturday

Chinese New Year's Eve. Cooler. Run: Bit better, tho' thing injury still there. Plover cove --> grave --> next hill and return. 2 h 35 min.

10 February 2013 Sunday

First day of the Chinese New Year of the Snake. New Year parade in evening. SA beat NZ to take Las Vegas 7s title.

11 February 2013 Monday

Ex: 15w + wts. The Pope announces that he will resign.

12 February 2013 Tuesday

Ex: 20w + 20r + 10s. Two phone calls from Australia re sale of flat.

13 February 2013 Wednesday

Ex: 15w/j + wts. Mainland tour group spends last night in bus as no hotel accommodation arranged.

14 February 2013 Thursday

Ex: 18w/j + 15r + some wts + 10s. Got a cold and running nose; seemed to start yesterday.

15 February 2013 Friday

Ural Mountain area of Russia hit was a large meteorite shower.

16 February 2013 Saturday

Excellent run - I think my cold got rid of all congestion in lungs. Breathing perfect, though injured hip still affecting the runs. Tai Tong to Sek Kong. 17 C. Time: 2 h 19 min.

18 February 2013 Monday

Ex: 15w/j + wts.

19 February 2013 Tuesday

Ex: 20j + 20r + 10s. Document from Australia finally arrives at 10.30 pm after hassle because the 'G' in Flat G looked like an 'S'.

20 February 2013 Wednesday

Very little sleep last night. All day on the documents. To the Australian Consulate in the morning - they rejected one form and completed others differently from instructions. Later checked with Australia who said OK. Sent via Speedpost in afternoon. Then Ex: 15j + wts.

21 February 2013 Thursday

Ex: 18j + 15r + some wts + 10s. Big problems again on sale of property, this time form BOQ.

22 February 2013 Friday

All day with problems caused by BOQ.

23 February 2013 Saturday

Shorter run: 16 C. Tai Tong --> amusement park --> reservoir --> over hill to Ho Pui res --> around Ho Pui --> back over hill and to tunnel bus stop. 2 hour 7 min. On TV news, saw Alain Rezelamn - now completely blind - being interviewed about participating in the marathon.

24 February 2013 Sunday

HK marathon today.

25 February 2013 Monday

Ex: 15r + wts. Frantic effort late evening to try to get Nadine to help pick up courier package for Vanessa.

26 February 2013 Tuesday

Ex: 20r + 20r + 10s. Nine HK tourists killed in a hot-air balloon explosion in Luxor, Egypt.

27 February 2013 Wednesday

Budget day. Ex: 15r + wts.

28 February 2013 Thursday

Ex: 18j + 15r + some wts + 10s.

March

02 March 2013 Saturday

Tired before run. Damp and some drizzle. Shorter. Tai Po Viaduct --> pass --> top of res --> road to visitor centre --> pineapple trail --> road --> top of res --> pass --> Tai Po V. 2 h 15 min.

03 March 2013 Sunday

Looked at a flat in Tower 7 in the evening.

?? 03 March 2013 Sunday

Looked at a flat in Tower 7.

04 March 2013 Monday

Tired again little sleep - this time over possible new flat. Ex: 15w + wts (slightly easier).

05 March 2013 Tuesday

To dermatologist am. Ex: 20w + 20r + 10s.

06 March 2013 Wednesday

Hugo Chavez dies (on March 5th). Ex: 15w + wts. Had another look at Tower 7 35F in evening. Very tired and got to bed later.

07 March 2013 Thursday

Not too tired this morning. Ex: 18j + 15r + some wts + 10s. Sale of Australian flat finally concluded.

08 March 2013 Friday

HK TV cameramen beaten up in Beijing while filming outside flat of wife of Liu Xia-bo.

09 March 2013 Saturday

Fine and warm. Run: Tai Po --> Tai Mo Shan --> Sek Kong (on road); 2 h 37 min.

11 March 2013 Monday

Ex: 15j/r + wts.

12 March 2013 Tuesday

Ex: 18j + 15r + some wts + 10s.

13 March 2013 Wednesday

Ex: 15w + wts (took it a little easier).

14 March 2013 Thursday

A new pope elected. Banks raise mortgage rate. Funds from Australia arrive - the saga is now over. Ex: 18j + 15r + some wts + 10s.

16 March 2013 Saturday

Run the same (almost) as last run (#23) last year but, at 2 h 7 min is 13 minutes faster this time!!! Cooler (~20°C compared with 28°C) but surely that cannot account for such a dramatic difference.

18 March 2013 Monday

Ex: 15j + wts (2 new ones). Tired pm.

19 March 2013 Tuesday

Ex: 20w + 20r + 10s. First thunderstorms of the season in the afternoon.

20 March 2013 Wednesday

Ex: 15w + wts (a little lighter). Tired. To HSBC later.

21 March 2013 Thursday

Poor sleep. Ex: 18w + 15r + 10s + some wts. George Lowe, the last surviving climber from the team that made the first successful ascent of Mount Everest died aged 89.

23 March 2013 Saturday

No run - took Stanley for a hike instead (24-25C). Watched some of the HK Rugby 7s in the afternoon.

24 March 2013 Sunday

Fiji beats NZ in semifinals at HK Rugby 7s. (NZ team affected by illness.) Fiji beats Wales to take the Cup.

25 March 2013 Monday

CFA dismissed right of abode claim by foreign domestic helpers. Ex: 15w + wts.

26 March 2013 Tuesday

Ex: 20j + 20r + 10s. Had a semi-buffet Chinese dinner (in other hotel building) in evening and cake afterwards.

27 March 2013 Wednesday

Ex: 18r(un) (ie >10 kph) + 15r(ow) = 10s + some wts.

28 March 2013 Thursday

Ex: 18j/r + 15r + 10s + some wts.

29 March 2013 Friday

Good Friday today. Nadine and Joel arrive in Sydney for wedding of Nadine's friend.

30 March 2013 Saturday

Run same route as last year but 5 mins slower at 2: 39; TT gate - res - TLC trail - res - TT gate. Some light rain in last half-hour. In evening, signed documents to buy the flat in Tower 7.

April

01 April 2013 Monday

Ex: 15run + wts.

02 April 2013 Tuesday

Ex: 20run + 20row + 10 skip.

03 April 2013 Wednesday

Ex: 15w + wts.

04 April 2013 Thursday

Holiday for Ching Ming festival. Ex: 18j + 15r + 10s + some wts. Deaths mount in China from H7N9 bird flu (SARS-like) virus.

05 April 2013 Friday

Selected a solicitor to deal with flat purchase.

06 April 2013 Saturday

Doubtful weather so Stanley decided not to go for a hike with me. Run felt tiring but 1 minute faster than same run last year - Tai Tong terminus, around reservoir to tunnel bus in 2 hr 14 min. Overcast but did not rain.

08 April 2013 Monday

Ex: 15r + wts. Then to HSBC to talk about a loan. Margaret Thatcher dies.

09 April 2013 Tuesday

Ex: 20j + 20r + 10s. Solicitor around late afternoon for 10% deposit + expenses and fees.

10 April 2013 Wednesday

Ex: 15run + wts.

11 April 2013 Thursday

One of the two 'creators' of the first 'test-tube' baby dies. Ex: 18j + 15r + 10s + some wts. Rain still continues.

12 April 2013 Friday

After much calculating and dithering, I finally decided to get the mortgage for the flat.

13 April 2013 Saturday

Hike with Stanley - Tai Tong Gate to reservoir to tunnel bus, about 2 h 15 min.

15 April 2013 Monday

Gym card expired so will not do any exercise this week. To bank midday to apply for mortgage.

16 April 2013 Tuesday

Two explosions near end of Boston marathon - several killed and many injured.

17 April 2013 Wednesday

Funeral of Margaret Thatcher today. In evening, up to the 'new' flat for a final check.

19 April 2013 Friday

Search for crew members after two large Chinese barges collided and sank in thick fog in HK waters.

20 April 2013 Saturday

A 6.6-7.0 earthquake in Sichuan; about 60 killed. First exercise after a week off. Run: Very hot 26-27C, very humid, not enjoyable, and at 2 h 28 min was 14 min slower than last year.

21 April 2013 Sunday

Death toll in Sichuan now over 200.

22 April 2013 Monday

Ex: 15j + wts (slightly easier).

23 April 2013 Tuesday

Ex: 20j + 20r + 10s.

24 April 2013 Wednesday

Ex: 15j + wts. Stanley off to the US for a couple of months.

25 April 2013 Thursday

Ex: 18j + 15r (increased weight) + 10s + some wts. Finished as much as I can do now on my major 'autobiography' project. 'Lost' diaries and photos taken as slides not done. Today is ANZAC day.

26 April 2013 Friday

HSBC calls in evening to confirm mortgage, but at a slightly higher rate!

27 April 2013 Saturday

Good run; at 2 h 16 min, just 1 minute slower than same route last year.

29 April 2013 Monday

Ex: 15w + wts (lighter!).

30 April 2013 Tuesday

Ex: 20w + 15+2r (at increased resistance) + 10s. Then to bank to finalise mortgage.

May

01 May 2013 Wednesday

May day holiday. Ex: 15w + wts. Swimming pool opens.

02 May 2013 Thursday

Gym closed today instead of yesterday for cleaning, so started swimming today instead of next week. Cool. Did 1.5 km. This on the coldest day for May since 1917, at 16.6^oC in the morning.

03 May 2013 Friday

Second swim - still cold - 1.6 km.

04 May 2013 Saturday

No run - season ended - though conditions good for a run. HIT crane operators strike now passes its fifth week.

06 May 2013 Monday

Ex: 15w/j + wts. (No swim as pool now closed for cleaning ALL morning.)

07 May 2013 Tuesday

Ex: 8s + 1.8 km swim.

08 May 2013 Wednesday

Ex: 8s + 1.8 km swim. Dockers strike over after about 40 days.

09 May 2013 Thursday

Sunny for most of the day! Ex: 8s + 1.8 km swim.

10 May 2013 Friday

Ex: 15j/r + wts.

11 May 2013 Saturday

Elections in Pakistan.

?? 12 May 2013 Sunday

Elections in Pakistan.

13 May 2013 Monday

Pool closed all morning for cleaning. Afternoon swim: 8s + 2.0 km. Cheung Kong forced to buy back the hotel suites it illegally sold (believed to be spite because of government action to cool property market). CFA rules that a transsexual can marry.

14 May 2013 Tuesday

Gavin's birthday. Ex: 8s + 2.0 km swim.

15 May 2013 Wednesday

Ex: 8s + 2.0 km swim (6.0 km for week).

16 May 2013 Thursday

Ex: 15w/j + wts. Big thunderstorm in afternoon.

17 May 2013 Friday

Holiday. Cheung Chau bun festival time. Ex: 15w/j + 10r + wts. LRT train derails in TSW injuring about 70, most not seriously.

18 May 2013 Saturday

Saudi woman becomes first from that country to attempt Mt Everest and to succeed.

20 May 2013 Monday

Ex: 8s + 1.6 km swim (only! Just too tough - not so much the swim but the after-effects).

21 May 2013 Tuesday

Ex: 15w/j + wts (slightly lighter). Sorted through half the stuff under the bed.

22 May 2013 Wednesday

Very heavy rain overnight; 'black' rainstorm issued, the first time for three years. Pool not opened until afternoon: no skip + 2.0 km swim.

23 May 2013 Thursday

Ex: 15w/j + wts. To solicitor in Yuen Long for final payment for flat and other legal matters.

24 May 2013 Friday

Ex: 2.0 km swim. More sorting out stuff; this time the top of the wardrobe.

25 May 2013 Saturday

More sorting out in the morning. Then coloured/dyed my hair.

27 May 2013 Monday

More washing! Afternoon ex: 2.0 km swim.

28 May 2013 Tuesday

Unwell all day. Last night, about 9 pm, felt bloated, wanted to vomit and poo but couldn't. Fever developed (and had to turn fan off during night to keep warm). Very, very weak and lethargic. Almost nothing to eat; even getting a cup of water to drink was difficult mentally and physically, even when bottle right next to me. Lying down all day.

29 May 2013 Wednesday

Feeling quite a lot better but not yet normal. Today is 60th anniversary of conquest of Mt Everest. Went to the gym: 15w + wts (lighter &/or less); didn't feel too bad. Had dinner at Fairwood. In China, new-born 'Baby 59' (as it was named) found alive! in a sewer pipe after its mother 'accidentally' dropped it down the (Chinese-style) toilet.

30 May 2013 Thursday

Terrible night; thinking about moving half the night. Ex: 2.0 km (though was only going to do 1.0 km!).

31 May 2013 Friday

Last night, used the bedroom air-con for first time this summer. Ex: 15w + wts (again less). Took possession of the new (for me) flat in the early evening (though still have the old one for another 6 days).

June

01 June 2013 Saturday

Had diarrhoea after breakfast - 4 times! Still had to move stuff. Worked non-stop from 8.30am to 6 pm - 23 trolley loads. Very, very hot - up to about 35°C.

02 June 2013 Sunday

Another extremely hot day about 35°C. Another 14 trolley-loads. Most stuff moved now. Last night in old flat.

03 June 2013 Monday

Movers came in morning. Carried the computer across myself. On connecting the computer, and waiting for it to work (i.e. to actually turn on; after disconnection/transfer, seems to need an hour or so to work again) time was 12.50 pm. Most stuff across now. Just a few food and cooking items as gas here not turned

on till Thursday. So, cooked in old flat and ate seated on the floor and then on balcony. So hot again all day.

04 June 2013 Tuesday

A bit easier today. Cleaned the empty flat (16G). Had the air-con on; not worried about cost as I have not used all the accumulated government grant, and it does not carry over to the new flat. In 35F, putting stuff into cupboards - mainly shoving books and other stuff in; will organise it later - maybe. June 4th candlelight vigil held in Victoria Park but had to end early due to heavy rain.

05 June 2013 Wednesday

Cleaned kitchen, fridge and finished bathroom. Got phone switched, but had to chase HGC to get it done. Returned the trolley. Cooler day!!

06 June 2013 Thursday

Cooler, so no bedroom air con overnight. Towngas technician comes in morning to turn on gas (in new flat) and turn off gas (in old flat). Handed back the keys etc to the landlady early evening and got the deposit back. Had a pizza dinner later.

07 June 2013 Friday

Finally got everything into cupboards and some of it organised as well. Most of work done in the 'office'. Very tired in afternoon. Even though hot, didn't turn the fan on at all the whole day (though bedroom air-con on overnight).

08 June 2013 Saturday

Still very tired. Started to re-organise books in a bookcase but gave up - complicated and too tired anyway. Did little all day.

09 June 2013 Sunday

First regular day.

10 June 2013 Monday

Lethargic in morning. Swim in afternoon felt quite easy: 2.0 km. Not too bad afterwards.

11 June 2013 Tuesday

Overnight thunderstorm. Ex: Swim 2.6 km - felt very good.

12 June 2013 Wednesday

Holiday - dragon boat day. Ex: 15w/j + wts. First cruise ship berths, in the evening, at the newly-completed Kai Tak terminal.

13 June 2013 Thursday

Edward Snowden, the US NSA whistle-blower who is hiding in HK, reveals that the US is also snooping on HK officials, institutions and some individuals. Good swim: 2.4 km (7 km for week).

14 June 2013 Friday

Ex: 15j + wts.

16 June 2013 Sunday

Did a bit of cleaning pm; very little dust so did not do the intended floor washing. Stuffed some cloth above one of the bedroom window rails to see if it would keep out light.

17 June 2013 Monday

Ex: 2.2 km swim - felt good. Stuffed cloth worked, so did the rail for the other window.

18 June 2013 Tuesday

Ex: 2.3 km swim. Over 1000 businesses to offer substantial discounts on July 1st at the time of the march!

19 June 2013 Wednesday

Ex: 15j/r (6.2 mph) + wts.

20 June 2013 Thursday

Ex: 2.5 km swim; felt OK (7 km for week).

21 June 2013 Friday

Ex: 15r (r = run = 6.3 mph or 10 kph+) + wts. T3 raised in evening though little effect on HK.

22 June 2013 Saturday

Edward Snowden charged with theft and espionage by US who will request HK to extradite him. Read in latest 'Time' that the last telegram service in the world (in a part of India) closes.

23 June 2013 Sunday

Snowden leaves HK - legally - believed to be headed for Moscow.

24 June 2013 Monday

Ex: 2.5 km swim.

25 June 2013 Tuesday

Ex: 2.5 km swim.

26 June 2013 Wednesday

Ex: 15r + wts. Kevin Rudd ousts Julia Gillard as PM of Australia.

27 June 2013 Thursday

Ex: 2.5 km swim (7.5 km for week).

28 June 2013 Friday

Ex: 15r + wts.

30 June 2013 Sunday

First use of the washing machine in the new flat.

July

01 July 2013 Monday

Public holiday - handover anniversary. Ex: 3.0 km swim (in spite of many in pool). Annual July 1st protest march takes place, in spite of nearby tropical storm and No 1 signal being raised. Wind, rain and thunderstorms. NZ win Rugby 7s World Cup in Moscow - both women and men!

02 July 2013 Tuesday

Ex: 15r (6.7 mph) + wts.

03 July 2013 Wednesday

Ex: 2.5 km swim.

04 July 2013 Thursday

Ex: 3 km swim (8.5 km for week).

05 July 2013 Friday

Not a good sleep! To supermarket then gym. Ex: 15r + wts. Tony (now Peter) Chan found guilty of forging Nina Wang's will; sentenced to 12 years jail.

06 July 2013 Saturday

Went to the poolside in afternoon to 'relax' but not to swim.

08 July 2013 Monday

Ex: 3.0 km swim.

09 July 2013 Tuesday

Ex: Swim 3.1 km.

10 July 2013 Wednesday

Ex: 15j/r + wts. Early evening, gave Mr Au (former owner) his mail then showed him the flat.

11 July 2013 Thursday

Ex: 2.9 km swim (9 km for week). Pool water very murky!

12 July 2013 Friday

Ex: 15r + wts. Gas meter reader came today!! - reading 0318. Pool closed today for repairs.

15 July 2013 Monday

Ex: 4 km swim (= 2 km + 2 km in two pm sessions with first session cut short by thunderstorm warning).

16 July 2013 Tuesday

Ex: 3 km swim. To hospital pm for regular inspection; will have a further nose biopsy (at dermatologist).

17 July 2013 Wednesday

Ex: 15r (6.3 mph) + wts. Man in Tin Shui Wai gets Japanese encephalitis; district intensively and extensively sprayed.

18 July 2013 Thursday

Ex: Swim 3 km (10 km for week). Another Japanese encephalitis case in Tin Shui Wai. E-mailed the Water Supplies Dept re non receipt of deposit from old flat.

19 July 2013 Friday

Ex: 15j + wts. New Trade Descriptions Ordinance comes into force today, against false advertising, false claims, etc.

20 July 2013 Saturday

Received the refund cheque from the Water Supplies Department!! AOL e-mail blocked because of 'suspicious' activity (I suspect because I use same address and password for my website).

21 July 2013 Sunday

After a lot of searching, managed to change my AOL password and access my mail.

22 July 2013 Monday

Ex: 3.6 km swim. Kate gives birth to a son.

23 July 2013 Tuesday

Ex: 15j + wts (last day of 3-month gym card).

24 July 2013 Wednesday

Ex: 3.2 km swim.

25 July 2013 Thursday

Ex: 4 km swim.

26 July 2013 Friday

Ex: 3.2 km swim (14 km for week).

29 July 2013 Monday

Ex: 4 km (or should be. When 'finished', time seemed too short so did some more lengths until 'correct' time was reached); finally passed the 2.5 km average (2.53 km). In evening, I actually watched on TV the soccer 'friendly' between Manchester United and local champions Kitchee, the former winning 5-2 amid the fiasco and international embarrassment of the state of the pitch.

30 July 2013 Tuesday

To dermatologist; appointment for biopsy set for tomorrow! On return: Ex 3.2 km swim.

31 July 2013 Wednesday

Had a swim in the first session: 3 km (10.2 km for 3-day week). Then to Tuen Mun clinic for two small nose biopsies. Back just after 1 pm. Early morning, man on a company bus travelling from Tuen Mun to Tai Po lashes out at fellow employees with a chopper; injuries but no deaths!

August

01 August 2013 Thursday

No swim – let wounds heal. No gym – card expired.

02 August 2013 Friday

Signal 3 up all day but got to supermarket OK. Pool closed all day.

05 August 2013 Monday

Back to exercise: Swim 3 km.

06 August 2013 Tuesday

Ex: 3 km swim.

07 August 2013 Wednesday

Ex: swim about 3.7 km (made a mistake counting; thought I had done 4 km).

08 August 2013 Thursday

Ex: swim 3.4 km.

09 August 2013 Friday

Ex: Swim 3 km (16.1 km for 5-day week). Whole week been fine, sunny and very hot. To clinic in afternoon to have stitches removed.

10 August 2013 Saturday

Second load of washing (towels + a few clothes + cloths) since being here. And of course it had to rain!! after a week of hot sunny weather.

11 August 2013 Sunday

Temps here up to 34.5°C. In afternoon, carnival held in the swimming pool.

12 August 2013 Monday

Very hot again; just over 35°C in afternoon. Ex: Swim 3 km.

13 August 2013 Tuesday

No swim - No 3 signal up all day. Call from the hospital to advance my appointment to Thursday.

14 August 2013 Wednesday

Number 8 down to no 3 but still no swim.

15 August 2013 Thursday

Typhoon gone. Ex: swim 3 km. To hospital pm to get details about nose surgery.

16 August 2013 Friday

Ex: Swim 3 km (not so easy!).

17 August 2013 Saturday

Went for a swim: 4.5 km!! (13.5 km for 4-swim week); felt good but tired in afternoon.

19 August 2013 Monday

Ex: Swim 2.7 km (= average for season to date, so will do this distance this week).

20 August 2013 Tuesday

Ex: Swim 2.7 km.

21 August 2013 Wednesday

Ex: Swim 2.7 km. Tired from exercise so did nearly half breaststroke - the 'easy' stroke. To HSBC afternoon - gave me a mooncake voucher for 'cold' mooncakes; picked them up from Maxims.

22 August 2013 Thursday

Ex: Swim 2.7 km (still taking it easy). Then found a medical clinic (next to PnS) who did a medical check for renewal of driver's license; cost \$200 but used 4 of my forty \$50 government medical vouchers for the elderly! In China, trial of Bo Shi-li begins, in open court, probably due to murder of British businessman.

23 August 2013 Friday

Ex: 3.2 km swim (14 km for 5-day week). Posted renewal forms for driver's license.

26 August 2013 Monday

Ex: Swim 2.8 km.

27 August 2013 Tuesday

Ex: Swim 2.8 km.

28 August 2013 Wednesday

Ex: Swim 2.8 km.

29 August 2013 Thursday

A bit tired. Ex: 2.8 km (taking it easier). Received my new driver's license.

30 August 2013 Friday

Big thunderstorm overnight. Ex: 2.8 km (14 km for 5-swim week). Lunch at Cafe de Coral.

02 September 2013 Saturday

Ex: Swim 3 km. Swim not bad; overarm style better for breathing.

September

03 September 2013 Tuesday

Ex: Swim 3 km. A 64-year old lady completes the 177 km swim from Cuba to Florida w/o shark cage.

04 September 2013 Wednesday

Ex: 3 km with heavy rain at times.

05 September 2013 Thursday

Ex: 3.5 km swim.

06 September 2013 Friday

Cooler overnight; did not even use the fan. Ex: Swim 4 km (16.5 km for week). Good, fast swim, at least the first 3 km. Lunch at Fairwood.

07 September 2013 Saturday

Get a video from Stanley of me swimming in pool. In Australia, Liberal-National coalition win the General Election, defeating Labor.

08 September 2013 Sunday

Dyed/coloured my hair.

09 September 2013 Monday

Ex: Swim 2.6 km. Not easy; after seeing the video of me swimming, I changed my style, but tiring.

10 September 2013 Tuesday

Ex: Swim 2.6 km; a bit better than yesterday.

11 September 2013 Wednesday

Ex: 2.6 km.

12 September 2013 Thursday

Ex: Swim 2.6 km (tiring).

13 September 2013 Friday

Ex: Swim 2.6 km (13 km for week).

14 September 2013 Saturday

Government announces it will stop serving shark-fin soup and blue-fin tuna at official banquets.

16 September 2013 Monday

Ex: 2.6 km swim - not easy!!

17 September 2013 Tuesday

Ex: 3.6 km swim. So much better; arched my back downwards ('U' shape) which made the breathing a lot easier.

18 September 2013 Wednesday

Ex: Swim 3.5 km; again felt good. To HS Bank pm; got another tin of mooncakes. Couple jailed for physical abuse to their Indonesian maid.

19 September 2013 Thursday

Ex: Swim 4.0 km.

20 September 2013 Friday

Holiday for mid-autumn festival. Ex: 3.4 swim but not as easy as yesterday (17.1 km for week).

21 September 2013 Saturday

Temps here up to 36°C.

22 September 2013 Sunday

Bo Xilai given a life sentence; seems to be more a political than a criminal sentence. Typhoon skirting just to north of HK; #8 up at about 7 pm.

23 September 2013 Monday

No swim - they needed the whole day to clean up after the typhoon!!!

24 September 2013 Tuesday

Ex: Swim 3.1 km.

25 September 2013 Wednesday

Most of the day at Pok Oi Hospital for pre-op assessment. Back for a swim at 4 pm: 2.8 km.

26 September 2013 Thursday

In San Francisco, US wins the America's Cup 9-8 after being down to Team NZ 8-1 at one stage. I don't mind the US team winning but not to the extremely obnoxious and egotistic Larry Ellison whose team also cheated in earlier rounds. Ex: Swim 3 km. To the solicitors in afternoon to sign and collect the will.

27 September 2013 Friday

Ex: Swim 3.2 km. First 3 km crawl; felt good, style coming right - at the end of the season!!

28 September 2013 Saturday

Ex: Swim 2.6 km (14.7 km for week).

30 September 2013 Monday

Last swim for season 2.2 km --> 78 swims, 218.4 km, 2.8 km average.

October

04 October 2013 Friday

Up at 5.30 am to get to hospital by 7 am. Surgery on the nose later in the morning - took over 4 hours.

05 October 2013 Saturday

Didn't sleep too well; TV and lights on late. Urination getting back to normal. Nearly left for home at midnight because impossible to rest but eventually stayed. Eventually they got the food request right.

06 October 2013 Sunday

Had enough - tired, so returned home mid-morning. Cross-harbour swim today.

07 October 2013 Monday

All day at hospital - but only to get lunch and dinner. Back at about 6 pm.

08 October 2013 Tuesday

To hospital at 8 am for cleaning of areas. To the gym on return - took it a little easier; 15w/j + wts. Then picked up the package from Perth - cheque cannot be cashed as in both names!!

09 October 2013 Wednesday

Supermarket first then gym. Ex: 18w/j + 17row + 10 run.

10 October 2013 Thursday

To hospital early for dressing; discharged - cost \$650. Ex: 15j + wts. In evening, after dinner, possible food poisoning - terrible pain with vomiting and diarrhoea which lasted several hours.

11 October 2013 Friday

Feeling OK. Went to the gym: 20w/j + 17r + 10s (with pauses!!). Second case of cholera found; both people are workers in (different) hospital canteens.

14 October 2013 Monday

Holiday for Chung Yeung festival (autumn grave sweeping). Ex: 15j + wts.

15 October 2013 Tuesday

To Tuen Mun hospital by 9 am. Long wait then stitches removed. Ex on return (squeezed in before 1 pm close): 20j + 20r + 10s.

16 October 2013 Wednesday

Posted cheque back to Perth. Ex: 15j + wts. Injured lower back lifting a weight that was, by accident, too heavy. This after talking about back injuries with Stanley.

17 October 2013 Thursday

Slightly cooler. Ex: 20j + 20r + 10s.

18 October 2013 Friday

Yesterday and last night first time here w/o using fan. Ex: 15j + wts. Then pizza lunch. Tired afterwards.

21 October 2013 Monday

Ex: 15w/j + wts - took it a bit easier.

22 October 2013 Tuesday

Ex: 20j + 20r (slightly heavier but slower) + 10s. Towngas technician comes just as I returned from gym for regular gas checkup. Final stitch and last blood clot comes off. Later, off to Tuen Mun hospital pm for follow up and pathology report – only about 0.5 mm on edge of graft missed. Back to regular appointments now.

23 October 2013 Wednesday

Ex: 15j~r (r=run = 6.1+ mph ~10km/h) + wts.

24 October 2013 Thursday

Ex: 20j + 20r (continuing with slightly heavier but slightly slower) + 10s + started sauna (mainly to see if it helped my back injury).

25 October 2013 Friday

Supermarket then gym then bank. Ex: 15run (6.4 mph) + wts.

28 October 2013 Monday

Ex: 15r (6.4 mph) + wts (for the first time, could not get a treadmill to begin exercise). Finished the course of antibiotics.

29 October 2013 Tuesday

Ex: 20j + 20r + ~10s (most w/o rope as one handle became detached - first incident since I got it in Feb 2008).

30 October 2013 Wednesday

Ex: 15run + wts.

31 October 2013 Thursday

Ex: 20j-r + 20r + 10s. Cheque from BOQ arrived in afternoon.

November

01 November 2013 Friday

Ex: 15r (6.6mph) + wts. Late lunch at restaurant. T1 up - very rare for this time of the year.

04 November 2013 Monday

Ex: 15r (6.8 mph) + wts.

05 November 2013 Tuesday

Ex: 20j + 20r + 10s. Then to Faiwood for lunch. Then to Hang Send bank to get new security device.

06 November 2013 Wednesday

Early ex because of monthly gym closure for cleaning: 15run (6.9 mph) + wts.

07 November 2013 Thursday

Ex: 20r (mixed pace) + 20r + 10s.

08 November 2013 Friday

Ex: 15j + wts (and something made the back injury a bit worse). To HS bank pm. Super typhoon, probably the biggest ever recorded, with winds up to 320 km/h, slams into the eastern Philippines.

11 November 2013 Monday

At about 5 am, banged on door of 36F because of noise. Ex: 15w + wts (lighter!).

12 November 2013 Tuesday

Ex: 20w + 20r (lighter) + 10s. Heard on news that HK govt seeks \$40 M from Lego for Philippine disaster relief.

13 November 2013 Wednesday

Ex: 15w + wts (again lighter for most). until further notice.

14 November 2013 Thursday

Ex: 20w + 20r + 10s (w and r again lighter - until further notice).

15 November 2013 Friday

Ex: very light workout - 5w + a few weights.

16 November 2013 Saturday

First run/hike of the season; same route as last year, up to Grassy Hill. Bright sun and 21°C. Oxfam 100 km trailwalker in progress.

17 November 2013 Sunday

Coloured my hair; new colour - natural brown instead of black.

18 November 2013 Monday

Ex: 15j + wts.

19 November 2013 Tuesday

Ex: 20w + 20r + 10s.

20 November 2013 Wednesday

Ex: 15j/r + wts.

21 November 2013 Thursday

Ex: 20w/j + 20r + 10s.

22 November 2013 Friday

Ex: 5w + 1/2 wts. Today (Nov 22 in the US) is the 50th anniversary of JFK's assassination.

23 November 2013 Saturday

Second run - a bit tougher than expected, primarily the second half.

24 November 2013 Sunday

Spent 4 hours or so (and a similar time yesterday pm) cleaning the black dirt from between the floor tiles - difficult. A 6-month old girl abducted from stroller while mother distracted 'helping' a woman with a mainland accent. ABs beat Ireland (just! 24-22 in last minute) in Dublin to become the first team in the professional era to win all their Test matches (14) in a calendar year.

25 November 2013 Monday

Ex: 15r (6.5 mph) + wts.

26 November 2013 Tuesday

Ex: 20j + 20r + 10s.

27 November 2013 Wednesday

Ex: 15r (6.5 mph) + wts.

28 November 2013 Thursday

Ex: 15j + 20r (~7mins at a faster pace) + 10s. Early evening, gym bag falls into bath, (full) shampoo bottle opens, shampoo all through bag and bath; by time I finished cleaning , shampoo and foam everywhere!

29 November 2013 Friday

Temps drop to about 12C last night. Ex: 10w/j + 1/2 wts.

30 November 2013 Saturday

Much cooler but fine. Run OK, 16°C, around Tai Lam Chung reservoir.

December

02 December 2013 Monday

Temps last night touch about 9°C again. Ex: 15w/j/r + wts. On return, shaved wood from bottom of kitchen door so that it would open easily, then cleaned behind fridge and washing machine. Baby was NOT abducted - mother made up the story as baby probably already dead. First case of H7N9 in HK - Indonesian maid who had handled chickens in a Shenzhen market.

03 December 2013 Tuesday

Ex: 20j + 20r + 10s. Then cleaning some windows, Venetian blind and kitchen extractor fan.

04 December 2013 Wednesday

Early ex: 15r (6.8 mph) + wts.

05 December 2013 Thursday

Ex: 20j + 20r + 10r.

06 December 2013 Friday

To supermarket then gym. Ex: 5w + 1/2 wts. Death announced of Nelson Mandela.

07 December 2013 Saturday

Run not too bad at 2 h 18 min; on flat parts, did some fast/walk sequences (though 'fast' probably just normal of several years ago). Another H7N9 case imported from Shenzhen.

09 December 2013 Monday

Ex: 15r (7.0 mph) + wts.

10 December 2013 Tuesday

Ex: 20j + 20r + 10s. Sent e-mail to WSD to enquire how much water I use.

11 December 2013 Wednesday

Ex: 15r (7.1 mph) + wts (normal - just for today).

12 December 2013 Thursday

Ex: 20j + 20r + 10s. Cheque from BOQ finally cleared and funds deposited into my HK account.

13 December 2013 Friday

Ex: 5w/j + 1/2 weights. Announced that uncle of N. Korean leader executed!

14 December 2013 Saturday

Run not bad; faster than last year but getting slower over the years.

16 December 2013 Monday

Ex: 15r (7.1 mph) + wts. In afternoon, started reorganising and classifying books in large bookcase.

17 December 2013 Tuesday

Very cold last night; down to only 10 or 11°C - felt colder than that. Rain during the day. Ex: 15j + 20r + 10s. All day finishing the reorganisation and classification of books in large bookcase. Computer just would not boot up the whole day. Kept mucking around and it started late afternoon.

18 December 2013 Wednesday

Ex: 15r (7.3 mph) + wts. Cold again but sunny later. Towel on balcony rail to dry - blown off into the small pool below.

19 December 2013 Thursday

Temps here down to 7°C overnight. Ex: 20j + 20r + 10s. Guy from downstairs flat (Chinese guy who had lived in NY for 35 years and worked in a restaurant) comes up to comment on the 'noise' I make when walking, ie. either bare-feet or with socks on!!!!!!

20 December 2013 Friday

To supermarket then to HSBC to pick up 2014 calendars then gym. Ex: 7.5w + 1/2 wts. Later to a lunch. Great train robber Ronnie Biggs dies at 84.

21 December 2013 Saturday

Run not bad - up Tao Po to Ng Tau Chai to road to Sek Kong roundabout. Temps about 13C; had pullover on all the time though at times I was sweating.

23 December 2013 Monday

Ex: 15r (7.3 mph) + wts.

24 December 2013 Tuesday

Ex: 20j + 20r + 10s. Mikhail Kalashnikov, the inventor of the AK-47 dies.

25 December 2013 Wednesday

Christmas day. Ex: 15r (7.5 mph = 12 km/h, first time for about 2 years) + wts. About midday, Gavin calls.

26 December 2013 Thursday

Ex: 20j + 20r + 10s. Elderly man dies in HK of H7N9 virus.

27 December 2013 Friday

Ex: 7.5w + 1/2 wts.

28 December 2013 Saturday

Temps here down to 6°C overnight; lower in other places. Run good: 7-10°C, at 2 h 31 min, same as last year for same route. Lost another cap. somewhere between bus stop (where I know I had it) and home!! More fake \$1000 notes appearing. China abolishes its one-child policy and its labour camps.

30 December 2013 Monday

Ex: 15r (7.5 mph) + wts.

31 December 2013 Tuesday

Ex: 20j + 20r + 10s.

01 January 2014 Wednesday

Woken at 20 midnight by 'countdown' below. Tried to vote online in Occupy Central referendum for how to CE but kept rejecting my ID number; alternatives were to use mobile phone (which I do not have) or go to Victoria Park where a march was to start (blow that!), so did not vote. Ex: 15r (7.7 mph) + wts.

02 January 2014 Thursday

Early ex: 20j + 20r + 10s.

03 January 2014 Friday

Ex: 7.5w + 1/2 wts.

04 January 2014 Saturday

Run so-so; same route as last year for this weekend, but this time, at 2 hr 38 min, was 2 minutes faster.

05 January 2014 Sunday

Last 'Mintie' from current supply eaten!

06 January 2014 Monday

Ex: 15r (7.6 mph) + wts.

07 January 2014 Tuesday

Run Run Shaw dies at age 107. Ex: 20j + 20r + 10s. Last gym with current 3-month ticket. Dermatology appointment in afternoon; found a stitch that had not been removed so took it out. Also did cryo on a lesion on hand; didn't seem to make any difference.

08 January 2014 Wednesday

Did a large batch of washing. Slow to dry as weather cool and a bit humid.

09 January 2014 Thursday

Cloudy and cool all day. Went to Wetland Park for most of the day; this was the first visit ever. Galleries good but outside disappointing probably as it was winter.

11 January 2014 Saturday

Fine day. Run good but 9 mins slower than same run two years ago; Tai Wo / Cloudy Hill circuit; 18°C.

12 January 2014 Sunday

Again, a lot of trouble with the computer crashing and not starting, and the fan running very fast.

13 January 2014 Monday

Cooler again. Ex: 15r (7.4 mph) + wts.

14 January 2014 Tuesday

Ex: 20j + 20r + 10s. In afternoon, did some reading in the bedroom using the ledge as a table for the first time.

15 January 2014 Wednesday

Ex: 15r (7.7 mph) + wts. CE delivers his annual policy address.

16 January 2014 Thursday

Ex: 20j + 10s + 20r (change in order due to apparatus in use).

17 January 2014 Friday

Ex: 5w + 1/2 wts.

18 January 2014 Saturday

Run CU to Ma On Shan pass and back - 2h 55 min, 4 minutes faster than last year. A 100 km race in progress though too early for me to meet any runners.

20 January 2014 Monday

Police and govt officials off to Indonesia to interview maid tortured by HK employers. Ex: 15r (7.5 mph) + wts. Woman accused of torturing maid caught at airport while trying to leave HK.

21 January 2014 Tuesday

Ex: 20j + 20r + 10s. Hospital appointment in afternoon: longer wait, short appointment. Another four maids report abuse by the same employer.

22 January 2014 Wednesday

Temps here down to about 6°C last night. Ex: 15r (7.6 mph) + wts.

23 January 2014 Thursday

Had to phone WSD again as the new a/c I set up no longer seems to exist! Ex: 20j + 20r + 10s. Late lunch at Fairwood. Then bought a small clock for the bedroom.

24 January 2014 Friday

Ex: 5w + < 1/2 wts. To HS bank pm.

25 January 2014 Saturday

At breakfast, sink plug disappeared – stuck to Camelbak when filling with water. Run same as last year but a few minutes faster. Had an accident on last stretch; very badly twisted my right ankle, very painful. A large lump the size of a golf ball formed. Planned to run all the way back to Tai Po (as in earlier runs) but because of accident didn't.

27 January 2014 Monday

Ex: 15j (no run because of injury) + wts.

28 January 2014 Tuesday

Chickens (from China) at Cheung Sau Wan market found to be H5N1 positive and so to be killed and market closed for three weeks; so, no poultry for Chinese New Year. Ex: 20j + 20r + 10s. Then to the supermarket (didn't want to go Friday which is Chinese NY day); better time to go as everything I wanted available, though more people.

29 January 2014 Wednesday

Ex: 15j/r + wts. Later, to HSBC. Another death in HK from H7N9 bird flu virus. Talk of completely banning live chickens into HK.

30 January 2014 Thursday

Ex: 20j (close to normal though foot not healed) + 20r + 10s.

31 January 2014 Friday

First day of the year of the horse. Holiday. Gym closed.

February

01 February 2014 Saturday

Terrible run; with injury, very difficult and slow. TMT --hill--> Brides Pool --track--> Wu Kau Tung --> Sam A Chung --> Sam A Tsuen --> Tai Chi Wo --> pass --> Wu Kau Tung Village --> Wu Kau Tung Rd. At 3 h 23 min, about 30 mins longer than I think I could do it. Didn't get back until about 2 pm.

03 February 2014 Monday

Ex: 15j/r + wts. Did half the run at 7.6 mph so ankle must be getting better.

04 February 2014 Tuesday

Ex: 20j + 10s + 20r.

05 February 2014 Wednesday

Sanctions by HK on the Philippines over their not apologising over the Manila hostage shootings, begin today. Ex: 15r (1/2 at 7.6 mph) + wts.

06 February 2014 Thursday

Ex: 20j (normal though still slight injury) + 20r + 10s.

07 February 2014 Friday

The unexploded 1 ton US WWII bomb found on a site in Wanchai successfully defused overnight. Ex: 5w + 1/2 wts.

08 February 2014 Saturday

Run as for last year from Plover Cover and return. Only 5 minutes slower, so injury must be getting better. In Wellington, NZ beat SA in the final of the latest round of the IRB Sevens.

09 February 2014 Sunday

Cooler. Dark in the morning - didn't wake up and get up until 10.30 am! In afternoon, went down to watch the lion dancing.

10 February 2014 Monday

Temp here down to 7°C last night; Observatory records its lowest temp of the winter. Internet and phone connections broke in morning; working again in afternoon. Ex: 15r (average nearly 7.3 mph) + wts.

11 February 2014 Tuesday

Down to 6°C here early morning. Ex: 20j + 20r + 10s. Lunch at Maxims.

12 February 2014 Wednesday

Now down to about 5°C overnight. Ex: 15r (7.6 mph; ankle not yet perfect but almost) + wts.

13 February 2014 Thursday

Very cold again. Ex: 20j + 20r (little lighter) + 10s. Felt faint after steam bath, maybe due to poor sleep and slight asthma (though took no medicine). Temp inside down to 12°C; no heater, wearing 2 shirts + pullover, long trousers, 3 pairs of socks.

14 February 2014 Friday

Used the heater for a few hours last night (for the first time since 2000 and having had to change the old plug). Ex: 5w + 1/2 wts.

15 February 2014 Saturday

Cold run, about 8°C; Tai Tong to Sek Kong. At 2 h, 28 min, was 9 mins slower than last year - legs never got hot + residual injury + tired a bit, as didn't get good sleeps these past cold nights.

16 February 2014 Sunday

HK marathon, half-marathon and 10km races held early morning; 60 000 of the 72 000 entries took part.

17 February 2014 Monday

Much warmer today, over 24C, and still I felt cold (inside flat). Ex: 15r (7.5 mph) + wts. Several South Koreans killed in Sinai when their bus is blown up.

18 February 2014 Tuesday

Call from Gavin about 10 am. Then Ex: 20j + 20r + 10s. No more live chickens from the mainland for up to 4 months.

19 February 2014 Wednesday

Very cold again. Ex: 15r (7.4 mph) + wts.

20 February 2014 Thursday

Temps down to about 5°C overnight. Warmer later. Ex: 20j + 20r + 10s. Hotpot dinner at Fairwood in the evening.

21 February 2014 Friday

Did a batch of washing. Ex: 5w + 1/2 wts.

22 February 2014 Saturday

Run rather slow; too much walking where I would normally run. Even tripped and fell though not serious. Maybe too much effort in gym runs during the week. Added a loop into the route from last year. Time 2 h 37 min.

23 February 2014 Sunday

Inspected mattress cover - seem to have bedbugs! Washed the sheets then later the mattress covers and pillow. First fay (?) setting sun appears from behind opposite blocks.

24 February 2014 Monday

Ex: 15j + wts.

25 February 2014 Tuesday

Tired; difficult to sleep the way the bed is arranged while cleaning it. Ex: 20j + 20r (easier) + 10s. China moves an APEC meeting from HK to Beijing, possibly due to an Occupy Central protest (though this was not said).

26 February 2014 Wednesday

Ex: 15j + wts. Financial Secretary delivers his annual budget address. Former chief editor of Ming Pao critical after knife attack.

27 February 2014 Thursday

Ex: 20j + 20r + 10s.

28 February 2014 Friday

Ex: 5w + 1/2 wts. Another maid attacked by her (female!) employer; had a finger chopped off.

March

01 March 2014 Saturday

Warmer and very humid. Run difficult; 10 minutes slower than last year. Tired; lay down on sofa most of the afternoon.

02 March 2014 Sunday

Another rally for freedom of the press.

03 March 2014 Monday

Cooler. Ex: 15r (7.1 mph) + wts.

04 March 2014 Tuesday

Ex: 20j + 20r + 10s.

05 March 2014 Wednesday

Ex: 15r (6.8 mph) + wts.

06 March 2014 Thursday

Ex: 20j + 20r + 10s. Report of a 13-year old schoolboy in the UK performing a nuclear fusion reaction in a school laboratory! Hot pot dinner.

07 March 2014 Friday

No exercise.

08 March 2014 Saturday

MAS B-777 on way to Beijing lost in sea off Vietnam. Run: Tai Po to Tai Mo Shan to Sek Kong. Thick cloud on mountain.. Took wrong shortcut on way down and fell hard against a cliff; loud 'crack' sound as nose bit wall. Lots of blood. Time about 2: 45 (after subtracting 6 mins for accident), 8 mins slower than last year. Lots of people asked if I was all right/OK as run continued and on way home. Looked better after a shower though upper nose still 'weeping' all afternoon.

10 March 2014 Monday

Ex: 15r (6.5 mph) + wts. Not feeling well; slight cough that would not break; rested most of afternoon and evening.

11 March 2014 Tuesday

Couldn't get to sleep until about 3 am. Ex. not easy: 20w + 20r (slow) + 10s (slow + trips + pauses).

12 March 2014 Wednesday

Ex: 15w + wts (fewer sets). Building internet connection broken all day. Arrests made in case of assault on journalist.

13 March 2014 Thursday

Ex (was going to reduce to 35-40 minutes, but ended up doing the regular 50 min): 20w + 20r (slow) + 10s. But still had to lie down in the afternoon! Took temperature on getting up - OK. Took again at 5 pm - high at 37.6°C.

14 March 2014 Friday

Think I am getting a little better. No gym but had to go to supermarket.

15 March 2014 Saturday

Same run as last year but dreadful: nearly 3 hours compared with 2:07 last year. 16°C. Did walk + old-man-shuffle compared with some walks + sprints in 2013. Tried to remember times for various lags but completely unable to remember them!! Affected by fever (glad I wore the pullover as began to feel very cold. Just got back in time for a brief steam bath and shower - detergent bottle empty!!

16 March 2014 Sunday

Good sleep - for a change. Cleaned the flat (as usual), but included the (very dirty) balcony; tiring.

17 March 2014 Monday

Last night, when trying to sleep on my side, coughing almost continuous. Turned onto back - better and seemed to break well during night. Managed some sleep. Ex: 15j + wts.

18 March 2014 Tuesday

First really good sleep. Ex: 20r (level 8 again) + 5s + 20j + 5s (different order as only lower gym open so had to get apparatus when free).

19 March 2014 Wednesday

Ex: 15r (6.5 mph) + wts. At HSBC most of the afternoon. Two executives for a newspaper that is yet to open attacked in public. Warmer days now.

20 March 2014 Thursday

Ex: 20j + 20r + 10s. Chris Patten in HK.

21 March 2014 Friday

'New' clock no longer working properly - light does not light up! Dinner in mall.

22 March 2014 Saturday

No run, just too exhausted; first time for 5 years I think, but then was because of injury.

23 March 2014

CPT has a day outing, including buffet lunch at Airport Hotel, though I was not among them. Gavin calls about 8.30 am, but didn't get up to answer, then later at about 1.30 pm. Coloured/dyed my hair.

24 March 2014 Monday

Ex: 15w + wts.

25 March 2014 Tuesday

Ex: 20w + 20r ('7') + 10s.

26 March 2014 Wednesday

Ex: 15w/j + wts. To HSBC pm to pick up coupon for birthday cake. Dinner at Fairwood.

27 March 2014 Thursday

Ex: 20w/j + 20r ('7') + 10s.

28 March 2014 Friday

HK Rugby 7s begin today.

29 March 2014 Saturday

Went for a run. ~23 C. Tai Tong bus terminus around reservoir to tunnel bus; at 2 h 20 min, only 5 or 6 mins off previous times. Thunderstorm when I finished. Watched some of the 7s on TV, mainly because I was too tired to do anything else.

30 March 2014 Sunday

Tower 7 Internet connection broken again!!! Operating again pm. Didn't watch any 7s. NZ win Cup, beating England 26 - 7 in final.

31 March 2014

Internet broken again!!!! Heavy rain. Ex: 15w/j + wts.

April

01 April 2014 Tuesday

Ex: 20w/j + 20r(7/8) + 10s.

02 April 2014 Wednesday

Gym closed all day for repairs. Went to TST to Science Museum then History Museum. Heavy rain and thunderstorms at times again.

03 April 2014 Thursday

Ex: 20r (6.5 mph) + wts + 5 row (extras because no ex yesterday).

05 April 2014 Saturday

Bright, fine day. Run quite good, so ended it by doing the TLC trail, which I had planned not to do; time 2 h 54 mins, which is not bad. MS support for Windows XP ceases today. Public holiday for Ching Ming festival (spring grave-sweeping).

07 April 2014 Monday

Ex: 15r (just! 6.25 mph) + wts. Poor TV signal made viewing terrible.

08 April 2014 Tuesday

Ex: 20j/r + 20r (7/8) + 10s.

09 April 2014 Wednesday

Ex: 15r + wts. To solicitor pm re BSD exemption.

10 April 2014 Thursday

Ex: 20j/r + 20r(7/8) + 10s. Last day of 3-month pass.

11 April 2014 Friday

No exercise. Supermarket day - many vegetables not available even at 11.30 am!

12 April 2014 Saturday

Hot for run, about 28C+/-; 5 mins faster than last year, but 9 mins slower than year before.

13 April 2014 Sunday

57 legislative councillors in Shanghai for talks today with two Chinese officials on elections in HK. Several returned after 'Long Hair' refused entry at Shanghai airport for bringing in June 4th material!

14 April 2014 Monday

No gym exercise this week; get a new pass next week.

15 April 2014 Tuesday

MTR announces that the completion of the high-speed rail link to Guangzhou to be completed in 2017, two years later than expected.

16 April 2014 Wednesday

Ferry in South Korea with nearly 500 on board, mostly high school students, capsizes and sinks.

19 April 2014 Saturday

Warm day again. Ran the Yuen-Tsuen trail, ending up in Tsuen Wan (first time ever ended a run there). Took just 2 hr 10 min.

20 April 2014 Sunday

Early morning call from Gavin; he thought it was my run day, so called early.

21 April 2014 Monday

Easter Monday. Gym now has a rowing machine. Back to gym. Ex: 15r (just) + wts.

22 April 2014 Tuesday

Ex: Used new rowing machine for the first time (at tension click #3) 20j + 20r + 10s.

23 April 2014 Wednesday

Ex: 15j + wts. Dispute between HK and the Philippines over the 2010 Manila hostage incident finally settled after Joseph Estrada (Mayor Manila) and other officials come to HK to meet government officials and victims and families of those killed.

24 April 2014 Thursday

Ex: 20j + 20r + 10s.

25 April 2014 Friday

ANZAC day. Brief ex: ~7r + a few wts. Erwiana, the abused Indonesian maid, named in Time's 100 most influential people of the year.

26 April 2014 Saturday

Last run of the season; same route as last year. Four minutes slower but ran all the road part from track to near bus stop (~35 minutes). Average for season (over 22 of the 23 runs) = 2 hr 33.0 mins. This is nearly 6 minutes more than last year, (but only 3 mins if the one very slow time due to foot injury is excluded). The 'June 4th Museum' opened in HK today.

27 April 2014 Sunday

Washing, mainly towels and clothes.

28 April 2014 Monday

Ex: 15r (just!) + wts.

29 April 2014 Tuesday

Ex: 20j + 20r + 10s.

30 April 2014 Wednesday

Ex: 15r + wts.

May

01 May 2014 Thursday

First swim: 2.0 km. A little slow; seemed to take a long time. Tired in the afternoon; had a lie-down for about an hour.

02 May 2014 Friday

Ex: Swim 2.2 km (4.2 km for 2-swim week); again tired in the afternoon.

03 May 2014 Saturday

Ex in gym: 15r + 10row + a few wts.

05 May 2014 Monday

Swim not bad: 2.4 km.

06 May 2014 Tuesday

60th anniversary of breaking of the 4-minute mile. Swim: 2.5 km. Cool day, maximum air temperature here only about 20°C; very few people using pool. Public holiday; bun festival at Cheung Chau. 'Occupy Central' movement has a vote to choose 3 of 15 proposals for voting the next CE in 2017.

07 May 2014 Wednesday

Ex: 15r + 10row + 1/2 wts. HK's biggest corruption trial begins, involving bosses of SHK and a former government Chief Secretary (i.e. the #2 in the govt).

08 May 2014 Thursday

Swim: 2.6 km. Today is anniversary of V-E Day in 1945.

09 May 2014 Friday

Heavy rain overnight. Ex: 15r + 10row + 1/2 wts. Then supermarket. More thunderstorms and heavy rain later.

10 May 2014 Saturday

Had a swim, first time for a Saturday, I think: 2.7 km (10.2 km for 4-swim week).

11 May 2014 Sunday

Very heavy rain; late evening, red rain warning in force. New Zealand, after being down 21-0 at one stage, defeat Australia 52-33 to win the London Sevens at Twickenham and take the World Series title - 12th title in 15 years.

12 May 2014 Monday

All electricity, water off for most of the day for periodic maintenance; lifts out of action in the afternoon. Pool closed, so gym instead: 15r (6.5mph) + wts.

13 May 2014 Tuesday

Again, pool closed as it has no electricity. Ex: 20j + 20r + 10s.

14 May 2014 Wednesday

Swim: 2.9 km. Probably the first day of summer with summer range of temperatures.

15 May 2014 Thursday

Swim: Not easy!! 2.7 km (and so reached my target of 2.5 km average for the season). First shirtless day of the summer, day and night. Govt incinerates nearly 30 tonnes of ivory and ivory products.

16 May 2014 Friday

Swim 2.5 km (8.1 km for 3-swim week).

17 May 2014 Saturday

Ex (light): 10row + 1/2 wts. Arsenal win English FA Cup beating Hull City 3-2 but having been 2 goals down within 8 minutes.

19 May 2014 Monday

Swim: 2.5 km.

20 May 2014 Tuesday

Swim: 2.5 km.

21 May 2014 Wednesday

Swim 2.5 km.

22 May 2014 Thursday

Swim: 2.5 km (10 km for 4-swim week). Very tired afterwards. In the evening, had a snack/sushi buffet at the Japanese restaurant.

23 May 2014 Friday

Ex: 15w (incline) + wts (reduced). At supermarket, got annoyed at the (new) lady in the vegetable section for not allowing me to choose my own vegetables, which I have been doing for aeons. To HS Bank pm. Later, saw the neighbour with a dog in the public/lift area.

24 May 2014 Saturday

Early morning, about 4.30 am, woken up by barking dog in neighbouring flat. Complained later at management office. Then to gym. Ex: 10row + 1/2 wts + 10s.

25 May 2014 Sunday

No barking last night!

26 May 2014 Monday

Swim: Tired before start. Did 2.5 km but 25% was breaststroke! Temperature range was from 28°C to 32°C, the first time this summer (I think), so for the first time turned on fan in evening and for overnight.

27 May 2014 Tuesday

Swim: 2.5km (22% breaststroke). To dermatologist pm - another new person! Had cryotherapy on a few small spots.

28 May 2014 Wednesday

Ex: 15r (6.5mph) + most wts. To HSBC pm; picked up a coupon for dragon boat dumpling. On return, sold most of my shares online - the first time I have done that.

29 May 2014 Thursday

Swim: 2.5 km (25% again!). After 'people power' protests in Macau, the CE withdraws a bill that would give him and senior officials cushy retirement packages.

30 May 2014 Friday

Gym ex: 15run (6.5 mph) + 10row + some wts (15 min) + 10s. Very tired!

31 May 2014 Saturday

No exercise. Cleaned the flat today. Did a load of washing. Just so tired. Hot - up to 33°C.

June

01 June 2014 Sunday

Another load of washing - mainly sheets. In a housing estate near Kai Tak, man shoots himself during a police raid, after another man shot and killed last night.

02 June 2014 Monday

Swim 2.5 km; not easy - holiday and hot so many people, and couldn't do backstroke. King Juan Carlos of Spain announces he will abdicate.

03 June 2014 Tuesday

Early lunch at Fairwood. Afternoon swim (day after holiday): 2.5 km.

04 June 2014 Wednesday

Ex: 15r + 10row + 1/2 wts + 10s. June 4th candlelight vigil in evening; organisers claim 180 000 attend (police - of course - give a much lower figure of just over half).

05 June 2014 Thursday

Swim: 2.5 km (only ~17% breaststroke); crawl even felt a little easier later in the swim.

06 June 2014 Friday

Ex: 15r + 10row + 1/2 wts + 10s. From 9pm to midnight+, setting up the new html-only website to replace the old one which will not re-open.

07 June 2014 Saturday

Spent the whole day setting up and editing the new Webstarts website; just one page left to do.

08 June 2014 Sunday

Finished editing the re-newed Webstarts website. Air pollution readings 10+ almost everywhere in HK today.

09 June 2014 Monday

To local medical clinic am to get referral letter to Tuen Mun Eye Centre for possible cataracts. (\$200 for appointment; taken from my e-voucher health allowance.) Swim: 2.5 km.

10 June 2014 Tuesday

Swim: 3.0 km! Felt good (and few people in pool helps); no breaststroke!

11 June 2014 Wednesday

Gym ex: 15r + 10row + 1/2 wts + 10s.

12 June 2014 Thursday

Swim: 3.0 km.

13 June 2014 Friday

Ex tired so took it a little easier): 15w + 10r + 1/2 wts + 10s. Lay down on bed for a few hours in the afternoon!! Donated \$5000 to MSF.

16 June 2014 Monday

Swim: 3.0 km.

17 June 2014 Tuesday

Swim: 3.0 km. To hospital pm for regular checkup.

18 June 2014 Wednesday

Swim: 3.0 km (average now at 2.6 km as of this swim).

19 June 2014 Thursday

Ex: 15w + 10row + 1/2 wts + 10s. Later, lunch with Stanley at Pizza restaurant.

20 June 2014 Friday

Ex: As for yesterday but took it a little easier. Found can row further when resistance is lower. [Makes sense actually: For the same effort, rowing in fresh water (lower resistance) will take you further than rowing in treacle!] On first day of voting in the Occupy Central unofficial referendum on political reform, about 480 000 votes cast, already well exceeding the total hope of 100 000.

21 June 2014 Saturday

Actually wrote a letter, though it is all about happenings in HK.

23 June 2014 Monday

Swim: 3.0 km.

24 June 2014 Tuesday

Pool closed - thunderstorm. Gym ex: 15w (5.3 mph) + 10row (lowest resistance so faster) + 1/2 wts + 10s. To clinic in afternoon. Made appointment for eye test, then for more cryotherapy.

25 June 2014 Wednesday

Swim: 3.5 km.

26 June 2014 Thursday

Swim: 4.0 km (10.5 km for week). Not bad. First in, last out; mostly overarm. A 32-year old woman dies from liposuction operation in a beauty salon. Chaos at APA graduation ceremony when graduating students would not accept diplomas from acting-CE and those in audience began to sing (the unofficial) Occupy Central song.

27 June 2014 Friday

Fifa bans Uruguay's Luis Suárez from all "football-related activities" for four months for biting. Ex: 15w/j + 10row + 1/2 wts + 10s. Postcard arrives from Kaia in Cuttyhunk. Nadine and Joel arrive in London for wedding of Nadine's friend.

29 June 2014 Sunday

Voted in Occupy Central unofficial referendum. Today, they had a polling station in TSW. Went along for opening at 10 am; only number 5 in the queue.

30 June 2014 Monday

Announced that nearly 800 000 voted in unofficial referendum. Terrible swim: 3.0 km; too crowded and water too rough.

July

01 July 2014 Tuesday

Public holiday - handover day. Swim: 3.6 km. Annual protest rally - 500 000 according to organisers, 200 000 by HKU and <100 000 by police.

02 July 2014 Wednesday

Good swim 4.3 km (10.9 km for week). No breaststroke! Many students stage illegal sit-in in Central overnight following the rally. Many arrested and placed in open 'prison' at Police Training School in Wong Chuk Han.

03 July 2014 Thursday

Ex: 15j + wts. Chaos in LegCo with things being thrown at/towards the CE including a glass of water.

04 July 2014 Friday

Ex: 15w + 10row + 1/2 wts + 10s. Then supermarket.

07 July 2014 Monday

Due to thunderstorms, had to wait until 4 pm for a swim. 3 km. Terrible - many people and rough water.

08 July 2014 Tuesday

Swim 3.0 km - just, as pool then closed due to thunderstorm. Swim better than yesterday, no still not good, even though no breaststroke. Even changed style later, to a more 'over' arm stroke. Got to average of 2.8 km (33 swims, 92.4 km).

09 July 2014 Wednesday

Swim 4.0 km (10 km for week).

10 July 2014 Thursday

Ex: 15w + wts. To eye clinic in afternoon; cataract in left eye confirmed.

11 July 2014 Friday

Ex: 15w + 1/2wts + 10s. Gavin called in the afternoon.

13 July 2014 Sunday

Coloured/Dyed my hair.

14 July 2014 Monday

Germany beat Argentina to win the World Soccer Cup. Swim: 3.0 km; better than last Monday.

15 July 2014 Tuesday

Swim 3.0 km. Government unveils its report on elections for 2016 and 2017.

16 July 2014 Wednesday

Swim: 4.0 km (10 km for week).

17 July 2014 Thursday

Ex: 15w + wts. Second T1 signal for season in effect. T3 up in the evening.

18 July 2014 Friday

A Malaysia Airlines passenger plane blown out of the sky by a SAM over Eastern Ukraine. Ex: 15w + 10r + 1/2 wts + 10s. Then to supermarket.

19 July 2014 Saturday

Went to gym as pass expires (tomorrow) Ex: 25row + 1/3 wts. Pro-Beijing groups begin their own signature campaign.

20 July 2014 Sunday

Cleaned and checked the 3 air-conditioners; seem to be OK.

21 July 2014 Monday

Swim: 3.0 km. Terrible; lot of breaststroke!

22 July 2014 Tuesday

Swim 3.0 km; only slightly easier. To dermatology clinic pm. Services on West Rail line disrupted by signalling problem caused by lightning strike soon after I had returned on it.

23 July 2014 Wednesday

Swim: only 2.5 km (though more than the 2 km I was going to do!).

24 July 2014 Thursday

Very hot overnight; ~33°C --> 30°C in the morning. Swim 2.5 km. Rotten meat from China supplied to some of HK's fast food companies, including McDonald's (who earlier in the week had denied importing any such meat!).

25 July 2014 Friday

Good sleep overnight. Swim: 4.0 km (15 km for week).

26 July 2014 Saturday

Did a load of washing - on a day that was fine at first but turned out wet!

28 July 2014 Monday

Swim 3.0 km.

29 July 2014 Tuesday

Swim: 3.0 km. Hundreds of tonnes of McDonald's meat food destroyed - the meat they at first denied having imported!

30 July 2014 Wednesday

Swim: 3.5 km.

31 July 2014 Thursday

Swim: 3.5 km.

August

01 August 2014 Friday

Swim: 3.0 km (16 km for week). Then to supermarket; may be a good time to go. Early morning, sent e-mail to WSD for water flow controllers. Temps up to nearly 37°C in places (hottest ever recorded is 38°C, though hottest at Observatory 'just' 36.1°C).

03 August 2014 Sunday

'House News', a HK online news service closes down due to what the founder says is political pressure and threats against his family.

04 August 2014 Monday

Swim: 3.0 km. Again not good; this time the rim of a goggle had come off and they filled with water. 100 years ago today, Britain entered WWI.

05 August 2014 Tuesday

Swim: 3.0 km. Better! Several hundred lifeguards in various pools on strike due to overwork, largely due to large influx of mainlanders (who are even encouraged to come to HK to use our pools! and even have 1-day swimming tours to HK).

06 August 2014 Wednesday

Swim: 3.5 km (= 1.5 km am + 2.0 km pm due to am closure from a thunderstorm). As of today : 49 swims --> 144.2 km --> 2.943 km average.

07 August 2014 Thursday

Swim: 3.5 km.

08 August 2014 Friday

Swim: 3.5 km (16.5 km for week). US begins to attack ISIS (as it was formerly known).

11 August 2014 Monday

In HK, man from Nigeria with suspected Ebola; disease tests negative. Swim: 3.5 km.

12 August 2014 Tuesday

Swim: 3.5 km. UV level reached 13 today!

13 August 2014 Wednesday

Swim: 5.0 km. Another 'split' swim, as for last Wednesday; 2.5 km + 2.5 km as first session cut short by red storm warning. But passed 3 km average: 163.2 km --> 54 swims --> 3.022 km. UV Index only up to 0.7 today!

14 August 2014 Thursday

Swim: 3.0 km. In Mid-Levels, a pregnant lady with full-term baby killed when a rotten tree falls on her; baby delivered at hospital but in a critical condition.

15 August 2014 Friday

Swim: 3.0 km (18 km for week).

17 August 2014 Sunday

In afternoon, CPT holds a water carnival in pool. Anti-Occupy-Central march in afternoon.

18 August 2014 Monday

Swim: 3 km. Not enjoyable - too many people, too rough and too warm.

19 August 2014 Tuesday

Swim: 3 km. Then to HSBC to pick up a mooncake coupon and then to Maxim's for the mooncakes. HK Law Society president steps down following vote of no confidence by members over his pro-China stance, despite pressure from Liaison Office and pro-Beijing forces.

20 August 2014 Wednesday

Swim: 3 km.

21 August 2014 Thursday

Swim: 3.5 km. Meetings in Shenzhen between HK legislators and Chinese officials.

22 August 2014 Friday

Swim: 3 km (15.5 km for week). Tired! Piazza lunch afterwards.

25 August 2014 Monday

Seem to be physically exhausted, so will take a week off my 3.0 km swims. Swim: 2.5 km (was only going to do 2 km).

26 August 2014 Tuesday

Swim just 2.2 km.

27 August 2014 Wednesday

Swim: 2 km.

28 August 2014 Thursday

Swim: 2.3 km.

29 August 2014 Friday

Swim: 2 km (11 km for week). Afternoon tea at Fairwood.

31 August 2014 Sunday

China announces method for selecting next CE in 2017; apart from universal suffrage, even more conservative than current system. There will be trouble!!

September

01 September 2014 Monday

Swim: 2.5 km.

02 September 2014 Tuesday

Swim: 2.5 km.

03 September 2014 Wednesday

Swim: 2.5 km.

04 September 2014 Thursday

Swim: 2.5 km. Used real overarm style; not sure if it helps.

05 September 2014 Friday

Swim: 2.5 km (12.5 km for week).

06 September 2014

Live chickens from China available for sale again from today; first time since avian flu virus detected in imported chickens last February. Foods cooked in adulterated cooking oil from Taiwan on sale in HK.

08 September 2014 Monday

NOTE: This was the day my (old) Dell computer finally gave up! It just refused to work; just a loud noise from a very fast fan/blower. Swim: 2.5 km.

09 September 2014 Tuesday

Public holiday following Mid-autumn festival. Swim: 2.5 km; a lot of people in the pool because hot and fine. Bought a new fixed-line telephone for \$119. Many (government) lifeguards out on strike again. Actually called Dell and got through and was told to 'hold' – on a holiday!

10 September 2014 Wednesday

Swim: 2.5 km. Finally contacted Dell by phone. They would fax information but Management Office does not allow this. To the public library to use a (free) computer to check e-mails and look up Dell computers. Then looked at the indoor swimming pool next door.

11 September 2014 Thursday

Swim 2.5 km. Called/Call from Dell re examples of specifications for computers.

12 September 2014 Friday

Swim 2.5 km (12.5 km for the week). Then to the supermarket. Got Dell quotations and printouts; still much confusion as to what is included and what is not.

13 September 2014 Saturday

To library again for another 2-hour session checking on the Dell computers. Cleaned the flat in the afternoon.

14 September 2014 Sunday

To the library again for the final check on computer specifications (I hope!).

15 September 2014 Monday

Number 3 signal raised so pool closed. To library. Ready to pay for computer, but then a glitch! Later in the

evening, number 8 signal raised for the first time this year.

16 September 2014 Tuesday

Number 8 lowered; number 3 for most of the day so again no swimming. To library at 1 pm to e-mail conformation of purchase.

17 September 2014 Wednesday

Swim 2.5 km – felt very good (of course, no exercise on previous 4 days).

18 September 2014 Thursday

Swim 2.5 km – not quite as easy! Scotland votes today for or against independence from the UK.

19 September 2014 Friday

Swim 3.0 km. Scotland rejects independence by a comfortable margin. Late lunch at Fairwood. Then to library.

20 September 2014 Saturday

Had a swim to make up for 2 days lost: 2.5 km (10 km for the week).

21 September 2014 Sunday

Changed the position of the legs on the computer so that it could be reversed. In evening, live broadcast from Cultural Centre of Sistine Chapel choir.

22 September 2014 Monday

University students begin a one-week boycott of class as a protest against China's ruling on CE election method with a rally at CU. To HSBC am. Swim 2.5 km. Then to library for computer.

23 September 2014 Tuesday

Swim 2.5 km. Phoned Dell support re questions on partitioning the hard drive.

24 September 2014 Wednesday.

Swim 2.5 km. Computer arrives (unexpectedly early) at 3 pm. Got most of it set up, but needed to call Dell. Then all the problems started. The telephone would not work. Eventually, the guy from the management office came up and I used his mobile phone – for a while! My phone still dead.

25 September 2014 Thursday

Now the (wireless) mouse and keyboard won't work! (Turns out that the USB aerial was not pushed in far enough.) Swim: 2.5 km. After the swim, Stanley up here with his fixed-line phone and mobile phone. His fixed-line phone would not work either, suggesting that the problem is in the connection. Used his mobile phone to call Dell for partitioning the hard drive. The guy took control of the computer and did it.

26 September 2014 Friday

Swim 2.5 km (12.5 km for the week); overarm style improves – but in the last few lengths! Then to PnS; took longer than usual as had to return to check prices. Called Dell re restoring Windows XP backup file. Had a 3-way conversation including Microsoft, who essentially said “Tough luck” as it can only be restored to an XP system and not to Windows 8.1. Shame on Microsoft for not allowing this. Then searched the Internet and found out it could be done (not a MS website!!). Worked quite easily. Called Dell support technician and told her.

27 September 2014 Saturday

Whole day downloading and setting up stuff on the computer.

28 September 2014 Sunday

More tinkering with the setting up. Wrote up all diary entries collected (on paper) since September 8th. Occupy Central rally erupted into incredible violence never seen in HK since the 1967 riots, with the Police firing tear gas into the crowds.

29 September 2014 Monday

Occupy Central protest held last night is continuing. Swim: 2.5 km; used more of the 'new' style, and it seemed to help in water that was rough at times. Protests continue on HK Island and in Mongkok. Police riots squads withdraw and rallies continue peacefully. Called Dell again because of key files that seems to have been deleted.

30 September 2014 Tuesday

Last swim for the season; 2.5 km. Quite good – NO breaststroke at all. Style seemed to come together in the LAST swim of the season!! Fewer protesters out but key streets still blocked. AVERAGE swim for season (I think): 243.7 km (85 days) → **2.867** km average.

October

01 October 2014 Wednesday

Public holiday for National Day. Spent the whole day trying to fix the computer problems. Eventually set it to original restore point which helped a lot. Because of protests, annual fireworks display cancelled.

02 October 2014 Thursday

Also a public holiday. More computer problems; all day trying yo fix them. Restored to original restore point – again! Then McAfee wouldn't work properly.

03 October 2014 Friday

McAfee seems to have fixed itself!! Actually did some Russian study. Rest of morning saving copies of e-mails. Managed to change settings to go directly to desktop on start up. Anti-Occupy protesters (including triads?) clash with street occupiers.

04 October 2014 Saturday

Some violence overnight between the two groups. But numbers of protesters thinning out.

05 October 2014 Sunday

Spent longer than usual cleaning the flat. Did a load of washing – mainly towels. Then coloured/dyed my hair. All afternoon mucking round with the computer.

06 October 2014 Monday

To doctor's clinic and made an appointment for an annual check-up - first ever! Then to different e-voucher dentists for an appointment. Afternoon spent with more computer problems - this time trying to get MS Picture Manager to edit pictures; eventually found a free update download that worked.

07 October 2014 Tuesday

To clinic am to give blood and urine samples for their 'basic' check-up (\$1000 taken from my e-voucher account). In afternoon, while trying to donate online to MSF, credit card deactivated (as I could not remember the verify password). Bank hotline said to go to the bank to reactivate it. What a problem! The teller did not know what to do. Others eventually did it. Turns out I could have done it myself using e-banking site plus phone call!! Cooler and drier today; most of day with T-shirt on.

08 October 2014 Wednesday

Did not use the fan in the bedroom overnight. Washed the sofa cover for the first time! To Hang Seng bank am to change investments.

09 October 2014 Thursday

Cooler overnight. Took more than 30 minutes to put the sofa cover back on. More washing – sheet and pillow slips. To HSBC briefly.

10 October 2014 Friday

AM to supermarket; so many things I want but not there! Late lunch at a new restaurant then to supermarket and managed to get carrots and sweetcorn. Occupy protesters called back on the streets again though they are fewer in number.

11 October 2014 Saturday

Several hours cleaning in the morning. Had an early dinner in the afternoon. Went to the airport to meet Leonie and Kaia; bought Octopus cards for them. Then I was walking backwards and forwards for more than an hour trying to meet them! Got back at about 10 pm. To bed later, with me on the sofa.

12 October 2014 Sunday

Leonie bought a sim card from 7-Eleven. Had lunch at a fast-food restaurant in the plaza. In the evening, had dinner in the hotel Chinese restaurant with Chan Wai-san.

13 October 2014 Monday

Leonie to our gym in morning (\$42 for visitor). Then a lot of the day on HK Island. Train to TST; looked in at the Tourist Board office. Then Star Ferry to HK side. Then spent some time in Central and Admiralty

looking around the Occupy Central protest areas with many students still occupying the streets. Then took the tram to the Peak. For me, never again, as it is just a huge tourist area now. Back on Bus 15 but only as far as Wanchai as no access to Central because of roads being occupied. So, MTR to Central then found Bus 967 and back. Dinner at Fairwood.

14 October 2014 Tuesday

To HSBC in the morning re a HK bank account for Leonie. I returned and had lunch. Then, for me. to hospital for regular skin surgery check-up. On return, Leonie and Kaia off to meet Agatha for dinner.

15 October 2014 Wednesday

Pepper spray used again last night to remove last protestors. Leonie and Kaia to Shatin (and then to her place in Sai Kung) to have lunch with Irene Law. I picked up results from blood and urine tests - almost perfect. Managed to get the computer microphone working.

16 October 2014 Thursday

Leonie and Kaia to Lamma Island for most of the day.

17 October 2014 Friday

Leonie takes Kaia to play in the park playground. Then to gym; Leonie meets Stanley, and I watch Kaia as she plays in the children's area. Both off to meet Agatha but cancelled so return. Had dinner at Fairwood.

18 October 2014 Saturday

A 9 am appointment at HSBC to set up Leonie's HK bank account. Then Leonie and Kaia off to meet with Agatha. Had a dinner here of leftovers + sweetcorn + vegetables.

19 October 2014 Sunday

L and K off to Repulse Bay at 9.15 am in a hotel car. Cleaned the flat. Did a load of washing for Leonie. Back late afternoon.

20 October 2014 Monday

Left for airport at 8 am; got there about 9.30 am. Got refunds for Octopus cards. After seeing them through immigration, returned to TSW. Online check showed plane took off about 45 minutes late. To gym in the afternoon – first exercise since pool closed. Ex: 15r (5.6 mph, seemed to take a long time!) + wts (some seemed very heavy!).

21 October 2014 Tuesday

Did another load of washing. Ex: 20w/j (5.5 mph) + 20row + 10s (difficult!). Then actually got round to getting back to work (on cognitive development) again, after a long time off. To an e-voucher dentist in the afternoon; inspection and scaling - \$400. TV dialogue between students and government on constitutional reform. Noticed I had a sore throat and cough.

22 October 2014 Wednesday

Exercise in afternoon: 15 w/j (av only 5 mph) + wts. Still a sore throat; cough braking.

23 October 2014 Thursday

Throat a little better; change to running nose and sneezing. Ex: Terrible! 20r (only 5.1mph) + 20row (with 0 resistance) + 5s (+ rests; gave up!).

24 October 2014 Friday

Terrible night last night. Terrible coughing especially. Still went to the gym but took it easier. Ex: 15j (5 mph) + wts. Supermarket later and lunch in mall.

25 October 2014 Saturday

Difficult to sleep last night because of congestion causing breathing problems. Getting better during the day. Did some ex: mixture including 10 min faster run (6.5 mph).

26 October 2014 Sunday

Feeling better but still not perfect. Wrote the comments for Leonie on 'play' learning.

27 October 2014 Monday

Ex: 15r (6.3mph) + wts (weights back to previous but not reps).

28 October 2014 Tuesday

Still can't shake off the cold (or whatever it is), though sleeping now OK. Ex: 20r (6 mph) + 20r + 10s (tough!). Protesters in Admiralty mark the one-month anniversary of the protests with a rally which included umbrellas (many yellow) and 87 seconds of silence, one for each cannister of tear gas fired at protesters.

29 October 2014 Wednesday

James Tien expelled from his post in top Chinese committee committee for criticising CY Leung. Ex: Again tough 15r + wts.

30 October 2014 Thursday

Ex: Took it a bit easier. 20r + 20r + 10s.

31 October 2014 Friday

Ex: 15r + wts. Almost back to normal in gym. Lunch in mall later. Now an HSBC board member and NPC member makes an inappropriate comment comparing Occupy students to emancipated US slaves who had to wait 100+ years for the vote!

November

01 November 2014 Saturday

Ex: Did half the aerobics + some wts. Virgin Galactic spaceship explodes during a test flight above the Mojave Desert.

02 November 2014 Sunday

Yesterday (US date) NZ beat US 74-6 in Chicago in Rugby. Most of afternoon tinkering around with the computer, probably changing things I shouldn't have.

03 November 2014 Monday

Ex: 15j+ wts. Felt much better. To HSBC pm to collect Leonie's ATM card and to activate it; then saw Irene so clarified points about the insurance policy.

04 November 2014 Tuesday

Ex: 20j + 20r + 10s. Rest of day trying to restore to a point 2 weeks ago. It wouldn't do so. Took rest of the day to get it to work – more black magic than logic!!

05 November 2014 Wednesday

Exercise pm as gym closed am – first Wednesday of the month. Ex: 15r + wts. Appropriately for this date, many "Occupy" protesters wear Guy Fawkes masks.

06 November 2014 Thursday

Ex: 20r + 20r + 10s.

07 November 2014 Friday

Fire alarm (presumably false) at 5 am! Some congestion makes sleeping difficult. Ex (lighter): 15j + wts. Lunch in mall. Towngas technician did not turn up in the afternoon for regular inspection – not too happy about that.

08 November 2014 Saturday

To gym am but only for a light workout. Also had a few minutes in the sauna. Towngas technician came in afternoon! Discovered the door bell not working – I wonder if that is why they did not come.

09 November 2014 Sunday

The 25th anniversary of the end of the Berlin Wall.

10 November 2014 Monday

Ex: 15j + wts. Then had to go to HSBC to sort out the (ineffective) phone questionnaire of last week.

11 November 2014 Tuesday

End of WW1 today. Still needing to take asthma tablets. Ex: 20w/j + 20r + 10s. Tired. To dermatologist pm; got cryotherapy on hands and shoulder. Rest of day trying to sort out Leonie's HSBC online registration errors; from phone info from two different people, got different info – all wrong.

12 November 2014 Wednesday

Ex: 15j + wts. Then to HSBC re Leonie's ATM card and online registration errors. Fortunately, she will not

have to re-submit forms (as originals retained) and I will receive a new PIN in about a week. ESA space probe lands on a comet after a 10-year journey.

13 November 2014 Thursday

Cooler. Ex: + 10s.

14 November 2014 Friday

No gym; rest before starting runs. Breathing better.

15 November 2014 Saturday

First run; same time as for last year. Nice fine day – perfect for the Trailwalkers. Received two small tap filters from the WSD – but then discovered that the taps already have such filters.

16 November 2014 Sunday

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17 November 2014 Monday

Ex: 15r + wts (tried alternative lunges and dumbbell curl).

18 November 2014 Tuesday

Ex: 20r + 20r + 10s. Barricades in Admiralty start to come down. Lunch in mall.

19 November 2014 Wednesday

Violent attack on Lego building early morning by a few 'protesters'. Ex: 15r + wts.

20 November 2014 Thursday

Ex: 20r + 20r + 10s. Rest of day frustrating, trying to sort out info on HiFi set and e-mail to Irene re Leonie's bank a/c.

21 November 2014 Friday

No exercise. To supermarket.

22 November 2014 Saturday

Run – same as #2 for last year – Tai Tong → reservoir and around --> Tai Tong. At 2:17 seemed slow but time similar to past few years. On bus to Tai Tong, Camelbak bladder broke so lost drinking water, except what I managed to drink before it had all leaked out. Lack of water may have slowed me down.

23 November 2014 Sunday

24 November 2014 Monday

Ex: 15r + wts. Then to HSBC to continue sorting out problems with Leonie's account. Government

announces that it will change the part of the "Liberal Studies" subject in schools dealing with participation in community affairs which it blames on encouraging students to participate in the "Occupy" movement.

25 November 2014 Tuesday

Ex: 20r + 20r + 10s. Removal of "Occupy" barricades in Mongkok began this morning.

26 November 2014 Wednesday

Ex: 15r + wts. After about two months, Nathan Road finally cleared and returned to traffic.

27 November 2014 Thursday

Ex: 20r + 10s + 20r (order different today). Australian cricket batsman dies two days after being hit on neck by a bouncer.

28 November 2014 Friday

Received, through the post, an updated HSBC security device to replace the old one, which are being phased out.

29 November 2014 Saturday

Run rather slow; perhaps runs in gym this past week to fast! TT (gate) around reservoir to TT bus terminus; 2:22 (allowing 3 mins for stops, especially to drink water from bottle as Camelbak bladder leaking). Received, through the post, my "Senior Citizen Card".

30 November 2014 Sunday

More protestors gather in Admiralty prepared for violence.

01 December 2014 Monday

Yes, there was violence last night. Ex: 15r + wts.

02 December 2014 Tuesday

First big drop in temp. Ex: 20r + 20r + 10s.

03 December 2014 Wednesday

Original three Occupy Central organisers 'surrender' themselves at a police station. Ex: 15r + wts.

04 December 2014 Thursday

Much cooler today. Ex: 20r + 20r + 10s.

05 December 2014 Friday

Even cooler today.

06 December 2014 Saturday

Early start for run at 7:45 am. From TT(gate) around reservoir to tunnel bus; 2:20 hours which is a bit slow, probably due to annoying breathing problems all week. Invited to a MYC first Form 1 reunion lunch but didn't go.

07 December 2014 Sunday

08 December 2014 Monday

Ex: 15r + wts. To HS bank noon to meet the new investment advisor.

09 December 2014 Tuesday

Ex: 20j + 20r + 10s. To dermatologist in afternoon.

10 December 2014 Wednesday

Had to "refresh" Windows 8.1 which meant most apps were removed and had to be re-loaded. All day on this. Ex: 15r + wts.

11 December 2014 Thursday

Ex: 20r + 20r + 10s. Still working on computer - removing malware that had been inserted; took a long time. Admiralty area cleared of protesters and rubbish.

12 December 2014 Friday

No exercise - rest day. Admiralty now clear of protesters and barricades. Next to come - Causeway Bay. Downloaded Libre Office.

13 December 2014 Saturday

Run: Tai Tong → end of road → top of reservoir → Yuen Tun tail → road → Tunnel bus. 2 h 20min - 5 min slower than last year!

14 December 2014 Sunday

Went to meet some of the original Form 1 students from Ming Yin College, first an afternoon tea at the Beas River Country Club followed by a hotpot dinner at the nearby home of one of the students.

15 December 2014 Monday

Ex: 15r + wts. Causeway Bay area now cleared of protesters and barricades. All "Occupy" cleared now after 79 days.

16 December 2014 Tuesday

Ex a little slower: 20j + 20r + 10s.

17 December 2014 Wednesday

Ex much better: 15r + wts.

18 December 2014 Thursday

Ex: 20r + 20r + 10s.

19 December 2014 Friday

Raphael Hui (former CS) and one of the Kwok brothers (from SHK) found guilty on several charges of bribery and corruption. Rather wet and cold day.

20 December 2014 Saturday

Fine and clear day. Ex: Run from Tai Po, up Tai Mo Shan, down to temple and road to Sek Kong. Damp and slippery in places due to the rain. Very slow at about 2:38.

21 December 2014 Sunday

Breathing difficulties in afternoon and evening. Asthma or something else causing congestion? I don't know, but took a lot of asthma medicine.

22 December 2014 Monday

Big lump of phlegm coughed up about 4 am; breathing then OK. ATV again not paid its staff. Ex: 15r + wts.

23 December 2014 Tuesday

Raphael Hui gets 7.5 years, Thomas Kwok 5 years. Ex: 20j + 20r + 10s.

24 December 2014 Wednesday

Ex: 12r + wts. ATV in danger of going bankrupt; cannot pay its 800 staff. Boxes with \$15 million in cash fall out of a security van in Wanchai; many people scrambled to scoop up the notes.

25 December 2014 Thursday

About \$3 million of the 'stolen' money turned over to police. Spoke to Leonie via Skype in morning, even though she and the others not well. Ex: 20j + 20r + 10s.

26 December 2014 Friday

No exercise but went down for a steam bath as it was cold.

27 December 2014 Saturday

Run not too bad - Tai Tong gate → forest → TLC trail → tunnel bus: 2:35 h. MTR HK line extension opened.

28 December 2014 Sunday

Using Skype and sending her a bank SMS code, finally got Leonie's online bank a/c to open. Transferred funds for re-payment of her mortgage. Air Asia passenger jet disappears on flight from Surabaya to Singapore.

29 December 2014 Monday

Down to about 8°C overnight. Ex: 15r + wts. Repeat in the afternoon and evening of afternoon tea at Beas River Club and hotpot dinner at a former Ming Yin student's place.

30 December 2014 Tuesday

Temps overnight down to 6°C. Ex: Not so good - breathing 'tight'. 20j + 20r + 10s.

31 December 2014 Wednesday

To local doctor to get government-subsidised vaccinations: pneumococcal (\$190) and flu (\$160). Then exercise - better today: 15r + wts. All live chickens in Cheung Sha Wan market culled due to evidence on bird flu virus in birds imported from China - again.

January

01 January 2015 Thursday

Woken up at midnight by some revellers down below. Ex: 20r + 20r + 10s.

02 January 2015 Friday

Did another full load of washing. Not a good night - breathing trouble and little sleep.

03 January 2015 Saturday

Terrible run, mainly due to breathing; first half not good, second half better (a lot more downhill!) but could not compensate for slow first half. From CU → ridge ----> Shatin; 2 h 42 min.

04 January 2015 Sunday

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05 January 2015 Monday

Ex: 15r + wts. Then to HSBC to fix up Leonie's activation device. Turns out it was the bank's fault: the code number on the device did not match that in their records!! Back to bank pm for investment review.

06 January 2015 Tuesday

Ex: 20j + 20r + 10s.

07 January 2015 Wednesday

Had 8.5 hours of uninterrupted sleep; first time for ages! Early gym because of monthly cleaning. Ex: 15r + wts. Coughed up some muck during run. Surprising how much easier exercise is with a good sleep and clear breathing. Later in afternoon, Windows 8.1 packed up - again; almost nothing would open. Tried to restore points - wouldn't work. Nor would 'refresh', which I used last time. Had to re-install 'factory setting' which did work and, fortunately, did not delete partition or data drive. Then spent time downloading apps and setting up computer. To bed after midnight.

08 January 2015 Thursday

Just 7.5 hours in bed (not necessarily sleep) but felt OK today. Further work setting up the machine. Ex: 20r + 20r + 10s. Exercise best for quite a while, especially rowing, because of clear(er) breathing.

09 January 2015 Friday

Most of the day re-setting the computer.

10 January 2015 Saturday

Fine day. Run in the Tai Wo area but in reverse direction to all previous years. Though this would make it faster, but at 2:28 clearly not!.

11 January 2015 Sunday

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12 January 2015 Monday

Cool and drizzly. Ex: 15r + wts. To shopping mall for late lunch.

13 January 2015 Tuesday

Cold and drizzly. Ex: 20r + 20r + 10s.

14 January 2015 Wednesday

Ex: 15r + wts. All afternoon doing another computer factory reset! CE delivers his annual policy address.

15 January 2015 Thursday

Ex: 20r + 10s + 20r (different order). Then to HS bank for several hours! More sorting out the computer, including how to get it to open without needing a password and without opening for two users!

16 January 2015 Friday

To HSBC but appointment changed to next week. Finished setting up the re-set computer.

17 January 2015 Saturday

Clear sunny day. Quite a good run. CU to Ma On Shan pass, including Pyramid Peak - the first time for several years - and back; 3 h 09 mins.

18 January 2015 Sunday

All afternoon setting up and using the old (2003) Microsoft Word processor.

19 January 2015 Monday

Last gym day for current card. Ex: 15run (6.5 mph) + 12row + wts (fewer - 27/41 sets). Then to HSBC for 2 hours! Then to mall for late lunch.

20 January 2015 Tuesday

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21 January 2015 Wednesday

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22 January 2015 Thursday

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23 January 2015 Friday

Death of the king of Saudi Arabia announced. Morning again on new page for my website. Late lunch in mall.

24 January 2015 Saturday

No pullover for run today! Tai Mei Tuk and Pat Sing Leng run but went all the way back to Tai Po Station - about 3 h 20 min. Needed a poo before the run - had it at the TMT Visitor Centre; very clean! Couldn't find the spot where I had the accident last year; all looked innocuous!

25 January 2015 Sunday

HK marathon today - three events - full marathon, half marathon and 10 km. About 73 000 entries but less than that actually ran.

26 January 2015 Monday

Back to the gym again: 15r + wts. A 24-year old man who collapsed in the marathon yesterday, dies.

27 January 2015 Tuesday

Ex: Decided to begin with rowing - good row but rest tough; not sure if due to row or to an incomplete recovery from tough run/hike last Saturday. 20row (fast → 3900+m) + 20j (only 5.5mph!) + 10s (had to pause several times!). Worst snowstorm in history in the NE USA (turned out to be not so! Authorities crying "Wolf!" - again.)

28 January 2015 Wednesday

Ex: 15r + wts. To HS bank pm for 3 ½ hours to update investment profile and switch funds and to get a Chinese New Year coupon - but they forgot to give me the coupon!

29 January 2015 Thursday

Ex: 20r + 20r + 10s. (Terrible skip – worst for a long time. Many trips and pauses! Breathing and back injury picked up during the rowing!)

30 January 2015 Friday

No exercise but went to the gym for a steam bath. Back a little better. Transferred \$60 000 from HSBC a/c to H (N13030357298)

31 January 2015 Saturday

Cooler today. especially during the run; about 12°C. Run from Plover Cove → grave (1:10) → Hill (C2618) (1:23) and return (~2:43). Injury not painful but tight which would have affected the run.

February

01 February 2015 Sunday

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02 February 2015 Monday

Ex: 15j + wts. Then to HSBC for a few minutes, including two \$50 cake vouchers for New Year.

03 February 2015 Tuesday

Ex: 20j + 20r (took it easier; straight back and shorter strokes to prevent bending the back which is probably what caused the injury) + 10s (good, no stops). Afternoon to clinic for regular skin checkup. Severe blizzard in Boston.

04 February 2015 Wednesday

First Wednesday of month so early gym. Ex: 15j + wts (interrupted by a visit to the toilet for a dai bin!). 118 people in HK so far have died of (seasonal) flu since the start of the year.

05 February 2015 Thursday

Ex: 20j/r + 20r + 10s; almost back to normal - I hope!.

06 February 2015 Friday

Cool day. At supermarket checkout, the lady in front of me gave me some coupons allowing me to get \$73 discount (about 10% of bill). Late lunch in afternoon.

07 February 2015 Saturday

Run not too bad. Tai Tong Road - .. → top of reservoir (1 h) → Ho Pui res (1:37) → Sek Kong Roundabout (2:26). About 15°C. Took bus to tunnel bus stop then 265M back; quite fast.

08 February 2015 Sunday

Felt tired and cold - used the small blanket to cover myself on the sofa.

09 February 2015 Monday

Changed my HS second password. Ex: 15r + wts.

10 February 2015 Tuesday

Ex: 20j + 20r + 10s. Female employer found guilty of abusing her Indonesian maid; to be sentenced later.

11 February 2015 Wednesday

Ex: 15j + wts.

12 February 2015 Thursday

Ex: 20j/r + 20r + 10s.

13 February 2015 Friday

To HS bank am to change investments and pick up \$200 in P'nS coupons.

14 February 2015 Saturday

Warm day. Run OK - from Tai Tong → (Lychee Park) → reservoir (31') → small loop (55') → Ho Pui reservoir (1:30) → loop around reservoir (1:45) → return to steps and Y-junction (2:08) → tunnel bus (2:37). Needed a dai bin - first on a run for several years. Time for run 2:37 (after subtracting time for poo). Having not seen any hikers/runners - not one! - I decided on a place for the poo and would you believed,

there were two people right there!!

15 February 2015 Sunday

Drizzly. Another protest against “parallel traders” from China, this time in a Shatin shopping mall, which also again turned into a skirmish with police.

16 February 2015 Monday

Ex: 15j + wts.

17 February 2015 Tuesday

Ex: 20j + 20r + 10s. Very few in gym again.

18 February 2015 Wednesday

Ex: 15r (6.3 - 7 kph; av 6.6 kph) + wts.

19 February 2015 Thursday

First day of the Year of the Goat/Sheep (both have the same Chinese character). Gym closed.

20 February 2015 Friday

More less finished upgrading the html code for all the pages of my website. No exercise though gym open.

21 February 2015 Saturday

Good run but tired later. TMT → Bride's pool (53') → Lai Chi Wo (1:08) → pass (2:34) → fire lookout (2:40) → Brides pool (3:10). This was the first time to do this exact route for 10 years - but today was 30 minutes slower!

22 February 2015 Sunday

Had a long chat with Nadine using Skype sound.

23 February 2015 Monday

Didn't take any breathing medicine last night. Was going to take a puff of reliever but it was empty! Ex: 15r + wts. Received e-mail from Keith via Alison saying that Uncle Ken died.

24 February 2015 Tuesday

Ex: 20j/r + 20r + 10s. Then to buy bread as I have skipped a PnS shopping day due to it clashing with Chinese NY. [Leonie's third baby born - on the 24th US time.]

25 February 2015 Wednesday

Ex: 15r + wts. Budget day; only 6 months rates relief for me, though others benefit a lot. FS badly wrong - again! - is predicting annual surplus/deficit; surplus much greater.

26 February 2015 Thursday

Leonie gives birth to third daughter - which I think was on Wednesday in Boston (actually Tuesday). Ex:

20j/r + 20r + 10s.

27 February 2015 Friday

Abusive employer of Indonesian maid gets six years in jail + \$15 000 fine! To supermarket after 3 weeks. Bill about \$940, but \$200 off using Hang Seng coupons.

28 February 2015 Saturday

Run OK - Tai Po to Shing Mun and back. At 2:29, was 2 min faster then last year. Very humid.

March

01 March 2015 Sunday

Did a full load of washing. Breathing problems later. Another anti-parallel goods protest, which again ended in chaos, this time in Yuen Long.

02 March 2015 Monday

Bad night for breathing. Was using an old expired inhaler, but ineffective; then used a more recent one which was more effective. Ex: 15j + wts. The 2015 calendar from Aramco finally arrives!

03 March 2015 Tuesday

Better sleep last night. Ex (surprisingly, not bad): 20j/r + 20r + 10s.

04 March 2015 Wednesday

Ex: 15r + wts.

05 March 2015 Thursday

Ex: 20j/r + 20r + 10s.

06 March 2015 Friday

Early appointment at eye clinic for a further check-up; cataract seems to be “stable”. Back at about 10 am.

07 March 2015 Saturday

Run from Tai Po Viaduct → lead mine pass (40') → Tai Mo Shan (1:53) → Route Twisk (2:15) → Kap Lung trail → Sek Kong → roundabout (3:05). Temp ~17°C. First time using trail instead of road for 3 years. As with same run last year, thick cloud but it thinned out at the peak with the Sun breaking through. Consequently, no accident (bloodied nose) as I could find the short-cuts easily.

08 March 2015 Sunday

Coloured/Dyed my hair. More protests against “parallel” goods traders, at Sheung Shui and again at Tuen Mun.

09 March 2015 Monday

Ex: 15r + wts.

10 March 2015 Tuesday

Ex: 20j/r + 20r (good, 3800 m) + 10r. To Tuen Mun Hospital pm for regular skin graft check up.

11 March 2015 Wednesday

Ex: 15r + wts.

12 March 2015 Thursday

Two young local Cathay Pacific pilots killed in early morning car crash. HKU research shows H7N9 virus to be endemic among poultry in China and genetically mutating. Ex: 20r + 20r (again good, ~3860 m) + 10s.

13 March 2015 Friday

Late lunch in mall.

14 March 2015 Saturday

Breathing overnight not good. That + tiredness made run a bit difficult, especially the first half. Run from Tai Tong → lychee park → reservoir (via road) → Yuen-Tun trail → Yuen-Tsuen trail through forest → road → turn-off at sign → reservoir road → top of reservoir → tunnel bus. At 2: 14, was 7 mins slower than 2 years ago (last year dreadful - look back in diary) which I noted was a fast run.

15 March 2015 Sunday

Government House open day. Anti-parallel traders plan a protest there - wheeling in suitcases of goods and sorting them out. These did not eventuate though a few pro-democracy individuals inside protested. Bad day for breathing. Started during cleaning and lasted all day. Afternoon spent lying on sofa.

16 March 2015 Monday

Ex: 15j + wts (with slightly fewer reps). Then to HSBC.

17 March 2015 Tuesday

Again exercise not easy: 20j + 20r (struggle just to get to 1840m, just 40m above minimum target) + 10s (breathing not easy). Approval for construction of third runway given, at a (current!) cost of about \$142 billion!

18 March 2015 Wednesday

Ex: 15j + wts. Hawker control officer dies several days after being attacked by an illegal hawker when trying to issue a ticket to him.

19 March 2015 Thursday

Zoey's last day at the clubhouse. Ex a little better: 20j + 20r (3900m) + 10r. Lunch in mall later.

20 March 2015 Friday

Sis very little today. Tired.

21 March 2015 Saturday

Reasonable sleep last night. Run: Tai Tong bus terminus → small reservoir → small dams (40') → across main dam (1:07) → road → top of reservoir (1:45) → Tunnel bus (2:20); same time as last year.

22 March 2015 Sunday

Much better this Sunday though tired.

23 March 2015 Monday

Lee Kwa Yew dies. Ex: 15j + wts (slightly reduced reps).

24 March 2015 Tuesday

Es - took it easy! 20w/j (5.0/5.5 mph) + 20r (minimum and had to work hard to do that) + 10r (OK). An Airbus-320 slams into French Alps killing all aboard.

25 March 2015 Wednesday

Ex: 15w/j + wts (again slightly reduced).

26 March 2015 Thursday

Birthday e-mails from N, B and K. Ex: 20w/r (5.2/5.7 mph) + 20r (3700m) + 10r.

27 March 2015 Friday

HK Sevens begin today.

28 March 2015 Saturday

Tough run because of breathing problems. Surprisingly, it was 4 minutes faster than last year!! Tai Tong gate → reservoir (32') → road → [9]/[10] sign (59') → loop - road + track → [10] (1:25) → top of reservoir (1:39) → TLC trail → tunnel bus (2:50). Needed to have a poo! Very tired after the run.

29 March 2015 Sunday

Funeral of Lee Kwan Yew today. In final at HK Rugby Sevens, Fiji beat NZ 33-19 to take back the title. Australia beat NZ in Melbourne to win the One-day Cricket World Cup.

30 March 2015 Monday

Ex: 15w/r + wts.

31 March 2015 Tuesday

Coughed up a lump of muck early morning - seemed to ease breathing. Ex - easier when breathing easier: 20r (av 5.6 mph) + 20r (3880 m) + 10s.

April

01 April 2015 Wednesday

Ex: 15r + wts. Plastic bag levy of 50 cents or more per bag goes into effect in shops and outlets territory wide. Executive Council announces that ATV's licence not to be renewed.

02 April 2015 Thursday

Not such a good sleep. Ex (not so good because of breathing): 20w/r + 20r + 10s. Then to HS Bank.

03 April 2015 Friday

First day of Easter holidays.

04 April 2015 Saturday

Run terrible and 15 min slower than the same run last year; got slower and slower as the run proceeded - breathing + humid + hot at average ~28°C (though last year also 28°C). From Tai Tong gate → reservoir → [10] trail → road → small reservoir → end of pylon service road and return → Tai Tong bus terminus.

05 April 2015 Sunday

Both Easter Sunday and Ching Ming. Very hot; over 31°C in places. Over 130 grave-sites and hill fires as a result.

06 April 2015 Monday

CE backs down on claim that 'civil nomination' did not come up during setting up of Basic Law after Martin Lee presented written documents showing that it did! Ex: 15w/r (av 5.6 mph) + wts (full!).

07 April 2015 Tuesday

Ex: 20w/r + 20r + 10s.

08 April 2015 Wednesday

Ex: 15w/r + wts.

09 April 2015 Thursday

Ex: 20w/r (av 5.8 mph) + 20r (3460 m at 3 clicks) + 10s.

10 April 2015 Friday

Cooler today, only about 18°C. Spoke with Nadine via Skype; announced that she is pregnant!

11 April 2015 Saturday

Colder and very wet; first run in the rain for several years!. Run not good, not because of the rain but breathing with low-level wheezing all the way. Run: 15°C. Tai Tong gate → reservoir → Tsuen Yuen ancient trail → Tsuen Wan; 2 h 14 min which was just 4 minutes slower than last year (when breathing was OK, I think).

12 April 2015 Sunday

13 April 2015 Monday

Ex: 15w/r + wts. Then to HS Bank.

14 April 2015 Tuesday

Ex: 20r + 20r + 10s. To dermatologist in afternoon. Cryotherapy on just one spot (same spot as previous time). Bought 8 packets of ginger biscuits from Tuen Mun Marks and Spencer (\$17 each!). Started taking (years old, unused) Nuclin tablets to control breathing. Saw on TV news that at POW Hospital, six kidney transplants from three (deceased) donors over four days performed.

15 April 2015 Wednesday

Ex good probably due to easier breathing; 15w/r (av 6.1 but went up to 7 mpg) + wts.

16 April 2015 Thursday

Ex: 20r + 20r + 10s. Later, lunch in mall. Besides breathing, also feeling lousy.

17 April 2015 Friday

Still feeling lousy and tired.

18 April 2015 Saturday

Good sleep; unusually the alarm woke me. Run: Breathing still tough, especially first half. Same as last year: Tai Tong → nature trail → reservoir → Yuen-Tun trail and Yuen-Tsuen trail → road → Y-junction → track/stream → rd → top of reservoir → tunnel bus: 2 h 27 min. which was 4 mins slower than last year.

19 April 2015 Sunday

Feeling miserable all day.

20 April 2015 Monday

CX flight from London to HK delayed when pilot was arrested for possessing knives in his luggage! Took exercise easier: 15w + wts (some ex with fewer reps).

21 April 2015 Tuesday

Decided to take exercise easier: 20w (5.3 mph) + 20r (did the minimum but only by exerting effort in the last 5 minutes - not exactly the point in "taking it easy") + 10r.

22 April 2015 Wednesday

Government unveils its proposals for the next CE election in 2017, but will probably be voted down as it has no concessions to encourage pro-democracy block to vote for it. Ex: 15w/r + wts (took it easier). But exhausted in the afternoon.

23 April 2015 Thursday

Ex: 20row (3700 m) + 20 w/r (av 5.8 mph) + 10r.

24 April 2015 Friday

Supermarket day. Late lunch in mall. Bought a swimsuit.

25 April 2015 Saturday

ANZAC day. Centenary of Gallipoli landings. Last run of the season and very tough, partly because of breathing; a lot of walking. Had to have a poo right at the start, in a portable loo; first time I have ever used one. Run felt hot but only about 26°C but humidity high. Route: Tai Lam tunnel bus → top of reservoir (37') → road → (TLT) → Yuen-Tun trail turn-off track → SK track → road to dam → dam (1:25) → [10] turn-off (1:55) → Tuen Mun (2:45). First time on this part of Y-T track and first on Tuen Mun path for 20+ (?) years; path vastly improved and now lots of trees. Then to Marks & Spencer to buy 5 packets of ginger biscuits. Very tired.

26 April 2015 Sunday

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27 April 2015 Monday

Gym ticket expired. No exercise this week until Friday when pool opens. Donated another \$5000 to MSF.

28 April 2015 Tuesday

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29 April 2015 Wednesday

Convicted international drug smugglers executed by firing squad in Indonesia despite wide protests from around the world. To HSBC midday.

30 April 2015 Thursday

To HS Bank midday. Pizza lunch later.. Warm day.

May

01 May 2015 Friday

Public holiday for 'Labour day'. First swim for the season: not bad, did 2.2 km (I think). Water temperature ~24°C. Nose running the whole afternoon. As for last year, tired in the afternoon and needed to lie down.

02 May 2015 Saturday

Swim: 2.2 km; again, seemed to take a long time. William and Kate have a second child - a girl.

03 May 2015 Sunday

Another load of washing. Gavin calls; speaking for about 70 minutes.

04 May 2015 Monday

Lu Ping dies aged 88. Met and talked with him in 1983 when our School of Education group was in Beijing; I enjoyed the conversation.. Ex: Swim 2.0 km (did every third length breaststroke).

05 May 2015 Tuesday

Took a small puff before the swim; seemed to help. Swim: 2.2 km. But again needed a long rest in the afternoon.

06 May 2015 Wednesday

Swim: 2.2 km (no extra breast stroke).

07 May 2015 Thursday

Swim: 2.5 km (first 2.0 all overarm).

08 May 2015 Friday

Swim: 2.2 km (11.1 km for week). PLA visit to CUHK postponed after students protests its presence on the campus. In the UK, the conservatives sweep to an unexpected win and even get a majority (albeit of just one).

09 May 2015 Saturday

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10 May 2015 Sunday

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11 May 2015 Monday

Swim: 2.4 km.

12 May 2015 Tuesday

Swim: 2.7 km.

13 May 2015 Wednesday

Swim: 2.7 km.

14 May 2015 Thursday

Sent a birthday e-mail to Gavin. Swim: 2.5 km. Then lunch in the mall.

15 May 2015 Friday

Swim: 2.8 km.

16 May 2015 Saturday

Had a swim just to get average up to 2.4 km. Pool closed for part of first session because of thunderstorm warning.

17 May 2015 Sunday

Felt tired; swim yesterday must have been a bit much.

18 May 2015 Monday

Swim: 2.6 km. Then to HSBC.

19 May 2015 Tuesday

Here we go again - just 1.5 km into the swim and had to get out because of thunderstorm. Managed to do another 2.0 km in the afternoon.

20 May 2015 Wednesday

Swim: 2.7 km (to give a 2.5 km average to date). On finishing, thunderstorm started and lasted rest of the day, with pool closed. To HS Bank after swim.

21 May 2015 Thursday

Swim: 2.5 km. No problem with the weather. Then lunch in the mall. Couldn't pay Towngas bill online, so to HS Bank where online payment worked OK! I thought it was the bank's website but may be Google Chrome + wheel and left click mouse.

22 May 2015 Friday

Swim: 2.5 km. Then to supermarket. Quite a lot of rain but pool not closed.

23 May 2015 Saturday

All morning trying to overcome problem of mouse scroll wheel and left mouse not working properly in Google Chrome. Didn't solve it but by adding scroll button extensions, seem to work. Pure black magic!!

24 May 2015 Sunday

—

25 May 2015 Monday

Public holiday for Buddha's birthday. Also the bun festival at Cheung Chau. Because of holiday, pool open all day. Swim: 2.5 km. Bun scramble cancelled because of rain.

26 May 2015 Tuesday

Black rainstorm warning (highest) in the morning! OK afternoon. Swim: 2.5 km. Dinner at Fairwood.

27 May 2015 Wednesday

Swim: 2.5 km. Diarrhoea - three times - in the evening.

28 May 2015 Thursday

A bit weak after diarrhoea but still swam 2.5 km.

29 May 2015 Friday

Swim: 2.5 km. Used the fan for first time in evening and night. Summer is really here now; hot and humid day and night.

30 May 2015 Saturday

Arsenal wins FA Cup for second year in a row.

31 May 2015 Sunday

—

June

01 June 2015 Monday

Swim: decided to cut down on the distance , so only 2.2 km.

02 June 2015 Tuesday

Overnight, a cruise ship on the Yangtse River sinks in just a few minutes in a storm trapping nearly all of the ~450 on board. Swim: 2.3 km

03 June 2015 Wednesday

Sepp Blatter of FIFA steps down. Swim: 2.3 km.

04 June 2015 Thursday

Anniversary of the Tiananmen Square crackdown in 1979. Swim: 2.3 km. Annual candlelight vigil in Victoria Park.

05 June 2015 Friday

Swim: 2.4 km. Late dinner at Fairwood. No asthma for about 10 days now.

06 June 2015 Saturday

—

07 June 2015 Sunday

—

08 June 2015 Monday

Swim: 2.4 km (little longer for 'rest' because a lady was telling me how dirty she thinks the water is).

09 June 2015 Tuesday

Swim 2.5 km.

10 June 2015 Wednesday

Swim 2.5 km.

11 June 2015 Thursday

Swim 2.3 km.

12 June 2015 Friday

Swim 2.5 km.

13 June 2015 Saturday

—

14 June 2015 Sunday

Funeral service for man who was chairman of the communist FTU in 1967 and was the ringleader of the 1967 riots. Attended, of course, attended by CE.

15 June 2015 Monday

Swim: 2.5 km. Explosives, air rifles, etc found in old ATV building, and possibly linked to a local radical group; 10 people arrested.

16 June 2015 Tuesday

Swim: 2.5 km.

17 June 2015 Wednesday

Swim: 3.0 km. Felt more relaxed. Debate begins on political reform package.

18 June 2015 Thursday

Swim: 3.4 km. Lego votes down political reform package; most pro-government supporters walked out before the vote (and Lau Wong Fat was not even there!!).

19 June 2015 Friday

Swim 2.4 km. Another sweltering day; 36°C in places! Late lunch in mall. Got my passport photo taken.

20 June 2015 Saturday

A public holiday for Tuen Ng festival. Did a load of washing.

21 June 2015 Sunday

Needed a puff overnight. Another load of washing - sheets, small blankets/covers. Difficult to dry because of rain throughout the day.

22 June 2015 Monday

Posted application for new passport to NZ. Swim: 2.3 km. Number 1 typhoon signal raised. Ronnie Tong quits Civic Party and resigns from LegCo.

23 June 2015 Tuesday

Swim: 2.7 (did mainly overarm as faster and wanted to get as much distance before thunderstorm - which in any case didn't come).

24 June 2015 Wednesday

Swim: 3.0 km. Last remaining property - tents, etc. - from "Occupy" movement outside LegCO building removed.

25 June 2015 Thursday

Swim: 1.5 km + (½ hour later dues to thunderstorm) 1.5 km.

26 June 2015 Friday

Swim: 2.5 km.

27 June 2015 Saturday

About 500 young people burnt, many seriously, in a powder explosion at a waterpark party in Taipei. Five are from HK.

28 June 2015 Sunday

—

29 June 2015 Monday

Swim: 2.4 km.

30 June 2015 Tuesday

Swim: 2.4 km. Turned on bedroom air-con for 30 minutes to cool room before going to bed.

July

01 July 2015 Wednesday

Public holiday – handover anniversary. Swim: 2.3 km. Hot. Many people in pool, but my swim not quite as bad as expected.

02 July 2015 Thursday

Very hot again. Swim: 2.4 km.

03 July 2015 Friday

Very hot and uncomfortable day. Swim: 2.3 km. Pool closed pm probably because the water is so filthy. (11:55 pm HK time / 5:55 am Hawaii time) After about five days flying from Japan, "Solar Impulse 2" makes it safely to Honolulu, Hawaii.

04 July 2015 Saturday

Passport arrives in HK at DHL sorting centre.

16 July 2015 Sunday

In Greek referendum, about 61% vote “No” to harsh EU bailout terms.

06 July 2015 Monday

Got new passport from DHL at 1 pm. Very quick as sent application exactly two weeks ago. Then swim: 2.5 km. Later, dinner in mall. Wore, for the first time, the shoes that Gavin had sent me several years ago.

07 July 2015 Tuesday

Swim: 2.5 km. To dermatologist in the afternoon.

08 July 2015 Wednesday

Swim: 2.5 km. Club staff around evening to get people to attend or give proxy vote for an upcoming estate meeting.

09 July 2015 Thursday

T3 raised at about 8:30 am. Therefore, no swim (shown as x in swim data). T8 raised in the afternoon.

10 July 2015 Friday

No effect from typhoon in TSW. Swim: 3.0 km.

11 July 2015 Saturday

Swim: 2.5 km. More excess levels of lead found in tap water in a government housing estate.

12 July 2015 Sunday

Very hot; temps here up to 36°C.

13 July 2015 Monday

Whole of last night in bed without having to get up! First for a long time. Swim: 2.5 km.

14 July 2015 Tuesday

Swim: 2.5 km. On returning, saw the aftermath of a traffic accident down below involving, it seems, a young primary school girl and a motor scooter. Did not seem too serious though both girl and rider taken away by ambulances.

15 July 2015 Wednesday

Swim: 2.7 km. NASA spacecraft starts sending back pictures from Pluto.

16 July 2015 Thursday

Swim: 2.7 km.

17 July 2015 Friday

Swim: 2.5 km. (normal 10.30 am session after first session closed because of thunderstorm).

18 July 2015 Saturday

LibreOffice Writer crashed in afternoon; all images gone. Had to create a new user profile and all the settings again. Results for the hundreds tested for lead in blood shows almost all under the accepted level.

19 July 2015 Sunday

After cleaning flat, cut and coloured/dyed my hair.

20 July 2015 Monday

Swim: 2.6 km. Changed my pattern; more breaststroke and less, but a bit faster, crawl. Number of housing estates found with lead in water increasing.

21 July 2015 Tuesday

Swim: 3.0 km. Much cooler today: max here only about 27°C.

22 July 2015 Wednesday

Swim: 2.8 km. Continuing problems with "Error 7" in Google Chrome.

23 July 2015 Thursday

Swim: 2.7 km starting at 2.25 pm after three attempts to get a swim! Had to go fast, so will probably be tired later!! Installed Firefox browser and spent most of the day setting it up.

24 July 2015 Friday

Very dark in morning. Later swim but got 3.0 m just as lunch close came. E-mail from Marshall Cavendish in Singapore asking me to work for them.

25 July 2015 Saturday

—

26 July 2015 Sunday

Lot of trouble with Firefox!!

27 July 2015 Monday

Swim: 2.8 km. Gruesome video shown on TV news of woman in China killed when the top plate of an escalator gave way and she disappeared inside!.

28 July 2015 Tuesday

Swim: 3.0 km. Problems with Firefox now, so rest of day spent on this!.

29 July 2015 Wednesday

Swim: 3.4 km. At about 2.5 km kicked everybody out because of “thunderstorm” but I protested and two of us continued. Computer mouse packs up - turned out to be the batteries. Worked ll afternoon using the touch-screen - a pain! Went and bought new batteries in evening.

30 July 2015 Thursday

Swim: 3.5 km though a bit of a struggle!

31 July 2015 Friday

Swim: 2.5 km though again a bit of a struggle! Hot again. Got my essay on “The Ascent of Man” finished and completed into a single pdf file.

August

01 August 2015 Saturday

A lot of mucking around on Google Photos, which they have made so complicated.

02 August 2015 Sunday

—

03 August 2015 Monday

More problems with Firefox (won't retain bookmarks) and Chrome (Error 4 again)! Swim: Only 2.0 km. Decided to have a week of “rest” by doing less; distances won't count in season average.

04 August 2015 Tuesday

Swim: 2.0 km.

05 August 2015 Wednesday

Swim: Just 1.5 km!

06 August 2015 Thursday

Swim: Again 1.5 km! End of “rest”; still feel like I need it.

07 August 2015 Friday

Swim: 3.0 km. Tried to modify style slightly to relax and to assist breathing; seemed to help. After swim when to Community Centre to make a dental appointment. Temp here up to 35°C; in Sheung Shui 37°C!

08 August 2015 Saturday

Again, extremely hot; about 37°C here and 38°C in some places. The official maximum temperature, recorded at the observatory, was 36.3°C, the highest temperature ever recorded in Hong Kong.

09 August 2015 Sunday

—

10 August 2015 Monday

Swim: 3.0 km; difficult when water rough.

11 August 2015 Tuesday

Swim: 3.0 km.

12 August 2015 Wednesday

Swim: 3.1 km. A bit tough. Only did it to get my season average so far to 2.6 m.

13 August 2015 Thursday

Swim: 3.2 km.

14 August 2015 Friday

Swim: only 2.0 km as had to go to supermarket. but really, that felt like enough.

15 August 2015 Saturday

Big storm in the morning. US raises flag over embassy in Cuba (US date).

16 August 2015 Sunday

Water festival in pool in the afternoon.

17 August 2015 Monday

To HSBC am. Swim: 2.6 km.

18 August 2015 Tuesday

Terrorist bomb in Bangkok hills two young HK women, among others.

19 August 2015 Wednesday

Swim: 2.6 km. Breathing style a bit better having, by chance, seen such on web images.

20 August 2015 Thursday

Swim (afternoon): 2.6 km.

21 August 2015 Friday

Swim: 2.6 km. Lunch at a small Japanese restaurant not too far from community centre.

22 August 2015 Saturday

—

23 August 2015 Sunday

Call from Gavin about 1 pm; talked for about an hour. He mentioned that today (Saturday 22nd US time) is Alana's first birthday.

24 August 2015 Monday

Swim: 2.8 km. Terrible, again breathing! About halfway through, accidentally reverted to a breathing style I thought was bad, and it seemed to be better! I just have no clue about swimming style!

25 August 2015 Tuesday

Swim: 3.0 km.

26 August 2015 Wednesday

Swim: 2.7 km. News report of a man in HK wrongly diagnosed with lung cancer who had part of a lung removed.

27 August 2015 Thursday

Swim: 2.8 km.

28 August 2015 Friday

Swim: 2.2 km. To supermarket; given a check-out list only in Chinese! Late lunch in mall.

29 August 2015 Saturday

–

30 August 2015 Sunday

Club managed to hold the water carnival as weather held.

31 August 2015 Monday

Swim: 2.6 km – not good!

September

01 September 2015 Tuesday

School re-open. Swim: 2.6 km.

02 September 2015 Wednesday

Swim: 2.6 km – I hope! Lost lap count – twice!! – counting fewer of course. Just as I finished, lifeguards close the pool. Why? It was raining!!

03 September 2015 Thursday

Special, extra public holiday to celebrate the victory of Japan in WWII, for which the CCP would like all the credit, even though it played a minor role to the KMT. Swim: 2.6 km. Good swim, even though a lousy sleep overnight. Whole swim overarm; average 2.5+ min/km. Conditions good: water cooler, few people and two of the roughest swimmers absent so not rough.

04 September 2015 Friday

Swim: 2.8 km. First sunny day for a while.

05 September 2015 Saturday

Did a load of washing.

06 September 2015 Sunday

Washed the sofa cover. Very tired in the afternoon.

07 September 2015 Monday

Swim: 2.7 km. Terrible + very slight breathing problems. Then, on finishing, the goggles broke – again!
Not a good day for swimming!

08 September 2015 Tuesday

Swim: 2.8 km. Better today.

09 September 2015 Wednesday

Swim: 3.0 km. The Queen becomes the longest-reigning British monarch surpassing that of Queen Victoria. A bout of diarrhoea in evening.

10 September 2015 Thursday

Good sleep overnight – 8 ½ hours. Had to phone McAfee (in India) again! as still getting wrong subscription info at wrong address. Swim: 3.0 km. Good (perhaps because of good sleep). Bill from CLP arrives. Finally have to start paying as the accumulated government electricity subsidy runs out.

11 September 2015 Friday

Swim: 2.2 km. Snap election in Singapore; PAP increases its percentage of votes.

12 September 2015 Saturday

Crane topples over in Mecca killing 107. No use of fan in evening.

13 September 2015 Sunday

No use of fan overnight.

14 September 2015 Monday

Swim: 2.6 km. Australian PM Tony Abbott ousted and replaced by Malcolm Turnbull. In evening, pool closed because of poo in baby pool.

15 September 2015 Tuesday

Swim: 3.0 km. Changed – again – arm style. Seemed to help reduce the effect of the “rough swimmer – or perhaps I was not so tired! HK Police change their records about the 1967 riots to eliminate reference to CCP, left-wing bomb-making factories and *militia* firing across border from China. Clearly there have been

instructions from above to re-write the history.

16 September 2015 Wednesday

Swim: 3.0 km.

17 September 2015 Thursday

Swim: 3.5 km.

18 September 2015 Friday

Swim: 3.6 km. Not as good as yesterday. Things went wrong: I forgot the door code, my goggles broke, replacement goggles (kept in my bag) kept filling up with water, kept forgetting count of laps.

19 September 2015 Saturday

In RWC, Japan beat South Africa!!

20 September 2015 Sunday

Li ka-shing blasted by press in China for selling property during the recent financial crisis. SO much for being a Chinese patriot!

21 September 2015 Monday

Swim: 3.0 km. Terrible! Rough water! Last 1 km not so bad as less rough and I do less overarm.

22 September 2015 Tuesday

Swim: 3.5 km. Better swim; halfway through, changed my right arm style a bit; pulling shallower in water instead of going deep. To hospital in afternoon for nose check-up; everything OK so next appointment in 9 months.

23 September 2015 Wednesday

Swim: 3.5 km; first half terrible.

24 September 2015 Thursday

Swim: 3.5 km. The 'rough' swimmer used the other lane today (as he was doing for the first half of the season). At least 700 killed in a stampede crush during the Haj in Mecca. To dentist at nearby community centre for check up, followed by doctor to get some asthma medicine – all covered by the e-voucher scheme.

25 September 2015 Friday

Swim: 2.5 km – a bit tough. President Xi meets Obama at White House. Report on lead in drinking water in housing estates revealed and shows that the problem is due to lead in solder used in metal joints.

26 September 2015 Saturday

Torrential rain in East Kowloon early afternoon; no affect at all here.

27 September 2015 Sunday

–

28 September 2015 Monday

Public holiday for mid-autumn festival. First anniversary of the start of the Occupy Central protests. Swim: 4.0 km; second half not too bad.

29 September 2015 Tuesday

Cleaned pool in the morning! Really! with only one more day!. Swim 4.3 km. Early dinner in mall supplemented at home later. HKU Council (which now includes Arthur Li) rejects the nominee for PVC because of his pro-democracy background.

30 September 2015 Wednesday

Last swim for season: 3.4 km. With some longer swims in the past week or so managed to get to 2.7 km average. Calculated distances to swim to give season average same as past average season distance.

2015: Swims:

weekly total (km)

(days)

cumulative average (km/swim)

May:

(to 2 decimal places)

2.2 2.2 4.4

(2)

2.0 2.2 2.2 2.5 2.2 11.1 (15.5) (5)

2.4 2.7 2.7 2.5 2.8 2.6 15.7 (31.2) (6)

(2.40)

2.6 3.5 2.7 2.5 2.5 13.8 (45.0) (5)

(2.50)

2.5 2.5 2.5 2.5 2.5 12.5 (57.5) (5) (23)

(2.50)

June:

2.2 2.3 2.3 2.3 2.4 11.5 (69.0) (5)

2.4 2.5 2.5 2.3 2.5 12.2 (81.2) (5)

(2.46)

2.5 2.5 3.0 3.4 2.4 13.8 (95.0) (5)

(2.50)

2.3 2.7 3.0 3.0 2.5 13.5 (108.5) (5)

(2.52)

2.4 2.4 4.8 (113.3)

(2) (45) (2.52)

July:

2.3 2.4 2.3 7.0 (120.3) (3)

2.5	2.5	2.5	x	3.0	2.5	13.0	(133.3)	(5)	(53)
			(2.52)						
2.5	2.5	2.7	2.7	2.5		12.9	(146.2)	(5)	(58)
			(2.52)						
2.6	3.0	2.8	2.7	3.0		14.1	(160.1)	(5)	(63)
			(2.54)						
2.8	3.0	3.2	3.5	2.5		15.0	(175.1)	(5)	(68)
			(2.57)						
August:									
[2.0	2.0	1.5	1.5]	3.0		3.0	(178.1)	(1)	(69)
			(2.58)						
3.0	3.0	3.1	3.2	2.0		14.3	(192.4)	(5)	(74)
			(2.60)						
2.6	2.6	2.6	2.6	2.6		13.0	(205.4)	(5)	(79)
2.8	3.0	2.7	2.8	2.2		13.5	(218.9)	(5)	(84)
2.6									2.6
	(221.5)		(1)	(85)					
September									
		2.6	2.6	2.6	2.8	10.6	(232.1)	(4)	(89)
2.7	2.8	3.0	3.0	2.2		13.7	(245.8)	(5)	(94)
			(2.61)						
2.6	3.0	3.0	3.5	3.6		15.7	(261.5)	(5)	(99)
			(2.64)						
3.0	3.5	3.5	3.5	2.5		16.0	(277.5)	(5)	(104)
			(2.668)						
4.0	4.3	3.4				11.7	(289.2)	(3)	
	(107)		(2.703)						

Season averages (km/swim):

2012: 2.43

2013: 2.80

2014: 2.867 (2.703)

2015: 2.703 (Cumulative average over four seasons also = 2.703 km)

October

01 October 2015 Thursday

Public holiday for Chinese National Day. Fireworks display over harbour in evening; first time since the boat tragedy in 2012. Radio 4 broadcast the music that accompanied the fireworks.

02 October 2015 Friday

More fatal shootings at a US school, this time in Oregon (a State which allows people to carry concealed handguns!).

03 October 2015 Saturday

T1 signal up early and replaced by T3 later. In RWC, England defeated by Australia and so do not reach the quarter-finals.

04 October 2015 Sunday

—

05 October 2015 Monday

Most of day uploading my files to another Cloud. Donald Tsang, former C, in court on corruption charges.

06 October 2015 Tuesday

Chinese media attacks HK's Octopus card as an out-of-date technology. About 2000 HKU staff and students protest the recent University Council decision (probably politically motivated, with Arthur Li a member) not to elect the person nominated to be a PVC.

07 October 2015 Wednesday

The 19-year old girl needing and waiting for a double lung transplant, dies in afternoon. Very sad.

08 October 2015 Thursday

Lunch in the mall.

09 October 2015 Friday

—

10 October 2015 Saturday

Breathing problems back again. Two explosions in Ankara kill at least 95 people during a peace rally.

11 October 2015 Sunday

Much cooler today at about 20°C.

12 October 2015 Monday

Cool day.

13 October 2015 Tuesday

To eye clinic in afternoon. Saw an optometrist, which counts as a new appointment so \$100 and not the repeat fee of \$60. Took an ultrasound of my eye. Am now of waiting list for surgery which will be approximately July of next year.

14 October 2015 Wednesday

Nadiine's baby girl born on October 14th (US date), weighing in at 7lbs 14oz.

15 October 2015 Thursday

First day back in gym following swimming. Both jogging and wts tough! But I was tired in the afternoon.

16 October 2015 Friday

Gym: Skipping tough; 12-13 mins made up of 10 mins actual skipping + many short rest breaks! Late lunch in mall.

17 October 2015 Saturday

Went to the gym; half aerobic, half wts. On return, coloured/dyed my hair.

18 October 2015 Sunday

In a RWC quarter final overnight, ABs humiliate France 62-13.

19 October 2015 Monday

E-mail from Nadine to announce the birth of a girl! Fight in a jewellery shop between mainland tourists.

20 October 2015 Tuesday

Mainland tourist who intervened in yesterday's fight dies in hospital.

21 October 2015 Wednesday

Holiday for Chung Yuen festival. Lots of problems with AOL email; all settings changed, won't save my settings!!

22 October 2015 Thursday

—

23 October 2015 Friday

Chinese media backtrack on their comments against Li ka-shing. An early dinner in mall. Lantau highway closed for two hours after ship hits a bridge.

24 October 2015 Saturday

ABs squeeze past SA 20-18 to get into the final of the RWC.

25 October 2015 Sunday

In evening, Macau to HK ferry hits an underwater object; many passengers injured. Australia beat Argentina 29-15 to book the other final berth.

26 October 2015 Monday

—

27 October 2015 Tuesday

In gym, managed to do 10 minutes skipping without having to stop for a breath, perhaps helped by the

(asthma) puff I took before starting the session. In evening, got a phone call from HKU for a survey on my radio habits and likes.

28 October 2015 Wednesday

Commercial Radio broadcasts leaked recoding of comments by Arthur Li at a recent HKU council meeting.

29 October 2015 Thursday

China officially abandons its one-child policy; now allowed two.

30 October 2015 Friday

Early appointment at eye clinic. To gym on return. Late afternoon tea / early dinner in mall.

31 October 2015 Saturday

Didn't go to a MYC first Form 1 dinner in the evening; used the excuse (lie?) that I was going to a Halloween dinner (not true). All Blacks beat Australia 34 – 17 in the final to win the RWC for the third time and the first holder to retain it.

November

01 November 2015 Sunday

Did a load of washing; mainly towels and some clothes. Also cleaned behind and under the fridge, the first time for a long time – nearly two years if this diary is correct.

02 November 2015 Monday

–

03 November 2015 Tuesday

To dermatologist; many spots identified and treated with liquid nitrogen. Got cream from pharmacy.

04 November 2015 Wednesday

To gym early as first Wednesday of month so closed at 10am for cleaning. Late lunch / Early dinner in mall.

05 November 2015 Thursday

Managed to do 10 minutes continuous skipping, apart from a couple of trips.

06 November 2015 Friday

Supermarket am. To dentist 4 pm: had a large filling above an incisor partly filled.

07 November 2015 Saturday

Presidents of China and Taiwan meet in Singapore (they refer to each other as 'Mister' and not 'President!'). First for 66 years, since end of Civil war in 1949. At a live broadcast of concert in the City Hall in the evening, sudden crash and performance interrupted for about 35 minutes. I don't know the reason.

08 November 2015 Sunday

Call from Gavin in the afternoon; spoke for over an hour.

09 November 2015 Monday

To HSBC at noon; first time for many months! And then again later to give them a photocopy of my passport.

10 October 2015 Tuesday

About 400 arrested in HK, Taiwan and Indonesia over telephone scams.

11 November 2015 Wednesday

–

12 November 2015 Thursday

–

13 November 2015 Friday

Day off exercise because starting runs tomorrow. Breathing not bad. Light drizzle most of day.

14 November 2015 Saturday

Over 120 killed in terrorist shootings and bomb attacks in Paris.
First run of season – terrible. 23°C, damp and humid (due to drizzle yesterday). At 2h 17mins.. was 15 minutes slower than last year!! Not unexpected as aerobic exercise in gym this season has not been good. Also breathing not ideal. Also, on uphill rocky sections from Tai Po, kept losing balance, possible due to not stepping on rocks properly due to poor eyesight in left eye. Wore “new” shoes plus third pair of black socks from Nadine. Came back on an electric bus.

15 November 2015 Sunday

–

16 October 2015 Monday

Thigh muscles very sore after Saturday run; treadmill difficult. In evening, French consulate holds vigil for those killed in terrorist attack in Paris.

17 November 2015 Tuesday

In gym, managed to do the 10 minutes skipping without trip or rest – very surprised! In evening, HK and China play to a draw in soccer; still some trouble, as during last game in Shenzhen, with some people booing the National Anthem, and others holding signs reading 'Boo'.

18 November 2015 Wednesday

Jonah Lomu dies unexpectedly, aged 40. Went to management office to 'complain' about upstairs neighbour

whose alarm went off at 5:40 am (that was OK) but then get repeating every few minutes for the next several hours!

19 November 2015 Thursday

–

20 November 2015 Friday

To supermarket. Tried to use a \$60 coupon they gave me last time, but couldn't use it as it involved use of BOC credit card, which I don't have, Turns out, they shouldn't have given it to me last time; anyway they gave me cash instead! To mall in afternoon for a late lunch/ early dinner.

21 November 2015 Saturday

Second run of season. Also tough and slow at 2 h 27 min. Met a number of Oxfam trailwalkers (a week later than last year). One team dressed up in shark costumes. In evening, a lower left tooth broke – in filling area.

22 November 2015 Sunday

After cleaning flat, still needed a cold shower; nearly end on November and still hot! (And not just my imagination; on TV evening news, reported that highest temperature in this date for a very long time.) Then went over to polling booth to vote in district council elections. In evening went downstairs to vote for the “independent” candidate I voted for to check that he was really independent after hearing radio news reports that many such “independents” are not but are backed by political parties.

23 November 2015 Monday

The candidate I voted for lost – got about 1200 votes compared with about 2000 for the other guy. In afternoon, to Yuen Long with Stanley to check out a government clinic with an “Elders” section and includes a medical check up, though the waiting time is more than a year!

24 November 2015 Tuesday

Early afternoon to dental clinic to make an appointment for broken tooth; first available is in January!! Then to 'Tin Yip' clinic for a (free) flu vaccine. Very friendly atmosphere. Found out that regular appointments are only made by phone. On returning, used the system – seems very good.

25 November 2015 Wednesday

To 'Tin Yip' clinic in afternoon to see about asthma; got 3 preventers and 3 relievers. Also got an appointment for a blood test.

26 November 2015 Thursday

First cold day of season arrives. Lunch in mall. Then to check on an e-health dentist but they said they don't provide the service even though they are listed; wrote an e-mail complaint to government later. Miss Canada barred from flying from HK to Hainan for Miss World finals as she is a Falung Gong member. Average temperature for November about 3°C higher than average!!

27 November 2015 Friday

To another community dentist but closed until Tuesday.

28 November 2015 Saturday

Run not bad, primarily as my breathing was good; at 2 h 20 min. ~20°C. Similar to previous few years (though of course, nowhere near best). Took inner sole inserts out of running shoes; may have helped a little. To Tai Tong in accident just before my starting point; windscreen shattered when it hit a truck waiting to turn left.

29 November 2015 Sunday

Discovered I have lost my flat and mailbox keys. Must have dropped off my finger into the corridor rubbish bin last night when taking out rubbish without noticing, even when returning when I normally put keys back in their place. (I take keys as backup in case door slams shut)!!! How stupid of me!!!! HKU staff and students vote overwhelmingly to oppose possible appointment of Arthur Li as chairman of HKU Council.

30 November 2015 Monday

On Internet, watched some of the live memorial service for Jonah held in Eden Park. Breathing good. Gym good – running faster, wts back to 'normal'.

December

01 December 2015 Tuesday

To nearby estate dentist but full until May 2016. In gym, rowing (20 min, resistance level 3) did 3780 m; clearer breathing certainly makes a difference. Even the skipping was good. To dermatologist pm but just for cryotherapy. On the way, signed a petition by WWF against trading of ivory in HK. Then to Marks and Spencer but no ginger biscuits.

02 December 2015 Wednesday

In evening, unexpected visit from Census and Statistics officer. (I had earlier received a letter but thought I had to phone first.)

03 December 2015 Thursday

Turned colder.

04 December 2015 Friday

Late lunch/Early dinner in mall. Got two spare mailbox keys cut.

05 December 2015 Saturday

Run not bad, breathing good, 20°C, 2 h 20 min. Temperatures then gradually dropped.

06 December 2015 Sunday

Temperatures down to about 13.5°C overnight. For the first time this season, wore socks in bed. To Dr Smile dentist for 5:30 pm appointment. Nothing done for broken tooth!! Bought some toothbrushes and floss.

07 December 2015 Monday

Needed to use a blanket overnight.

08 December 2015 Tuesday

Elsie Tu dies, aged 102. Colder.

09 December 2015 Wednesday

Exercise: wts preceded by run – did 20 min instead of usual 15 min as breathing good, average 6.3 mph (=10.1 km/h).

10 December 2015 Thursday

Run faster: 20 min @ 6.6 mph (10.56 mph). But other exercises suffered. Row – just got to my minimum target. Skipping difficult – maybe as it uses similar muscles to the running.

11 December 2015 Friday

To HSBC in morning to repay balance of mortgage on flat. Then – unusually for a non-exercise day – had a sauna.

12 December 2015 Saturday

Run quite good; 2 h 20 min, same as last year.

13 December 2015 Sunday

In Paris overnight, agreement seems (just seems!) to have been reached on how to deal with climate change.

14 December 2015 Monday

Anti-competition ordinance comes into effect today. Already 500 complaints, e.g, again price fixing by oil companies.

15 December 2015 Tuesday

Good gym: run – 20 min @ 6.5 mph, rowing (resistance level 3 → 3960 m) + 10 min skip. Lunch in mall. Transferred \$10 000 from my HSBC to H.

16 December 2015 Wednesday

Most of spare time on computer issues, trying out Comodo AV – very slow scanning, taking 4 hours to do one drive!

17 December 2015 Thursday

Overnight, FED raises interest rates, bit only 0.25%. Colder – about 10°C on waking up. Actually put on jeans and pullover on getting up. In gym, skipping difficult – may be because of pushing aerobic exercises in the past few days). Afternoon terrible for computer. Comodo anti-virus wouldn't uninstall properly (as others have experienced) caused a lot of trouble. Spent more than an hour deleting files from registry (not all would do so). Then downloaded Avira AV. More problems; one of its parts wouldn't close, caused internet connection to break. Removed it. Called both Dell and Hutchison – both worse than useless. Then restored computer to an earlier 'restore point'; worked perfectly. Late evening, installed Avast Free AV.

18 December 2015 Friday

Down to 8°C by early morning. Near Kam Sheung Rd station, in a crash involving a truck and a mini-bus, bus flips over and four killed, including a baby.

19 December 2015 Saturday

Run in Tai Mo Shan area. Very slow. Breathing good, but not legs (cf. Thursday above). Also, took rocky paths easier due to my bad left eye. Saw a guy operating a small drone, then several guys carrying their bikes.

20 December 2015 Sunday

Funeral of Elsie Tu today. In Shenzhen, big landslide from man-made mountain of construction soil knocks over about 30 buildings in a village and buries some; many manages to escape before the slide but many others buried.

21 December 2015 Monday

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22 December 2015 Tuesday

Andy's last day in the gym; gave him my name-card.

23 December 2015 Wednesday

To Dr Smile dentist in afternoon to buy stuff in order to spend remainder of my e-voucher allowance. Called them in evening as I thought the calculation was wrong, but it was correct.

24 December 2015 Thursday

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25 December 2015 Friday

All day on brain project.

26 December 2015 Saturday

Run felt quite good and even enjoyable. At 2 h 34 min, one minute faster than last year but 15 min off best.

27 December 2015 Sunday

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28 December 2015 Monday
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29 December 2015 Tuesday

Exercise incredibly slow, e.g. rowing 200 m below my minimum target.

30 December 2015 Wednesday

Gym back to normal again. Maybe I was sick yesterday without knowing it.

31 December 2015 Thursday

Gym (aerobic) good today. To supermarket today instead of tomorrow; long checkout queues!

If you are interested:

RWC 2015 highlights

Quarter-finals: NZ 62 – France 13.

Semi-finals: NZ 20 – SA 18

Final: NZ 34 – Australia 17

<http://www.planetrugby.com/news/video-2015-rwc-final-highlights/>

50 clips. The first is the final between NZ and Australia. Click top lhs to choose others. Especially NZ vs France in the quarter-finals and NZ – SA in the semi-finals.

<http://www.planetrugby.com/news/video-top-five-moments-at-rwc/>

199 clips (or current RWC and some from previous RWCs. Again click top lhs and select what you want to view. Especially the first one with the try that meant Japan beat South Africa in their pool match.

I got these from the Planet Rugby website at:

<http://www.planetrugby.com/>

McAfee LiveSafe - SafeKey

Expires: 1/13/2016 | 1 Licenses: 0 in use, 1 available

Activation code: **P7264GADCWBMPMBF**

MCPR download tool:

<http://us.mcafee.com/apps/supporttools/mcpr/mcpr.asp>

January

01 January 2016 Friday

Woken at midnight by New-Year revellers. Did a load of washing – mainly towels and some cloths.

02 January 2016 Saturday

News report that several staff members of a HK bookshop critical of Beijing may have been abducted by Chinese authorities. Run felt good; good conditions. Same route as last year – CU → Stage 4 → (Lion Rock) → Shatin. Two minutes slower than last year, probably again due to taking care not to trip because of bad eye. But where I could run freely, it felt good and easy.

03 January 2016 Sunday

Got round to looking through pile of old TIME magazines and then throwing them away.

04 January 2016 Monday

After dinner, about 30 minutes on toilet with diarrhoea.

05 January 2016 Tuesday

Lunch in the mall. Then to dermatologist for cryotherapy of anything suspicious. Some rain today.

06 January 2016 Wednesday

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07 January 2016 Thursday

Gavin called early morning; spoke for about an hour. Late afternoon. spent a lot of time trying to find out – unsuccessfully – why Chinese characters appear when my google sites open.

08 January 2016 Friday

Found it was due to removing cookies. No, not the only reason. Got Chrome and Chromodo fixed (I think1) but not Firefox. And this took most of the day.

09 January 2016 Saturday

Run rather tough – legs, not breathing. Think I pushed myself too much in the gym this past week. Only did the abbreviated Cloudy Hill / reservoirs route as in 2008-2009. At 2 hr, 37 min today, was 9 minutes slower than then.

10 January 2016 Sunday

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11 January 2016 Monday

Removed McAfee Internet Security (which came with the computer) and was due to expire on Wednesday.

E-mail from Keith about staying here.

12 January 2016 Tuesday

Call from eye clinic to make a final check-up appointment before operation.

13 January 2016 Wednesday

CE delivers his policy address.

14 January 2016 Thursday

Another terrorist attack, this time in Jakarta. Last gym for a week or so as current three-month pass expired. Late lunch later in mall. Bought a small alarm clock afterwards – needed to wake up early for Saturday runs and to replace expensive digital clock which won't work. Another bad bout of diarrhoea in evening.

15 January 2016 Friday

Raining all day.

16 January 2016 Saturday

Terrible run because of the conditions. Rain for first half which flooded all the rocky paths. CU → Stage 4 (nearly 1 hour!!) → circuit to Ma On San town then to Lek Yuen. 2 hour 42 min, a time that will be easy to better! Opposition DPP defeats the KMT in Taiwan winning the presidency and a majority in its Yuan.

17 January 2016 Sunday

Wet early morning again. HK marathon today. A total of about 70 000 runners in the 10 km, half-marathon and full-marathon events. Wet and cold (similar to Saturday).

18 January 2016 Monday

Whole morning at eye clinic in preparation for the eye operation which is now set for February 1st. No gym this week; take a week off before getting a new pass.

19 January 2016 Tuesday

Coloured/Dyed my hair. Banged on the door of the neighbour (children only there) who had another dog (as they did on Monday evening).

20 January 2016 Wednesday

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21 January 2016 Thursday

Still very cool. Late lunch in mall.

22 January 2016 Friday

Rain most of the day and cold!

23 January 2016 Saturday

Run; first exercise since last run. Tai Mei Tuk → Pat Sin Leng → Hok Tau turn-off → Ting Kok Rd → Tai Po station. Conditions very cold and windy. But no rain, so rocks paths mainly dry, which was good, as it has been wet every day for over a week. About 5°C or even less up in the hills as well as gale-force winds. Because of conditions plus near blind eye, took it easy but at 3 h 20 minutes, same as last year. Also, never drank any water during, or after, run – first time ever, I think!

24 January 2016 Sunday

Last night temperatures down to 3.3°C (at Observatory) and about 2°C here. Coldest since 1957. Many go up Tai Mo Shan to see the frost and suffer from hypothermia and need to be rescued; 60+ taken to hospital, including many on a 100 km race who were caught on Tai Mo Shan during the night. At one point, even the rescue helicopter iced up.

25 January 2016 Monday

Primary schools and kindergartens closed because of the cold. However, sun shining today, but still cold.

26 January 2016 Tuesday

Cold again and a little rain. To HSBC – spent three hours there!

27 January 2016 Wednesday

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28 January 2016 Thursday

To local clinic for 8:30 am blood sample appointment. In the pouring rain!! What is wrong with our weather – this is supposed to be the dry season.

29 January 2016 Friday

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30 January 2016 Saturday

Run not too bad given my eye. Fine weather. Lychee trail to and around Ho Pui reservoir and back to tunnel bus. 2 h 40 mins.

31 January 2016 Sunday

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February

01 February 2016 Monday

All day at the eye clinic for the cataract operation. The operation itself, in the afternoon, took only about 20 minutes. Cold day.

02 February 2016 Tuesday

A little colder today. To eye clinic morning for removal of patch and follow-up with surgeon. Not difficult on transport as early morning work crowds had already gone. Vision remarkably good with the left eye now; now better than the right eye! Then mucked around until afternoon appointment with dermatology clinic (in same building); had more minor cryotherapy.

03 February 2016 Wednesday

Even colder today. Worked most of the day on the computer.

04 February 2016 Thursday

Fine and a bit warmer (11 – 18°C). Decided to go to the gym in the afternoon. Did very light workout – 20 min walk + 20 min minimum row + a few light weights.

05 February 2016 Friday

After getting up, went to local GOPC for a repeat blood test.

06 February 2016 Saturday

No run today because of operation, but a perfect day for a run! To gym instead.

07 February 2016 Sunday

Because of lost days last week and closure tomorrow, went to the gym today – first time for a very long time. Did gentle run (15 min av. 5.2 mph) + row (15 min, level 1, quite fast) + wts (some back to normal weight but fewer sets &/or reps).

08 February 2016 Monday

Chinese New Year's day – Year of the Monkey. Gym closed. Cleaning today instead of yesterday. Did a batch of washing. At night, the annual float parade in TST. Also, a riot late at night in Mongkok that started when police tried to clear illegal hawkers, but other organised groups seemed to be behind the riots included the so-called 'localists'.

09 February 2016 Tuesday

Back to gym again.

10 February 2016 Wednesday

Gym exercise almost back to normal. Run (15 min at av. 5.75 mph) + row (15 min at resistance level 2) + wts (all wt exercises at pre-op weight but still slightly fewer sets and/or reps due to inclusion of rowing which is not normal part of 'weight' session). First case of Zika virus reported in China; in a man returning from Venezuela and who passed through HK airport.

11 February 2016 Thursday

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12 February 2016 Friday

Warmer – back into shorts. In afternoon, Stanley came round with the running water pack he bought for me while he was in the US (cost me just HKD210).

13 February 2016 Saturday

Went for first run/hike since operation. Very warm and humid. Did a shorter run and kept to roads. Not bad: just 1 hr 54 min. a bit less than I had expected.

14 February 2016 Sunday

A magnitude 5.8 earthquake hit Christchurch. Seemingly no casualties or serious damage.

15 February 2016 Monday

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16 February 2016 Tuesday

To clinic for eye check-up. Took most of the morning, due to long wait in the pharmacy.

17 February 2016 Wednesday

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18 February 2016 Thursday

Cold again. Late lunch in mall.

19 February 2016 Friday

E-mail from Nadine to say she had successfully defended her dissertation and is now another Dr Heyworth.

20 February 2016 Saturday

Run OK. Tai Tong Rd → nature trail → reservoir (37') → Ho Pui reservoir (1: 18) → Sek Kong roundabout (2:10). Cloudy but no rain.

21 February 2016 Sunday

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22 February 2016 Monday

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23 February 2016 Tuesday

At noon, went across to HSBC to hand in form to change Leonie's passwords, and to give a pile of old accounts for shredding. Most of the day spent photocopying my PhD dissertation.

24 February 2016 Wednesday

Financial Secretary delivers his (ninth) budget; only a small rates reduction in it for me. In afternoon, to local clinic to get more asthma medicine; blood test mostly OK though LDL slightly high.

25 February 2016 Thursday

Had some small cakes after gym.

26 February 2016 Friday

In evening threw away in rubbish bin all the cannisters of expired asthma medicine (about 40 of them). They cannot be recycled!

27 February 2016 Saturday

Early morning, some noise from maintenance of LRT line below. Started run early as caught the 7.05 am bus to Sheung Shui. Tai Po (viaduct) → Shing Mun reservoir → Route TWiSK → Tsuen Wan Adventist Hospital (2 h 19 min); from reservoir to Tsuen Wan was the first time. Small plane crashes in Tolo Harbour; single occupant, an experienced pilot, killed.

28 February 2016 Sunday

By-election in Kowloon East, won by Civic Party, a 'or-democrat' party.

29 February 2016 Monday

Temps up to 26°C today. ATV announces it is to lay off all staff and wind up the company.

March

01 March 2016 Tuesday

To dermatology clinic pm for a few more spots to be treated with cryotherapy.

02 March 2016 Wednesday

Following my e-mail to Hang Seng, got a reply in the afternoon! Later, a call from Census and Statistics as a follow up to earlier visit.

03 March 2016 Thursday

To Hang Send bank pm – first time for many months.

04 March 2016 Friday

To local Café de Coral for a late lunch.

05 March 2016 Saturday

Run rather tough. Tai Po Viaduct to Tai Mo Shain then the Kap Lung Ancient Trail on to Sek Kong roundabout – 2 h 57 min. Ancient trail is shorter, straighter, very steep and mainly stepping stones, so no good if wet.

06 March 2016 Sunday

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07 March 2016 Monday

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08 March 2016 Tuesday

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09 March 2016 Wednesday

Hospitals A & E wards well over 100% capacity due to increased number of flu cases.

10 March 2016 Thursday

Another cold spell arrives.

11 March 2016 Friday

Phone call from Gavin at 7 am; talked for about 30 minutes. LegCo approves additional \$19.6 billion for Cross-rail link, amid scenes of chaos in the chamber.

12 March 2016 Saturday

Run not too bad; good conditions – cool, calm, overcast. From Tai Tong 'gate' circuit to Tai Tong bus terminus == 2 h 26 min.

13 March 2016 Sunday

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14 March 2016 Monday

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15 March 2016 Tuesday

All morning at Eye clinic; next appointment in 8 weeks. So, gym in afternoon.

16 March 2016 Wednesday

Did 10 minutes skipping, the first time since the operation – good! Then 'lost' my estate card; had slipped behind bench in gym and was discovered by another guy. Had a hot-pot dinner in the evening at Café de Coral.

17 March 2016 Thursday

After evening dinner, had bad diarrhoea.

18 March 2016 Friday

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19 March 2016 Saturday

Tough run. First half OK but not second half when temperatures went up to about 26.5°C and humidity was

very high. At 2 h 27 minutes, was longer than hoping for.

20 March 2016 Sunday

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21 March 2016 Monday

Obama visits Cuba – first sitting US president for 88 years to do so.

22 March 2016 Tuesday

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23 March 2016 Wednesday

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24 March 2016 Thursday

More wet weather! In afternoon, went to dental clinic and managed to get an appointment April 7th. Then did supermarket shopping at Wellcome (to avoid probable crowds at PnS). Lee Po returns to HK after supposedly being abducted and taken to China.

25 March 2016 Friday

In a referendum, NZers decide not to change flag. Heard on news that Bernard Luk died, aged 70.

26 March 2016 Saturday

Cold at first but warmed up quickly as a sunny bright day. For run, ranged from about 12-19°C. Run in Brides' Pool area. For the first time ever for this run, instead of going over the hill, started by running along the road. Time was 2 h 50 min, a bit shorter than previous runs due to skipping the hill. Some paths very slushy following all the recent wet weather. Very tired at end.

27 March 2016 Sunday

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28 March 2016 Monday

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29 March 2016 Tuesday

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30 March 2016 Wednesday

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31 March 2016 Thursday

For the 15-minute row in the gym (at resistance level 2), got past the 200 strokes/minute doing 203+ per

minute.

April

01 April 2016 Friday

To Hang Seng bank whole morning. ATV closes down at midnight after nearly 60 years of broadcasting.

02 April 2016 Saturday

Run a bit tough but time about the same as last year at 2 hr 26 min.

03 April 2016 Sunday

Movie "Ten Years" wins best picture at HK film awards, which China refused to broadcast.

04 April 2016 Monday

Holiday for Ching Ming festival.

03 April 2016 Tuesday

To skin clinic for check-up; cryotherapy on just one spot.

06 April 2016 Wednesday

Early gym (first Wednesday of each month closed at 10 am for cleaning); not feeling so well so took aerobic part of exercise easier. Cleaned the inside of the fridge, the first time for a long time. CE accused of involvement in breaking of airport security rules on behalf of his daughter.

07 April 2016 Thursday

To dental clinic in morning only to find it had been cancelled!! They said they had tried to call me!! CE denies charge!

08 April 2016 Friday

To supermarket am; spent nearly \$1000 which, I think, is most ever. HK Rugby 7s opens.

09 April 2016 Saturday

Tough, unenjoyable run from Tai Lam bus stop to Tuen Mun. Hot and humid and exhausting. Time same as last year (2 h 45 min), though this time a little shorter.

10 April 2016 Sunday

Did a batch of washing. But after many days of fine weather, struck as wet thundery day making drying difficult. Coloured/Dyed my hair. Fiji beat NZ to take Rugby 7s cup. Saw nothing of it on TV!

11 April 2016 Monday

Dental appointment at 9:30 am but had to wait for an hour! Just squeezed in gym before their lunch break.

12 April 2016 Tuesday

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13 April 2016 Wednesday
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14 April 2016 Thursday

After breakfast, cleaned the flat before Keith's arrival. Keith arrived at 18:45, a few minutes early. By walking to other side of park and picking up an airport bus, took just 1 hour instead of 94 minutes for full route. Picked up information at airport (inside departure area!). Bus back took 1 h 85 min as did the full route. To bed at about 11 pm, with me sleeping on sofa, Keith on bed. Weather very humid with some rain.

15 April 2016 Friday

Didn't have a great sleep. Morning, showed Keith around clubhouse, shopping mall and then over to check on the open-air swimming pool. In afternoon, did the Ping Shan heritage trail walk, including, this time, the former police station. I was extremely tired in afternoon and evening. Still managed to get to bed at 9:30 pm due to run tomorrow.

16 April 2016 Saturday

Terrible run. Hot (about 27°C) and extremely humid (85+%). It was 15 minutes slower than the same run last year. In afternoon, Keith took bus 969 to HK side for a look around.

17 April 2016 Sunday

Went to Wetland Park. Again, almost nothing to see! Keith stayed to look through the exhibitions but I came back as I was exhausted. Sit-in protest at the airport bus about 2000 over the preferential treatment afforded the CE's daughter.

18 April 2016 Monday

To gym but not good, so did a bit less. Keith to HK side then Kowloon; back late.

19 April 2016 Tuesday

Tired – gym aerobic exercises not easy.

20 April 2016 Wednesday

Keith spends half a day at HK Museum of History.

21 April 2016 Thursday

Exercise again not easy – tired. Keith out all day; visited Museum of History in Shatin and went for a bike ride to Tai Po and back.

22 April 2016 Friday

Very severe thunderstorm at about 8 am. Keith managed to block the toilet, with poo and paper. Pm, Keith to TST to look – unsuccessfully – for fishing gear.

23 April 2016 Saturday

Last run for season – fortunately, as sole came off one shoe with about 1 km remaining. Ran Yuen-Tsuen ancient trail; 2 h 11 min. Keith had a swim am and pm went to TST to visit June 4th museum.

24 April 2016 Sunday

Girl next door and her boyfriends very noisy all last night, including playing mahjong, yelled out to them at about 3:30 a.m. to be quiet but only had a temporary effect. So very tired all day. Keith to Hakka walled village museum in Tsuen Wan then to HK park and zoo.

25 April 2016 Monday

ANZAC day. Keith to Lamma Island.

26 April 2016 Tuesday

Keith and I took buses up Route Twisk then walked to the top of Tai Mo Shan, in thick cloud so could not see anything. Back via Sek Kong and Yuen Long.

27 April 2016 Wednesday

Went to see the HK Coastal Defence Museum – very good. Then came back to Admiralty on a tram – put me off riding in trams. When getting off, Keith's Octopus card had run out of useable money!

28 April 2016 Thursday

Keith off to Shatin; he hired a bike again and went to Plover Cove and back.

29 April 2016 Friday

Keith for swim. Me to HSBC.

30 April 2016 Saturday

Keith to Sai Kung first and Sharp Island, then later visited on Tai Po Police Station and H-block in Shek Kip Mei.

May

01 May 2016 Sunday

First swim of season; 2.1 km; felt OK but a bit slow.

02 May 2016 Monday

Public holiday for Labour Day / May Day. Swim better than yesterday – tried to practice some of the points Keith made; 2.2 km. Went with Keith to the airport in evening for his return to NZ.

03 May 2016 Tuesday

Lovely fine day in the morning so did washing. Pool closed in morning as first working day of week! Had to go to dermatologist in afternoon. (This department finally arrived in the computer age, using computer-

generated appointment printouts instead of pen-and-paring ones!) On return, wanted to swim. You guessed it – thunderstorm warning, so only managed 0.5 km before having to get out.

04 May 2016 Wednesday

Finer today! In evening, met Chow Sun-fat (first MYC 2B student), visiting from Canada, and had a meal and then a chat.

05 May 2016 Thursday

Swim 2.1 km.

06 May 2016 Friday

To Hang Seng bank in afternoon.

07 May 2016 Saturday

Had a shorter swim in the morning to add to the shortened one on Tuesday.

08 May 2016 Sunday

Washed sheets. Very tired in afternoon.

09 May 2016 Monday

Swim again 2.1 km; was not easy!

10 May 2016 Tuesday

To Eye Centre in the morning for follow-up; Laser operation for PCO next time. Thunderstorm and rain warnings up just like last Tuesday. They opened the pool in afternoon so got my swim! Decided not to take asthma preventive inhalation in evening.

11 May 2016 Wednesday

Swim of 2.4 km not bad; only one length of breaststroke in first 30 lengths. Not feeling so well afterwards.

12 May 2016 Thursday

Swim a bit tiring.

13 May 2016 Friday

Swim not bad; 2.3 km. Late lunch in the mall.

14 May 2016 Saturday

Public holiday for Buddha's birthday (I think!). Bun festival at Cheung Chau. Donated another \$500 to MSF.

15 May 2016 Sunday

In the afternoon, to TST for yum cha with group of first F2 MYC students (just four of them it turned out).

They arrive 30 minutes late just as I gave up and was on my way home.

16 May 2016 Monday

Toady marks the day, 50 years ago, when the cultural revolution in China started. And 100 years ago the Sykes Picot Agreement was signed on how Britain and France were to carve up the Middle East!

17 May 2016 Tuesday

Swim 2.2 km. Senior Chinese official in charge of HK affairs arrives in HK for a three-day visit.

18 May 2016 Wednesday

Swim unexpectedly a little easier. To HS Bank in afternoon for an ELI.

19 May 2016 Thursday

Swim not too bad; maybe because I slept for 8.5 hours straight last night.

20 May 2016 Friday

To GOPC pm for follow-up on asthma, which is now OK, as I am completely off medicine. The roof of a sports hall at City U collapses; only three people in it and none seriously hurt; had it been a few weeks ago when an exam was being held here, it would have been a major disaster.

21 May 2016 Saturday

Manchester United beat Crystal Palace 2 – 1 to lift FA Cup.

22 May 2016 Sunday

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23 May 2016 Monday

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24 May 2016 Tuesday

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25 May 2016 Wednesday

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26 May 2016 Thursday

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27 May 2016 Friday

Observatory raises #3 signal and immediately closes many schools even though not really necessary; probably an over-reaction due to the fiasco a couple of weeks ago when schools were only closed late after students had already struggled to school during an amber rain storm warning and torrential rainfall.

Lowered to #1 at 1:40 pm but life-guards not here so pool opening was delayed!!! HKIEd becomes a university the 'Education University of Hong Kong'.

28 May 2016 Saturday

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29 May 2016 Sunday

Anniversary of 1953 conquest of Mt Everest. Also, centenary of the start (?) of Battle of Verdun.

30 May 2016 Monday

Wall and part of the old Central Police Station historic building collapses.

31 May 2016 Tuesday

Very hot. To skin clinic pm for cryotherapy, though very few spots actually treated. Finally finished the first of the neuroscience projects, this one being the first of two on the brain and movement.

June

01 June 2016 Wednesday

Swim: Didn't do any breaststroke during the regular freestyle lengths. Surprising as did not have the best of sleeps; too hot; should have started using the fan, but didn't.

02 June 2016 Thursday

Used the fan overnight for first time this summer. Very hot. Late lunch in mall.

03 June 2016 Friday

Very hot again. Swimming just getting too tough. Report that Tam Yiu-chung jumped queue at QEH to get a (minor) surgery and that his wife was allowed, wearing ordinary clothes, to wait in a sterile area. He apologises publicly later!

04 June 2016 Saturday

Death announced of Muhammad Ali. Annual June 4th rally in Victoria Park.

05 June 2016 Sunday

Felt terrible in the afternoon and evening. Had to lie down.

06 June 2016 Monday

Feeling terrible the whole day; had to lie down all the time. Brief 'broken' cough in afternoon; don't know what that indicated. Amber rainstorm warning and thunderstorm warning up for most of the day. Signals down at 4 pm so went for a swim. Did usual distance but included more breaststroke. Felt OK afterwards. In evening, took nearly an hour to replace the light bulb in the kitchen; most of the time spent trying to put the circular glass plate back in place! Another DAB member accused of getting special favours at public hospitals.

07 June 2016 Tuesday

For swim, think I did an extra two length, based on all the clocks I see after the swim and compared with regular times. Towngas technician here after that to check pipes, etc. As for last year, gas pipe in kitchen past expiry date but still safe. Cull of about 5000 live chickens at CWS market after traces of H7N9 bird flu virus found in chicken droppings at a Tuen Mun market.

08 June 2016 Wednesday

Swim a little easier but only because fewer people (make 6 at peak!) so less rough and so, for me, much easier to swim. Protest outside Lane Crawford in Causeway Bay against L'Oreal which subsidiary Lancome, under pressure from China, sacked a HK pop-singer for her political views.

09 June 2016 Thursday

Public holiday for Tuen Ng, Dragon Boat festival. Lovely fine day for swim then within 30 mins, torrential rain and thunderstorm; got most of my swim done. But towel and gear in bag saturated – never thought a plastic bag was needed today to hold things!

10 June 2016 Friday

'Had to' swim a little extra to make up for loss yesterday in order to keep up average of 2.2 km. Cold still got gone; don't feel like doing much, though swims were still possible (though my have tired me).

11 June 2016 Saturday

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12 June 2016 Sunday

About 50 killed in another mass shooting in the US – this time in a club in Florida.

13 June 2016 Monday

Coughing most of the night. Rather a tough swim – did more lengths breaststroke than normal.

14 June 2016 Tuesday

Coughing but at least it is bringing up phlegm. Swim not too bad; did only one length breaststroke 'rest'. Late lunch in mall.

15 June 2016 Wednesday

To clinic for 9 am Laser surgery appointment. Actual surgery took only about two minutes; but several other tests carried out. Still, back home at about 11 am, so decided to have my swim. Luckily, as closed in afternoon due to a thunderstorm warning. So, changed my Hang Seng appointment from tomorrow to this afternoon. Found that the short cut across the road outside is now well-and-truly cut off by a steel fence!

16 June 2016 Thursday

Disneyland in Shanghai opens (with reports of appalling working conditions in its factories in China).

Swim better than expected, though I am still not well. One of the five abducted to China returns to HK and speaks out about what really happened!

17 June 2016 Friday

Very weak and tired and not recovered. In spite of that, the swim was actually quite good, helped by having few people and very clam water. Supermarket day; had to take back and replace a tray of rotten eggs!

18 June 2016 Saturday

Did washing as it was a lovely fine day – then as soon as finished, down came the rain!

19 June 2016 Sunday

Did a smaller load of washing, which included a pillow (for the first time ever).

20 June 2016 Monday

Very hot. Recovering from being sick but still not shrugged off the cold. Swim OK at times. In evening knocked bathroom glass soap tray onto floor, breaking it, while trying to squash a mini-cockroach.

21 June 2016 Tuesday

Not such a good sleep but swim quite good – no 'rest' swims. To Tuen Mun Hospital for skin cancer surgery check-up, for all of 2 ~ 3 minutes. Next appointment in 9 months. Young fireman dies in fire in storage building in Kowloon Bay.

22 June 2016 Wednesday

Early appointment for follow-up of PCO; everything OK. Next appointment in six months. Late lunch in mall. Shots I wear inside finally gave up.

23 June 2016 Thursday

Took the swim a little easier. Referendum day in the UK to remain or leave the EU.

24 June 2016 Friday

Fire in storage building still burning. Another fireman dies in the building. Swim actually felt a little 'stronger' even though I did a bit more of 'rest' swimming. Britons vote to leave the EU; in my opinion a stupid decision. Max temperature at Observatory 32.5°C.

25 June 2016 Saturday

Finished reading “The hunchback of Notre Dame”. Coloured/dyed my hair. Another very hot day; 35.4°C at Observatory and about 36.2°C at Shek Kong.

26 June 2016 Sunday

The widened Panama Canal opened today.

27 June 2016 Monday

Very tired still. Only swam 2.0 km (thunderstorm warning!; did 10/30 breaststroke). The four days Friday – Monday, temps at Observatory above 35°C.

28 June 2016 Tuesday

Swam a bit more to make up for loss yesterday. Skin clinic visit in afternoon.

29 June 2016 Wednesday

Swim 9/30 breaststroke lengths. Late lunch in mall. A former Xinhua director in HK in the '80s and who fled to LA, dies there aged 100. Report (today!) that a Shenzhen Airlines plane missed Lantau Buddha by 500 ft (last Sunday!) after turning following an aborted landing.

30 June 2016 Thursday

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July

01 July 2016 Friday

July 1, 1916, Battle of the Somme begins and lasts 141 days. Today is public holiday in HK for the handover. Swim not so bad and for a holiday fewer people than I expected. Supermarket shopping checkout queue very long!

02 July 2016 Saturday

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03 July 2016 Sunday

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04 July 2016 Monday

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05 July 2016 Tuesday

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06 July 2016 Wednesday

Rain storm and thunder storm warnings all morning so didn't get my swim until 1.30 pm. Then, not such an easy swim.

07 July 2016 Thursday

To HS Bank pm. In evening, while chewing a Mintie, another chunk of tooth + filling in lower tooth broke off. Five police officers shot dead by a sniper in Dallas, Texas.

08 July 2016 Friday

Swim 2.3 km; didn't feel like going but turned out not so bad.

09 July 2016 Saturday

Temperatures here just touching 37°C; above this is other places, as has been for the past two or three days. At the observatory got to 35.6°C, the second hottest July temperature ever.

10 July 2016 Sunday

About 10 000 bolts of lightning overnight in massive display, though I saw just a few flashes at the beginning (not knowing of course what was to come).

11 July 2016 Monday

Swim not easy – water too rough for me. June 4th museum closes down in current building.

12 July 2016 Tuesday

Late pizza lunch in the mall. Hague ruling brought by the Philippines announced and it goes against China's expansion in the South China Sea.

13 July 2016 Wednesday

Rainstorm and thunderstorm warnings but both lowered in time for swim. Then lunch at same Italian pizza place as yesterday, this time with Stanley.

14 July 2016 Thursday

Called CUHK to enquire about body donation. TV not working properly, e.g. no TVB Pearl, due to problem in building.

15 July 2016 Friday

Call from law firm re discharge of flat loan but told them to call later. Swim then shopping. Later, to HS bank. And even later, Irene, from HSBC, arranges appointment with law firm.

16 July 2016 Saturday

Military coup underway in Turkey. By evening (HK time) it seems to have failed.

17 July 2016 Sunday

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18 July 2016 Monday

Swimming pool open in the morning first session!!! First time. Seems this was to replace the 1.30 pm session which was closed. To solicitors for discharge of mortgage on flat. No swim until 4 p.m.; terrible as too many people, especially children.

19 July 2016 Tuesday

Four HK people among others hurt when an axe-wielding man attacked passengers on a train in southern Germany.

20 July 2016 Wednesday

E-mail from Stuart re his business trip to HK.

21 July 2016 Thursday

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22 July 2016 Friday

Funeral of second fireman killed in factory building blaze.

23 July 2016 Saturday

Went for a swim so don't have to go on Monday at 4 pm! Not many people. Stuart calls from London just to check he can use my number.

24 July 2016 Sunday

Clubhouse holds annual water carnival. Stuart arrives from London – flight late. Still he managed to get around here. Talked then had dinner at Fairwood.

25 July 2016 Monday

Hot; nearly 38°C in Sheung Shui. To dentist in afternoon; got a filling for broken tooth in lower jaw. No swim – went last Saturday instead.

26 July 2016 Tuesday

Solar Impulse 2 lands at Dubai to complete its circumnavigation of the Earth.

27 July 2016 Wednesday

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28 July 2016 Thursday

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29 July 2016 Friday

Stuart returned to UK in evening, I think. ICAC in more turmoil.

30 July 2016 Saturday

Swim rather difficult today.

31 July 2016 Sunday

In US, a skydiver successfully lands without a parachute, falling into a (small!) net.

August

01 August 2016 Monday

No swim as No 3 signal raised in morning. No 8 in evening as typhoon hits just to North of HK.

02 August 2016 Tuesday

Typhoon sweeps past within 50 km of HK. Down to T3 by 1 pm so still managed to go for my dermatology appointment. But pool closed all day.

03 August 2016 Wednesday

Finally got a swim. But after about 10 minutes, it was raining and they wanted to close the pool because they "couldn't see the bottom!" I think the real reason was because I was the only person swimming and so they wanted to close!

04 August 2016 Thursday

Sent a birthday e-mail to Leonie. On this date in 1944, Anne Frank and her family arrested by the Gestapo.

05 August 2016 Friday

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06 August 2016 Saturday

Olympic Games in Rio do Janeiro begin.

07 August 2016 Sunday

Government takes over East Harbour Crossing (tunnel) after its 30-year lease expired.

08 August 2016 Monday

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09 August 2016 Tuesday

Swim cut short due to 'thunderstorm' warning. Had a blow-up with the swimmer I dislike from way back in HPRC days.

10 August 2016 Wednesday

Pool open at 10.30 am after red rain warning lowered. Did 3.0 km to make up for shorter swim yesterday.

11 August 2016 Thursday

Call from Gavin at breakfast time.

12 August 2016 Friday

Fiji take gold medal in Rugby 7s in Rio.

13 August 2016 Saturday

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14 August 2016 Sunday

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15 August 2016 Monday

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16 August 2016 Tuesday

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17 August 2016 Wednesday

No 3 signal raised in evening.

18 August 2016 Thursday

Took the whole day to get a swim. T3 still up most of morning. So, went to HS Bank. Then T3 lowered but 1.30 swim session closed as water was 'dirty'. They reluctantly opened it at 4 pm; rough swim as many people.

19 August 2016 Friday

Pool water seemed dirtier than yesterday.

20 August 2016 Saturday

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21 August 2016 Sunday

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22 August 2016 Monday

Closing ceremony at Rio Olympics (early am HK time). US win most gold, followed by GB then China. Hong Kong got nothing. A 5-year old girl (?mainland visitor) in critical condition after nearly drowning in HPRC pool.

23 August 2016 Tuesday

To HSBC in afternoon; a new 'expert' adviser.

24 August 2016 Wednesday

—

25 August 2016 Thursday

A 38-year old expatriate woman taken to hospital with suspected Zika virus after visit to Caribbean.

26 August 2016 Friday

Got printed forms for 70+ license renewal. Late lunch in mall. Bought a replacement for the washing-peg

hanger; old one had no intact pegs left.

27 August 2016 Saturday

Woman released from hospital; tests for Zika turned out negative. To clinic for 70+ license renewal tests. Scraped through; had difficulty reading the licence plate numbers, which being reversed in a mirror (to get the required distance) didn't help. Completed other things then posted information at PO.

28 August 2016 Sunday

Second day in HK of China's Olympic gold medal winners (plus one bronze winner because of her personality!!).

29 August 2016 Monday

Chinese gold-medal winners leave for Macau.

30 August 2016 Tuesday

To dermatologist pm (a reliever). Nothing new but then to Tuen Mun Hospital to make an appointment for a suspicious lesion on my leg (which has been there for some time).

31 August 2016 Wednesday

–

September

01 September 2016 Thursday

Even Sing Pao, a pro-Beijing newspaper, now under attack for publishing a criticism of CL Leung.

02 September 2016 Friday

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03 September 2016 Saturday

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04 September 2016 Sunday

Went across to the polling booth to vote in the LegCo elections. (Made more complicated by the several pro-democrats who withdrew to improve chances of their colleagues.) About 58% of eligible voters voted – a record.

05 September 2016 Monday

Election results indicate balance of power in Legco about the same, though some changes in people elected. And both candidates I voted for were elected – I don't usually have that success! Managed to get my swim, then pool closed because the lifeguards “cannot see the bottom of the pool”.

06 September 2016 Tuesday

Just got my swim, then closed for same reason as yesterday.

07 September 2016 Wednesday

Looked like rain but didn't.

08 September 2016 Thursday

To hospital pm for lesion on lower leg. Long wait! Appointment for biopsy made for September 29th. On return, Post Office note to collect driver's license. (Would you believe it? The only afternoon I was not here to collect the registered mail!)

09 September 2016 Friday

In the morning, got just one length of swim before pool closed!! Got a normal swim in the afternoon as weather OK again.

10 September 2016 Saturday

More bad weather and pool closures. Went to PO in the morning – in the rain of course – to collect my driver's license. So tired in the afternoon; just lay down on the sofa and rested.

11 September 2016 Sunday

Nice and fine on getting up so decided to get washing done. But weather not so good when washing finished!

12 September 2016 Monday

Finished the project on “Brain and Movement”. Took 8 or 9 months!

13 September 2016 Tuesday

-

14 September 2016 Wednesday

Super typhoon heading to the north of HK after crossing tip of Taiwan; never really affected HK.

15 September 2016 Thursday

Swim not so good, judging by the number of times I kept veering right into the rope divider. To dim sum lunch in mall large restaurant then looked around mid-autumn decorations in park. In evening, had another (quick) look around decorations; no better and also many people. Saw the moon!.

16 September 2016 Friday

Holiday for mid-autumn festival.

17. September 2016 Saturday

HK now has 2 G, 2 S and 2 B medals in Rio Paralympic games.

18 September 2016 Sunday

Coloured/Dyed my hair.

19 September 2016 Monday

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20 September 2016 Tuesday

Swam 4.0 km today and the first 3.0 km was all overarm – amazing!! Conditions good – calm, few people (and overcast).

21 September 2016 Wednesday

Swam 3.0 km. Not as easy as yesterday, but got to my revised average of 2.3 km per swim, up from 2.2 km.

22 September 2016 Thursday

Swim only 2.4 km but rather difficult!

23 September 2016 Friday

Early dinner in mall.

24 September 2016 Saturday

Went for an additional swim to make up for those I will miss next week (the last week of the season).

25 September 2016 Sunday

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26 September 2016 Monday

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27 September 2016 Tuesday

To dermatology clinic in afternoon; got cryotherapy on a couple of spots. On return, a lot of trouble using the scanner (to scan an old IJSE science article). Very hot day with a max of 34.9°C at Observatory and 36°C here.

28 September 2016 Wednesday

Not a good sleep overnight; temperature most of night about 30°C!! Today is second anniversary of Occupy Central protests. Swim actually not bad in spite of poor sleep.

29 September 2016 Thursday

Arrived at Pok Oi Hospital at 7:45 for excision/biopsy of lump on lower right leg. Surgery began at 10:15 am and took about 30 minutes. Then rested for an hour followed by lunch (rice, melon soup, two chicken legs, soya milk drink. Then discharged and back home at 1 pm, much earlier than expected. Cooler in evening (but still no-shirt temperatures). Quite impressed with hospital experience.

30 September 2016 Friday

Late lunch / Early dinner in mall.

2016: Swims:

weekly

total (km) (days) cumulative average (km/swim)

May:

(to 2 decimal places)

2.0	2.1	[0.5]	2.1	2.1	2.1	1.7		12.6	(12.6)	(5+2 x ½)
	2.1	2.5	2.4	2.2	2.3			11.5	(24.1)	(5)
	2.2	2.2	2.2	2.2	2.2			11.0	(35.1)	(5)
	2.2	2.2	2.2	2.2	2.2			11.0	(46.1)	(5)
	2.2	2.2								
	June:									
				2.2	2.2	2.2			11.0	(57.1)
				(5)						
	2.2	2.3	2.2	1.9	2.5			11.1	(68.2)	(5)
					(2.20)					
	2.2	2.2	2.2	2.2	2.2			11.0	(79.2)	(5)
	2.2	2.2	2.2	2.2	2.2			11.0	(90.2)	(5)
	2.0	2.6	2.3	2.2						
	July:									
								2.2		11.3
				(101.5)	(5)					
	2.3	2.3	2.3	2.3	2.3			11.5	(113.0)	(5)
	2.2	2.2	2.2	2.2	2.2			11.0	(124.0)	(5)
	2.2	2.2	2.3	2.2	2.2	2.3		13.4	(137.4)	(6)
	–		2.2	2.2	2.2	2.2	2.2	11.0	(148.4)	(5)
	August:									
	–		–	2.2	2.2	2.2	2.2		8.8	(157.2) (4)
	2.2	1.7	3.0	2.4	2.2			11.5	(168.7)	(5)
	2.4	2.5	3.0	2.4	3.0			13.3	(182.0)	(5)
	2.2	2.2	2.2	2.2	2.2			11.0	(193.0)	(5)
	2.2	2.2	2.2							
	September:									
				2.2	2.2				11.0	
				(204.0)	(5)					
	2.2	2.2	2.2	2.2	2.3			11.1	(215.1)	(5)
	2.2	3.0	3.2	3.0	3.0			14.4	(229.5)	(5)
	2.7	4.0	3.0	2.4	2.2	2.3		16.6	(246.1)	(6) (107)
				(2.30)						
	2.3	2.3	2.3	-	-				6.9	(253.0)
	(3)	(110)								
										(2.30 km for whole season)

October

01 October 2016 Saturday

Public holiday for National day.

02 October 2016 Sunday

Took the bandage off my lower leg. Stitches about 5 cm in length; no bleeding.

03 October 2016 Monday

Rather miserable as I have some sort of cold, I think. To Hang Seng bank in afternoon. Our estate toilet water being switched from fresh water to seawater.

04 October 2016 Tuesday

Completed the updating of my Webstarts and Webs websites, mainly involving changing .pdf urls which Google Drive no longer seems to recognise.

05 October 2016 Wednesday

Created a website using Neocities hosting service.

06 October 2016 Thursday

Ditto.

07 October 2016 Friday

Ditto (except for a visit to the supermarket).

08 October 2016 Saturday

Finished all the updating of my websites and making corrections, together with the creation of sites using Neocities host. So now I have four Internet sites for my web pages. Formula-e competition begins in Central today; first time in HK and first for the season. Last flight for a Cathay Pacific B-747, all of which are being withdrawn from service from today(?); a two-hour flight (at HK\$747 each) which included a flight over Victoria Harbour and the old Kai Tak airport.

09 October 2016 Sunday

Main Formula-e race this afternoon.

10 October 2016 Monday

Public holiday for Chung Yuen (autumn grave sweeping) festival. Now switched over to seawater for toilet flushing.

11 October 2016 Tuesday

Began gym training again – running + weights. Not too bad, but let's see how I feel tomorrow. Stuart arrives in HK for another business trip!

12 October 2016 Wednesday

Legs just slightly sore, that's all.

13 October 2016 Thursday

More sore today!! Included 10 mins rowing today. King of Thailand dies; world's longest reigning monarch, for 70 years.

14 October 2016 Friday

Included 5-min skipping with exercise today. Out to mall for later afternoon tea/early dinner.

15 October 2016 Saturday

Never got a phone call from Stuart so no outing with him.

16 October 2016 Sunday

Cross-harbour swim in the morning. One man dies during swim; a woman critical in hospital.

17 October 2016 Monday

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18 October 2016 Tuesday

Earlier gym then to Tuen Mun Hospital for result of surgery. Turned out to be Squamous Dysplasia and not BCC. Got the stitches removed at the same time. Heavy rain in afternoon.

19 October 2016 Wednesday

Reported that second person from cross-harbour swim died Monday evening.

20 October 2016 Thursday

Second storm in a week approaches.

21 October 2016 Friday

On getting up, found the number 8 signal already raised. Gym closed. But P 'n S open so went; a lot of people! Although I asked for the checkout receipt in English, the lady gave it in Chinese so went back later to get it translated. I assume Stuart's departure flight was delayed due to the typhoon. He never contacted me while he was in HK.

22 October 2016 Saturday

To gym to make up for none yesterday.

23 October 2016 Sunday

First woman to climb Mt Everest (a Japanese woman) dies aged 77.

24 October 2016 Monday

A 2-yr old boy from an Indian family in Tower 9 dies in flat from an accident(?). To dentist in afternoon for report about need for a root canal treatment.

25 October 2016 Tuesday

Back to clinic to pay \$50 deposit for stool containers as part of physical exam in December. Tired in afternoon. Maid of Indian family arrested.

26 October 2016 Wednesday

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27 October 2016 Thursday

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28 October 2016 Friday

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29 October 2016 Saturday

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30 October 2016 Sunday

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31 October 2016 Monday

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Weekly exercise

Monday, Wednesday, Friday

- Run (treadmill):	15 mins	5.9 – 6.2 mph
- Rowing (machine):	15 mins	level 2
- Weights (machines):	level	sets x repetitions
1. Lat pulldown	6	6 x 8 (alternate front, back, i.e. 3 of each)
2. Mid-row	5	3 x 8
3. Triceps pulldown	4	3 x 8
4. Squats	40 + 40 lb	3 x 15 (dumbbell in each hand)
5. Shoulder press	6	3 x 8
6. Leg extension	7	4 x 12–15
7. Hamstring curl		6 4 x 15
8. Chest press	7	3 x 8
9. Sit-ups (decline bench)		4 x 18 or 4 x 8 (depending on which sit-up)
10. Dumbbell curl (from knee)	40 lb	6 x 15 (alternate each arm, i.e. 3 each arm)
11. Wrist curl	20 + 20 lb (one in each hand)	3 x 15

Tuesday, Thursday

Run (treadmill):	15 mins	5.4 – 5.6 mph
- Rowing (machine):	15 mins	level 2
- Skipping:	10 mins	
- Weights (machines)	level	sets x repetitions
1. Lat pulldown	6	4 x 6 (alternate front, back, i.e. 2 of each)
2. Mid-row	5	2 x 6
3. Triceps pulldown	4	2 x 6
5. Shoulder press	6	2 x 6
8. Chest press	7	2 x 8
9. Sit-ups (decline bench)		2 x 15–16 or 2 x 7– 8 (depending on which sit-up)

Notes:

The above is for the non-hiking season

Hiking season: Friday a rest day. Saturday for hikes/runs

Sunday: rest day

November

01 November 2016 Tuesday

To dermatology clinic in afternoon; gave surgeon's report to the nurse to give to the doctor.

02 November 2016 Wednesday

Wore a shirt last night in bed; so the weather is getting cooler.

03 November 2016 Thursday

Bought new running shoes (\$399); didn't like the colour but almost no choice. Withdrew \$4500. Then late meal in restaurant.

04 November 2016 Friday

Rather tired after gym.

05 November 2016 Saturday

Guy Fawkes day!

06 November 2016 Sunday

Did a batch of washing. Cleaned flat, then coloured/dyed hair using last bit of dye.

07 November 2016 Monday

Did regular gym but a bit easier. Chinese government issues an interpretation of Article 104 of HK's Basic Law regarding the taking of oaths in LegCo. In afternoon, went to clinic to get the free annual flu vaccination jab.

08 November 2016 Tuesday

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09 November 2016 Wednesday

Brief call from Gavin before I went to gym. Trump wins the US presidency.

10 November 2016 Thursday

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11 November 2016 Friday

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12 November 2016 Saturday

First run of season. Tough, but same (slow!) time as last year; clawed back some time by running the last 30 mins or so non-stop. Also wore the new shoes.

13 November 2016 Sunday

HK pilot returns to HK after a three-month flight around the world in his home-made kit-set plane. Another big earthquake centred NE of Christchurch area; about 7.8.

14 November 2016 Monday

New Air Traffic Control system comes into operation at airport, 4 years late. "Supermoon" in evening, though didn't see it; first for nearly 70 years.

15 November 2016 Tuesday

To Hang Seng bank in afternoon. High court rules against allowing two Youngspiration candidates from retaking their LegCo oaths.

16 November 2016 Wednesday

Warm again. Found a big black but dead cockroach on the balcony; never had one inside the flat.

17 November 2016 Thursday

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18 November 2016 Friday

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19 November 2016 Saturday

Second run; again tough, same (slow!) time as last year. Warm at ~25°C. Oxfam Trailwalker today; passed – and was passed – by a number of people. World Toilet Day today! What will they think of next?

20 November 2016 Sunday

Well, today is Senior Citizens Day! Macau F3 Grand Prix today.

21 November 2016 Monday

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22 November 2016 Tuesday

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23 November 2016 Wednesday

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24 November 2016 Thursday

To HSBC at 12 noon; there for nearly three hours!

25 November 2016 Friday

To CUHK dentist for check re root canal treatment. Needed, but later. Got one filling. X-rays + filling = \$480. Chris Patten in HK for a few days.

26 November 2016 Saturday

Cool for run but turned cold and wet and a little slower than previous years. Fidel Castro dies.

27 November 2016 Sunday

Spent a lot of time resetting 'Quick Launch' after accidentally deleting it.

28 November 2016 Monday

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29 November 2016 Tuesday

Spent a lot of time trying to work out how to Pin to Taskbar on computer – unsuccessful.

30 November 2016 Wednesday

Two young lawmakers lose their appeal against disqualification from LegCo.

December

01 December 2016 Thursday

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02 December 2016 Friday

Early dinner in restaurant.

03 December 2016 Saturday

Run, at 2 hr 29 min, rather slower than last year, though didn't feel too bad. At one point, disturbed a young

wild pig (shiny brown colour) in the forest which ran down the track in my direction though avoiding me.

04 December 2016 Sunday

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05 December 2016 Monday

50 years ago today I arrived in Hong Kong to begin work at Ming Yin College.

TVB Pearl Report:

http://mytv.tvb.com/tc/cat_news/pearlreport/284994

06 December 2016 Tuesday

To dermatology clinic pm. On return, went to HSBC to pick up (two) 2019 calendars.

07 December 2016 Wednesday

Ocean Park announces first annual financial loss since 20013 and the biggest since 1987.

08 December 2016 Thursday

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09 December 2016 Friday

Announced that John Glenn dies. Lost nearly all diagrams and artwork on my 'Brain and Memory' files. Afternoon tea in mall. CY Leung announces he will not stand for the CE election next year for 'family reasons' (oh yeah!!).

10 December 2016 Saturday

Run not bad; at 2 h 22 min just 2 minutes slower than last year. AT one stage got mixed up with a group of road runners (?race) for 5 or 6 minutes. Didn't pass anyone, and only one person passed me, so gives an indication that my pace is not too bad.

11 December 2016 Sunday

Voting under way to choose election committee for next CE; record turnout among the 230 000 or so eligible to vote.

12 December 2016 Monday

Pro-democracy camp wins more than a quarter of the seats in the CE election committee. John Tsang, the Financial Secretary, resigns.

13 December 2016 Tuesday

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14 December 2016 Wednesday

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15 December 2016 Thursday

Regina Yip enters CE race. Proposed to increase A & E charges from \$100 to \$220.

16 December 2016 Friday

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17 December 2016 Saturday

Tough run; up most of Tai Mo Saan then down to Kadoorie Farm and on to Sek Kong. At 2 hr 40 min (with time subtracted for giving directions to a hiker), rather slow. In the evening, think I had a cold including blocked nose, sneezing; if so, maybe that affected my hike/run.

18 December 2016 Sunday

Death announced of Henry Heimlich, founder of the Heimlich manoeuvre.

19 December 2016 Monday

Terrorist attack in Berlin when truck ploughs into crowd at a Christmas market.

20 December 2016 Tuesday

75-year old man, recently returned from China, in hospital with serious bird flu virus. It is the first bird flu case this winter and the 17th imported H7N9 case confirmed in Hong Kong (??from when). Wild boar chased around airport apron for some time before being caught.

21 December 2016 Wednesday

To eye clinic for check-up on right eye. Cataract operation set in about two years time!

22 December 2016 Thursday

Warmer today. Lunch at Fairwood.

23 December 2016 Friday

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24 December 2016 Saturday

Quite a morning! Raining before run but OK for the run (not like last year for the same route when it poured). CU circuit to MOS to [4] to MOS town area to CU; 2 hr 28 min. Even though having done this route dozens of times, from [4] managed to take track to Sai Kung instead of to MOS; had to backtrack. Then from CU back took two hours!! At Tai Po, decided to take Bus 265S but after waiting for 45 minutes, discovered there was no service. So back to Tai Po station and train to Sheung Shui then Bus 265B which I was also experimenting with (as fare only \$2 compared with about \$5 for the usual bus to/from Sheung Shui), though this was OK.

25 December 2016 Sunday

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26 December 2016 Monday

Spoke with Gavin on the phone for about 75 minutes.

27 December 2016 Tuesday

Bird flu patient died on Christmas day.

28 December 2016 Wednesday

New MTR South Island line, with driver-less trains, opened this morning. To local clinic for physical checkup (\$670 paid for by e-voucher); there for 2+ hours. Later to “Dr Smile” to try to spend remainder of e-voucher value, as I did last year but they wouldn't saying it was illegal.

29 December 2016 Thursday

To CUHK dentist for root canal treatment; about 70% done. Cost this time = \$120. Tried KMB bus 276A for first time; OK. (I note it serves more 'workers' than the bus I have always taken in past. Traffic moved very slowly through Yuen Long due to a very minor accident.

30 December 2016 Friday

Another case of person with bird flu reported in a man who returned from China.

31 December 2016 Saturday

Good run conditions. Thought the run/hike was quite fast but slower than last year for the same route; getting slower each year! China has said it will ban the processing and sale of ivory and ivory products by December 31, 2017.

Sold:

Value Partners Greater China High Yield Income Fund Class P MDIS (HKD Monthly Distribution Cash)

Bought:

Legg Mason western Asset Asian Opportunities Fund Class A Pus-Monthly Distribution (Cash)

Hold:

HS GL FIN SECT BD FD-A-CASH

Sold in October:

JPM GHY BOND HKD A MTH CASH

ALLIANZ INC & GRO AM HKD C

January

01 January 2017 Sunday

Did a load of washing. Also, cleaned behind and under the piano – probably the first time in a year. Not very dirty, actually.

02 January 2017 Monday

Terrible sleep last night, and had to take a 'reliever' puff.

03 January 2017 Tuesday

To Hang Seng Bank in the afternoon. Donald Tsang, former CE, in court on corruption charges.

04 January 2017 Wednesday

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05 January 2017 Thursday

Hot pot dinner in evening. Started to take 'preventer' inhaler (250 unit dose).

06 January 2017 Friday

A second man who returned from China, dies from bird flu.

07 January 2017 Saturday

Did a shorter run (2 h 18 min) because of MYC dinner tonight. Dinner with some original MYC Form 1 students at a Mong Kok restaurant. Cost for staff: \$150. Took buses to and from Mong Kok instead of MTR (265B and for return 69X); worked quite well. Starting today, the new LTR platform in operation so LRVs go straight through in both directions.

08 January 2017 Sunday

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09 January 2017 Monday

New TSW Hospital opens today, but with very, very limited services.

10 January 2017 Tuesday

Last day in gym on current card. Ocean Park's 40th anniversary of opening. Clare Hollingworth, reporter who broke the news of German invasion of Poland, dies aged 105, in Hong Kong.

11 January 2017 Wednesday

To CU dentist to complete root canal treatment for upper incisor. Cost = \$720. Total cost = \$480 + \$120 + \$720 = \$1320.

12 January 2017 Thursday

To clinic pm to get results of physical exam; everything OK (at least with the lab used for analysis). Later, mailbox lock and key finally broke.

13 January 2017 Friday

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14 January 2017 Saturday

Run around Cloudy Hill area. Cold (~12°C) and difficult.

15 January 2017 Sunday

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16 January 2017 Monday

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17 January 2017 Tuesday

To dermatology clinic in afternoon; just repeat treatments for just two spots on face.

18 January 2017 Wednesday

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19 January 2017 Thursday

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20 January 2017 Friday

Finished my websites on the 'Zoho' hosting site. Afternoon lunch at mall Chinese restaurant. Bought a new lock for the mailbox (just \$20), which the Management Office will install.

21 January 2017 Saturday

Trump becomes US president! Groan! Run in Bak Sin Leng area; felt rather difficult (because of no gym?). New lock for mailbox installed.

22 January 2017 Sunday

Coloured/Dyed hair using the new material.

23 January 2017 Monday

Back to the gym again. Rest of day, and late evening until 11 pm, on computer hosting services. Problem with AOL and some other sites not opening + error 'notifications!' 'Rene' of 'Allo 'Allo! fame, dies.

24 January 2017 Tuesday

—

25 January 2017 Wednesday

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26 January 2017 Thursday

Hong Kong is 176 years old today. To HSBC pm to 'redo' parts of the (stupid) recent telephone survey.

27 January 2017 Friday

Got FILA running/walking shoes from Stanley on his return from US; HK\$130.

28 January 2017 Saturday

Chinese New Year day for the year of the Rooster. Run from Bride's Pool loop and return; runs getting shorter now! Note on travel to start point (Bride's Pool): Bus 276A – very crowded (most going to China). Train to Tai Po – very few passengers! Bus 275R to Bride's Pool – just me (and the driver).

29 January 2017 Sunday

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30 January 2017 Monday

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31 January 2017 Tuesday

Report on Chinese billionaire abducted in HK and taken to China.

February

01 February 2017 Wednesday

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02 February 2017 Thursday

HKU VC announces his resignation after only three years to become VC at Edinburgh University – quite probable resigned due to political situation.

03 February 2017 Friday

All day on Wordpress hosting site; not impressed!

04 February 2017 Saturday

Run not bad. Tai Tong to Sek Kong (longer route). Time about the same as two years ago, the last time I did the longer route. Had a spill; not on the rough, rocky paths as might be expected, but on the flat, smooth and safe! concrete road. A number of cuts and grazes but otherwise OK.

05 February 2017 Sunday

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06 February 2017 Monday

—

07 February 2017 Tuesday

—

08 February 2017 Wednesday

After gym, Stanley came up and measured my blood pressure with his machine: 135/75 which is better than the result during my medical exam, which was 163/70.

09 February 2017 Thursday

Hot pot evening dinner at Fairwood.

10 February 2017 Friday

All day puzzling over Flickr slide shows, which must be 'public' to appear but then allow viewers to see all stored pics when double-clicked! About 7pm, a petrol arson attack inside an MTR train at TST station; about 18 seriously hurt.

11 February 2017 Saturday

Nice fine day but cool. Wore pullover for all of my run.

12 February 2017 Sunday

African runners take all top places in the HK marathon held today.

13 February 2017 Monday

Woman who collapsed at end of 10 km race, dies. Kim Jong Nam. Kim Jong Nam, half brother of North Korean leader, assassinated at Kuala Lumpur airport.

14 February 2017 Tuesday

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15 February 2017 Wednesday

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16 February 2017 Thursday

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17 February 2017 Friday

The District Court sentenced seven police officers to jail for two years for assault against activist Ken Tsang during the 2014 pro-democracy Occupy protests. Received in mail a 'gift' from Radio 4 for completing their questionnaire a couple of months ago – just a couple of writing implements and a small

note pad in a small bag. Big deal!!

18 February 2017 Saturday

Donald Tsang (former CE) found guilty of misconduct in office, but not guilty on two other charges. Run was tough; Tai Po → Tai Mo Shan → Sek Kong roundabout; a few extra minutes as started from Tai Po rather than the viaduct as in all previous runs. Quite warm – up to 28°C.

19 February 2017 Sunday

–

20 February 2017 Monday

Decided to take it easier in the gym this week. Donald Tsang held in custody prior to sentencing on Wednesday. Later he is taken to hospital with breathing problems.

21 February 2017 Tuesday

–

22 February 2017 Wednesday

Donald Tsang sentenced to 20 months in prison. He is to appeal. Budget day, given by new Financial Secretary. Apart from rates waiver for one year, nothing else in it for me, though billions for others.

23 February 2017 Thursday

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24 February 2017 Friday

Late afternoon tea/early dinner in Yum Cha restaurant.

25 February 2017 Saturday

Cold and drizzly for run but OK. Thought I had slight breathing problems (though not bad enough to warrant a puff), but may have been because I was running a bit faster, as the run, at 2 h 23 min, was 3 ~ 4 minutes faster than last year (though not the fastest for this route).

26 February 2017 Sunday

Small plane crashes into tree in Ma On Shan area; the two occupants unhurt.

27 February 2017 Monday

–

28 February 2017 Tuesday

To the dermatology clinic in the afternoon.

March

01 March 2017 Wednesday

Last day for nominations for CE. Only three contenders as Regina Ip did not get enough nominations.

02 March 2017 Thursday

To HS bank in afternoon.

03 March 2017 Friday

All day on Neuron project.

04 March 2017 Saturday

Long run (2 hr 53 min) but not too bad; included TLC trail.

05 March 2017 Sunday

—

06 March 2017 Monday

Started trying to find out to make my computer a website server.

07 March 2017 Tuesday

To HSBC to switch an investment fund: took 4 hours!!

08 March 2017 Wednesday

Call from Gavin before going to the gym.

09 March 2017 Thursday

Finally managed to set up my computer as a web host, using Wamp.

10 March 2017 Friday

Most of day modifying my website pages for my computer host. Tired in the evening. South Korean president removed from office.

11 March 2017 Saturday

Most have been very tired last night as slept 9 hours without waking! Good run: Tai Tong Gate to Tai Tong bus terminus. At 2 h 21 min, quite fast and faster than many recent runs for this route.

12 March 2017 Sunday

—

13 March 2017 Monday

In Beijing, Chief Executive Leung Chun-ying voted in as a vice-chairman of the top Chinese political advisory body.

14 March 2017 Tuesday

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15 March 2017 Wednesday

—

16 March 2017 Thursday

In gym, did rowing first (level 2 clicks, as is usual now). Fast: 15 min @ 198 m/s. Evening meal at Fairwood.

17 March 2017 Friday

—

18 March 2017 Saturday

Run from Tai Tong to Tsuen Wan; 4 minutes faster than last year (though that may have been helped when last year the sole of one of my running shoes came off). In evening, attended the Ming Yin College 50th anniversary dinner in Kowloon Bay. (Of note was the extreme noise level of the MCs/DJs.) Got a ride home with Lam Mei Fong. Got to bed at 12.30 am.

19 March 2017 Sunday

Got up about 10 am. Spent less than an hour on the cleaning of the flat.

20 March 2017 Monday

Evening banquet at Royal Garden Hotel hosted by 1971 Ming Yin College group for Rex King. Cost \$500. Got a ride home again at to bed just after midnight.

21 March 2017 Tuesday

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22 March 2017 Wednesday

Fireman dies while trying to rescue two lost hikers on Ma On Shan.

23 March 2017 Thursday

Had a birthday lunch in the Chinese restaurant and a cake at home.

24 March 2017 Friday

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25 March 2017 Saturday

Run around Plover Cove area. Not done this route for two years as missed last year due to eye operation. Run quite tough and had a slightly runny nose. Very tired in the afternoon. It has been a tough, tiring week!

26 March 2017 Sunday

CE election today. First round in the morning and if necessary, second round in the afternoon. Carrie Lam wins (not unexpectedly!) with 777 votes (out of the 1194).

27 March 2017 Monday

To CU dentist in afternoon to get impression of teeth in preparation of mould for tooth crown. Leaders of Occupy protests arrested today, one day after Carrie Lam elected (very suspicious).

28 March 2017 Tuesday

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29 March 2017 Wednesday

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30 March 2017 Thursday

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31 March 2017 Friday

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April

01 April 2017 Saturday

Tough run; breathing troublesome. To airport in evening to meet Keith (On his way to London) and pick up things of mine stored in his attic. Took bus A37 to airport. Turns out that it (and as I found out later. all 'A' buses) does not allow \$2 rides; costs half price (~\$14). Got to bed at midnight.

02 April 2017 Sunday

—

03 April 2017 Monday

To HS Bank in afternoon. Firefox keeps 'not responding'. Found it is caused by CTR extension. So decided to get a new browser.

04 April 2017 Tuesday

Public holiday for Ching Ming festival.

05 April 2017 Wednesday

Finished installation and setting up of new browser, Cyberfox.

06 April 2017 Thursday

—

[On a day, some time about here, I and 3.3 million other registered voters, received a letter of 'apology'

from the Registration and Electoral Office for two stolen laptops containing our personal information, during the CE election, though why they needed that information is not clear, seeing that the CE election only involved about 1200 and not 3.3 million electors!!]

07 April 2017 Friday

To supermarket am. HK Rugby 7s begins.

08 April 2017 Saturday

Very tough run. Breathing not good; no obvious asthma though lungs certainly not clear. Very warm (~26°C) and humid. From Tai Lam tunnel bus stop to Tuen Mun, though second leg was on 'new' Route 10 instead of around the reservoir, which is shorter. Also, last leg took 'just' 47 minutes which was 8 minutes faster than last year and overall time was 2:15 compared with 2:45 last year. Exhausted afterwards. At airport, the new air traffic control system breaks down – again! Backup activated after 12 minutes.

09 April 2017 Sunday

Fiji beat South Africa to win the Rugby 7s cup. NZ got the second-tier title (?plate).

10 April 2017 Monday

Very warm last night: 26°C all night. Did a reduced gym workout.

11 April 2017 Tuesday

Spent most of the evening TV news time on the toilet with terrible pains and diarrhoea.

12 April 2017 Wednesday

–

13 April 2017 Thursday

In gym, rowing machine out of action. Still used it but resistance level seems to be maximum (whether set at level 0 or max). Also very noisy at times. To Hang Seng bank pm to change ELI.

14 April 2017 Friday

Good Friday holiday.

15 April 2017 Saturday

Run rather tough again. Had to have a poo during the run (and accidentally pulled out and lost my comb when getting the toilet paper out of my bag).

16 April 2017 Sunday

Easter Sunday.

17 April 2017 Monday

–

18 April 2017 Tuesday

In gym, did my rowing on a weight machine as rowing machine broken. Proposed to increase A&E fee from \$100 to \$180.

19 April 2017 Wednesday

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20 April 2017 Thursday

Last day in the gym for the season. Again had to do rowing on a curl machine.

21 April 2017 Friday

Late afternoon tea in mall. Caught in an amber alert rainstorm on way to mall. Mother who received a second liver transplant (whole liver from a dead person, compared with partial transplant from a living donor a week earlier) wakes up.

22 April 2017 Saturday

Last run for the season; from Tai Po to Tsuen Wan (bus stop). Somewhat tough. Average time for the runs for the season: 2 hr 32.2 min.

23 April 2017 Sunday

–

24 April 2017 Monday

–

25 April 2017 Tuesday

ANZAC day.

26 April 2017 Wednesday

Finally, after several months. finished reading *Middlemarch* by George Eliot, but will probably need to read it again to appreciate it more.

27 April 2017 Thursday

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28 April 2017 Friday

Gavin called; spoke for more than an hour.

29 April 2017 Saturday

Did a load of washing. Had my first shave for nine days (as I never went out) – took a long time!
Dyed/coloured my hair.

30 April 2017 Sunday

President of Indonesia in HK for two days.

May

01 May 2017 Monday

Public holiday – Labour Day. First swim of season. Went in first session (about 9 am). Did 2 km and seemed to take a very long time!

02 May 2017 Tuesday

–

03 May 2017 Wednesday

Public holiday for Buddha's birthday. Annual bun festival held at Cheung Chau.

04 May 2017 Thursday

Well, the bad weather for swimming has arrived, though managed to do my full swim before the thunder came.

05 May 2017 Friday

–

06 May 2017 Saturday

Did a 6th swim for the week – quite tough.

07 May 2017 Sunday

–

08 May 2017 Monday

Macron elected president of France

09 May 2017 Tuesday

–

10 May 2017 Wednesday

South Korea has a new president. Dangerous levels of atmospheric pollution today.

11 May 2017 Thursday

–

12 May 2017 Friday

Late Yam Cha in the afternoon.

13 May 2017 Saturday

Reported that thousands of computers hacked in about 100 countries, including those of governments and corporations.

14 May 2017 Sunday

Gavin's birthday.

15 May 2017 Monday

Back to normal! Got just one length (50 m) done before pool closed, even though I had been checking earlier and no thunderstorm! Did another 2.2 km starting at 4 pm. MTR arson suspect (last February) dies in hospital.

16 May 2017 Tuesday

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17 May 2017 Wednesday

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18 May 2017 Thursday

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19 May 2017 Friday

Went to supermarket earlier than usual – straight after swim. Very, very tired so will not do any swimming tomorrow.

20 May 2017 Saturday

No swim; back to a two-day off.

21 May 2017 Sunday

A 40-year old local teacher becomes the first HK born and raised woman to reach the top of Mt Everest.

22 May 2017 Monday

Made a regular monthly donation to MSF. Cathay Pacific to axe about 600 jobs, many in middle-management positions. Terrorist attack at pop concert in Manchester kills 22.

23 May 2017 Tuesday

—

24 May 2017 Wednesday

Very heavy rain in morning; up to Black rainstorm warning, and thunderstorms. Pool opened in third session so got in about 2.40 pm. Did my full session; fast with nearly all overarm, made easier by very

calm water and only one other person. Actually perfect swimming conditions for me.

25 May 2017 Thursday

–

26 May 2017 Friday

Primary pupils who cross into HK found to be being used by crooks to smuggle stuff back across the border in the school backpacks in return for sweets or money. (The children themselves are too young to be charged.)

27 May 2017 Saturday

Went for a swim. Swam in parallel with a guy for 18 lengths, so was pushed a bit faster than planned. Popped into the gym; repaired rowing machine back plus two new treadmills.

28 May 2017 Sunday

–

29 May 2017 Monday

Keith arrives at about 10.30 am. Spent the day with him. He caught a bus back to the airport at about 8.15 pm for his midnight departure.

30 May 2017 Tuesday

Public holiday for Yuen Ng festival and dragon boat races.

31 May 2017 Wednesday

Decided to vary the swim by doing faster and slower (no, not slower – slow!)

June

01 June 2017 Thursday

Slept continuously all of last night.

02 June 2017 Friday

Sweating last night in bed; no fan. Hot and humid today. Trump pulls US out of Paris Climate Accord.

03 June 2017 Saturday

Overnight, used the fan for the first time this summer. Up to 35°C today. Another terrorist attack in London.

04 June 2017 Sunday

–

05 June 2017 Monday

To HS Bank later morning. Report of 200 faked concrete test samples from new HK-Zhuhai-Macau bridge.

06 June 2017 Tuesday

Anniversary of WWII D-Day Normandy landings.

07 June 2017 Wednesday

—

08 June 2017 Thursday

Cathay Pacific axes another 400 jobs.

09 June 2017 Friday

In UK elections, ruling conservatives suffer many losses instead of the expected large gains!

10 June 2017 Saturday

—

11 June 2017 Sunday

—

12 June 2017 Monday

T1 up early. Got my swim but it was not an easy one. Got my website re-setup on 000Webstarts by opening a new a/c using ...@gmail as@mail.com and all others using ...@mail.com are suspended!! Nadine's birthday. T8 raised later. Not full typhoon strength.

13 June 2017 Tuesday

Tropical storm has little effect on HK. To HSBC at 10 am and dim sum lunch with them afterwards. They also gave me a new umbrella. No swim today; they claimed water too dirty but at first did little to clean it.

14 June 2017 Wednesday

Didn't get my swim until 4 pm; took all day to 'clean' the pool. A 24-storey apartment block in London goes up in an inferno.

15 June 2017 Thursday

Swim felt slightly better.

16 June 2017 Friday

Still very unsettle weather but got my early morning swim.

17 June 2017 Saturday

Had a swim to make up for on swim on Tuesday.

18 June 2017 Sunday

Charge for A & E Departments at public hospitals increases from \$100 to \$180.

19 June 2017 Monday

—

20 June 2017 Tuesday

From overcast but perfect conditions for swimming to very heavy rain in 5 minutes and later a thunderstorm (just in our area!!) so never finished swim. Govt drops charges against elderly lady who collected cardboard and gave one piece to another person (and was given \$1 in return) (potential \$5000 fine and months in jail). Got the rest of my swim (+ a few extra lengths) in second session (though it too closed by a thunderstorm soon after I finished). To dermatologist in afternoon.

21 June 2017 Wednesday

Same as yesterday!! but managed 30 (?40) lengths. Didn't go a second time just for 4 lengths (i.e. to get 2.2 km).

22 June 2017 Thursday

Pool closed 10 am to 7 pm as water very dirty.

23 June 2017 Friday

—

24 June 2017 Saturday

Very tired!

25 June 2017 Sunday

More wild boars come out of the woods and onto roads.

26 June 2017 Monday

—

27 June 2017 Tuesday

In Bermuda, Emirates Team New Zealand completed an upset win over holders Oracle Team USA with a 7-1 victory to take the America's Cup. To Tuen Mun Hospital for check-up; fee increased from \$60 to \$80.

28 June 2017 Wednesday

—

29 June 2017 Thursday

Swim felt not too bad today. Maybe I was 'sick' in the past few days, but high fitness level covers it up. President Xi arrives in HK for several days for the 20th anniversary of handover.

30 June 2017 Friday

Exhausted after supermarket shopping. Did no work in the afternoon.

July

01 July 2017 Saturday

Public holiday. Did a full load of washing. Carrie Lam inaugurated as CE of SAR.

02 July 2017 Sunday

–

03 July 2017 Monday

No early swim – pool again closed; had to wait until 4 pm. To HS Bank later in morning. Got a gift from the bank – a Wedgwood mug + tin of fruit tea.

04 July 2017 Tuesday

Same again – only got 1.1 km swim in first session, Did 1.7 km in the second session.

05 July 2017 Wednesday

Four (?five) lots of diarrhoea between 5 am and 8 am, though not painful. Still went for swim – OK.

06 July 2017 Thursday

More storm problems but got all the swim in the second session.

07 July 2017 Friday

Finished swim and just enough time to get to changing room toilet for another diarrhoea/poo. China's first aircraft carrier in HK for a few days. In afternoon, snack in mall then to MTR to replace Octopus card which had been causing minor problems, probably as it was a very old version and I did not replace it when newer versions came out a few years ago.

08 July 2017 Saturday

–

09 July 2017 Sunday

–

10 July 2017 Monday

Decided to do just half of normal swim distances this week as just so tired.

11 July 2017 Tuesday

–

12 July 2017 Wednesday

–

13 July 2017 Thursday

Chinese dissident and Nobel Peace Prize winner Liu Xiaobo dies in the evening in a hospital but still in custody, aged 61 – regarded by some as political murder by the CCP.

14 July 2017 Friday

Court disqualifies four pro-democracy lawmakers from office because of the way they took their oaths. So, opposition camp loses its majority in Legco.

15 July 2017 Saturday

Wanted to have a swim. First session closed (for all 2.5 hours!!) because some pieces of glass in area. Second session OK; asked the 'fat' lifeguard to straighten the lane rope but he didn't.

16 July 2017 Sunday

–

17 July 2017 Monday

Got my swim! They wanted to close the pool due to heavy rain but it lessened. Heavy rain in afternoon. To Hang Seng for new ELIs.

18 July 2017 Tuesday

Very bad weather. most of the day – amber rain warning, thunderstorms, landslip warning. Managed to get 1.7 km swim instead of 1.8 km because of 'thunderstorm' but OK.

19 July 2017 Wednesday

Fine today.

20 July 2017 Thursday

–

21 July 2017 Friday

In hospital, a person catches Japanese encephalitis as a result of a blood transfusion – first time ever in the world.

22 July 2017 Saturday

A not-too-strong tropical cyclone crosses HK. #8 signal up for just a few hours and all over in the afternoon.

23 July 2017 Sunday

No 8 signal up at about 10 am. Trimmed. dyed/coloured my hair. Lau Wong-fat (chairman of the Heung

Yee Kuk) dies, aged 80. (I will not miss him!)

24 July 2017 Monday

To CUHK dentist in morning for a plastic/temporary crown. In the chair for about two hours. Cost for the crown – so far: \$1045. Swim in the afternoon.

25 July 2017 Tuesday

Government announces arrangements for mainland officials to operate in the new Kowloon terminus of the HSR.

26 July 2017 Wednesday

Very hot: max temp here nearly 35°C.

27 July 2017 Thursday

–

28 July 2017 Friday

Extremely hot: max temp here nearly 36°C.

29 July 2017 Saturday

Charlie Gard dies Friday, one week shy of his first birthday. Nearly 37°C in Happy Valley.

30 July 2017 Sunday

Temps in many places up to 38°C.

31 July 2017 Monday

Commemoration of centenary third battle of Ypres at Passchendaele.

August

01 August 2017 Tuesday

To HS Bank.

02 August 2017 Wednesday

Tough swim!

03 August 2017 Thursday

Ferocious storm early am but all gone come my swim time.

04 August 2017 Friday

Young HK trainee pilot killed in plane crash in Melbourne.

05 August 2017 Saturday

Tired all day. No work.

06 August 2017 Sunday

–

07 August 2017 Monday

–

08 August 2017 Tuesday

To dentist pm for permanent crown to be fitted. Total cost = \$1320 (root canal) + \$1045 (temporary crown) + \$625 (permanent crown) = **\$2990**.

09 August 2017 Wednesday

–

10 August 2017 Thursday

Never got a morning swim: open, closed, open, closed, whole morning. Went at 1:30 pm.

11 August 2017 Friday

Swim morning then supermarket. Very tired in the afternoon. Report of a democratic party member kidnapped by mandarin-speaking men, beaten up and dumped on a Sai Kung beach.

12 August 2017 Saturday

Pool carnival in the afternoon.

13 August 2017 Sunday

–

14 August 2017 Monday

A difficult swim! To HS Bank later in morning.

15 August 2017 Tuesday

–

16 August 2017 Wednesday

–

17 August 2017 Thursday

Swim not so bad; water much calmer, which helps a lot. Did 2.6 km. Snack in mall in afternoon. The appeal court jailed three activists – Nathan Law, Joshua Wong and Alex Chow – over their involvement in the Civic Square clash that sparked the 2014 Occupy protests.

18 August 2017 Friday
Yam cha in the afternoon.

19 August 2017 Saturday
—

20 August 2017 Sunday
Colin Meads dies from pancreatic cancer, aged 81.

21 August 2017 Monday
Reported that Jerry Lewis died. aged 91. Got swim average back up to 2.2 km. Incredible hot! Here up to 37°C; in other places up to 38°C.

22 August 2017 Tuesday
Pool water 32°C. In afternoon, air temperature here reached 39°C. Typhoon approaching; T1 raised.

23 August 2017 Wednesday
T8 raised overnight and T9 about 8 am. Still – as usual – little effect here. Then T10 up at 9.10 am – first heard about this when I read an e-mail from Gavin! Not too bad here, but rough in other areas; south winds up to 200 km/h. Macau more severe and less prepared than HK; about 8 killed, and bad flooding.

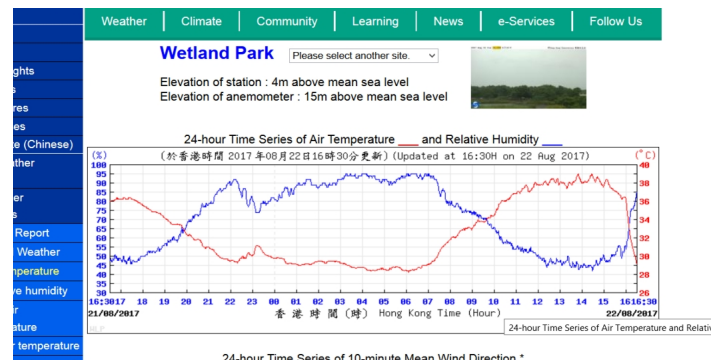
24 August 2017 Thursday
Typhoon all gone. Pool closed all day for cleaning – incredible!!!

25 August 2017 Friday
Lifeguards working so slow until management (I think) told them to work faster. Pool didn't open until 4 pm!

26 August 2017 Saturday
Got a morning swim OK. Another typhoon heading here. T3 up late evening. Lady who received the two liver transplants after a medical blunder at UCH, dies. NZ beat England to take the women's world rugby crown.

27 August 2017 Sunday
Second typhoon in five days passes HK.

28 August 2017 Monday
Trouble with lifeguards again. Pool opened at 4 pm but only for 30 minutes after they 'found' a dead bird in the pool. Not opened again.



29 August 2017 Tuesday

Got a normal swim in first session. Then to HSBC mainly to meet new advisor.

30 August 2017 Wednesday

Air pollution here exceeded maximum ('severe', 10).

31 August 2017 Thursday

September

01 September 2017 Friday

Tropical storm heading NE of HK. CCP passes a new law to 'respect' the national anthem.

02 September 2017 Saturday

Went for a swim in case cyclone comes and closes pool on Monday. Stanley gives me the new hiking shoes to replace previous ones which were a size too small; \$40 extra.

03 September 2017 Sunday

—

04 September 2017 Monday

T3 up though no wind at all here. Swim in afternoon. Sorry saga of HK ferris wheel continues with original contractor likely to dismantle it due to not having contract renewed.

05 September 2017 Tuesday

—

06 September 2017 Wednesday

Ferris wheel operators agree with new contractors so wheel will not be removed.

07 September 2017 Thursday

To HS Bank pm. Son of EDB undersecretary commits suicide.

08 September 2017 Friday

—

09 September 2017 Saturday

Didn't feel like it but did a 3.0 km swim.

10 September 2017 Sunday

—

11 September 2017 Monday

—
12 September 2017 Tuesday

Late lunch in the mall. Then sat out a thunderstorm in the park. Woman who 'fell' into the temple furnace several days ago, dies.

13 September 2017 Wednesday
—

14 September 2017 Thursday
—

15 September 2017 Friday
—

16 September 2017 Saturday

A 21-year old man killed in the haunted house at Ocean Park when hit by a wooden object.

17 September 2017 Sunday
—

18 September 2017 Monday
—

19 September 2017 Tuesday

Finally got the dental appointment made. Old swim suit gave out. Couldn't buy another from our local shopping malls so use an old pair of shorts.

20 September 2017 Wednesday
—

21 September 2017 Thursday

Quite a good swim. Did all regular strokes, no backstroke.

22 September 2017 Friday

Early morning thunderstorm so had to reverse swim and supermarket shopping. Tough swim compared with yesterday. Early evening, Citibus crashes into a building; three killed and 29 injured.

23 September 2017 Saturday

NZ holds parliamentary elections. No clear result – a 'hung' parliament.

24 September 2017 Sunday

–
25 September 2017 Monday

–
26 September 2017 Tuesday

Another HK student pilot killed in Australis when his trainer plane crashed.

27 September 2017 Wednesday

–
28 September 2017 Thursday

Still hot; up to 35°C.

29 September 2017 Friday

Last day of season for my swimming. Swim felt not too bad. Evening dinner in noodle shop.

30 September 2017 Saturday

Last day of swimming season, but closed for periods because of thunderstorms.

2017: Swims:

weekly

total (km)		(days)		cumulative average (km/swim)		(to 2 decimal places)		
May:								
2.0	2.1	2.1	2.2	2.1	2.3	12.8	12.8	6
						2.13		
2.1	2.1	2.1	2.1	2.1	2.1	12.6	25.4	6
2.3	2.1	2.1	2.1	2.1		10.7	36.1	
	5					2.12		
2.2	2.1	2.1	2.2	2.2	2.2	13.0	49.1	6
						2.13		
2.2	2.2	2.2						
June:						2.2	2.2	11.0
	60.1			5			2.15	
2.2	2.3	2.2	2.2	2.2		11.1	71.2	
	5					2.16		
2.2	–		2.2	2.2	2.2	11.0	82.1	
	5					2.16		
2.2	2.6*	2.0	2.5	2.5		11.8	93.9	
	5					2.18		
2.3	2.4	2.4	2.4	2.2		11.7	105.6	

	5	(48)				2.20			
July:									
2.2	2.8*	2.2	2.5	2.3			12.0		117.6
	5	(53)				2.22			
1.2	1.5	1.5	1.6	1.7	1.7		9.2	126.8	6
	(59)					2.15			
1.8	1.7	2.2	2.2	2.2	2.2		12.3	139.1	6
	(65)					2.14			
2.2	2.2	2.2	2.2	2.2	2.2		13.2	152.3	6
	(71)					2.145			
2.2									
August:									
		2.3	2.3	2.3	2.3			11.4	163.7
	5	(76)				2.154			
2.4	2.4	2.5	2.6	2.5			12.4	176.1	
	5	(81)				2.174			
2.5	2.5	2.5	2.6	2.9			13.0	189.1	
	5	(86)				2.199			
2.5	2.3	-	-			2.3	2.4	9.5	198.6
	4	(90)				2.207			
[1.2]	2.4	2.4	2.4						
September:									
							2.5	2.6	12.3
	210.9			5	(95+1)		2.220		
2.5	2.7	2.8	2.9	2.8	3.0		16.7	227.6	6
	(101+1)					2.253			
2.4	2.4	2.4	2.4	2.5			12.1	239.7	
	5	(106+1)				2.261			
2.4	2.4	2.4	2.4	2.5			12.1	251.8	
	5	(111+1)				2.268			
2.4	2.4	2.4	2.4	2.4			12.0	263.8	
	5	(116+1)				(2.274 km for season)			

OR:

if 'rest week/week of exhaustion' (in blue) omitted: 254.6 (110+1)
(2.315 km for season)

* = more than one swim on the day

[] = swim incomplete for whatever reason – see diary

October

01 October 2017 Sunday

National day.

02 October 2017 Monday

Public holiday for national day. Gunman in Las Vegas kills about 59 and wounds about 500.

03 October 2017 Tuesday

To HS Bank pm. Very tired.

04 October 2017 Wednesday

Mid-autumn festival in the evening.

05 October 2017 Thursday

Public holiday for mid-autumn festival.

06 October 2017 Friday

So tired. Didn't do any work.

07 October 2017 Saturday

Finally got round to placing in places the stuff Keith brought from NZ last year. What was going to take a few minutes took most of the day! Did a batch of washing, mainly bed things.

08 October 2017 Sunday

Coloured/Dyed my hair.

09 October 2017 Monday

Towngas technician comes for regular check-up. To dentist late evening to check on broken tooth.

10 October 2017 Tuesday

To dermatologist pm; next appointment in January.

11 October 2017 Wednesday

Started gym again today. Carrie Lam gives a summary of her first policy statement.

12 October 2017 Thursday

Today was mainly 'aerobics'. Muscles a bit tight. Run tough. Row (15 min) only 2500 m (below minimum of 2700 m). Skip very tough.

13 October 2017 Friday

—

14 October 2017 Saturday

Gym again. Getting better. Run easier. Row 2800 m. Skip still tough.

15 October 2017 Sunday

T8 raised. Really! This was supposed to have been almost a non-event (for HK at least). It is the fifth T8 of the season, first time since 1999. (Also, seventh tropical storm this year.)

16 October 2017 Monday

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17 October 2017 Tuesday

Took some asthma 'preventer', first time since swimming season.

18 October 2017 Wednesday

Yam Cha in the afternoon.

19 October 2017 Thursday

In gym, skipping good; did 10 min without break (except for 2 trips). The slower run and row prior to the skip may have helped. To HSBC midday. Keith arrives in evening.

20 October 2017 Friday

Disastrous day! Tried all day – unsuccessfully – to modify my computer so that Keith could use his e-mail. In doing so, lost all my Quick Launch icons and messed up Google Chrome.

21 October 2017 Saturday

All day on computer fixing things up including uninstalling Chrome completely (including registry) then reinstalling and setting up.

22 October 2017 Sunday

Keith off to HK side. Did a batch of washing – mainly towels and clothes. A 66-year-old man in a triathlon event drowns during the swim.

23 October 2017 Monday

Keith to Central up escalator then Old Peak Road to Peak to Pok Fu Lam reservoir and back. I went to HS bank in afternoon.

24 October 2017 Tuesday

Keith had a swim in the morning.

25 October 2017 Wednesday

Keith to HK side to do an historical walk.

26 October 2017 Thursday

Keith to pool am but closed for cleaning. Keith and I to yam cha with Olivia in afternoon.

27 October 2017 Friday

Keith – swim and walk around Ping Shan heritage trail.

28 October 2017 Saturday

Public holiday for Chung Yuen festival (autumn grave sweeping). Keith and I went for a walk from here to Tsim Bei Tsui. Got lost! Eventually got there. Got a ride back with locals who had been grave sweeping. Boring walk; probably won't do it again.

29 October 2017 Sunday

Washed the sofa cover.

30 October 2017 Monday

Very tired.

31 October 2017 Tuesday

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November

01 November 2017 Wednesday

Keith to Sun Yat-sen museum and art exhibition. Me – very tired in evening.

02 November 2017 Thursday

Keith did the walk from Tung Chung to Tai O.

03 November 2017 Friday

Went to supermarket earlier with Keith. Keith to History Museum again. Evening dinner with Keith and CWS in Fairwood.

04 November 2017 Saturday

Keith and I visit the TSZ Buddhist monastery in Tai Mei Tuk area. Quite interesting. Met a former MYC pupil (from the first F6) who was a volunteer at the monastery open day.

05 November 2017 Sunday

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06 November 2017 Monday

Keith to Kowloon City area.

07 November 2017 Tuesday

In afternoon went to GOPC for (free) flu jab. Keith to fish pond walk area in Yuen Long.

08 November 2017 Wednesday

Keith to Sai Kung.

09 November 2017 Thursday

Keith hiked to top of Tai Mo Shan.

10 November 2017 Friday

Even though runs start tomorrow, went to gym. Did about half the weights but no aerobics. Then had a sauna for the first time this season. Keith out all day to do the Dragons' Back trail to Big Wave Bay on HK Island. In the evening, a lot of noise from Flat 33F below. About 11+pm went downstairs to ask the security guy to tell them to be quiet. Seemed better after that. But still has a lousy sleep.

11 November 2017 Saturday

First hike/run of the season. Hot at about 26°C and humid. Planned a modification of normal first run to go through Tai Po Kau forest. Looked quite different from last time there (about 17 years ago!). Not lost but sure if I was on the trail I wanted to be on. Overall time for run ~3 hours – meaningless given all the stops I made. Keith takes ferry ride to Lantau (Mui Wo).

12 November 2017 Sunday

Some drizzle during the day. Keith to TST to look for gifts for friends. Checked in for flights online in evening. Today is Remembrance Sunday.

13 November 2017 Monday

Keith leaves here at about 2:30 pm for the airport.

14 November 2017 Tuesday

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15 November 2017 Wednesday

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16 November 2017 Thursday

To dentist pm for a filling. Later, early dinner in mall.

17 November 2017 Friday

Made an appointment for a physical check-up at fmc in shopping mall.

18 November 2017 Saturday

Government signs co-location agreement with China for Chinese officials to work at HK terminus of HSR. Run a bit tough but about same time as last year at 2 hr 27 min (after subtracting times for 2 breaks to eat raisins). But warm (about 26°C) and very humid (up to 90-95%). Oxfam Trailwalker today. Rider dies after accident in Macau motorcycle race.

19 November 2017 Sunday

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20 November 2017 Monday

Went to clinic in mall to give blood and urine for analysis. Cost \$950. No breakfast due to need to fast, but never felt any effects even after gym exercise.

21 November 2017 Tuesday

In Zimbabwe, Mugabe resigns.

22 November 2017 Wednesday

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23 November 2017 Thursday

To clinic pm to get results of medical tests; nothing too serious.

24 November 2017 Friday

Colder today; down to 16°C. Went down to gym and had a 25-min steam bath, but no gym exercise. Because of nagging but minor breathing trouble, took doses (quite a lot) of inhaler puffs.

25 November 2017 Saturday

Breathing better. Also, much cooler today. Run not bad with time of 2 hr 25 min the same as last year. Conditions good: temperature about 16°C and breathing OK.

26 November 2017 Sunday

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27 November 2017 Monday

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28 November 2017 Tuesday

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29 November 2017 Wednesday

Yam Cha lunch.

30 November 2017 Thursday

Good rowing exercise today – 201 metres/minute for 15 min (at resistance click #2).

December

01 December 2017 Friday

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02 December 2017 Saturday

Run rather tough. Temp about 19°C. At 2hr 31 min, was two minutes slower than last year, but gradually getting slower as the years pass. Saw runners doing the HK 168 race.

03 December 2017 Sunday

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04 December 2017 Monday

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05 December 2017 Tuesday

Gavin calls early; spoke for an hour. Spent (wasted!) the whole day downloading and experimenting with Tor Browser.

06 December 2017 Wednesday

Overnight, when getting up, had terrible difficulty balancing – walked like a drunk! Christine Keeler dies, aged 75.

07 December 2017 Thursday

Yam Cha in the restaurant.

08 December 2017 Friday

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09 December 2017 Saturday

Run no too bad; also reasonably enjoyable! Conditions good – dry and cool (~13°C). At 2 hr 27 mins, was about 5 mins slower than last year.

10 December 2017 Sunday

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11 December 2017 Monday

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12 December 2017 Tuesday

Gym exercise a bit tough due to slight breathing problem.

13 December 2017 Wednesday

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14 December 2017 Thursday

Gym (aerobics today) not too bad. Afternoon lunch in mall.

15 December 2017 Friday

To HS Bank pm. Note from Post Office for parcel to collect as I was not in at the time.

16 December 2017 Saturday

Cool. Run in Tai Mo Shan area. Not bad except seemed that my legs didn't want to move on the uphill section. In evening first cold weather warning of winter issues, i.e. temperature to go below 12°C.

17 December 2017 Sunday

Slept in until 9:15 am!

18 December 2017 Monday

Cold – down to 7°C here. After gym, went to the PO to collect the package I should have got on Friday: turned out to be photos of Emilia sent by Nadine. Beauty clinic owner gets a 12-year jail sentence for death of a client. The technician gets 10 years behind bars.

19 December 2017 Tuesday

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20 December 2017 Wednesday

To eye clinic early. Actual consultation all of 5 minutes! Observation Wheel on HK Island re-opens with a new operator – and much cheaper prices.

21 December 2017 Thursday

To dentist pm for two fillings – \$860!!!

22 December 2017 Friday

In morning, went to the gym for a steam bath but no exercise. Hotpot dinner.

23 December 2017 Saturday

Run felt quite good but same time as.

24 December 2017 Sunday

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25 December 2017 Monday

Most of day configuring the 'administrator' part of Windows 8.1. Later, notice the heel skin crack of this drier season.

26 December 2017 Tuesday

Same as yesterday

27 December 2017 Wednesday

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28 December 2017 Thursday

In gym, rowing fast (200 metres/minutes at click level 2), but as a result the subsequent running and skipping a bit more difficult than usual.

29 December 2017 Friday

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30 December 2017 Saturday

Run tough – the kind of run that makes one think of giving up running! Conditions OK. But running difficult, lots of walking, lots of stumbling on rocks, and many other runners overtaking me!. Though, at 2 hr 54 mins, just 2 mins more than last year (which was 7 mins slower than the year before that!). Near Lion Rock, saw a hovering helicopter; found at later on news that police abseilers were removing another large pro-democracy banner (one of the many that appear regularly!) Received a home-made Christmas card from Nadine and family.

31 December 2017 Sunday

Another batch of washing, mostly towels.

January

01 January 2018 Monday

All day on computer working out how to make higher resolution desktop pictures.

02 January 2018 Tuesday

Estate management fee raised from \$922 to \$992 per month.

03 January 2018 Wednesday

A now-retired police officer jailed for three months on being convicted of using his baton against an innocent bystander during a Mongkok riot. Felt lousy in the evening.

04 January 2018 Thursday

Slept well but still feeling a bit lousy. Gym was difficult. Rowing and run much slower. Skipping very difficult. Cannot go slow as rope will fall; speed needed to keep it extended. To HSBC in afternoon.

05 January 2018 Friday

Felt terrible evening. Gas and food wouldn't move; very painful. Didn't get to toilet until 9 pm then two times more before midnight.

06 January 2018 Saturday

Felt OK for the run/hike but 6 minutes slower than last year – either the effects of last night or age. Hotpot in evening.

07 January 2018 Sunday

While using the phone to enquire about reporting a possible credit card loss, managed to actually deactivate my card!!

08 January 2018 Monday

After gym, went to HS Back to re-activate my credit card. Had to change my PIN. Then had to use the ATM to re-activate but no instructions to say what to do – turns out the act of inserting the card automatically reactivates it.

09 January 2018 Tuesday

Much colder today. Gym today (aerobics) much better than last Thursday when I had a fever (or whatever).

10 January 2018 Wednesday

Three-month gym card expired today.

11 January 2018 Thursday

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12 January 2018 Friday

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13 January 2018 Saturday

Fine but cold. Run/Hike OK but at ~2 hr 45 min, a few minutes slower.

14 January 2018 Sunday

Still cold.

15 January 2018 Monday

To HS Bank in morning. No gym exercise this week (week off as 3-month gym card expired). Applied online, via my HS a/c, for a \$250 automatic add-on value for my Octopus card (but have to wait about 2 weeks for approval!!).

16 January 2018 Tuesday

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17 January 2018 Wednesday

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18 January 2018 Thursday

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19 January 2018 Friday

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20 January 2018 Saturday

First exercise since run/hike last Saturday. Run very tough but about the same time as last year. But too long and parts of trail difficult and dangerous so probably won't do this route again next year. Met many participants on a 26k Gurkha Trailblazer run. HK yacht in the Volvo Global race arrives in HK overnight to win the leg from Melbourne to HK. The boat in second place collides with a Chinese fishing boat and has to withdraw; one crew member on the fishing boat killed.

21 January 2018 Sunday

HK marathon races this morning.

22 January 2018 Monday

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23 January 2018 Tuesday

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24 January 2018 Wednesday

The 50-year old man who collapsed during the 10k of the marathon runs last Sunday died today in hospital.

25 January 2018 Thursday

Received my Octopus AAVS letter for activation. To HS Bank. Hotpot dinner in evening.

26 January 2018 Friday

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27 January 2018 Saturday

Did a run on Lantau for the very first time – bus travelling time actually less than to Tai Mei Tuk. Lost at start due to road works near start so had to detour and go not as planned. Also, turn off on Tai O Ancient Trail not signposted. After that OK. Went just past Sham Wat then return, taking about 2 hr 50 mins. Got disorientated again at Tung Chung as road repairs at another corner and I thought that was the same construction as earlier but wasn't. So some trouble finding my bus stop. Will be OK next time. Not many on trail at first (I did start at 8 am!) but many on my return leg. Unexploded US WWII bomb found on a construction site in Wanchai.

28 January 2018 Sunday

Bomb safely defused.

29 January 2018 Monday

Temperatures significantly lower.

30 January 2018 Tuesday

In afternoon to dermatologist. At MTR, activated my Octopus card for AAV. But the \$250 didn't appear; turns out this only happens when you buy something and current value goes below zero, which is what happened when I bought biscuits at M & S. Used it also at clinic. Later, went round and round TMT Plaza unsuccessfully looking for a swim suit.

31 January 2018 Wednesday

Cold – down to 7°C here. A second similar bomb found at the same construction site.

February

01 February 2018 Thursday

Very cold again.

02 February 2018 Friday

Went to the gym but only for a steam bath, not for exercise.

03 February 2018 Saturday

Cold run; temps about 8°C. A bit slow, with more walking than normal. In bus on way back, my hands were so cold I could not open the packet of raisins; a guy saw what was happening and did it for me.

04 February 2018 Sunday

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05 February 2018 Monday

Temperature inside flat down to about 11.9°C. Last day for Diana Lin to present TVB Pearl Report.

06 February 2018 Tuesday

Still cold: overnight about 6°C, but a sunny day. In gym, rowing good: 197 m/min at the regular click-2 resistance level.

07 February 2018 Wednesday

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08 February 2018 Thursday

Slightly warmer – here up to 18°C outside but didn't feel like it. Hotpot in evening.

09 February 2018 Friday

Took Leonie's HSBC forms to bank.

10 February 2018 Saturday

Run tough and slow, probably due to age + cracks on left heel + caution due to failing eyesight. Terrible bus accident early evening near Tai Po. A KMB double-decker, apparently going fast, flipped over killing 19 passengers. It was the worst bus accident for 15 years, when in 2003, 21 people were killed as a double-decker plunged off a Tuen Mun flyover after colliding with an out-of-control container truck, and in 2008, a speeding bus careered out of control at a Sai Kung roundabout, leaving 18 people dead and 44 injured.

11 February 2018 Sunday

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12 February 2018 Monday

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13 February 2018 Tuesday

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14 February 2018 Wednesday

To HS Bank pm.

15 February 2018 Thursday

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16 February 2018 Friday

Chinese New Year's day for the year of the dog.

17 February 2018 Saturday

Run in Bride's Pool area. Not bad. Rather humid. Nearly cracked open my skull; hit a low tree bough. Saw it, but didn't make the correct adjustment! Then had to go into the stream to rescue my cap which fell in.

18 February 2018 Sunday

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19 February 2018 Monday

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20 February 2018 Tuesday

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21 February 2018 Wednesday

To HS Bank pm.

22 February 2018 Thursday

Billy Graham dies, aged 99 (HK date). In gym, rowing quite fast again at 200m/min. Had to go back to HS Bank again as they forgot to get a signature yesterday.

23 February 2018 Friday

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24 February 2018 Saturday

Run so-so; slightly slower.

25 February 2018 Sunday

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26 February 2018 Monday

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27 February 2018 Tuesday

In the gym, was only going to do a slow row (180+ m/min), but ended up doing a fast one at 202 m/min.

28 February 2018 Wednesday

In gym, running on treadmill up to average of 6.1 mph. All lifts in out tower out of action for a while for some sort of electrical repairs; began to walk down stairs to get to the gym. Got as far as 30/F when one lift began to operate briefly. OK on return from gym. Government budget presentation today; little in it for me.

March

01 March 2018 Thursday

In gym, another fast rowing at 203 m/min. Evening dinner at noodle restaurant.

02 March 2018 Friday

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03 March 2018 Saturday

Run from Tai Po (school) to Tai Mo Shan to Sek Kong roundabout. Uphill parts tough going. Very humid; thick clouds on mountain though began to lift later.

04 March 2018 Sunday

Felt terrible all day – running eyes, runny nose, sneezing.

05 March 2018 Monday

In gym, run slow but weights OK. Felt not too bad later.

06 March 2018 Tuesday

Two (young) hikers on Ma On Shan said they were confronted by a tiger! Turned out it was a cat – probably a leopard cat. Hikers had to go to hospital suffering from shock!!

07 March 2018 Wednesday

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08 March 2018 Thursday

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09 March 2018 Friday

To HS Bank in the afternoon.

10 March 2018 Saturday

Run rather difficult and slow probably due to my cold which has still not gone.

11 March 2018 Sunday

Dyed/Coloured my hair. By-elections for the four LegCo seats vacated by the four disqualified pro-democracy lawmakers.

12 March 2018 Monday

Only two of the four seats retained by pro-democracy group.

13 March 2018 Tuesday

Now US Secretary of State, Rex Tillerson, is dismissed by Trump!

14 March 2018 Wednesday

Stephen Hawking dies, aged 76.

15 March 2018 Thursday

Evening dinner at Fairwood.

16 March 2018 Friday

To HSBC am to sort out a/c messes. Had to reactivate my passbook a/s as not used for 5 years. Also to tell them that information from Leonie *was* handed in in February!

17 March 2018 Saturday

Run a bit tough, especial the *first* half. Quite a lot of stumbling. so of course, had a fall and rolled down the bank a little but stopped by undergrowth. Near the end of the run, passed many (??200+) people on an escorted walk.

18 March 2018 Sunday

A lot of the day spent completing my websites using Google Drive hosting service.

19 March 2018 Monday

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20 March 2018 Tuesday

To hospital pm for regular check-up. Next appointment in January.

21 March 2018 Wednesday

Grace from HSBC phoned to say Leonie's documents located. Later, updated my HSBC Risk Profiling Questionnaire for another two years.

22 March 2018 Thursday

To HS Bank again.

23 March 2018 Friday

No exercise but rather a tough day.

23 March 2018 Saturday

Did a shorter run today – cutting down a longer route into a shorter one. Not had but quite humid.

24 March 2018 Sunday

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25 March 2018 Monday

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27 March 2018 Tuesday

Had a 'birthday' yam cha in the afternoon followed by Maxim's cakes.

28 March 2018 Wednesday

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29 March 2018 Thursday

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30 March 2018 Friday

Good Friday holiday.

31 March 2018 Saturday

Run/Hike from Tai Lam tunnel bus stop to Tuen Mun. Disaster! About 10 minutes after start, massively sprained my right ankle. Very painful. Still continued but after an hour – agony! Still continued to Tuen Mun but got slower and slower.

April

01 April 2018 Sunday

Ankle slightly better. Still had to clean the flat.

02 April 2018 Monday

Easter Monday holiday. To gym – first test after injury. Not too bad. Treadmill average of 3.7 mph after very slow start. Weight OK as most are done when seated.

03 April 2018 Tuesday

Gym exercise generally OK in spite of injury. Running up to 51 mph average. Also managed the skipping.

04 April 2018 Wednesday

Running average up to 5.8 mph, almost normal.

05 April 2018 Thursday

Ching Ming holiday. Gym essentially back to normal though my ankle still swollen and I can still feel it.

06 April 2018 Friday

HK Rugby Sevens begins. HK team has two losses, though very narrow.

07 April 2018 Saturday

Run from Tai Po to Tsuen Wan. Conditions good – cooler and cloudy. Could feel the injury but don't think it affected me. Time about the same as last year for this route. Jogged the 6 km from the reservoir to Route Twisk non-stop.

08 April 2018 Sunday

Fiji beat Kenya in final to take HK Rugby 7s title.

09 April 2018 Monday

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10 April 2018 Tuesday

Lost my black socks in the gym or shower room (I have to remove socks and shoes to do the skipping.). Still, as they were full of holes, it was past the time to dispose of them.

11 April 2018 Wednesday

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12 April 2018 Thursday

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13 April 2018 Friday

Spent nearly three hours in Yuen Long in the afternoon looking – unsuccessfully – for a swimsuit!

14 April 2018 Saturday

Run rather tough; near the end of the season. Very hot at ~28°C and also very humid. Run from Tai Tong to Tsuen; about 10 mins longer than last year. Later in the afternoon went to 'T Town' where I managed to get a suitable swimsuit (tights) at Marathon Sports (which their Yuen Long branches do not sell).

15 April 2018 Sunday

Bit cooler though still humid. First thunderstorm for summer season, I think.

16 April 2018 Monday

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17 April 2018 Tuesday

In gym, rowing machine out of action.

18 April 2018 Wednesday

In afternoon, over to local GOPC to get second (?and final) pneumococcal vaccination. Didn't take long.

19 April 2018 Thursday

Last day for exercise in gym for about 6 months.

20 April 2018 Friday

Afternoon lunch in yam cha restaurant. Finally got Skype working at 6 pm, after a total of 3 to 4 hours trying.

21 April 2018 Saturday

Last run for season. Very tough and tiring. Hot (about 27°C) and took it a little easier on the forest tracks because of ankle, which is still not quite back to normal. No rain during runs for entire season.

22 April 2018 Sunday

Extremely tired.

23 April 2018 Monday

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24 April 2018 Tuesday

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25 April 2018 Wednesday

ANZAC Day. Discovered my Stanford-Google email/dive now has *unlimited* storage, so started to load up.

26 April 2018 Thursday

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27 April 2018 Friday

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28 April 2018 Saturday

No run of course.

29 April 2018 Sunday

Third day of uploading from my hard drive to Stanford-Google drive. Did a load of washing.

30 April 2018 Monday

Shaved for the first time in 10 days; no need to shave as never left the flat during this time. Another day uploading files to my Stanford-Google Drive. Dinner at Fairwood.

[Addressee of letter wrongly placed in my mail box to be placed in 33F:

Wong Mei Ting, Flat B, 42/F B1 3, Vianni Cove, 33 Tin Kwai Rd, TST.]

May

01 May 2018 Tuesday

First swim. 2.0 km. Seemed to take a long time. Tired later! Public holiday for Labour Day.

02 May 2018 Wednesday

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03 May 2018 Thursday

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04 May 2018 Friday

qTo HS Bank in afternoon.

05 May 2018 Saturday

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06 May 2018 Sunday

Went for a swim; first Sunday swim for some time.

07 May 2018 Monday

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08 May 2018 Tuesday

About 5 pm, the telephone went crazy, light flashing and beeping. Changed batteries and tried other things but didn't help much. Moved it into the bedroom. Seemed OK for a while.

09 May 2018 Wednesday

Telephone light came on and stayed on during the night! Pool closed most of first session due to thunderstorm. Got my swim in the second session. Overarm style seemed to be better today; arched my back more, which helped. Late afternoon yam cha. In evening, stopped taking my daily single puff of beclomethasone (dose 50 mcg) now that swimming and summer are here. Hopefully, will go the whole summer without needing anything.

10 May 2018 Thursday

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11 May 2018 Friday

The 1000-lb USAF WWII bomb discovered in the Wanchai construction site – the third on this site this year – finally defused.

12 May 2018 Saturday

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13 May 2018 Sunday

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14 May 2018 Monday

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15 May 2018 Tuesday

In afternoons, another dermatology appointment; got cryotherapy treatment on two areas. Wore my (relatively) new shoes (from the US) for the first time.

16 May 2018 Wednesday

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17 May 2018 Thursday

Late afternoon meal in mall.

18 May 2018 Friday

Very tired

19 May 2018 Saturday

Prince Harry married today at Windsor.

20 May 2018 Sunday

Very tired. Spent most of the afternoon on the sofa.

21 May 2018 Monday

To HSBC in the morning. After 33 years, final episode of “The Pearl Report” broadcast. (A few of the past episodes to be broadcast in the coming weeks.) Pool closed in evening as a child had vomited into it in the earlier session.

22 May 2018 Tuesday

Public holiday for Buddha's birthday. Also, bun festival on Cheung Chau Island. A lot of the day spent with my new e-mail service *protonmail.com*. Hottest day ever for a Buddha's birthday. Subscribed to a new e-mail with strict privacy: *protonmail.com*.

23 May 2018 Wednesday

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24 May 2018 Thursday

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25 May 2018 Friday

Used the fan last night for the first time this summer, earlier than last year. Late dinner at Fairwood. Very tired.

26 May 2018 Saturday

Last night, slept nearly 8.5 hours without waking.

27 May 2018 Sunday

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28 May 2018 Monday

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29 May 2018 Tuesday

Another 'very hot' day (i.e. over 33°C). Lunch at the yam cha restaurant.

30 May 2018 Wednesday

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31 May 2018 Thursday

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June

01 June 2018 Friday

The 16th successive day of 'very hot' temperatures, i.e. 33°C or higher.

02 June 2018 Saturday

A break in the 'very hot' weather; but still 32.8°C (at the Observatory, warmer here).

03 June 2018 Sunday

Very tired!

04 June 2018 Monday

A mainland (and very arrogant) woman who took photos in a courtroom has been sentenced to seven days in prison for contempt of court.

05 June 2018 Tuesday

T1 raised – first signal for season.

06 June 2018 Wednesday

Phone on the blink.

07 June 2018 Thursday

Computer explodes – lots of smoke! Called Dell then to a shop in Golden Shopping Arcade about ordering a new one (minus the monitor, mouse and keyboard which I can use from the old one. Bought a new fixed-line phone – a Panasonic twice the price of the one I had.

08 June 2018 Friday

To shop at 12 noon to order the new Dell computer. MRT back here in late afternoon then a late afternoon lunch in mall. Had a swim at 5 pm even though very tired. Checked my e-mail on a mobile phone.

09 June 2018 Saturday

Swim then most of the day on computer things. Received (postal) mail from the Government re doing cataract operation with a private surgeon; will keep to original plan as it is (supposed to be) in December.

10 June 2018 Sunday

Cleaning then swim then remainder of cleaning. Did almost nothing else. Kim and Trump arrive in Singapore for their meeting.

11 June 2018 Monday

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12 June 2018 Tuesday

Kim and Trump begin talks; come to some agreement but short on specifics. To the library in the afternoon to use a computer.

13 June 2018 Wednesday

To the (local) dentist pm; scaling and one filling. Thought I had lost my ID card but had not taken it.

14 June 2018 Thursday

World Cup begins in Russia.

15 June 2018 Friday

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16 June 2018 Saturday

Reported gas meter reading via phone.

17 June 2018 Sunday

Call from computer shop to say it will be delivered soon. Not possible as old hard drive not inserted. Dyed/coloured my hair. Finished reading “The Diary of Anne Frank”.

18 June 2018 Monday

Holiday. Local dragon boat races.

19 June 2018 Tuesday

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20 June 2018 Wednesday

In the late evening, lots of trouble with the new computer. It was eventually delivered here at about 10 pm. Tried it out until about 1 am!!! So far, things OK.

21 June 2018 Thursday

Little sleep so very tired. Still did a swim but with more breaststroke – about 40%. Rest of day on the computer. Because I still had the old drive, didn't lose any of my data files. Also, some applications on the old C-Drive could be used too.

22 June 2018 Friday

Found that the CD-ROM would not work. Called Dell and put through to a technician (who was in Malaysia) who did some tests but could not solve the problem. With warranty of one working day on-site service, somebody should come on Monday.

23 June 2018 Saturday

Got swim in the first session then closed till mid-afternoon. Talked to Stanley in the gym and he informed me that Martin Kaufman, the Swiss guy I would sometimes chat to in the gym died of lung cancer last month in Switzerland; his ashes scattered in several location around here.

24 June 2018 Sunday

After swim, whole day setting up and using computer. Found the toilet was leaking. Turned out to be from the overflow tube due to a worn-out float that doesn't cut off properly. Managed to plug the overflow tube which seemed to solve the problem (until of course a serious problem occurs and this overflow tube is needed).

25 June 2018 Monday

The guy came about 4 pm to repair the CD-ROM – but only with a lot of hassle with Dell, including having to go through the whole rigmarole with the person in Malaysia. Turned out it is not broken just very difficult and troublesome to use. The guy's name is Anton Leung – very friendly.

26 June 2018 Tuesday

Swim rather difficult. Called Dell re Backup and Recovery not working. Again – and against my wishes – put through to Malaysia again. Spoke to a lady called May who was helpful. Turns out this backup is not included with Windows 10 (unlike Windows 8.1). Also asked about recovery as a Windows CD not included with this computer. Need to download it to a USB drive and by taking control of my computer, she showed me how to do this. Now, to purchase a small USB drive. Lunch with Stanley at Japanese pizza restaurant. Had an early dinner in the mall. Woman kills one family member and injures three in a rare HK shooting – seems she got the gun while working as a security guard on the mainland.

27 June 2018 Wednesday

In swim, overarm style more relaxed. Second shooting victim dies.

28 June 2018 Thursday

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29 June 2018 Friday

Today the 60th consecutive day for a swim.

30 June 2018 Saturday

Swim not easy.

July

01 July 2018 Sunday

CE gives out honours. Unlike CY Leung, few, if any, cronies given the gold award, though lesser awards contain some. But no ‘pro-democracy’ figures; seems that they do not do any good for HK.

02 July 2018 Monday

Holiday. An 18-year old guy killed by a lightning strike near Pyramid Peak while on a hike.

03 July 2018 Tuesday

Very heavy rain during swim but pool not closed. Twelve soccer players + coach found alive after 10 days in a flooded cave in Thailand; now, how to get them out.

04 July 2018 Wednesday

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05 July 2018 Thursday

Finally got around to doing a bit of project work – Plato’s Republic. One person arrested in connection with the pins placed in seats of KMB bus seats over the past 9 or so days.

06 July 2018 Friday

Another hot day. Lunch in the noodle restaurant.

07 July 2018 Saturday

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08 July 2018 Sunday

Very tired. In afternoon, did nothing.

09 July 2018 Monday

A second batch of four soccer players successfully extracted from cave in Thailand. Four more + coach remaining.

10 July 2018 Tuesday

Terrible swim not helped by heavy rain and strong wind part of the time and goggles that remained completely fogged up. Liu Xia, widow of Nobel winner Liu Xiaobo, on flight to Berlin after years of de facto house arrest in China. Last four boys + coach safely removed from cave.

11 July 2018 Wednesday

Transferred \$40 000 from my HSBC to H (N71129022348).

12 July 2018 Thursday

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13 July 2018 Friday

First anniversary of death of Liu Xiaobo. Meter reader from gas company comes to read meter. Thought I had lost my resident card; found it later. In so-looking, discovered I had lost my (for gym/pool) bottle of shampoo; in evening went to pool changing room and found it in the rubbish bin.

14 July 2018 Saturday

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15 July 2018 Sunday

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16 July 2018 Monday

Overnight, France beat Croatia to win the soccer World Cup.

17 July 2018 Tuesday

Swim – did just 15% breaststroke. T3 raised later as typhoon heads towards Hainan.

18 July 2018 Wednesday

Because of T3 lowering, a 10.30 am start for swim.

19 July 2018 Thursday

To HS bank afternoon; got the Chinese painting.

20 July 2018 Friday

Anniversary of first landing on the moon.

21 July 2018 Saturday

Finally did a load of washing after nearly three months!!

22 July 2018 Sunday

In Rugby World Cup 7s in San Francisco, NZ take both the Men's and Women's titles.

23 July 2018 Monday

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24 July 2018 Tuesday

One of the paragliders who had to make emergency landings last Sunday still missing.

25 July 2018 Wednesday

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26 July 2018 Thursday

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27 July 2018 Friday

Missing paraglider found, but dead!

28 July 2018 Saturday

Threw out the 2005 and 2014 computer (minus the hard drives which I removed first; 2014 drive used in new 2018 computer) and old set of speakers. On Tuesday, some sort of payment for e-waste comes into force but think that only applies to new hardware.

29 July 2018 Sunday

The Sai Yeung Choi St pedestrian zone used by street buskers closed down because of noise.

30 July 2018 Monday

To dentist at 12:30 pm for a small filling (\$400). Then to a nearby mall where I found a small 'computer' shop where I bought a USB 8GB drive. On return, downloaded the Dell Win 10 recovery files for my new computer.

31 July 2018 Tuesday

–

August

01 August 2018 Wednesday

Had a pizza lunch with Stanley.

02 August 2018 Thursday

To HS Bank pm.

03 August 2018 Friday

Swimming pool very dirty. Dangerous WWII unexploded naval shell (probably British) unearthed in a landfill; safely exploded.

04 August 2018 Saturday

Sent birthday e-mail to Leonie.

05 August 2018 Sunday

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06 August 2018 Monday

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07 August 2018 Tuesday

MTR Corp. top brass fired as Hong Kong gov't demands action over construction scandals.

08 August 2018 Wednesday

Swimming season, day 100 and swim number 100, i.e. a swim every day (and complete swims at that, not having to stop early due to thunderstorms).

09 August 2018 Thursday

T1 up later in the day for what looks like another very small storm.

10 August 2018 Friday

–

11 August 2018 Saturday

Got a swim but had to keep waiting until 1:45 pm.

12 August 2018 Sunday

–

13 August 2018 Monday

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14 August 2018 Tuesday

No swim today – first time this season. T3 raised all day due to the storm, which has been hanging around for five days, just going round in circles. To HSBC is the afternoon.

15 August 2018 Wednesday

Tropical storm finally decided to leave!

16 August 2018 Thursday

Swim, did some full 50-m lengths of overarm. Seven cases of dengue fever in just three days!

17 August 2018 Friday

Dengue cases now up to 11. Lion Rock Park, where most people were infected, to be closed temporarily.

18 August 2018 Saturday

Dengue count up to 15 now.

19 August 2018 Sunday

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20 August 2018 Monday

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21 August 2018 Tuesday

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22 August 2018 Wednesday

Very severe thunderstorm and heavy rain in evening. Dinner at home in evening.

23 August 2018 Thursday

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24 August 2018 Friday

Australian Liberal Party replaces Turnbull as leader, and so the country has a new PM. Number of dengue cases up to 24.

25 August 2018 Saturday

Dengue cases up to 28. John McCain dies (Saturday in US) aged 81.

26 August 2018 Sunday

Water carnival mainly for children in the afternoon. Dengue cases 26.

27 August 2018 Monday

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28 August 2018 Tuesday

—

29 August 2018 Wednesday

—

30 August 2018 Thursday

Another case of dengue.

31 August 2018 Friday

Yam Cha in afternoon. More bad weather.

September

01 September 2018 Saturday

—

02 September 2018 Sunday

Final day of Asian Games in Jakarta, Indonesia. HK had its best performance at an Asian Games with 8 golds, 18 silver and 20 bronze.

03 September 2018 Monday

—

04 September 2018 Tuesday

To dermatologist (a new one) pm. Some cryotherapy. Got two jars of cream. A principal of a kindergarten in Shenzhen fired for trying to liven up a formal back-to-school ceremony with a racy pole dancer. Chinese law becomes effective in parts of the new high-speed rail terminus.

05 September 2018 Wednesday

Lunch with Stanley at pizza restaurant.

06 September 2018 Thursday

A 66-year-old HK lady duped out of \$180 million. How could anyone be so stupid?

07 September 2018 Friday

Lunch at noodle restaurant.

08 September 2018 Saturday

—

09 September 2018 Sunday

—

10 September 2018 Monday

Quite a good swim; only 13.5% breaststroke. Changed my overarm style slightly, bringing arms much higher out of the water.

11 September 2018 Tuesday

No breaststroke during swim – but this will not be a regular occurrence!! 9/11 today.

12 September 2018 Wednesday

T3 raised about midday due to a weak storm south on HK.

13 September 2018 Thursday

Lower left molar shattered – mainly two large fillings rather than a tooth! To dim sum lunch/afternoon tea.

14 September 2018 Friday

Swim difficult; quite different from last Tuesday. Another filling came out of the same tooth.

15 September 2018 Saturday

T1 raised early, T3 later in the day as ‘super’ typhoon approaches.

16 September 2018 Sunday

Typhoon signal #8 raised early and #9 soon after as so-called ‘super’ typhoon MANGKHUT passes to the south of HK. Here it was very calm. And at 9:40 am, #10 raised; the first time for many years. Very powerful winds plus heavy rain in the afternoon. Worst over by 5 pm. Down to #8 signal at 7:40 pm.

17 September 2018 Monday

Typhoon was the most powerful ever recorded in HK; even more powerful than Typhoon Hope in 1979. And even then, Mangkhut was not a direct hit (as Hope was); its eye was about 100 km south of HK. Also, lower tides and other factors prevented a lot more damage. No swim; pool being cleaned, though they didn’t start until the afternoon. Down to T1 in afternoon.

18 September 2018 Tuesday

No swim; still cleaning the pool.

19 September 2018 Wednesday

Still took most of the day for cleaning pool. Open only in last session, so went at 7 pm, the first time ever in this pool.

20 September 2018 Thursday

–

21 September 2018 Friday

Yam Cha in the afternoon.

22 September 2018 Saturday

Tried to set up microphone to record on computer but ended up removing all sound completely. So decided to do a system restore which didn’t work. After 7 hours waiting, ‘crashed’ the computer and it started OK

but no system restore. HSR officially opened.

23 September 2018 Sunday

HSR opens for the public. Charles Kao, former VC at CUHK dies aged nearly 85. He has been suffering from dementia for over a decade.

24 September 2018 Monday

'Kicked out' of pool after 1.7 km because of thunderstorm; first time this season.

25 September 2018 Tuesday

Holiday for mid-autumn festival. Did a longer swim to make up for yesterday.

26 September 2018 Wednesday

—

27 September 2018 Thursday

During swim <4% breaststroke.

28 September 2018 Friday

No breaststroke during swim – just second time this season, I think. Yam cha in the afternoon. Very tired. A 7.5 earthquake and tsunami in Sulawesi.

29 September 2018 Saturday

Swim not very enjoyable.

20 September 2018 Sunday

Last swim for season → 2.0 km average.

2018: Swims:

weekly

total (km) (days) cumulative average (km/swim)

May:

2.0 2.0 2.0 2.0 2.0 10.0 10.0

5

2.0 2.0 2.0 2.0 2.0 2.0 2.0 14.0 24.0 7

2.0 2.0 2.0 2.0 2.0 2.0 2.0 14.0 38.0 7

2.0 2.0 2.0 2.0 2.0 2.0 2.0 14.0 52.0 7

2.0 2.0 2.0 2.0

June:

2.0 2.0 14.0

66.0 7

2.0 2.0 2.0 2.0 2.0 2.0 2.0 14.0 80.0 7

2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	94.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	108.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	122.0	7
July:										
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	136.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	150.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	164.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	178.0	7
2.0	2.0	2.0	2.0							
Aug:										
						2.0	2.0	2.0	2.0	14.0
192.0				7						
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	206.0	7
2.0	2.0	–		2.0	2.0	2.0	2.0	12.0	218.0	
6										
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	232.0	7
2.0	2.0	2.0	2.0	2.0	2.0					
Sep:										
									2.0	
14.0				246.0			7			
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	260.0	7
2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	14.0	274.0	7
–	–	–	–	–	2.0	2.0	2.0	2.0	8.0	
282.0				4						
2.0	[1.7]	2.5	2.0	2.0	2.0	2.0	2.0	14.2	296.2	7
1.8										
1.8			298.0			1				

(149)

(2.0 km av for

season)

October

01 October 2018 Monday

National Day; public holiday. Did a full batch of washing.

02 October 2018 Tuesday

To HS Bank am.

03 October 2018 Wednesday

–

04 October 2018 Thursday

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05 October 2018 Friday

Late afternoon tea in new restaurant. Vice-president of the FCC refused a visa renewal because of the recent hosting of a pro-independence speaker – shocking!

06 October 2018 Saturday

Coloured/dyed my hair.

07 October 2018 Sunday

Cleaned around TV stand, behind sofa and under piano, as well as regular clean. Judge Kavanaugh, surrounded by sex scandal, sworn in to Supreme Court. Something happened that caused my Cyberfox to work; I had to uninstall and then reinstall it. (The reason might have been when clicking to add a language pack to protonmail.)

08 October 2018 Monday

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09 October 2018 Tuesday

–

10 October 2018 Wednesday

CE gives budget speech. E-cigarettes to be banned.

11 October 2018 Thursday

First day after summer to wear a T-shirt.

12 October 2018 Friday

Quick lunch at Tuen Mun then pre-op eye appointment. Surprisingly quick; only a few people.

13 October 2018 Saturday

Back to gym today. Not too bad and didn't feel sore later.

14 October 2018 Sunday

To gym again. Frustrating. Three treadmills broken and running machine meter not working.

15 October 2018 Monday

After three days exercise, feeling sore.

16 October 2018 Tuesday

Massive signal failure on the MTR closed down almost the whole system for the whole morning. Light rain most of the day.

17 October 2018 Wednesday

Public holiday for Chung Yuen grave sweeping. Hopefully, yesterday's rain will reduce the number of hill fires.

18 October 2018 Thursday

–

19 October 2018 Friday

To yam cha in afternoon.

20 October 2018 Saturday

–

21 October 2018 Sunday

No gym today; will start taking days off for rest. Cross-harbour swim today – from TST to Wanchai this year.

22 October 2018 Monday

–

23 October 2018 Tuesday

The new HK-Macau-Zhuhai bridge officially opened today.

24 October 2018 Wednesday

Bridge opens to traffic today.

25 October 2018 Thursday

–

26 October 2018 Friday

–

27 October 2018 Saturday

About 40 of the 100 drones used in an evening light show crash having being hacked.

28 October 2018 Sunday

Cleaned behind and under the washing machine.

29 October 2018 Monday

On way down in lift, stopped and all floor and button lights went off. Somehow ended up at G/F. Seemed OK when I used the same one later. Got my annual free flu injection in the afternoon.

30 October 2018 Tuesday

To dermatology clinic pm for two cryotherapy; all of 2 minutes – a very expensive \$80 appointment.

31 October 2018 Wednesday

–

November

01 November 2018 Thursday

Did shopping today in case approaching storm affects HK tomorrow.

02 November 2018 Friday

Storm veering to NE of HK. Went to the gym but only for a very light and short workout because of first run tomorrow. Late lunch in mall pm.

03 November 2018 Saturday

First run on the season, from Tai Po as usual, but a week earlier than usual because of the cataract operation (in December, I hope). To try to make the run a bit shorter/quicker, changed the middle section. Not sure if it worked. Not hot but very damp and foggy. Runners in a race passed me on the uphill section from Tai Po to Lead mine pass.

04 November 2018 Sunday

Cleaned behind and under the fridge – found a bar of chocolate underneath!!

05 November 2018 Monday

–

06 November 2018 Tuesday

–

07 November 2018 Wednesday

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08 November 2018 Thursday

To Tuen Mun Eye Clinic for pre-operation appointment; lots to do. Prior to that, looked for Tuen Mun 1+1 but couldn't find it.

09 November 2018 Friday

No gym. Went to look for the two 1+1 shops in area to buy cereal. Great difficulty finding the location of the shops even though I had the shop numbers. Late lunch in yam cha restaurant.

10 November 2018 Saturday

Run tough and exhausting.

11 November 2018 Sunday

Armistice Day today 100 years since the end of World War One on 11 November 1918 at 11 am, i.e. 11-11-11.

12 November 2018 Monday

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13 November 2018 Tuesday

Finished the project 'The Republic of Plato'.

14 November 2018 Wednesday

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14 November 2018 Wednesday

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15 November 2018 Thursday

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16 November 2018 Friday

Very late lunch in mall.

17 November 2018 Saturday

Another tough run. Same route as last year (for third run) but turned round at Tsing Lun Tau turn-off and ended at tunnel bus stop. Today is Oxfam Trailwalker, but met very few as route not the same as last year (when I met many).

18 November 2018 Sunday

Third and final day of Macau Grand Prix.

19 November 2018 Monday

—

20 November 2018 Tuesday

Discovered I had lost my shampoo and conditioner in the gym, probably last Saturday.

21 November 2018 Wednesday

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22 November 2018 Thursday

—
23 November 2018 Friday

Early dinner in mall.

24 November 2018 Saturday

Runs getting more difficult. Today's run 3 minutes slower than last year and about 24 minutes slower than about 10 years ago.

25 November 2018 Sunday

Pan-democrat candidate loses out in Kowloon West by-election. Most of last week spent on updating my websites.

26 November 2018 Monday

Big frustrating mess all day trying unsuccessfully to convert pdf to html after having accidentally deleted one that worked!

27 November 2018 Tuesday

Eventually successful with two different converters (though quality of one much better).

28 November 2018 Wednesday

At a HKU conference and around the world, the Shenzhen scientist who claims to have carried out CRISPR and produced AIDS-free twin girls, condemned for serious breach of ethics.

29 November 2018 Thursday

Late lunch in yam cha restaurant. Started to use a new toothbrush.

30 November 2018 Friday

Coach hits a ? on highway; about 5 killed.

December

01 December 2018 Saturday

Run not too but getting slower! Former President George H. W. Bush dies (US time).

02 December 2018 Sunday

Coloured/Dyed my hair.

03 December 2018 Monday

—

04 December 2018 Tuesday

—

05 December 2018 Wednesday

Off early with Stanley for my right cataract operation. Same procedure as for left eye nearly three years ago. All over at about 4 pm. Back here and dinner at noodle restaurant.

06 December 2018 Thursday

To eye clinic am to have pad removed; vision very clear. Former Home Affairs Secretary Patrick Ho found guilty in a US court of bribing officials from African countries.

07 December 2018 Friday

—

08 December 2018 Saturday

No run due to the eye operation.

09 December 2018 Sunday

—

10 December 2018 Monday

Back to the gym. Rowing + jogging + some weights, but of lower intensity. Quite cool/cold today.

11 December 2018 Tuesday

—

12 December 2018 Wednesday

—

13 December 2018 Thursday

To eye clinic for follow-up check; everything OK.

14 December 2018 Friday

Late lunch in the yam cha restaurant. Quite cool today.

15 December 2018 Saturday

Run quite good. Same route as after the operation on the other eye nearly three years ago, but today was 3 minutes faster.

16 December 2018 Sunday

—

17 December 2018 Monday

Just before evening TV news, my TV set seems to have given up for good.

18 December 2018 Tuesday

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19 December 2018 Wednesday

To dentist am due to broken tooth. Had to wait one for appointment! Had tooth extracted.

20 December 2018 Thursday

–

21 December 2018 Friday

In afternoon, walked over to T-Town to see if they have a 1+1 shop. They don't but have a Best360 which also sells the breakfast cereal I like.

22 December 2018 Saturday

Told myself I would enjoy the run. I didn't! Very tough and slow. Tai Po ----→ TMS (turn-off) ---→ main road --→ Sek Kong roundabout.

23 December 2018 Sunday

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24 December 2018 Monday

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25 December 2018 Tuesday

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26 December 2018 Wednesday

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27 December 2018 Thursday

To skin clinic pm for cryotherapy in just two places.

28 December 2018 Friday

Dinner in mall.

29 December 2018 Saturday

First cold weather warning of season issued; latest to be issued in all seasons so far. Run reasonable; pullover on all time (CU → [MOS area] → CU). About same time as for the same route last year.

30 December 2018 Sunday

Cold. At 5 pm, went down and had a steam bath – first time ever at this time, I think.

31 December 2018 Monday

Woken up at midnight by noise from people nearby.

January

01 January 2019 Tuesday

Late afternoon, went over to Fortress with Stanley to have another look at a new TV and a router. Then, after dinner, went over again to order, pay and collect router. Installed router after some initial trouble.

02 January 2019 Wednesday

Still cold.

03 January 2019 Thursday

To eye clinic am for another check-up. Head of the HK Catholic church dies from liver failure.

04 January 2019 Friday

New TV arrived in afternoon. Not too difficult to set it up. Includes an Internet browser. Because it is wi-fi, found that by using the USD wireless connection, could use this on the TV and so use mouse and keyboard – very convenient.

05 January 2019 Saturday

Warmer today so no pullover for run. Run is one of my longest and slower than last year. All afternoon playing around with the TV and especially the Internet. Watch Leonie's one-hour long presentation at the VA conference in San Diego. Website:

http://neurostream.ucsd.edu/fullscreen-player.php?path=domgr_vd&source=MGR_12_12_18.mp4

06 January 2019 Sunday

Most of day on computer and TV. Did a batch of washing.

07 January 2019 Monday

Early gym then to the dentist. Found they had not recorded my appointment, but still took me (with a little insistence). Then to look for another USB wireless receiver to use on the TV, but found it would have to be a Dell one as only that is compatible with the keyboard and mouse used with the computer.

08 January 2019 Tuesday

To TMH for first check-up in 10 months. As no change, asked for and got a discharge, with a one-year allowance to make an appointment if necessary. Oil tanker catches fire when being refuelled from a barge off Lamma Island.

09 January 2019 Wednesday

To HSBC in afternoon.

10 January 2019 Thursday

–

11 January 2019 Friday

Again most of the day spent on the TV. An upper left tooth broke while eating hard banana chip sweets; one big filling fell out. So now I have six fillings on my desk that have fallen out from my teeth.

12 January 2019 Saturday

Run not too bad; even the TLC trail leg was not bad.

13 January 2019 Sunday

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14 January 2019 Monday

No gym this week as my three-month card has expired. Will start again next week.

15 January 2019 Tuesday

Donald Tsang released from prison after serving his 12-month sentence.

16 January 2019 Wednesday

Terrible day – not well. Lot of coughing, sneezing, running nose (and eyes). Felt tired and cold.

17 January 2019 Thursday

Feeling a *little* better.

18 January 2019 Friday

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19 January 2019 Saturday

Run up Cloudy Hill area. To avoid the hills on return decided to take a shorter/quicker route back via Sha Lo Tung and to Tai Po. How wrong that turned out to be. Slow and difficult and I think the sickness might have affected the second half. Took 2 h 50 min, which was 5 min slower than regular route last year. More problems with computer; ‘Catastrophic failure 0x8000ffff. All desktop icons gone, ‘right click properties don’t open, couldn’t do a restore point; may be due to trying to connect computer to TV. Most things work though.

20 January 2019 Sunday

All day trying to fix the computer problems – unsuccessfully.

21 January 2019 Monday

Started gym again. Window falls from a hotel room in Nathan Road hitting and killing a lady tourist from China.

22 January 2019 Tuesday

Using the Registry Editor applet, I backed up the defective HKLM\SOFTWARE\Microsoft\Windows NT\Current Version\Schedule key and then deleted its subkeys. Now Task Scheduler works again, a fresh Task Scheduler after the registry purge.

23 January 2019 Wednesday

Called Dell Technical Support (in Malaysia) regarding my computer problems. The lady didn't know much about the problems. Eventually did a major Windows 10 update, which took a long time, but seemed to solve the problems. Took the whole afternoon.

24 January 2019 Thursday

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25 January 2019 Friday

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26 January 2019 Saturday

For run, did the Plover Cove route, the first time for two years, instead of the Bat Sin Seng route. Seemed to be much more uphill that I remember!! Got off the bus on the way home to buy three packets of muesli at 1+1.

27 January 2019 Sunday

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28 January 2019 Monday

Didn't feel much like doing gym. But the rowing, done first, was very good, at 191 m/min at click 3 resistance level. The jogging that followed, however, was very slow.

29 January 2019 Tuesday

Gym rowing not so easy today, reflected in only 171 m/min. Found I could use the new TV for radio broadcasts, but there is a time lag of 35 seconds. Reproduction not as good as using a radio and more troublesome to use.

30 January 2019 Wednesday

—

31 January 2019 Thursday

Hot pot dinner in evening at a Fairwood restaurant next to Cozi Hotel.

February

01 February 2019 Friday

Did (lighter) gym exercise as run will be on Sunday instead of tomorrow.

02 February 2019 Saturday

Spent part of the time on the phone to Dell technician (in Malaysia) but she didn't solve the problem. Small German WWI hand grenade found in a sack of potatoes imported from France, safely exploded.

03 February 2019 Sunday

Run not too bad.

04 February 2019 Monday

Gym am, even though I did a long run yesterday. In afternoon, contacted Dell again because of same problems. This time, they were useless. I had to reset Drive C and so lost my apps so had to reinstall and modify them. Got to bed at 3.30 am (i.e. Tuesday morning!), but still not finished.

05 February 2019 Tuesday

First day of Chinese New Year – Year of the Pig. All day 'fixing' and re-setting the computer.

06 February 2019 Wednesday

Today is the hottest ever second day of a Chinese New Year. More or less finished the resetting of Drive C.

07 February 2019 Thursday

Just as I finished gym, there was a new year lion dance in the clubhouse, so went up to watch it. Record high temperature for third day of Chinese New Year – in some places up to 28°C or 29°C (though at Observatory lower).

08 February 2019 Friday

Another record high temperature for Chinese NY. Setting up macros for LO Writer; some of them – bullets – very troublesome. Cows wander into a PnS supermarket at Mui Wo and proceed to eat fresh fruit and vegetables. Video links:

<https://coconuts.co/hongkong/news/who-let-the-cows-out-4-cows-go-into-a-grocery-store/>

<http://www.thestandard.com.hk/breaking-news.php?id=121369&sid=4>

<https://www.scmp.com/news/hong-kong/health-environment/article/2185466/cows-go-foraging-lantau-island-supermarket-which>

09 February 2019 Saturday

Changed my planned run to Lantau Peak because of weather (rain predicted by actually fine), airport chaos (probable road congestion, China Airlines pilots on strike), millions of mainland visitors in Tung Chung area, and cows!! Did Tai Tong to Sek Kong instead; very difficult and lots of walking, but about the same time as last year.

10 February 2019 Sunday

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11 February 2019 Monday

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12 February 2019 Tuesday

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13 February 2019 Wednesday

Lunch with Stanley in the piazza restaurant.

14 February 2019 Thursday

Evening takeaway meal.

15 February 2019 Friday

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16 February 2019 Saturday

Run from Tung Chung up to Ngong Ping and on to Tung Chung again via paths/roads. Took about 3 hours. Tired afterwards.

17 February 2019 Sunday

HK marathon; 74 000 runners in all three races. New record set.

18 February 2019 Monday

To local HS bank afternoon to meet new guy.

19 February 2019 Tuesday

In the evening, went down to the park to look at the lighted lantern display.

20 February 2019 Wednesday

More computer problems; each press of the space-bar types an 8 -- 8as 8in 8this 8sentence!! Spent a lot of the day trying, unsuccessfully, to solve the problem, but late in the day problem disappeared.

21 February 2019 Thursday

Problem back but only for a short time.

22 February 2019 Friday

222. Yam Cha lunch in afternoon.

23 February 2019 Saturday

Bit cooler but humid. Did a shorter run to balance the long run last week (average about 2:37).

24 February 2019 Sunday

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25 February 2019 Monday
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26 February 2019 Tuesday

In gym, did a fast row of 19 m/min (at click level/arrow 3), even though I intended to take it easy.

27 February 2019 Wednesday

Budget day today. Got a little – \$1000 for e-health voucher with maximum raised to \$8000.

28 February 2019 Thursday

To eye clinic for test. Everything OK, so no more visits. Gym: Rowing – managed, but very slow at only 17 /min. Treadmill difficult – could only do walk and not run. Skipping surprising – normal!

March

01 March 2019 Friday

To HS Bank in the morning.

02 March 2019 Saturday

Terrible ‘run/hike/walk/crawl’. Tai Po to Tai Mo Shan → Sek Kong. Very difficult and very slow. Leg injury + tired + age! Rank as one of my worst.

03 March 2019 Sunday

Now its trouble with the (Dell wireless) mouse!!

04 March 2019 Monday

In gym, because of injury, did cycling instead of running – good.

05 March 2019 Tuesday
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06 March 2019 Wednesday
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07 March 2019 Thursday

Cooler today. Late yam cha lunch.

08 March 2019 Friday

After Dell update installed, the same problem occurred – restore points and system protection greyed out. Afternoon, after a Dell update, computer had the same big issues of several weeks ago. Tried various things including a Windows 10 update/download using an ISO file which updates windows but allows to keep

files and apps. First few attempts didn't work but finally something did!

09 March 2019 Saturday

Run not bad; much shorter than last week; 2 h 13 min. Tai Tong gate → reservoir → loop → TLC trail → bus stop. Could feel leg but it held up OK.

10 March 2019 Sunday

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11 March 2019 Monday

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12 March 2019 Tuesday

To HSBC in afternoon.

13 March 2019 Wednesday

Most of day checking letter for HKIER.

14 March 2019 Thursday

Late yum chan lunch.

15 March 2019 Friday

Multiple fatalities from mass shootings at two mosques in Christchurch.

16 March 2019 Saturday

Run terrible – difficult and slow, made worse by meeting hundreds of runners in a race. Policeman shoots dead a man in a Kowloon supermarket who attacked and injured the manager.

17 March 2019 Sunday

–

18 March 2019 Monday

Two empty MTR trains collide in a tunnel at 3 am due to a faulty signalling system, causing commuter travel chaos later.

19 March 2019 Tuesday

To skin clinic pm. Some cryotherapy and lots of new appointments. A top HK swimmer, at a training camp in Florida, dies after he feels unwell during a training session.

20 March 2019 Wednesday

In gym, went back to treadmill running from cycling; OK though not perfect. Watched a BBC TV programme on fitness, including HIIT (High Intensity Interval Training).

21 March 2019 Thursday

In gym, did HIIT for rowing and treadmill – 1 min slow, 2 mins intense, repeated for 15 mins.

22 March 2019 Friday

Early yum cha dinner.

23 March 2019 Saturday

Tough run but just a few minutes slower than last year.

24 March 2019 Sunday

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25 March 2019 Monday

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26 March 2019 Tuesday

Birthday meal in the evening in the local pizza restaurant.

27 March 2019 Wednesday

To skin clinic am for two biopsies – one on neck, the other on chest, which may be a (large) keloid. Back at lunch time. To gym later but took it a little more easy, but still noticed a little bleeding of the chest wound. In the shower, could not let the wounds get wet.

28 March 2019 Thursday

In gym, took row and run much easier.

29 March 2019 Friday

–

30 March 2019 Saturday

Run: Lychee path → Ho Pui Reservoir (via a steep detour around the landslides) → (didn't go around the reservoir) → road → Y-junction → tunnel bus. At 2h 13 min, a bit shorter. One of the biopsy covers came off when in the gym shower room.

31 March 2019 Sunday

Another case in the ongoing measles epidemic.

April

01 April 2019 Monday

A small type of ant, just 2 mm in length, discovered in HK. Two more measles cases amongst airport workers.

02 April 2019 Tuesday

–

03 April 2019 Wednesday

Measles cases now up to 40+.

04 April 2019 Thursday

Late afternoon tea in restaurant.

05 April 2019 Friday

Ching Ming holiday. HK Rugby 7s begin today. A 26-year-old Filipina worker (not a domestic helper) killed when she falls down a waterfall at Ng Tung Chai when taking a 'selfie'.

06 April 2019 Saturday

Run tough and hot (26°C+) and a lot of walking. Shortened the route from previous years in order to have a shorter run.

07 April 2019 Sunday

Has to do another Windows Upgrade (keeping apps and files) due to lost icons and thumbnails.

08 April 2019 Monday

Fiji win HK Rugby 7s for fifth successive time, beating France 21 – 7 in final. NZ nowhere. Measles epidemic cases up to 56.

09 April 2019 Tuesday

Feeling very tired again. Took gym easier. Slow rowing and treadmill (5mph, 8 km/h), but cannot really slow down skipping. Yam cha lunch in the afternoon. Measles cases up to about 62.

10 April 2019 Wednesday

To skin clinic at 9 am to have stitches removed; back by 10 am.

11 April 2019 Thursday

Again took gym a little easier.

12 April 2019 Friday

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13 April 2019 Saturday

Run from Tail Lam Tunnel bus stop to Tuen Mun. Started at 7:30 am.

14 April 2019 Sunday

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15 April 2019 Monday
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16 April 2019 Tuesday

Gym exercise felt much better; rowing up to 192 m/min (at click level 2). Even running not so bad. Notre Dame cathedral in Paris severely damaged by a fire that raged through it.

17 April 2019 Wednesday

Gym quite good; back to normal (though only one more gym exercise day left on 3-month ticket). To HS bank pm; got a 'wine' gift set.

18 April 2019 Thursday

Last gym session of the season. A pity as exercise finally back to normal after several weeks of being tough. Today: rowing 183+ m/min at click 3 level, run 5.55+ mph. Call from skin clinic to make an appointment – ominous!

19 April 2019 Friday

Good Friday.

20 April 2019 Saturday

Last run for the season; same time as for the same route last year. Average time for rune = ~2 hr 27.7 min. Almost no rain – just some during the first run. But very heavy rain in the afternoon (with first red rain warning of the wet season raised. Also severe thunderstorm and lightning. A hiker in Tai O struck and killed by lightning.

21 April 2019 Sunday

Ukraine elects a young comedian as its next president!

22 April 2019 Monday

Exhausted!

23 April 2019 Tuesday

Did a load of washing, the first for a few months. Peak Tram closes for three months for upgrading.

24 April 2019 Wednesday

Several of the 'Occupy' leaders jailed, some for 16 months.

25 April 2019 Thursday

ANZAC Day. To check Leonie's HK bank a/c with her US a/c added, I transferred some money to her US a/c.

26 April 2019 Friday

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27 April 2019 Saturday

No run today; running season finished last week.

28 April 2019 Sunday

Coloured/Dyed my hair – sort of, as remaining reagents almost ineffective.

29 April 2019 Monday

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30 April 2019 Tuesday

To dermatology clinic pm. Had a skin cryotherapy and got a referral to Tuen Mun Hospital for a BCC operation. Then to hospital and was given an appointment next week.

May

01 May 2019 Wednesday

First swim for season – slow and seemed to take a long time (said the same thing last year!). Japanese Prince Naruhito becomes emperor today following his father's abdication. Labour Day holiday today.

02 May Thursday

Slept for 8 straight hours last night!

03 May Friday

Yam Cha lunch in the afternoon.

04 May Saturday

Felt cold after the swim then didn't want to get out of the hot shower. New king crowned in Thailand.

05 May Sunday

Pool water still cool – today 19°C.

06 May Monday

Prince Harry's baby born – a boy.

07 May Tuesday

After swim (still very cold), to Tuen Mun Hospital re BCC lesion on chest; operation arranged for end of May.

08 May Wednesday

Pool temperature down to 18⁰C – did my swim, but really just too cold for swimming. Felt cold later even after a long hot shower.

09 May Thursday

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10 May Friday

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11 May Saturday

Swim a bit warmer, and sun shining, but still needed a long hot shower to thaw out. In Lego, opposing camps physically fight each other as to who should be running a meeting to discuss the proposed extradition treaty.

12 May Sunday

Bun festival on Cheung Chau Island.

13 May Monday

Public holiday for Buddha's birthday. Cull of 6000 pigs to begin after a case of African swine flu discovered imported in a pig from China.

14 May Tuesday

Pool water temperature up to 23⁰C. Yam cha in afternoon. Bought a new box of hair dye.

15 May Wednesday

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16 May Thursday

After swim, to PO to post return letter for TIME payments.

17 May Friday

Swimming just too difficult and exhausting. Only did 1.7 km today instead of 2.0 km.

18 May Saturday

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19 May Sunday

Coloured/Dyed my hair using the new material. Robinson R44 helicopter crashes at/behind Kadoorie Farm (?next to it where helicopter base is); pilot killed.

20 May Monday

Fresh pork back on sale.

21 May Tuesday

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22 May Wednesday

Two 2016 Mongkok rioters given political asylum in Germany – that will ruffle a lot of feathers.

23 May Thursday

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24 May Friday

Late second lunch in mall.

25 May Saturday

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26 May Sunday

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27 May Monday

Early morning, severe flooding in some villages near TSW due to heavy rain. Only got 4 lengths of swim am due to a thunderstorm warning (clubhouse made a mistake); got a full swim in 4 pm session.

28 May Tuesday

Pool not open until 1:30 pm. Did 2 km.

29 May Wednesday

Normal swim, but did an extra 0.4 km so as to average 2 km this week.

30 May Thursday

To Pok Oi Hospital for operation to remove large red lump of BCC tissue on my chest. The actual operation did not take too long but there was a lot of waiting time before and after, so overall it took longer than the similar procedure last time. Bank draft from Singapore arrived; deposited it into my bank a/c on returning from the hospital. Of course, no swim today.

31 May Friday

Felt quite tired. Sometimes feel more tired when I do not do exercise. Finally threw out the balcony plant. It was no longer anything like the original that I had in the HPRC. It had been taken over and strangled by seeds from plants in the estate.

June

01 June 2019 Saturday

An infected pig found again; all 5000 to be culled. I am so tired! Government finds itself in a mess over the extradition bill.

02 June 2019 Sunday

Liverpool beat Tottenham to take the European (Soccer) Cup.

03 June 2019 Monday

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04 June 2019 Tuesday

30th anniversary of the June 4th massacre in Tiananmen Square. Patch over stitches stained, probably with blood. One part seemed to be ‘weeping’.

05 June 2019 Wednesday

Organisers say 180 000 attended last night’s June 4th candlelight vigil (Police give a PC number of 37000). Took off patch; stitches actually a straight line nearly 5 cm long (I measured it!) at about 45°.

06 June 2019 Thursday

Went back to swimming. Did (the now regular) 1.7 km. 75th anniversary of the D-Day landings.

07 June 2019 Friday

Tuen Ng Festival/Dragon Boat holiday.

08 June 2019 Saturday

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09 June 2019 Sunday

Huge protest march against the extradition bill. Organisers say 1 million turned out; police (of course!) say only 240 000.

10 June 2019 Monday

Afternoon yam cha.

11 June 2019 Tuesday

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12 June 2019 Wednesday

More protests including by small businesses, school students. Date of Nadine’s birthday (though actual US time of birth not until tomorrow). To local dentist pm – X-ray + filling + scaling = \$995. Tens of thousands of Hong Kong anti-extradition law protesters block roads around Gov’t HQ as bill meeting postponed. Traffic at a standstill.

13 June 2019 Thursday

Later morning swim due to thunderstorm. In afternoon, to GOPC. Only took out a few of the stitches. They wanted me to buy and take antibiotics, which I did not want, so I walked out.

14 June 2019 Friday

Supermarket day. As only one lift working, when trying to take the trolley back, full three times, so pulled the trolley down to 33/F to get a lift there. Carrie Lam secretly to Shenzhen to receive 'instructions' from a senior CCP member on the extradition bill.

15 June 2019 Saturday

After swim, over to GOPC again to get remaining stitches removed and a course of antibiotics (which I will not take, unless a lot of pus comes out of the wound). At 3 pm, Carrie Lam holds a press conference to announce that she will suspend – not withdraw – the extradition bill for the time being.

16 June 2019 Sunday

A protestor dies yesterday after a fall from Pacific Place. Second protest march – organisers claim 2 million people this time, compared with (just) 1 million last week. Carrie Lam publicly apologises for 'the inadequate work of the government'.

17 June 2019 Monday

Joshua Wong released from prison.

18 June 2019 Tuesday

Late lunch in mall.

19 June 2019 Wednesday

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20 June 2019 Thursday

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21 June 2019 Friday

Summer solstice at 12:24 pm. Longest day – from 05:39 sunrise to 19:09 sunset (13:30 hours).

22 June 2019 Saturday

Exhausted last night; slept for nine hours straight. Used fan for the first time this year.

23 June 2019 Sunday

Tired. Most of afternoon spent lying on sofa.

24 June 2019 Monday

Yam Cha in afternoon.

25 June 2019 Tuesday

'Project' nightmare last night; couldn't finish it and it was due to be handed in the next day. To TMH for follow-up appointment. Waste of time. First, had to wait nearly two hours, even though first in queue. Then pathology report not available, which is needed for the appointment!!

26 June 2019 Wednesday

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27 June 2019 Thursday

The government cancels the appearance of student and youth uniformed groups at the July 1st ceremony.

28 June 2019 Friday

Strip of public waterfront promenade in front of PLA HQ handed over to the PLA.

29 June 2019 Saturday

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30 June 2019 Sunday

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July

01 July 2019 Monday

Holiday for handover. CE appears in public for the first time in about two weeks. Demonstrators break into and vandalise the LegCo building.

02 July 2019 Tuesday

CE holds a press conference at 4 am. First time she has appeared in public for about two weeks. Did a short swim at 1.1 km. Then to CUHK to get medical exam cert for renewal of driver's license (cost \$250), then to the dentist to begin root canal treatment (\$132 for today). Late lunch in mall but I just had a chicken leg.

03 July 2019 Wednesday

Only managed 1.5 km swim then (brief) thunderstorm. Posted letter re license renewal to Transport Dept.

04 July 2019 Thursday

Swam 1.9 km to make up for 0.2 km shortfall yesterday.

05 July 2019 Friday

To HSBC in afternoon. Threw away plastic objects.

06 July 2019 Saturday

Very tired after swim; did little for the rest of the day.

07 July 2019 Sunday

Difficult swim!

08 July 2019 Monday

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09 July 2019 Tuesday

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10 July 2019 Wednesday

Swim surprisingly quite good, and only about 15% breaststroke. Last VW Beetle rolls off production line (in Mexico).

11 July 2019 Thursday

Another good swim. Received my new driver's license.

12 July 2019 Friday

Swim pretty good; only about 13% breaststroke. PnS food area entirely rearranged; difficult to find things.

13 July 2019 Saturday

Difficult swim again! Another protest. This time against parallel traders in Sheung Shui.

14 July 2019 Sunday

Carnival for kids in the pool.

15 July 2019 Monday

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16 July 2019 Tuesday

Very hot; about 35°C here.

17 July 2019 Wednesday

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18 July 2019 Thursday

Very, very hot here; up to 38°C.

19 July 2019 Friday

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20 July 2019 Saturday

Not a good swim.

21 July 2019 Sunday

50th anniversary of the landing of the first men onto the moon. NZ win World Cup Netball in their 52-51 upset final win over Australia in Liverpool on Sunday (Monday NZ time).

22 July 2019 Monday

Late last evening, hundreds of men dressed in white t-shirts (suspected to be triads) stormed through Yuen Long MTR station beating people up – both black shirt protesters as well as train passengers and civilians. No police on scene until it was all over! At least 45 injured, some seriously.

23 July 2019 Tuesday

Swim felt better – maybe because few swimmers so water calmer. To skin clinic in afternoon for cryotherapy; from here and return took two hours. Also bought biscuits from M&S. Li Peng, the ‘Butcher of Beijing’, dies. Boris Johnson to become UK PM (groan!).

24 July 2019 Wednesday

Now, Beijing has mentioned the idea of PLA troops in HK, if CE requests.

25 July 2019 Thursday

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26 July 2019 Friday

Leaked voice recording suggests local Liaison Office behind the White shirt attacks at Yuen Long station. Anti extradition bill protest at the airport.

27 July 2019 Saturday

A big illegal protest in Yuen Long.

28 July 2019 Sunday

Only swam 0.5 km then thunderstorm + 1.5 km in second session → 2.0 km. More protests and violence on both sides of the harbour. In Yuen Long, car of the Liaison Office found to have poles and steel bars in it; they say it was not them.

29 July 2019 Monday

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30 July 2019 Tuesday

T1 raised. Some trouble outside and near the TSW police station in the evening.

31 July 2019 Wednesday

T3 raised. Pizza lunch with Stanley. T8 raised later. So no swim today.

August

01 August 2019 Thursday

T8 then T3 but still no swim.

02 August 2019 Friday

Back to swimming again. Now a protest by civil servants urging government to listen to public demands.

03 August 2019 Saturday

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04 August 2019 Sunday

Neighbour brings in dog at 6:40 pm.

05 August 2019 Monday

More protests outside the TSW police station. On hearing the radio news, thought about going over to take a look but didn't.

06 August 2019 Tuesday

Police fire 800 tear gas rounds today compared with 1000 for the previous two months.

07 August 2019 Wednesday

To local dentist am. Expensive – \$900 for just two fillings. Then found a small wet market so bought some vegetables.

08 August 2019 Thursday

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09 August 2019 Friday

Anniversary of dropping of atomic bomb on Nagasaki.

10 August 2019 Saturday

China stops CX from flying to China with any staff involved in HK protests.

11 August 2019 Sunday

During swim, choked badly on breathing in a lung-full of water.

12 August 2019 Monday

Airport sit-in continues. Most evening flights cancelled.

13 August 2019 Tuesday

More sit-ins at the airport and more flight cancellations.

14 August 2019 Wednesday

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15 August 2019 Thursday

Report of PLA massing on Shenzhen-HK border. Satellite pictures of assembled troop carriers in a stadium.

16 August 2019 Friday

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17 August 2019 Saturday

Dyed/Coloured my hair. (New dye does not seem to work properly.) More protests, but no tear gas fired! During the night, on my way to the toilet, walked into the small bookshelf, knocking Nadine's glass ball onto the floor. It did not break but bounced! A few small glass chips broke off.

18 August 2019 Sunday

Dyed/Coloured my hair a second time. Left colouring on for about 50 min (instead of 5-15 mins as on box) and helped darken my hair, but only a little. Another very large protest (organisers say 1.7 million!), this time peaceful.

19 August 2019 Monday

Scolded a swimming pool teacher for not keeping to the side of the pool thus preventing people from lap swimming.

20 August 2019 Tuesday

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21 August 2019 Wednesday

After swim (and shower), went to a market to buy muesli and vegetables. Wet market gone (probably gone for several years!) so had to find another. Very, very hot; sweating profusely. Needed a second shower on return. Third full day of uploading mp4 videos to my websites (at least for the hosts that allow it) in order to put a 'poster/cover' over the videos. Also, replacing some Google/YouTube videos on my websites, which was only going to take *one* day.

22 August 2019 Thursday

Phone call from Sydney at 9:30 pm.

23 August 2019 Friday

Swim in second session as thunder earlier (13% overarm). To PnS. 'Opening' ceremony of 'new' shop at 8:30 am, just before I arrived.

24 August 2019 Saturday

Opened an AwardSpace hosting service, but troublesome as couldn't login after logging out the first time. also seems one has to get a domain, unlike all the other hosting services I use/have used. Hot today; 36°C max here and still 33°C at midnight, then a sudden drop.

25 August 2019 Sunday

Swim – about 4.1% not overarm. Most of the day spent on the new website hosting service.

26 August 2019 Monday

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27 August 2019 Tuesday

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28 August 2019 Wednesday

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29 August 2019 Thursday

Acute tummy pain after dinner; OK after a poo.

30 August 2019 Friday

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31 August 2019 Saturday

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September

01 September 2019 Sunday

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02 September 2019 Monday

T3 up in morning; went for swim 4 pm when down to T1. Schools start agin today.

03 September 2019 Tuesday

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04 September 2019 Wednesday

CE finally withdraws the extradition bill – too little, too late.

05 September 2019 Thursday

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06 September 2019 Friday

To PnS. On return, checked to see if all the goods would fit into my backpack. Not quite – still need another bag. Hot again. Robert Mugabe dies, aged 95. On computer, lost all sound. Restored to an earlier restore store point and then OK.

07 September 2019 Saturday

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08 September 2019 Sunday

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09 September 2019 Monday

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10 September 2019 Tuesday

Swim difficult! To dermatologist pm; need to return in October for more biopsies.

11 September 2019 Wednesday

Swam only 1 km today! Anniversary of attack in New York.

Cancelled my subscription with TIME.

Please cancel my subscription with immediate effect.

Please send the balance of my subscription to either (1) my credit card account, or (2) by bank draft to my residential address.

Thank you.

Rex M Heyworth

(Customer ID: 021886064)

12 September 2019 Thursday

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13 September 2019 Friday

Mid-autumn festival day.

14 September 2019 Saturday

More protests and violence. This time including HK people versus CCP supporters.

15 September 2019 Sunday

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16 September 2019 Monday

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17 September 2019 Tuesday

MTR train, with passengers, derailed near Hung Hom station. Swam 1.7 km.

18 September 2019 Wednesday

Another 1.7 km swim.

19 September 2019 Thursday

To CUHK dentist pm for root canal. Cost \$1122 for canal + X-ray + temporary filling.

20 September 2019 Friday

To local dentist for another filling.

21 September 2019 Saturday

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22 September 2019 Sunday

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23 September 2019 Monday

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24 September 2019 Tuesday

Swim better today – just 10% breaststroke. But it left me tired.

25 September 2019 Wednesday

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26 September 2019 Thursday

To CUHK dentist pm. Two fillings – \$528. Carrie Lam holds ‘dialogue’ evening with 150 people from the community.

27 September 2019 Friday

To HS Bank pm.

28 September 2019 Saturday

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29 September 2019 Sunday

Did the whole swim with no breaststroke – but I wouldn’t like to do this every day!!

30 September 2019 Monday

Last day of swimming season. Again did a no-breaststroke swim – but not easy. average for the season about 1.7 m (though I do not keep a written record now). David Akers-Jones dies aged 92. Max temperature here

36C.

October

01 October 2019 Tuesday

National Day holiday – 70th anniversary. Did a full load of washing – the first for quite a while (about five months!).

02 October 2019 Wednesday

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03 October 2019 Thursday

Student shot by a policeman to be charged for rioting.

04 October 2019 Friday

Government brings in an emergency law to ban face masks effective at midnight.

05 October 2019 Saturday

New emergency law banning face masks hasn't worked as chaos erupts in multiple districts after midnight. Large section of MTR shut down entirely.

06 October 2019 Sunday

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07 October 2019 Monday

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08 October 2019 Tuesday

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09 October 2019 Wednesday

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10 October 2019 Thursday

Electricity to Tower 7 completely cut from about 10 am to 3 pm for maintenance.

11 October 2019 Friday

Coloured/Dyed my hair – hope it works this time. Had to do it twice (and keep it on hair for one hour before rinsing) to have any effect.

12 October 2019 Saturday

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13 October 2019 Sunday

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14 October 2019 Monday

Started gym again.

15 October 2019 Tuesday

Had an ‘argument’ in the gym with a lady who would not stop on the rowing machine.

16 October 2019 Wednesday

US passes a human rights act to monitor city’s autonomy related to China and problems in HK.

17 October 2019 Thursday

To gym early as clubhouse closed at 10 o’clock as electricity off.

18 October 2019 Friday

To HS bank pm but then went to Starbucks for business and chat. Finished revision of my neocities website.

19 October 2019 Saturday

Went to the gym.

20 October 2019 Sunday

Washed the sofa cover, first time for two (?) years.

21 October 2019 Monday

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22 October 2019 Tuesday

New Japanese emperor enthroned.

23 October 2019 Wednesday

Hong Kong officially withdraws controversial extradition bill from legislature. China plans to replace Hong Kong leader Carrie Lam in March – newspaper report.

24 October 2019 Thursday

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25 October 2019 Friday

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26 October 2019 Saturday

All Blacks lose 19-7 to England in RWC semi-final.

27 October 2019 Sunday

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28 October 2019 Monday

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29 October 2019 Tuesday

Yam cha pm. Then bought batteries and fixed the gas cooker spark and light bulbs for bathroom (but wrong type).

30 October 2019 Wednesday

Very busy day. To gym at 7:30 (earliest ever I think), then to skin clinic for three biopsies. Back via 1+1 shop to buy cereal. Down to maintenance office to enquire about light bulbs bought yesterday (wrong type!). Then to buy correct type. Bought a new microwave oven from *Fortress* to replace current one. Then guy from maintenance replaces bathroom lights (turns out the problem is with fuses not the light bulbs) and also removed the old microwave. Then over for a noodle meal.

31 October 2019 Thursday

New microwave oven arrives pm. Installation OK but adjustment to fit old space troublesome.

November

01 November 2019 Friday

NZ beat Wales to take third place in RWC.

02 November 2019 Saturday

South Africa beat England in final to win RWC.

03 November 2019 Sunday

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04 November 2019 Monday

Keith arrives. Flight arrived at about 0500; here about 0800.

05 November 2019 Tuesday

Keith to visit museums but today most re closed!

06 November 2019 Wednesday

Keith out for a bike ride from Shatin to Plover Cove and back. Junius Ho stabbed during an election campaign in Tuen Mun.

07 November 2019 Thursday

Keith to Sai Kung for walk at low tide cross a rocky causeway to a small island.

08 November 2019 Friday

Student protestor who fell from a carpark dies.

09 November 2019 Saturday

First run for the season – same route s last year. Getting tougher! Keith came with me and did his own hike.

10 November 2019 Sunday

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11 November 2019 Monday

Remembrance Day. First gym after starting runs; did my 10 mins skipping without stopping. Keith to Lantau for hike to peak; got mixed up in protests.

12 November 2019 Tuesday

Many more protests. In evening, protests in TSW with damage below here on road and LRT.

13 November 2019 Wednesday

Never made it to the Tuen Mun clinic for my appointment. MTR, LRT and many buses not running.

14 November 2019 Thursday

Another protestor dies by falling. Managed to get to eye clinic in afternoon. Left home at 1:15 pm. Found that LRV 751 was OK so got that. After appointment, to TMH – by LRV 5.5 and not 751 – to give report on my condition. Then managed to get 751 home – which actually went the normal route. Home at 5 pm. Keith to Lantau.

15 November 2019 Friday

Keith to Sham Shui Po.

16 November 2019 Saturday

Run in Tai Tong region. Keith came with me. Did a shorter run, but ‘runs’ are getting tougher.

17 November 2019 Sunday

Keith to ‘pagoda’ park in Yuen Long.

18 November 2019 Monday

Keith hikes from Tai Tong to reservoir then to tunnel bus stop.

19 November 2019 Tuesday

Washed all the bed coverings. Keith leaves at 12:30 pm for airport for his 6:25 pm flight.

20 November 2019 Wednesday

To clinic pm for annual free flu vaccination (very quick!). Then, unsuccessfully to get a wireless computer keyboard as he didn't have English keyboards only.

21 November 2019 Thursday

Fourth month since Yuen Long MTR station incident.

22 November 2019 Friday

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23 November 2019 Saturday

Run same route as last year but t 2 h 6 min, two mins faster.

24 November 2019 Sunday

District Council election day. Went over early to vote but so many people I decided to go later.

25 November 2019 Monday

Election turnout about 2.94 million, 72.1% of electorate (compared with 49.6% for last election in 2015). Results a bloodbath with pre-government/Beijing holders losing a lot of seats and losing their majorities. In my constituency, the (democrat) candidate I voted for, won easily.

26 November 2019 Tuesday

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27 November 2019 Wednesday

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28 November 2019 Thursday

As a result of HK pro-democracy unrest. Trump signs into US law two bills.

29 November 2019 Friday

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30 November 2019 Saturday

Run slightly slower than last year. Very tired in afternoon.

December

01 December 2019 Sunday

Three more protest marches today – all approved – though one turned violent.

02 December 2019 Monday

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03 December 2019 Tuesday

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04 December 2019 Wednesday

Radio adaptor playing up. Tried another and it seemed to work.

05 December 2019 Thursday

Colder. Used a blanket last night.

06 December 2019 Friday

No exercise, but went down to have a steam bath.

07 December 2019 Saturday

Colder today. Shortened the run I did last year (but not because of the temperature). Wore pullover for the whole run.

08 December 2019 Sunday

All day spent on writing my website for non-internet use.

09 December 2019 Monday

In NZ, the White Island volcano erupts. A number of tourists (13+) killed.

10 December 2019 Tuesday

Two HK people missing, presumed dead, in White Island eruption.

11 December 2019 Wednesday

Early gym. Then to HSBC to increase my autopay amount for engagement fee, but not necessary as the pre-set maximum amount in the autopay account is set at \$2000.

12 December 2019 Thursday

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13 December 2019 Friday

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14 December 2019 Saturday

‘Run’ – Tai Po to Ng Tung Chi to Lam Kam Rd. Didn’t go all the way to Sek Kong. Very difficult and very slow! Peter Snell dies, aged 80.

15 December 2019 Sunday

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16 December 2019 Monday

Finished most of my website updating. Back to my project work now.

17 December 2019 Tuesday
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18 December 2019 Wednesday

KMB bus accident near Fanling; 6 killed.

19 December 2019 Thursday

To Tuen Mun Hospital pm; booking made for surgery to remove BCC areas. Quick meal there afterwards. Trump impeached.

20 December 2019 Friday
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21 December 2019 Saturday

Run from Tai Wo – shorter than last year. Late start as bus held up due to highway construction.

22 December 2019 Sunday

Protest in support of Uighurs.

23 December 2019 Monday
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24 December 2019 Tuesday
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25 December 2019 Wednesday

Gym in morning. Noodle lunch in mall.

26 December 2019 Thursday
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27 December 2019 Friday
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28 December 2019 Saturday

On the way home from the run, bought some cereal at Tasty Mart 1+1. Went again pm to redeem the 513 membership points I had accumulated as they expire 31/12/2019. No choice! For 500 points + \$9.9 get one

5 kg bag of rice. For each 250 points (+ ?) get one small bag of sweets. So got the rice even though I already have a 5 kg bag!

29 December 2019 Sunday

My McAfee AV has only one month left so removed it and installed Bitdefender. Lady robbed in HPRC Tower 2.

30 December 2019 Monday

Finished reading *Ivanhoe*, one of the three books I received as a prize in Form 6 way back in 1956.

31 December 2019 Tuesday

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2020

January

01 January 2020 Wednesday

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02 January 2020 Thursday

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03 January 2020 Friday

To HS Bank in morning.

04 January 2020 Saturday

Run from CU to [4] to Buffalo Pass and return instead of going to Shatin.

05 January 2020 Sunday

Got info from Bruce Olding for my NZ passport renewal. Later, filled in the online application form.

1. LT346496

2. OLDING, JOHN BRUCE

3. +64272456162

4. 23 APRIL 1944

5. j.olding@xtra.co.nz (no problem to use this)

Application password: rmh41735f07tsw Username: rex35f07

06 January 2020 Monday

In afternoon, Towngas technician comes to check gas cooker (along with those in all the flats).

07 January 2020 Tuesday

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08 January 2020 Wednesday

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09 January 2020 Thursday

To HSBC in the afternoon.

10 January 2020 Friday

To HS Bank in afternoon.

11 January 2020 Saturday

Terrible run – difficult and slow. Have a runny nose; perhaps I am sick!

12 January 2020 Sunday

In Taiwan, President Tsai re-elected, running on an anti “One country two systems” platform.

13 January 2020 Monday

Passport photo (taken by Keith) rejected. In afternoon, went to Fotomax to get another taken (\$95) then emailed it to NZ.

14 January 2020 Tuesday

Photo accepted. Passport arrives here on Friday.

15 January 2020 Wednesday

Lunch with Stanley, just returned from LA.

16 January 2020 Thursday

Lunch in mall. DHL delivers passport at 5:15 pm.

17 January 2020 Friday

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18 January 2020 Saturday

Run around Plover Cove area.

19 January 2020 Sunday

Did a load of washing, mainly towels.

20 January 2020 Monday

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21 January 2020 Tuesday

Started gym again.

22 January 2020 Wednesday

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23 January 2020 Thursday

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24 January 2020 Friday

Supermarket very busy today.

25 January 2020 Saturday

New Year's day – Year of the Rat. Broke my watch when I fell over during my run.

26 January 2020 Sunday

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27 January 2020 Monday

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28 January 2020 Tuesday

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29 January 2020 Wednesday

Gym closed because of the Wuhan coronavirus epidemic. Exercise – skip on balcony + jog round park + exercises at exercise stations (not easy!). Dyed/Coloured my hair later – not much change!.

30 January 2020 Thursday

After exercise, dyed my hair again – slightly better.

31 January 2020 Friday

To Pok Oi Hospital for ‘minor’ surgery; there most of the day. Only \$195, which included lunch. Brexit today – UK leaves the EU. All schools to be closed until March.

February

01 February 2020 Saturday

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02 February 2020 Sunday

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03 February 2020 Monday

Medical workers go on strike over government’s failure to close borders with China. But, at midnight, four borders closed.

04 February 2020 Tuesday

HK records its first death due to the Wuhan virus.

05 February 2020 Wednesday

More borders with China closed.

06 February 2020 Thursday

Doctor in China who ‘blew the whistle’ on the virus outbreak, dies from the infection.

07 February 2020 Friday

Got most things I wanted for the supermarket. (But I noticed no rice on the shelves following the run on it.)

08 February 2020 Saturday

Same post-op run as last year but more difficult and ~10 min slower.

09 February 2020 Sunday

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10 February 2020 Monday

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11 February 2020 Tuesday

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12 February 2020 Wednesday

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13 February 2020 Thursday

HK 7s to be postponed from April to October.

14 February 2020 Friday

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15 February 2020 Saturday

Run again difficult and slower than last year (~8 min). Por por died on Saturday (that will be US time).

16 February 2020 Sunday

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17 February 2020 Monday

To out-patient clinic pm to have stitches removed.

18 February 2020 Tuesday

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19 February 2020 Wednesday

A second HK person dies of the corona virus.

20 February 2020 Thursday

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21 February 2020 Friday

Seventh month since Yuen Long MTR 'incident'.

22 February 2020 Saturday

Run/Hike from Tung Chung to Ngong Ping to Wan Shat to Tung Chung. First leg to peak OK. Last leg back to Tung Chung very difficult – seemed to be all uphill! Made worse by the hundreds of people out walking. Bought five packs of muesli on return but only available at third shop I tried (1+1, Best 360, 1+1).

23 February 2020 Sunday

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24 February 2020 Monday

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25 February 2020 Tuesday

To Tuen Mun Hospital for follow-up for recent minor operations.

26 February 2020 Wednesday

FS delivers his annual budget. All adult permanent residents to get \$10 000.

27 February 2020 Thursday

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28 February 2020 Friday

To Tuen Mun Hospital pm for wound dressing!!

29 February 2020 Saturday

Didn't go for run today.

March

01 March 2020 Sunday

Run (if you can call it that!) difficult, but same time as last year.

02 March 2020 Monday

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03 March 2020 Tuesday

Stadium re-opened so included jog round track in my exercise.

04 March 2020 Wednesday

About 250 HK residents, trapped in Hubei because of the virus, flown back to HK.

05 March 2020 Thursday

More HK people repatriated from Hubei.

06 March 2020 Friday

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07 March 2020 Saturday

Hike/Run Tai Po → TMS → Sek Kong; thick cloud. Tough, but time not as slow as I expected.

08 March 2020 Sunday

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09 March 2020 Monday

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10 March 2020 Tuesday

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11 March 2020 Wednesday

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12 March 2020 Thursday

WHO declares virus outbreak a pandemic. To Tuen Mun Hospital pm for follow-up. Did exercise on return.

13 March 2020 Friday

Lunch in the noodle restaurant. Fourth HK person dies from the corona virus.

14 March 2020 Saturday

Run a bit tough – slight breathing problem.

15 March 2020 Sunday

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16 March 2020 Monday

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17 March 2020 Tuesday

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18 March 2020 Wednesday

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19 March 2020 Thursday

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20 March 2020 Friday

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21 March 2020 Saturday

Same run as last year. Tough and took a little longer.

22 March 2020 Sunday

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23 March 2020 Monday

Stadium / Track again closed.

24 March 2020 Tuesday

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25 March 2020 Wednesday

Tokyo summer Olympics postponed for a year. To HSBC pm; got a birthday present of two water containers.

26 March 2020 Thursday

Fell over on the concrete path during my exercise; received a few abrasions. Late lunch in the mall.

27 March 2020 Friday

Complained again to the Management Office about neighbours' dog.

28 March 2020 Saturday

'Run' very difficult; injured thigh/hip from Thursday's fall slowed me a lot. Wore old worn-out but lighter running shoes.

29 March 2020 Sunday

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30 March 2020 Monday

Exercise stations in the park closed!

31 March 2020 Tuesday

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April

01 April 2020 Wednesday

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02 April 2020 Thursday

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03 April 2020 Friday

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04 April 2020 Saturday

Ching Ming holiday. Run not bad – 5 mins slower than last year. Injured thigh/hip affected last hour, which was mainly road.

05 April 2020 Sunday

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06 April 2020 Monday

Did exercise in the park – in the rain!

07 April 2020 Tuesday

Sole from the remaining shoe of my very old, but lightweight North Face running shoes, came off during exercise.

08 April 2020 Wednesday

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09 April 2020 Thursday

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10 April 2020 Friday

Good Friday.

11 April 2020 Saturday

Run not bad, but injury still affected latter part of run.

12 April 2020 Sunday

Stirling Moss dies, aged 90.

13 April 2020 Monday

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14 April 2020 Tuesday

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15 April 2020 Wednesday

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16 April 2020 Thursday

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17 April 2020 Friday

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18 April 2020 Saturday

Run not easy. Quite hot. Injury still affecting the running. 15 pro-democracy heavyweights arrested.

19 April 2020 Sunday

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20 April 2020 Monday

No new virus cases reported today.

21 April 2020 Tuesday

Reshuffle of some government ministers.

22 April 2020 Wednesday

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23 April 2020 Thursday

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24 April 2020 Friday

DSE exams start, with virus precautions taken.

25 April 2020 Saturday

Last run of the season. Run good, I think because my breathing felt good. Also cooler. Faster than last two years. ANZAC Day today.

26 April 2020 Sunday

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27 April 2020 Monday

Did a full load of washing. End of running season – take a week off exercise.

28 April 2020 Tuesday

Finally finished the project “Alzheimer's Disease”.

29 April 2020 Wednesday

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30 April 2020 Thursday

Holiday for Buddha's birthday. Fifth day with zero new virus cases.

May

01 May 2020 Friday

Labour Day holiday.

02 May 2020 Saturday

Third day uploading files to the latest hosting service.

03 May 2020 Sunday

Same again

04 May 2020 Monday

Pool not open so had to do the exercise in the park. Very hot ~32°C but survivable!

05 May 2020 Tuesday

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06 May 2020 Wednesday

First day to register for free government 60-day face mask. I, along with about 1 million others did so. Yam Cha in afternoon.

07 May 2020 Thursday

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08 May 2020 Friday

Hot. Didn't feel so well, so didn't do exercise. Overnight, used the fan for the first time this season.

09 May 2020 Saturday

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10 May 2020 Sunday

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11 May 2020 Monday

Received the three free government masks.

12 May 2020 Tuesday

Coloured/Dyed my hair, but not very good.

13 May 2020 Wednesday

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14 May 2020 Thursday

A late yum cha.

15 May 2020 Friday

In the evening, went to have dinner with about 10 folks from a MYC ‘dinner group’ at a special restaurant somewhere in Mai Po area. A lot to eat. They would not let me pay! Back home with Uber which they also paid for.

16 May 2020 Saturday

Very tired. Two officials of HKEA resign over a Q in the DSE History exam about Japan.

17 May 2020 Sunday

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18 May 2020 Monday

Following the dinner on Friday, finally had poos today – three of them!!

19 May 2020 Tuesday

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20 May 2020 Wednesday

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21 May 2020 Thursday

Ousted Hong Kong democrat Lau Siu-lai has won her legal challenge against an electoral officer’s decision to bar her from running in the 2018 Legislative Council Kowloon West by-election.

22 May 2020 Friday

No exercise today. Collected my refund for the time the gym was closed due to the virus.

23 May 2020 Saturday

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24 May 2020 Sunday

Cleaned behind and under the fridge and washing machine. Very tired in afternoon.

25 May 2020 Monday

Went to the PO to collect Nadine's qmask; a long queue there for the same purpose! Later, did exercise, but only about 80% of previous.

26 May 2020 Tuesday

Stanley Ho dies, aged 98.

27 May 2020 Wednesday

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28 May 2020 Thursday

Beijing rubber stamps National Security law for HK.

29 May 2020 Friday

At supermarket, left behind my credit card. Turned out OK. They realised this, contacted the bank who deactivated it. Bank phoned me later and reactivated it.

30 May 2020 Saturday

—

31 May 2020 Sunday

Cleaned behind the piano and one bookcase. Upper right molar tooth came out during dinner!

June

01 June 2020 Monday

Pool opens. First swim. Not too bad, though seemed to take a long time. Water temp 28°C. Did 1.7 km.

02 June 2020 Tuesday

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03 June 2020 Wednesday

Yum cha pm.

04 June 2020 Thursday

No June 4th rally this year – banned (officially because of anti-virus rules on gatherings of no more than 8 !!). National anthem bill passed!!!

05 June 2020 Friday

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06 June 2020 Saturday

Severe rain and thunderstorm last night. Still got a swim this morning. Received the 5th of the five CuMasks.

07 June 2020 Sunday

Still terrible weather. Went for a swim in the afternoon; not bad!

08 June 2020 Monday

More bad weather.

09 June 2020 Tuesday

HK marks one year since an estimated one million-strong march that took place in opposition to a now-axed extradition bill.

10 June 2020 Wednesday

Noisy dog next door.

11 June 2020 Thursday

Wrote a letter to the Management Office regarding the dog.

12 June 2020 Friday

Busy morning – swim, then to P'nS, then to buy muesli. Yum Cha in afternoon. T1 raised later.

13 June 2020 Saturday

T3 raised later, but perfectly calm here.

14 June 2020 Sunday

Back to T1 ~11 m. Got a swim in before lunch.

15 June 2020 Monday

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16 June 2020 Tuesday

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17 June 2020 Wednesday

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18 June 2020 Thursday

Vera Lynn dies, aged 103. To HS bank pm.

19 June 2020 Friday

To HS Bank again pm. Just sold funds but didn't reinvest.

20 June 2020 Saturday

Very tired after swim. Rested most of the day.

21 June 2020 Sunday

Still went for a swim but took it easier – more breaststroke but no backstroke. Registration begins for government \$10 000 cash payout.

22 June 2020 Monday

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23 June 2020 Tuesday

One more death from the corona virus – total now 6. Yum Cha pm.

24 June 2020 Wednesday

After dinner, terrible stomach pains + diarrhoea + some vomiting.

25 June 2020 Thursday

Public holiday for Tuen Ng Festival. One more virus death in HK; now up to 7.

26 June 2020 Friday

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27 June 2020 Saturday

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28 June 2020 Sunday

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29 June 2020 Monday

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30 June 2020 Tuesday

CCP passes the 'evil' national security law for Hong Kong. What a tragic day for HK.

July

01 July 2020 Wednesday

Public holiday for handover. Still some protests and arrests.

02 July 2020 Thursday

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03 July 2020 Friday

Joshua Wong turns up in the USA after fleeing HK. Missed out on 0.2 km of swim due to a (supposed!!) thunderstorm warning. To HS Bank later. Received my free 10 surgical masks the government is sending to every household.

04 July 2020 Saturday

Books written by pro-democracy authors withdrawn from public libraries.

05 July 2020 Sunday

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06 July 2020 Monday

Dyed/Coloured my hair – seemed to be better this time (maybe after swimming helps).

07 July 2020 Tuesday

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08 July 2020 Wednesday

Got a lung(?) full of water during my swim.

09 July 2020 Thursday

Slept 8.5 hours unbroken last night. Yum Cha lunch with three former MYC students (Chow Sun-fat, Chiu Tai-ming, Chu Cheong-tai) in TSW yum cha restaurant.

10 July 2020 Friday

Supermarket am. Yam cha later pm. Got the new computer keyboard.

11 July 2020 Saturday

Swam just 1.2 km – just too tired! Pan-democrats begin their two-day primary election to select candidates for September's Legco elections. Temp here up to nearly 35°C.

12 July 2020 Sunday

Over 600 000 turn out to vote in pan-democracy primary elections (organisers hoping for 170 000).

13 July 2020 Monday

Hong Kong's annual book fair (to open on Wednesday) postponed at last minute amid Covid-19 resurgence.

14 July 2020 Tuesday

Grant Imahara, of *Mythbusters*, dies July 13th (US date) of a brain aneurysm, aged 49. Temps here again reach 35°C for third day.

15 July 2020 Wednesday

Pool closed again because of the latest COVID-19 outbreak. Local death toll from virus now up to 10.

16 July 2020 Thursday

Slept for 9 hours straight last night!

17 July 2020 Friday

Virus deaths now up to 11.

18 July 2020 Saturday

Number of local covid deaths up to 12.

19 July 2020 Sunday

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20 July 2020 Monday

UK announces actions due to National Security Law in HK, e.g. ending extradition treaty, plans for BN(O) holders and dependants.

21 July 2020 Tuesday

Local covid-19 cases now 2000+ with 14 deaths. Temperature here up to nearly 37°C.

22 July 2020 Wednesday

UK announces citizenship path for BN(O) holders and dependants.

23 July 2020 Thursday

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24 July 2020 Friday

Tower 1 visited by the virus! HK death toll rises to 18(?).

25 July 2020 Saturday

Some candidates for LegCo elections, primarily pro-democrats, sent letters asking them questions about their political stance.

26 July 2020 Sunday

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27 July 2020 Monday
More infections reported.

28 July 2020 Tuesday
More restrictions come into force to combat the spread of the virus. Benny Tai from HKU sacked by Arthur Li (and his committee).

29 July 2020 Wednesday
September elections will probably be 'postponed'. 3000+ virus cases with 24 deaths.

30 July 2020 Thursday
12 pro-democracy candidates for the upcoming Legco elections disqualified from running!!!!

31 July 2020 Friday
September Legco elections postponed for a year – due to covid virus!!

August

01 August 2020 Saturday
Number of covid deaths now up to 33.

02 August 2020 Sunday
Finished another online website of my life.

03 August 2020 Monday
Local virus death toll now up to 37. Bought 5 packets of muesli. No of deaths up to 37. Another tooth breaks and falls out – and upper central incisor. Person in Tower 5 has covid.

04 August 2020 Tuesday
Started exercise around the park; first time since the pool closed. Did somewhat less than usual and, thankfully, temperature only about 31^oC compared with the max of 37^oC we have been getting in the past few weeks.

05 August 2020 Wednesday

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06 August 2020 Thursday
75th anniversary of dropping of atom bomb on Hiroshima. As of today, the local infection toll reached 3,849; 46 patients have died.

07 August 2020 Friday

US imposes sanctions and on 11 HK officials and mainland officials based in HK responsible for implementing the National Security Law.

08 August 2020 Saturday

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09 August 2020 Sunday

Did some washing.

10 August 2020 Monday

Apple Daily raided by 200 (!!!) police and Jimmy Lai arrested (again!!). Called CUHK dental clinic to confirm appointment only to be told it is cancelled – for the third time since February (either due to ‘riots’ on campus or covid-19 virus)!!

11 August 2020 Tuesday

During outside exercise, humidity about 92% though temperature slightly cooler at 29~30°C. Apple Daily prints about 600 000 copies of newspaper instead of usual 70 000 and all sold out very quickly – people’s response to arrest of Jimmy Lai.

12 August 2020 Wednesday

Virus death total now 61.

13 August 2020 Thursday

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14 August 2020 Friday

Did a slightly shorter exercise this morning. Arrived at the dentist at 2 pm for ‘emergency’ appointment. Didn’t have to wait; taken in immediately. Dr Chan stuck the upper incisor back in place but this is only temporary. Cost: \$396. Waste of time (and money); at dinner time, with first food, it fell out again!

15 August 2020 Saturday

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16 August 2020 Sunday

Carrie Lam withdraws her fellowship from a prestigious Cambridge University college.

17 August 2020 Monday

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18 August 2020 Tuesday

During my exercise, lost my residence card – it fell out of my pocket. Normally I regularly check but today I didn’t! So on arriving back, had to re-trace my steps and was lucky enough to find it. (Lucky it was not

my keys that fell out; that would be much worse.) T3 up later than T8.

19 August 2020 Wednesday

T9 up for a few hours overnight. Still, typhoon another fizzer. One of the shortest-lived typhoons to hit HK. Virus deaths now up to 72.

20 August 2020 Thursday

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21 August 2020 Friday

Total deaths now 75.

22 August 2020 Saturday

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23 August 2020 Sunday

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24 August 2020 Monday

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25 August 2020 Tuesday

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26 August 2020 Wednesday

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27 August 2020 Thursday

Death toll now over 80.

28 August 2020 Friday

Three positive covid cases in Tower 9. Japanese PM Abe steps down for health reasons. Death toll now 83.

29 August 2020 Saturday

Sports stadium open; did just one lap!

30 August 2020 Sunday

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31 August 2020 Monday

E-mail from Gavin to say he has covid-19, as do many of the people where he works.

September

01 September 2020 Tuesday

Government covid-19 testing begins today.

02 September 2020 Wednesday

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03 September 2020 Thursday

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04 September 2020 Friday

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05 September 2020 Saturday

Did my run/exercise after a heavy shower. Temperature down to about 26°C, which was more comfortable and made the exercise slightly easier.

06 September 2020 Sunday

Today supposed to be election day for Legco.

07 September 2020 Monday

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08 September 2020 Tuesday

Number of HK covid deaths now 99.

09 September 2020 Wednesday

About halfway through my exercise, it poured with rain. And – of course – it stopped as soon as I got home!!

10 September 2020 Thursday

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11 September 2020 Friday

Anniversary of 9/11. Covid death toll in HK reaches 100.

12 September 2020 Saturday

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13 September 2020 Sunday

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14 September 2020 Monday

Last day of the government's free Covid-2 testing programme. Only about 1.6 million people took the test. In Japan, Liberal Democratic Party picks a successor to Prime Minister Shinzo Abe.

15 September 2020 Tuesday

Another wet day during exercise. But unlike last week, I sheltered during the worst of it. Yum cha in afternoon.

16 September 2020 Wednesday

Exercise – hot and very humid (32.5°C and 80%).

17 September 2020 Thursday

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18 September 2020 Friday

Swimming pools in HK to re-open today. But ours remained closed; opens on Sunday. They are going after Jimmy Lai again. To HS Bank afternoon to not to use personal data for direct marketing purposes, as couldn't get through to their Customer Service 'Hotline'. Overseas non-permanent judge (from Australia) on the CFA resigns because of the NSL.

19 September 2020 Saturday

No exercise. Cleaned the flat today.

20 September 2020 Sunday

Swim. Did 1.5 km, which is the new normal (if I remember correctly).

21 September 2020 Monday

Runny nose and sneezing for about 12 hours after the swim – until I went to bed.

22 September 2020 Tuesday

Still runny nose and sneezing but a bit less. Police reduce their list of news reporters!!

23 September 2020 Wednesday

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24 September 2020 Thursday

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25 September 2020 Friday

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26 September 2020 Saturday

Swim reasonably good – no breaststroke.

27 September 2020 Sunday

Rested all afternoon.

28 September 2020 Monday

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29 September 2020 Tuesday

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30 September 2020 Wednesday

Last day for swimming. Not bad; did 1.7 km. So, last five swims I did no breaststroke.

October

01 October 2020 Thursday

Holiday for National Day. Large number of police on this year's honours list – sickening.

02 October 2020 Friday

Trump and his wife test positive for covid-19.

03 October 2020 Saturday

Trump in hospital.

04 October 2020 Sunday

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05 October 2020 Monday

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06 October 2020 Tuesday

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07 October 2020 Wednesday

Bought five more packets of muesli from 1+1.

08 October 2020 Thursday

Afternoon noodle meal.

09 October 2020 Friday

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10 October 2020 Saturday

Started exercise in the park again. Still rather hot but nothing like earlier days.

11 October 2020 Sunday

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12 October 2020 Monday

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13 October 2020 Tuesday

Number 8 signal raised but perfectly calm here. CE announces a one-month delay in her policy address as she has to go to China. One wonders what for.

14 October 2020 Wednesday

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15 October 2020 Thursday

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16 October 2020 Friday

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17 October 2020 Saturday

NZ election day. Jacinda Ardern and her Labour Party win in a landslide giving them an outright majority.

18 October 2020 Sunday

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19 October 2020 Monday

The permanent exhibition in the History Museum closes today for two years for a 'revamp' (???). To HS Bank in afternoon. Heavy stuff moved out of neighbour's flat early evening.

20 October 2020 Tuesday

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21 October 2020 Wednesday

Ordered a Casio watch from the UK; only ~HK110 including freight.

22 October 2020 Thursday

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23 October 2020 Friday

The UK announces more details to allow HK people to work, study and settle in the UK.

24 October 2020 Saturday

Picked up the \$290 refund due to swimming pool closures.

25 October 2020 Sunday

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26 October 2020 Monday

Chung Yeung festival holiday. Many hill fires – again!!

27 October 2020 Tuesday

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28 October 2020 Wednesday

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29 October 2020 Thursday

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30 October 2020 Friday

Yam cha in afternoon.

31 October 2020 Saturday

Funeral of last HK WWII vet held in Hung Hom (born 1922).

November

01 November 2020 Sunday

News that Sean Connery dies aged 90. Dyed/Coloured my hair.

02 November 2020 Monday

Walk-in elderly free flu vaccinations start today. Got mine in the afternoon. Then made a dental appointment. Because of news reports of a vaccine shortage, decided to go early. No problem. Only a few there instead of the ‘millions’ I expected. Only away from home for about 1¼ hours.

03 November 2020 Tuesday

US presidential election.

04 November 2020 Wednesday

In US election, Biden and Trump neck and neck. We will have to wait.

05 November 2020 Thursday

Got my new Casio watch from the UK.

06 November 2020 Friday

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07 November 2020 Saturday

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08 November 2020 Sunday

Biden seems to have won the US presidential election after gaining the state of Pennsylvania. Today is Remembrance Sunday.

09 November 2020 Monday

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10 November 2020 Tuesday

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11 November 2020 Wednesday

The Hong Kong government has disqualified four pro-democracy lawmakers after Beijing's top legislative body passed a resolution to oust legislators who promote or support Hong Kong independence, appeal to foreign governments to "interfere," refuse to accept China's rule over the city or endanger national security. The others will resign tomorrow in protest and solidarity. WWI ended today.

12 November 2020 Thursday

To HSBC late afternoon.

13 November 2020 Friday

To HS Bank in afternoon.

14 November 2020 Saturday

First run/hike of the season. Age is telling!! Slower than last year and much slower than 10 years ago.

15 November 2020 Sunday

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16 November 2020 Monday

RTHK morning news preceded by propaganda plus national anthem.

17 November 2020 Tuesday

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18 November 2020 Wednesday

Yum cha in the afternoon. Then took photos of my exercises in the park and the park itself. Very warm and humid today.

19 November 2020 Thursday
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20 November 2020 Friday
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21 November 2020 Saturday

First rain for a long time, so wet run. Then became fine. Did a slightly shorter run from Tai Po to hills and back.

22 November 2020 Sunday

HK-Singapore travel bubble due to start today but suspended because of covid outbreaks. Large increase in covid cases in HK.

23 November 2020 Monday

Cooler today. Park exercise but skipped most of the running, due to run last Saturday.

24 November 2020 Tuesday
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25 November 2020 Wednesday

CENO delivers her (politically?) delayed policy address.

26 November 2020 Thursday

Diego Maradona dies, aged 60.

27 November 2020 Friday

Picked up a gift from the Management Office – a small metal cutlery set – for completing some questionnaire.

28 November 2020 Saturday
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29 November 2020 Sunday

30 November 2020 Monday

Schools to be closed again because of virus.

December

01 December 2020 Tuesday

Slightly cooler; overnight, covered myself with sheet for first time.

02 December 2020 Wednesday

Three young pro-democracy activists jailed!

03 December 2020 Thursday

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04 December 2020 Friday

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05 December 2020 Saturday

Only about 12°C when I set off for the run but I didn't wear a pullover. Run started off well but became tougher and turned out not much shorter than the longer route last year.

06 December 2020 Sunday

Rather tired today.

07 December 2020 Monday

Returning from exercise and outside Residence 3, a guy asked me about my NC cap, so I explained to him. He is the second such guy, the first being on a railway station platform in Madrid in 2003.

08 December 2020 Tuesday

Church persecution has started – a church has its HSBC bank accounts frozen.

09 December 2020 Wednesday

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10 December 2020 Thursday

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11 December 2020 Friday

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12 December 2020 Saturday

Run from Tai Po to Shing Mun reservoir via road and dam then to tunnel bus stop though took a lot of time, with help, to figure out how to get to the highway interchange bus stop for the bus I wanted.

13 December 2020 Sunday

A youngish, healthy 42-year old woman dies from the virus.

14 December 2020 Monday

Biden formally elected president by the Electoral College.

15 December 2020 Tuesday

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16 December 2020 Wednesday

Beethoven was born on this date 250 years ago. That explains why nearly every piece of music broadcast on Radio 4 today was by Beethoven.

17 December 2020 Thursday

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18 December 2020 Friday

Three CSD officers jailed for severely beating up an inmate who was tied to a bed. All caught on CCTV.

19 December 2020 Saturday

Terrible run! Quite cool and my legs just wouldn't do it. So 16 minutes slower than the same run last year!

20 December 2020 Sunday

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21 December 2020 Monday

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22 December 2020 Tuesday

District Council representatives to be removed from election committee for the next CE, i.e. all pre-democracy members!!!

23 December 2020 Wednesday

Yam cha in the afternoon.

24 December 2020 Thursday

To the dental clinic for a check-up; teeth not in the best condition! So busy in afternoon that I completely forgot to go out to do my exercise!

25 December 2020 Friday

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26 December 2020 Saturday

Public holiday. Did my run in the Brides Pool but started from Wu Kau Tang as the 275R bus route now ends there. So, a slightly shorter route. Track very dry in most places. Many people out hiking. On return, I was rather annoyed with the staff at the Tai Po bus terminus as the 264R bus schedule had been changed (due to covid) but there was no notice of the change so I was waiting for a long time but no bus came.

27 December 2020 Sunday

New Tuen Mun to Airport tunnel opened for traffic.

28 December 2020 Monday

New 35E residents seem to have finally moved in.

29 December 2020 Tuesday

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30 December 2020 Wednesday

To HSBC pm. So much went wrong. My security device was dead. I kept making mistakes logging into Leonie's account. Ten Hongkongers jailed for up to 3 years in China after trying (supposedly) to flee city for Taiwan; the two minors returned to HK but arrested here!

31 December 2020 Thursday

Much colder last night. Temperature here down to nearly 6⁰C at 7:30 am.