

DIARY: 2012

Public holidays in red

JANUARY

1 Sunday

2 Monday

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

3 Tuesday

Ex: 10s + 20r + 20w.

4 Wednesday

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

5 Thursday

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

6 Friday

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7 Saturday

Hot air balloon catches fire 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.

8 Sunday

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.

9 Monday

Ex: 15w + wts.

10 Tuesday

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

11 Wednesday

Ex: 15w/j + wts.

12 Thursday

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

13 Friday

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14 Saturday

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

15 Sunday

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16 Monday

Ex: 15w + wts.

17 Tuesday

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 Wednesday

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 Thursday

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

20 Friday

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

21 Saturday

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.

22 Sunday

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23 Monday

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

24 Tuesday

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

25 Wednesday

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 Thursday

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

27 Friday

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28 Saturday

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 Sunday

Computer trouble again - takes a long time to open.

30 Monday

Ex: 15w + wts.

31 Tuesday

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

FEBRUARY

1 Wednesday

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

2 Thursday

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 marathon and the upcoming London marathon!

3 Friday

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

4 Saturday

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

5 Sunday

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.

6 Monday

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

7 Tuesday

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

8 Wednesday

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

9 Thursday

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

10 Friday

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 Saturday

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

12 Sunday

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 Monday

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

14 Tuesday

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

15 Wednesday

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 Thursday

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.

17 Friday

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18 Saturday

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

19 Sunday

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

20 Monday

Henry Tang 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 Tuesday

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

22 Wednesday

Ex: 15w/j + wts.

23 Thursday

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

24 Friday

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25 Saturday

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

26 Sunday

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27 Monday

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

28 Tuesday

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

29 Wednesday

Ex: 15w/j + wts.

MARCH

1 Thursday

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

2 Friday

Looked at a flat in Tower 8; willing to take it (but didn't - too high, rather noisy). Engelbert Humperdink at age 75 to be the UK entrant in this year's Eurovision contest!

3 Saturday

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!

4 Sunday

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 9, 16/F - and later signed a preliminary contract.

5 Monday

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 5 am!

6 Tuesday

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

7 Wednesday

Ex: 15w/j + wts.

8 Thursday

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

9 Friday

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10 Saturday

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 Sunday

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

12 Monday

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

13 Tuesday

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 Wednesday

Ex: 15w/j + wts.

15 Thursday

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

16 Friday

Now its white rice leading to Type 2 diabetes!

17 Saturday

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

18 Sunday

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

19 Monday

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

20 Tuesday

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

21 Wednesday

Ex: 15w/j + wts.

22 Thursday

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

23 Friday

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

24 Saturday

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 Sunday

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 Monday

Yam Cha birthday lunch. No exercise.

27 Tuesday

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

28 Wednesday

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

29 Thursday

All afternoon at Ikea to look then purchase things.

30 Friday

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 Saturday

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.

APRIL

1 Sunday

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!!

2 Monday

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

3 Tuesday

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

4 Wednesday

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

5 Thursday

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.

6 Friday

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

7 Saturday

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.

8 Sunday

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

9 Monday

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

10 Tuesday

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 Wednesday

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 Thursday

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 Friday

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

14 Saturday

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

15 Sunday

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16 Monday

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

17 Tuesday

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

18 Wednesday

Ex: 15w/j + 2.0 km swim.

19 Thursday

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

20 Friday

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 Saturday

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 Sunday

Coloured hair.

23 Monday

Ex: 15w/j + 2 km swim.

24 Tuesday

Ex: 15w/j + 2.0 km swim.

25 Wednesday

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

26 Thursday

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

27 Friday

Worked on the LSS revision in the morning. HGC connected the telephone in the afternoon.

Ex: 15w/j + wts.

28 **Saturday**

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

29 Sunday

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

30 Monday

Last breakfast in the suite from things left over. Then last swim in the hotel pool the morning.

Ex: 15w/j + 2.0 km swim. Had lunch at Fairwood. Checked out at about 2.30 pm. Hot and humid.

MAY

1 **Tuesday**

First full day in the flat. Had to use the air-conditioners in the lounge and bedroom last night.

Holiday for May 1st.

2 Wednesday

All day revising LSS Chapter 1.

3 Thursday

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

4 Friday

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5 Saturday

A bit cooler today; only used the bedroom air-conditioner for overnight.

6 Sunday

French elect a new (socialist) president.

7 Monday

Deposited HPRC rent refund cheque for leaving hotel one month early than year contract (\$6080).

8 - 9 Tuesday - Wednesday

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10 Thursday

To dermatologist at 9 am. Because of many appointments in coming weeks, decided to do biopsies at 12 noon. Walked up to the end of the MacLehose trail and then to the Town Hall while waiting.

11 Friday

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

12 Saturday

In the afternoon, cleaned/washed the floor for the first time (after moving in).

13 Sunday

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

14 Monday

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

15 Tuesday

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 pool season ticket (\$600).

16 Wednesday

Ex: 1.7 km swim.

17 Thursday

Ex: 5 min skip + 1.5 km swim.

18 Friday

Ex: 5 min skip + 2.0 km swim.

19 Saturday

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

20 Sunday

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21 Monday

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

22 Tuesday

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

23 Wednesday

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

24 Thursday

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 Friday

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).

26 - 27 Saturday - Sunday

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28 Monday

Ex: 7s + 2.0 km swim.

29 Tuesday

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

30 Wednesday

Ex: 7s + 2.1 km swim.

31 Thursday

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

JUNE

1 Friday

To supermarket early am. Then to a Social Welfare Department 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).

2 - 3 Saturday - Sunday

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4 Monday

Ex: 8s + 2 km swim. Pool closed earlier due 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 or June 4th, 1989)!

5 Tuesday

Ex: 8s + 2.0 km swim.

6 Wednesday

Ex: 8s + 2 km swim.

7 Thursday

Ex: 8s + 2.1 km swim.

8 Friday

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

9 Saturday

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

10 Sunday

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

11 Monday

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

12 Tuesday

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

13 Wednesday

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

14 Thursday

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

15 Friday

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-minute silence (probably against his will) for 'suicide' of dissident in China.

16 Saturday

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 Sunday

Number 1 signal raised.

18 Monday

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

19 Tuesday

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

20 Wednesday

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 Thursday

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

22 Friday

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 Saturday

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

24 Sunday

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25 Monday

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

26 Tuesday

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

27 Wednesday

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

28 Thursday

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

29 Friday

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. Temperatures here reach nearly 35°C.

30 Saturday

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JULY

1 Sunday

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

2 Monday

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.

3 Tuesday

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

4 Wednesday

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

5 Thursday

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

6 Friday

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.

7 Saturday

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

8 - 9 Sunday - Monday

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10 Tuesday

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

11 Wednesday

Ex: 8s + 2.5 km swim.

12 Thursday

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

13 Friday

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

14 Saturday

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15 Sunday

Kaia's birthday.

16 Monday

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

17 Tuesday

Ex: 8s + 2.5 km swim. To hospital pm - no need for surgery. Cashed Bruce's Octopus card (waited 3 months so as not to lose early-redemption fee).

18 Wednesday

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

19 Thursday

Ex: 8s + 2.7 km swim.

20 Friday

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

21 Saturday

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

22 Sunday

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

23 Monday

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 Tuesday

Sally Ride dies aged 61. No swim again. Did 25 minute ex in flat - 15 minute skip + sit-ups + push-ups + dumb-bell.

25 Wednesday

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

26 Thursday

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

27 Friday

Ex: 8s + 2.5 km swim.

28 Saturday

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

29 Sunday

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 Monday

Ex: 8s + 2.5 km swim.

31 Tuesday

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

AUGUUST

1 Wednesday

Ex: 8s + 2.5 km swim.

2 Thursday

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

3 Friday

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

4 Saturday

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5 Sunday

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

6 Monday

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

7 Tuesday

Ex: 8s + 2.9 km swim.

8 Wednesday

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

9 Thursday

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

10 Friday

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 Saturday

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

12 Sunday

To beach north of Boston followed by lobster at Rockport.

13 Monday

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

14 Tuesday

Visit by myself to Arboretum.

15 Wednesday

Visit with N to Northeasters campus.

16 Thursday

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 Friday

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

18 Saturday

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 Sunday

Wedding at Gore place. Chinese banquet in evening. Back to Nadine's very late.

20 Monday

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

21 Tuesday

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

22 Wednesday

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 Thursday

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 Friday

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

25 Saturday

Neil Armstrong dies.

26 Sunday

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27 Monday

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

28 Tuesday

Ex: 8s + 2.2 km swim.

29 Wednesday

Ex: 8s + 2.2 km swim.

30 Thursday

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

31 Friday

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.

SEPTEMBER

1 Saturday

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 Keung Ha to apply for a permit has been put on hold for three weeks.

2 Sunday

Did not write a letter.

3 Monday

Ex: 8s + 2.5 km.

4 Tuesday

Ex: 8s + 2.5 km swim.

5 Wednesday

Ex: 8s + 2.5 km swim.

6 Thursday

Ex: 8s + 3.0 km swim.

7 Friday

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

8 Saturday

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9 Sunday

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

10 Monday

Ex: 8s + 2.5 km swim.

11 Tuesday

Ex: 8s + 2.5 km swim.

12 Wednesday

Ex: 8s + 2.5 km swim.

13 Thursday

Ex: 8s + 2.5 km swim.

14 Friday

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

15 - 16 Saturday - Sunday

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17 Monday

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

18 Tuesday

Ex: 8s + 2.5 km swim.

19 Wednesday

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

20 Thursday

Ex: 8s + 2.5 km swim.

21 Friday

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.

22 - 23 Saturday - Sunday

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24 Monday

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

25 Tuesday

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

26 Wednesday

Ex: 8s + 2.5 km swim.

27 Thursday

Ex: 8s + 2.7 km swim.

28 Friday

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

29 Saturday

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

30 Sunday

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OCTOBER

1 Monday

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.

2 Tuesday

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

3 Wednesday

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4 Thursday

Three-day period of mourning for boat victims starts today.

5 Friday

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

6 Saturday

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

7 Sunday

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

8 Monday

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

9 Tuesday

Ex: 15j + wts.

10 Wednesday

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

11 Thursday

Ex: 45j + wts.

12 Friday

Tenth anniversary of Bali bombings.

13 Saturday

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14 Sunday

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

15 Monday

Ex: 15j + wts.

16 Tuesday

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

17 Wednesday

Ex: 15j + wts.

18 Thursday

Ex: 20j + 20r + 10s.

19 Friday

Supermarket then gym. Ex: 15j + wts.

20 Saturday

70th anniversary of victory at El Alamein.

21 Sunday

Cross-harbour swim today.

22 Monday

Ex: 15j + wts.

23 Tuesday

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

24 Wednesday

Ex: 15j + wts.

25 Thursday

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

26 Friday

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

27 Saturday

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 Sunday

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

29 Monday

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

30 Tuesday

Ex: 20j + 20r + 10s.

31 Wednesday

Ex: 15j + wts.

NOVEMBER

1 Thursday

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

2 Friday

Ex: $15j + wts.$

Hikes: 2012 - 2013

2012

1	12/11	23°C	Tai Po V → lead mine pass (38) → [7] loop → Grassy Hill/road (1.21) → Tai Po Kau forest → Tai Po	2:00
2	19/11	26°C	TT → road/track → reservoir (37) → Stage 10 track → road (1.21) → forest track t.o. (1.25) → TT Rd (1.42) → TT	2:06
3	26/11	21°C	TT gate → reservoir (29) → road to dam (1.10) → Stage 10 t.o. (1.36) → small reservoir (1.56) → TT bus terminus	2:18
4	3/12	14°C	TT gate → reservoir (28) → forest track → road (55) → road to TLT Y-junction (1.11) → track → road (1.23) → top of reservoir (1.39) → tunnel bus	2:11
5	10/12	11°C	TT → end of road (28) → Stage 10 track (turn left) → reservoir (55) → Yuen Tun trail → shortcut/steps → road → top of reservoir (1.39) → tunnel bus	2:12
6	17/4	15°C	Tai Po V → lead mine pass (37) → Tai Mo Shan (1.44?) → Twisk (2.08) → Kap Lung trail → Sek Kong	2:48
7	24/12	11°C	TT gate → reservoir (29) → forest track → road (56) → Stage 10 rd (1.06) → top of reservoir (1.19) → TLC trail → tunnel bus	2:26
8	31/12	17°C	CU → ridge [4] (52) → Kowloon Peak (2.05) → Shatin river (2.37) → CU	3:09

2013

9	7/1	13°C	Tai Wo → Cloudy Hill (44) → first reservoir (1.09) → Hok Tau dam (1.32) → Cloudy Hill (2.13) → park	2:46
10	14/1	17°C	CU → ridge [4] (55) → Pyramid Peak (1.22) → Ma On Shan [pass not peak] (1.42) → [4] t.o. (2.16) → CU	3:03
11	22/1	16°C	Tai Mei Tuk → Pat Sin Leng (41) → Hok Tau t.o. (turn left) (2.00) → Sha Lo Tung → Ting Kok Rd (2.40) → Tai Po station	2:56
12	28/1	17°C	Tai Mei Tuk → Brides pool (50) → Wu Kau Tung (1.05) → Sam A Chung → Lai Chi Wo (2.02) → pass (2.27) → Luk Keng	3:08
13	4/2	15°C	Plover cove dam → grave (1.05) → ridge (1.45) → stream	3:27

			(2.33) → Chung Mei (3.03) → Tai Mei Tuk bus stop	
14	11/2	11°C	TT → end of road (28) → Stage 10 (turn left) (38) → reservoir (54) → Ho Pui reservoir (1.30) → family walk loop (1.45) → Sek Kong road → dam (2.03) → Sek Kong (2.28) → Sek Kong roundabout	2:32
15	18/2	13°C	Tai Po V → lead mine pass (37) → bottom of Needle Hill (1.16) → Needle Hill (1.46) → road (not Grassy Hill) → lead mine pass (2.23) → Tai Po V	2:48
16	25/2	16°C	Tai Po V → lead mine pass (37) → top of reservoir (50) → pineapple track → across main dam (1.17) → track → top of reservoir (1.56?) → lead mine pass (2.20) → Tai Po V	2:46
17	3/3	17°C	TT → amusement/lychee park → reservoir (32) → Stage 10 road → Stage 9 sign/park (59) → track/road/track → Stage 10 rd (1.21) → top of reservoir (1.33) → TLC → tunnel bus	2:41
18	10/3	13°C	TT → amusement/lychee park → reservoir (33) → Ho Pui reservoir (1.07) → family walk → reservoir (1.21) → track /steps → Y-junction (1.42) → tunnel bus	2:06
19	17/3	23°C	TT gate → reservoir (28) → Stage 10 track → road (1.08) → small reservoir (1.27) → across dam → end of road & return to dam (1.59) → TT bus terminus	2:14
20	24/3	?	TT Road → rd/nature trail/track → reservoir (34) → Yuen Tun trail → Yuen Tsuen trail → road (1.06) → (turn right) → Y-junction (1.22) → stream track → road (1.35) → top of reservoir (1.42) → Tunnel bus	2:15
21	31/3	22°C	TT gate → reservoir (27) → TLC trail → original bus t.o. (1.35) → Y-junction (1.54) → top of reservoir (3.05) → TT gate	2:34
22	7/4	20°C	TT bus terminus → small reservoir → Stage 10 t.o. (35) → across main dam (1.04) → road → top of reservoir (1.42) → tunnel bus	2:15
23	14/4	28°C	TT Rd → amusement/lychee park → reservoir (37) → forest → road (1.06) → (turn right) → first short-cut to reservoir road → reservoir road → top of reservoir (1.40) → tunnel bus	2:20

Average time (23 runs) 2 hours 34 minutes