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CAFE VISIT 

 interviews with
TEACHERS

Cafe

茶道

二零一五年六月號

「茶」字典

「茶」字出現稍晚，甲骨文時代還沒有「茶」一字，直到漢代才見其影蹤。東漢許慎《說文解字》，收錄了「荼」一字。許慎云：「荼，苦荼也。」即苦菜之意。後人認為「荼」字就是「茶」字的前身。唐代陸羽著《茶經》已使用「茶」字。《陸羽·茶經》一曰茶，二曰檟，三曰蔎，四曰茗，五曰荈。元代《韻會》解釋「茶」：茗也。本作荼，或作檟，今作茶。明代《正字通》引《魏了翁集》曰：茶之始，其字為荼，如《春秋》「齊荼」、《漢志》「荼陵」之類。其實，從漢代出土文物中已見「茶」字。因此，有學者認為漢時已有「荼」、「茶」兩字，並非至陸羽後才易荼為茶。

「茶」歷史

飲茶的習慣，在中國已經有好幾千年的歷史了，而飲茶的起源，因為年代久遠以及中國造字的演變，引發了好些不同的說法；有人認為起源於上古，有人認為起源於周朝，還有起源於秦漢、三國、南北朝、唐代等說法。一般人認為「茶」起源於唐，是因為唐代茶經的作者陸羽，因而也有了「中國茶起源於唐」的說法。其它則尚有起源於神農、起源於秦漢等說法。有傳說神農氏在樹下燒水休息，一陣微風拂過樹梢，幾片翠綠的茶樹葉隨風飄落在燒開的水中，神農氏飲用後發現茶水變得清香甘甜，飲後更覺神清氣爽，精力充沛。茶從此便常為中國人所飲用了。

「茶」紅綠

茶有不同種類，我們經常喝的是紅茶和綠茶。

綠茶經殺青、揉捻、乾燥，大部分白毫脫落，浸泡綠湯綠茶。中國大部分名茶為綠茶，如松蘿茶、龍井、信陽毛尖、碧螺春、黃山毛峰、黃山綠牡丹、六安瓜片、太平猴魁等。

紅茶是一種經過發酵的茶，有工夫紅和紅碎兩種，有利於消化。西方人比較喜歡紅茶，名茶有中國的紅松蘿、祁紅、坦洋工夫、海南紅茶、湘紅工夫、白琳工夫、印度的大吉嶺和阿薩姆，錫蘭等。

中國古代諺語中提到開門七件事——「柴米油鹽醬醋茶」，可見「茶」在古人的日常生活中佔一重要席位。直到今天，我們還經常聽人們要上酒樓「飲茶」，「飲茶」甚至成為不少香港人及廣東一帶地區市民的生活習慣。「茶」既然那麼重要，大家對「茶」有多少認識？此外，中西方的「茶」文化又有何不同？



珍珠奶茶

珍珠奶茶的研發者是目前在春水堂擔任產品研發經理的林秀慧。當時她只是一名廿一歲的小女生，想出這樣的產品，是因為她喜歡吃粉圓、又在茶店工作，就這樣做出了今天大街小巷都熱賣的珍珠奶茶。幾經嘗試，把她最愛的粉圓和奶茶完美地結合起來了。這項產品怎麼會被叫作「珍珠奶茶」，而不是「粉圓奶茶」？林秀慧解釋，當時是另一位員工，也就是現在春水堂人事經理沈銅娥提議，一顆顆的粉圓像珍珠，乾脆取名珍珠奶茶好了！「珍珠奶茶」的名稱，就是從此而來的，時至今日，珍珠幾乎成了粉圓的代名詞。



港式鴛鴦

「鴛鴦」是香港地道的飲料，源自香港的大排檔，是茶餐廳為配合香港人不同口味要求而產生的傑作。其特點是既包含奶茶的香滑，亦具咖啡的濃鬱香味，同時，因「鴛鴦」這種水鳥，廣被喻作恩愛夫婦或形容配成一對的物件，其同名飲料亦體現了香港這個大都會中西文化精粹融合的特色，既獨特又多元，既傳統又現代。

「鴛鴦」的製法是混合了一半的咖啡和一半的絲襪奶茶，同時集合有咖啡的香味，和奶茶的濃滑。飲用者可以自行加糖，也可以叫店裡事先加入煉乳。現在，甚至連出生產紙包飲料的公司也參與製作「鴛鴦」呢！



以下哪些為真的茶名？（答案在本頁末）

- | | | |
|------|------|-------|
| 碧螺春 | 單龍銀針 | 白磚茶 |
| 峨眉毛峰 | 南竹白毫 | 虎口銀芽 |
| 清溪玉芽 | 白毛猴 | 單井綠 |
| 老青茶 | 黑磚茶 | 江山黃牡丹 |
| 珠蘭花茶 | 金銀花茶 | 青州方包茶 |
| 銀針白毫 | 南山毛峰 | 百合花茶 |
| 白牡丹 | 北華毛尖 | |

CAFE VISIT

Hello Pentecostal! Have you ever had the thought of finding a place where you can sit for a long period of time? As a student, I have never had anywhere to study. The library, which is always popular for studying, is too quiet for me. It may be a good choice for students who are fully focused on their revision but, unfortunately, that is not my case. Undoubtedly, eating while I study is the best choice for me. If you have the same feeling, revising in a café may be in your favour. Cafés are places where you can kill time, eat and revise 'till the end of the day. After visiting different cafés in Hong Kong, we've found out that the United Café, Japanese Style Maid Café and the Brew Note Coffee Roaster are three different types you may be interested in. Do you still remember our hall assembly guest, Mr Vincent Hung? He is our alumnus and also the owner of the Brew Note Coffee Roaster. Now, no more hesitation- read on!



Maid Café

We have experienced a very special coffee shop. The owner has been inspired by the culture of Japan. All the waitresses are women and they are dressed as female servants. Each of them will call customers "Master" no matter if you are a girl or a man. Some people will think this is strange but teenagers enjoy it. We interviewed one of the servants. It is surprising that she said that most of the "Masters" will come every day. If not, they still come frequently. She said she did not think that being a female servant is a weird job. She likes it. She thinks it is a good chance to show her own personality. She thinks nowadays it is hard to find work in Hong Kong which needs lots of personality.

Even though she hates being controlled, she thinks being a female servant can show who she is. If you work in this coffee shop, you don't just help the customers to order. You also have to chat with them. This coffee shop is very special and not a lot of people in Hong Kong think it is suitable to have this culture here. Maybe Hong Kongers think that it is not our style, but Hong Kong is an international city in terms of food culture. We have different styles like Japanese food, Thai food, etc. So, why not increase the food culture here? Coffee culture is not about just having a simple coffee shop. Adding Japanese culture let's people know more about Japan and have a better way to enjoy it.



- 1 If you want to call the maid, just ring the bell and she will come and serve you.
- 2 All the menus have lots of lovely paintings of Japanese anime.
- 3 Rice wrapped in an omelet with fried prawns and our name written in ketchup. Pretty cool, huh?!

An interview with Mr Chow

Another teacher we have interviewed is Mr Chow Wai Hang, a newly married teacher. He is really 'addicted' to coffee. Without coffee, life is dull to him. Let's read what he has shared with us.



INTERVIEWER: SD HO KA YEE, WINNIE
INTERVIEWEE: MR. CHOW WAI HANG

WHAT DOES COFFEE MEAN TO YOU?

I like to drink coffee. Coffee is just like my blood, I cannot maintain my life without it. Probably, I am addicted to coffee.

WHERE DO YOU CHOOSE TO ENJOY YOUR COFFEE?

Although I am hooked on coffee, I rarely go to the chain coffee shops or cafés as those places are too crowded with customers. It is difficult for me to find a quiet and relaxing time. Also, it is too expensive and is not worth it. Mostly, I use my coffeemaker to make a simple Americano at home or drink a Hong Kong style coffee in local tea restaurants.

HAVE YOU EVER DRUNK A COFFEE THAT TASTED BAD?

Most of the tea restaurants only provide one kind of coffee, but each of them tastes different. Honestly, some are really bad. A cup of coffee which tastes strange is just like a reminder for me. It reminds me that whenever I am facing challenges, I should follow my role model, Yuan Chong Huan, and his motto, "Hit it hard!"

United Café Bistro

WHY IS IT CALLED "UNITED"?

This is a café established by two Christians who come from the Protestant Church and Roman Catholic Church. They both have the same thought, which is to proclaim their two beliefs in a united way. They encourage all Christians to have no separation but to be united. They think that there are no differences between the two beliefs because both of them believe in Jesus Christ and what Jesus commanded is "Love one another as I have loved you" (John 13:34).

- 1 It has peaceful surroundings which can let you relax.
- 2 Murals feature scriptures in Chinese and English.
- 3 A coffee adorned with beautiful artwork and a tasty sandwich.
- 4 Here is the name of the café and their logo.



WHO ARE THE TARGET CUSTOMERS?

The target of this café is everyone. No matter what you believe or even if you have no belief, you may come to this café. As they want to provide a place for the believers to join together, it can let those who have no belief know more about Jesus Christ.

WHAT IS THE CAFES ENVIRONMENT?

The most special thing about the café is that there are so many banners and paintings on the walls with some scriptures. They can bring tranquility and peace to the customers.

An interview with Mr Fung

Two of our editors, Erinn and Amanda, have interviewed Mr Fung Ka Chun about his views on coffee. We found that he can realise different cultures and tastes from different coffee beans. Let's enjoy what he has shared with us.

INTERVIEWER: 4A WONG CHING YUEN ERINN & 4C CHAU CHING LAAM AMANDA
INTERVIEWEES: MR FUNG KA CHUN

DO YOU LIKE DRINKING COFFEE? WHICH TYPE OF COFFEE DO YOU LIKE TO DRINK?

I like drinking coffee. Some people think that black coffee without milk and sugar is more suitable for men and women prefer lattes. However, I love both. I think different coffee beans indicate different features and cultures of different countries, regardless of which sugar and milk you use. Latte is one of my favourite. It contains rich, smooth bubbles of milk. I prefer a mixture of different coffee beans and milk. I stopped putting sugar into coffee a long time ago.

DO YOU LIKE GOING TO CAFES?

I like to go to cafés with a personalised style. I also like drinking coffee at home. Drinking coffee in cafés can help us understand, explore and taste the culture and environment of the café. Yet, drinking coffee at home can give me more time to try different coffee beans from different countries so that I can understand more of their culture and characteristics.

WHY WILL YOU DRINK COFFEE? DO YOU LIKE DRINKING COFFEE WITH SOME SNACKS, LIKE CHOCOLATE OR CAKE?

At first, I think that drinking coffee can only make me more awake when I am tired, just like having a cup at my tea time. But, recently, I discovered that brewing a cup of coffee is very complicated. We have to consider lots of things like roasting and brewing methods, the temperature of water used, etc. All these factors affect the quality of the taste of a cup of coffee. It's just like an art form! Through this searching process, I realise more about its culture, the range of various tastes and so forth. It is really interesting. Tasting coffee with different combinations of snacks can result in different tastes, too.

Brew Note Coffee Roaster

This coffee shop is also very special. There are a lot of business stores nowadays selling coffee that may not be good quality. The Brew Note Coffee Roaster is a place that will make you think, "What is great coffee?" We interviewed the owner, Vincent Hung, to learn more about coffee.

WHY DID YOU CHOOSE TO OPEN A CAFE?

When I was in F.6 and 7, I always went to cafés. This made me know more about coffee, understanding that there are different types of tastes. Since my A Level results were not so good, I tried to go out and look for work which could let me learn more. Also, there are just few good cafés in Hong Kong. Because of self-interest and the potential of the coffee business, I chose to open a coffee shop.

ANY DIFFICULTIES?

Opening a café is not as easy as you think. Every day I finish my work at nearly 2 a.m. as I need to spend 5 to 8 hours on the coffee beans. And I cannot have a free day once a year.



- 1 The special coasters of the Café allow you to make tasting notes.
- 2 Our Bulletin team with the boss of BREW NOTE COFFEE, Vincent Hung (on the right) - A PS graduate!
- 3 Jazz plays all the time as the boss is a Blue Note lover.
- 4 This elegant machine roasts the coffee beans that Brew Note customers enjoy. They also sell the beans so you can enjoy great coffee at home.

ANYTHING YOU HAVE DONE TO MAKE YOUR CAFE SPECIAL?

I pay lot of attention to the coffee beans. Not just where they came from, but also the importance of quality as it can affect the taste. I design many types of ways to enjoy coffee. Take the taster set as an example. People can feel different tastes by using different cups.

ANYTHING ELSE SPECIAL IN YOUR CAFE?

The customers can buy the coffee beans which they want to drink. I also look at the settings of the machines and other important details. You can try some coffee with tastes like nuts, grapes, etc.

WHY NAME IT BREW NOTE?

I love jazz music. Blue Note is the name as of a famous jazz record label which I love, and play in my shop. There is live music sometimes, too. As "brew" sound like "blue", the design of the shop uses blue.

An interview with Mr Kwong



Do you know Mr Kwong? He is one of our Liberal Studies teachers. It is really surprising that he not only enjoys coffee but also is interested in making coffee by buying coffee beans of different countries. Let's take a look at what he said.

INTERVIEWER: 4D NG YUEN YING, YEVA
INTERVIEWEE: MR KWONG KU KAN

WHY DO YOU LIKE DRINKING COFFEE?

When I was studying at university, I tried my first cup of coffee as I needed to concentrate on school work. It made me focus on my work which is why I still drink it.

WHERE DO YOU HAVE YOUR COFFEE, AT HOME OR AT COFFEE SHOPS?

I will make coffee by myself and buy the coffee beans from the internet. There is a wide variety of coffee which comes from different countries and has different tastes.

ANY SPECIAL MEMORIES ABOUT CAFES?

I worked at Starbucks during holidays when I was young. We had a cup of coffee per day. Also, I learned something about coffee during the lesson which was organised by Starbucks.

ANYTHING THAT YOU WANT TO TELL PS STUDENTS?

Don't drink too much coffee. It isn't healthy if you drink too much.

An interview with **Mr Wong & Mr Yu**

WHICH TYPES OF COFFEE DO YOU LIKE MOST AND WHAT DO YOU USUALLY DRINK?

Y: I prefer coffee that comes from Vietnam or Indonesia because I like its sour taste. I usually drink cappuccino.

W: Latte is my favorite. I usually have a cup of latte in the morning and make it myself.

DO YOU GO TO A SPECIFIC CAFE OFTEN?

Y: Starbucks or Pacific Café are good places for me to relax. Also, these places bring back memories because when I was a university student, I had meetings with my classmates at Starbucks.

W: I do not kill time sitting in cafés. I usually go to cafes that sell coffee beans in order to make coffee by myself. Visiting this kind of café definitely is a good choice as the salespeople there can give me a lot of advice about making coffee. Sai Kung has many of this kind of café.

HOW DO YOU FEEL ABOUT COFFEE?

Y: It's relaxing.

W: I think I get addicted to it because I must drink a cup of coffee every day to keep my mental state good.

ON AVERAGE, HOW MANY CUPS OF COFFEE DO YOU HAVE EVERY DAY?

Y: On weekdays, I usually have two cups a day; on weekends I have one cup a day.

W: About three to four cups per week.

One of our editors, Alice, has interviewed two young male teachers, Mr Samuel Wong Sheung Leong and Mr Chris Yu Chun Lit about the reasons why they love coffee so much. They even made a cup of delicious drip coffee for me when I interviewed them.

INTERVIEWER: 5D WAN HOI KWAN, ALICE (A)

**INTERVIEWEES: MR WONG SHEUNG LEONG(W) AND
MR YU CHUN LIT (Y)**

Our group would like to give a special thanks to Mr. Wong for sharing his delicious Brazilian Santos coffee with our Bulletin's journalists. We did enjoy it very much! It is my honour to be served by two teachers!



- 1 Mr. Wong is preparing drip coffee for us.
- 2 Mr. Yu and our bulletin member, Alice, taste the drip coffee made by Mr. Wong.
- 3 A milk foamer produces smooth milk foam, just like a cappuccino!
- 4 Mr. Wong and Mr. Yu are both coffee lovers.

ABOUT teachers ...

Interestingly, for the teachers we interviewed, it is not just the taste they care about, but the nature of coffee itself. They consider its taste, sure, but they also care about the culture and the quality of a cup of coffee and they do this in a very human way. Most of them also enjoy cafés that put some special effort into the surroundings and the preparation of the coffee. We all agree that tasting coffee is really like an art form because our appreciation of it improves our creativity and our skills of judgement. Thanks, teachers, for sharing your love of coffee with all of us!

ABOUT cafes ...

So, there you have it! In conclusion, The United Café provides a completely comfortable and peaceful environment for those who want to relax or study. The Japanese Style Maid Café suits someone who is passionate about Japanese culture or gets excited knowing new cultures. The Brew Note Coffee Roaster offers you not only proficient coffee but also some fun ways to taste coffee differently. Have any of them made you excited? This weekend, why not head there with your friends and have some luxury time!

摘星之旅



二零一四年十二月二日，在圖書館舉行之「摘星之旅」活動，邀請了在文憑試中取得佳績的師兄姊，與中六同學分享一些溫習和應試心得。當日中六同學十分專注地聆聽師兄姊的講話，並在活動完結後向師兄姊提問一些如何溫習的方法。由此可見，中六同學的確十分關注自己的學業。

師兄姐們向今屆中六同學分享讀書及應試心得。所謂「一分耕耘，一分收穫」，深信他們成功的背後定必付出過不少努力。到底他們是如何面對和準備這個人生的考驗？應考期間又有什麼秘訣呢？

分享中，師兄姐提及幾個重要技巧，相信對每位同學都有幫助。首先，時間分配是最基本的工夫。用最少時間做多分又容易的題目較有保障，這點尤有利於數學和物理等理科科目。其次，在溫書前，一定要先釐清概念，不要強記死背概念不清的課題，否則只會弄巧反拙。再者，做練習時要選些較艱深的題目，這樣可以加強鍛鍊思考和分析能力。此外，大多數同學做習題時往往先看參考答案，但正確的步驟是先經推理和分析，後再看參考答案，從而鍛鍊答題技巧。且要切記勿死背答案，必須經過理解，學習才會穩固。

羅校長應邀出席是次活動，對我們的師兄姊表示支持，亦為中六同學打氣，祝願他們能取得佳績，完成自己的夢想。同學們在文憑試中要面對大大小小的壓力，相信他們一定能夠衝破這難關，展開人生新一頁。

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CHIEF EDITOR (ENG) : 4D NG YUEN YING, YEVA
EDITOR (CHIN): 5A LI YUK YAN
5A TSE HIU CHING
TEACHERS-IN-CHARGE: MS CHAN SUET FA
MR CHAN HAK KEUNG
MS FUNG WAI YAN

EDITOR(ENG) : 4A WONG CHING YUEN, ERINN
4C CHAU CHING LAAM, AMANDA
5D WAN HOI KWAN, ALICE
5D HO KA YEE, WINNIE
LAYOUT DESIGNER : 6C TSE HO FUNG, CALVIN

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