



ALUMNI NEWS

English Schools Foundation

Sept 2015

SCHOLAR ATHLETES



Once an Athlete

Ricky Cheuk - King George V School

Edward Haynes - West Island School

Aquatic Ambition

Hannah Wilson - Island School

The Food Cycle

Julia Mason - West Island School

Rewriting the Playbook

Keith Rumjahn - South Island School



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TABLE OF CONTENTS

Once an Athlete

Ricky Cheuk
King George V School (KGV)

Edward Haynes
West Island School (WIS)

04



Aquatic Ambition

Hannah Wilson
Island School (IS)

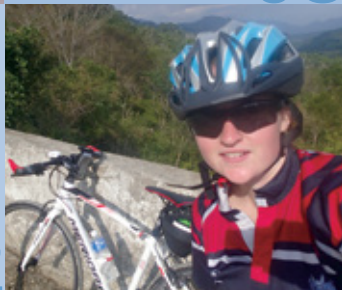
08



The Food Cycle

Julia Mason
West Island School (WIS)

12



Rewriting the Playbook

Keith Rumjahn
South Island School (SIS)

16



Class Notes

18

What's Happening

23

FOREWORD

Welcome to the latest edition of the ESF Alumni News. I am honoured to be asked to write the foreword for this publication.

I am a KJS and KGV alumni, and newly relocated back to HK. I joined ESF this term as Community Development Manager of the Kowloon Learning Campus. It is particularly rewarding for me to connect with our students, graduates and fellow alumni; to build on existing and new relationships.

As an alumna, I am proud to pay tribute to the achievements of ESF alumni. In this edition we have interviews with some inspiring mentors: Ricky Cheuk (KGV), Edward Haynes (WIS), Hannah Wilson (IS), Julia Mason (WIS) and Keith Rumjahn (SIS). These alumni have extended their passion in sport to their work, careers and communities.

Ricky and Edward, two rugby enthusiasts who developed their interest in the sport from school went on to represent Hong Kong. Ricky and Edward both pursued an education in marketing at university but were not able to shake off their passion for sport. Their common experience brought them together in business. It is this sense of belonging to a common experience that our alumni share and thrive on. Our alumni community has strong connections and its networks which extend to communities near and far.

Our very own Olympic swimmer Hannah has inspired many at ESF schools to push swimming to its highest level. We have swimmers training early in the morning before class and after school. ESF schools have sport as a co-curricular programme giving utmost emphasis to students finding the sport they like. Our teachers are committed to help each student to develop their skill and interest. Hannah is a model mentor who realises the importance of giving back to the community.

Julia is cycling from the UK to Hong Kong to raise awareness on global food wastage. She is not only a high academic achiever but also an 'A' grade sports girl. Julia helped to develop women's rugby in Sheffield University. She teaches sailing and tutors English in HK. Our students and graduates alike, share their invaluable knowledge through mentorship and philanthropic channels; a mission we are proud of.

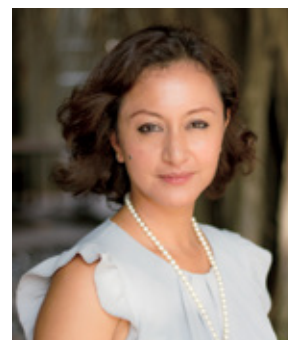
Keith found an alternative route to express his love for basketball. Having struggled to make the school team, he never gave up. At ESF we aspire to empower our students with strength and courage to pursue their dreams; to be the best they can be. Keith extended his passion into his career and now basketball is with him through life.

Many alumni have contributed to our schools' development, mentored, shared invaluable learning experiences, invested time and energy in supporting advancement. Significant contributions have been made to build world class facilities to enhance our students' learning experience. It was the need of high quality education for my children that brought me back to ESF. However it was the alumni connection that brought me back to my school.

I trust that you will enjoy reading this edition of our ESF Alumni News. I hope these inspiring stories will encourage you to pursue sport, making it a meaningful experience.

Looking forward to connecting with you.

Yasmeen Ashraf Sayeed
Community Development Manager
Kowloon Learning Campus



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It is the middle of the afternoon at Coastal Fitness in North Point and the room echoes with the clang of barbells being dropped on the floor by weightlifters. “We kind of have an ESF company here,” says Edward Haynes, the gym’s owner. Haynes is a graduate of West Island School (WIS), while Ricky Cheuk, who runs the Warrior Muay Thai training centre in the same space, went to King George V School (KGV). Many of the other staff went to ESF schools, too. “Even a lot of the customers are from ESF,” says Edward.

Ricky and Edward both attended Newcastle University, but they got to know each other while playing for the Hong Kong rugby team. Ricky is a few years older than Edward, and he jumped into the sport when his family moved back from Canada in 1997. “I knew nothing about rugby in Canada,” he says, but when he saw how popular it was in Hong Kong, he was intrigued.

“I was a fast runner, so I thought, wow, this is quite easy,” he says. He first joined the Under 16 and Under 19 teams before he was asked to join Hong Kong’s national team. He played his first Rugby Sevens in 2001, battled against France in front of 45,000 fans.



Ricky Cheuk playing in the Hong Kong Rugby Team

“We kind of have an ESF company here.”

He later became the Hong Kong team’s first-ever Chinese vice-captain.

Edward got an early start, joining the Under 7 team and training at the Hong Kong Rugby Academy. By the time he joined the national team, the Hong Kong government had begun funding rugby, giving athletes a chance to play professionally. “Back in the day, there were a lot of not-so-good players who were just there to make up the numbers,” says

Edward. “We were amateur athletes,” says Ricky. Most of the Hong Kong team members only played part-time, having to balance rugby with their careers.

That situation has now changed, thanks to government funding. But Ricky and Edward say that school kids now have less chance to develop their interest in sports than they did in the past. “It was a big part of growing up here,” says Ricky. “There was a big emphasis on sport. We had time for training, time off to tour,” says Edward. “Now kids don’t have time anymore.” He says much of the new rugby talent comes from overseas. “I feel there’s not as much home-grown talent nowadays,” he says. Ricky adds: “The system stopped producing these young players. We’ve lost the next generation.”

Once an Athlete

Edward Haynes

Ricky Cheuk

Edward Haynes

2010-Present	Owner and co-Founder of Coastal Fitness Performance Training
2011-2014	Hong Kong Rugby Team
2009	Bachelor in Marketing Management, Newcastle University
2006	West Island School

Ricky Cheuk

2009-Present	Owner and co-Founder of Frozen Yogurt, Ramen Jo, Slices Pizzeria, Warrior Muay Thai training centre
2001-2009	Hong Kong Rugby Team
2005	Bachelor in Business Management, Newcastle University
2002	King George V School

“It’s more like a hobby than a business, I consider it as an outlet from F&B.”

That doesn’t mean people in Hong Kong are no longer interested in sports. Just the opposite — Ricky and Edward say that the gym business is booming. “There are more personal trainers in Hong Kong. People are more into exercise,” says Edward. His gym focuses on crossfit, an increasingly trendy workout regime that



combines weightlifting, jump training, calisthenics, gymnastics and other exercises. “In the first year after we started, a new place opened every month,” he says.

It was a bit of a departure from Ricky and Edward’s university studies; both majored in marketing. “I still don’t know the answer why I chose marketing,” says Edward, with a shrug. “I don’t know either,” says Ricky, laughing. Despite their ambivalence, they have

“I learned more in that first few months of running a business than I did in four years of university.”

both ended up as entrepreneurs. After he injured his knee training for the Asian Games, Ricky was forced to retire from rugby. That was when he decided to go into the restaurant business with another ESF alumnus, Kosei Kamatani. Together, they opened a frozen yogurt shop on Leighton Road. Ricky now runs several other food and beverage outlets. “I learned more in that first few months of running a business than I did in four years of university,” he says.



Ricky Cheuk

Above all, Ricky says he still considers himself as an athlete. That is one of the reasons he runs Warrior. “It’s more like a hobby than a business,” he says. “I consider it as an outlet from F&B (food and beverages).” Edward says the interaction with customers makes it a good job to have. “It’s just like when we were playing rugby and we had a lot of teammates,” he says.

Ricky has a son with his wife, whom he met at his final Rugby Sevens game. His goal for his son is to follow his footsteps at ESF schools, and he says he wants him to enjoy sports as much as he did. he says. “I want him to have fun.” [a](#)



Edward Haynes



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Hannah Wilson almost did not make it to her first Olympics. In 2004, the 15-year-old Island School swimmer had managed to qualify for the summer games in Athens. “Nobody expected me to qualify, not even me,” she says.

Then she was hit by a bureaucratic obstacle: the International Olympic Committee (IOC) had passed a new rule requiring every athlete to be a citizen of the country she represented. Hannah was born in Hong Kong, but she was a British citizen, and as a minor she was not allowed to renounce her citizenship — one of the requirements for her to apply for an HKSAR passport.

“It took a lot of fight to fix,” she says. Luckily, the IOC made an exception for her and she was able to compete. It was the first of Hannah’s three Olympics — and the start of a professional swimming career that earned her nine gold, silver and bronze medals at competitions around the world. Now 26, Hannah is working as a swim coach and looking for a position as a physical

education teacher. “I want to give back to the swimming community here and let them know it’s possible to do what I did,” she says.

Hannah never expected that she would become an Olympic athlete when she first learned how to swim. “I learned it for safety,” she says. “It’s a crucial life skill in Hong Kong, where you’re surrounded by water.” On summer weekends, she swam with her friends in the pool at the Ladies Recreation Club. “It was more of a social activity rather than something competitive.”

Hannah was a sporty kid and swimming lessons were just one part of her repertoire, along with tennis and netball. “I was athletic so my parents just threw me in everything,” she says. By the time she was 14, though, it was clear that Hannah was an exceptionally strong swimmer. Her coach asked her to drop the other sports and focus on the pool. “He said, ‘what’s tennis going to do to help you swim?’ That’s when I really turned the switch.”



Swimming was not the most obvious sport for a sociable person like Hannah. “It’s a bit of a weird sport, really, it is very anti-social. You’re following a black line for two hours a day,” she says. But she liked the way it cleared her head. “You forget about everything else and focus on the pool.” And it appealed to her competitive streak. “I was training with boys and I really wanted to beat them,” she says with a laugh.

Athens was an overwhelming experience. “It didn’t really hit me until I got there,” she says. When she joined her Hong Kong teammates for the opening ceremony, her nerves were shot. “I thought, ‘what am I doing here? This is crazy.’ I looked up at the stands and there were so many people. Out of all those people, I saw my parents. And I started to cry.”

Hannah performed well in Athens, “which was a confidence booster,” according to her. Four years later, when she competed at the Beijing Olympics, “it was

“There’s only so long you can be an athlete. You can work for the rest of your life.”

Aquatic Ambition

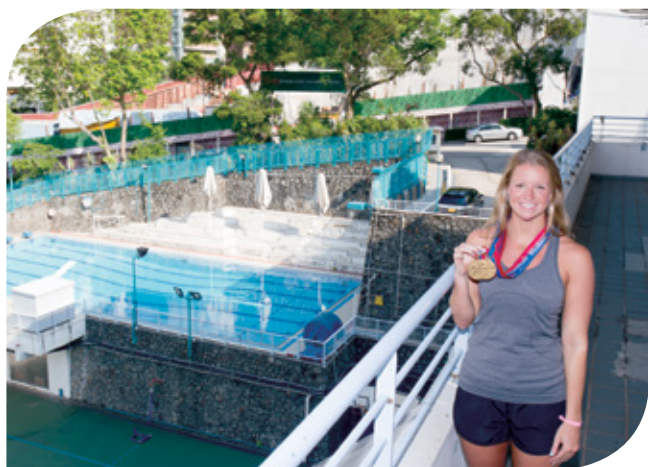
Hannah Wilson

2012	Represented Hong Kong at the Olympics in London
2011	Bachelor of Arts in Anthropology, University of California, Berkeley
2010	Chief Executive’s Commendation for Community Service Award
2009	Two gold medals at the Summer Universiade World Student Games in Belgrade, Serbia
2008	Represented Hong Kong at the Olympics in Beijing
2007	Island School
2004	Represented Hong Kong at the Olympics in Athens
2000	Peak School

almost like I was a different person.” She had been competing with the team at the University of California, Berkeley, which had taught her new training techniques and given her the chance to train alongside other great swimmers. “It’s not just they’re the best in the world, they’re also friends,” she says. “A lot of sport is just so much mental toughness.”

Hannah’s path to Beijing was smoother than her journey to Athens. When she turned 19, she renounced her British citizenship and took up a Hong Kong passport. It was not easy — at that time, not many foreigners had taken up Chinese citizenship. “When I went to the Immigration Department, they asked, ‘do you speak Cantonese? Are you any part Chinese?’ They looked at me strangely when I said no.” But the paperwork went through without a problem. “It made things a lot easier.”

Beijing did not offer Hannah any medals, but she did not have to wait long to stand tall on the podium. The next year, in Belgrade, she won two gold medals at the Summer Universiade, an international competition for student athletes. “It was quite emotional and I didn’t expect it to be,” she says. “That was the highlight of my career.”



Hannah soon followed that achievement up with a spate of other medals at the East Asian Games in Hong Kong. She credits her training at the University which made her a better swimmer. She learned that land training is just as important for a swimmer as time in the water. Communication skills, personability, confidence — these are the skills that Hannah says swimmers need to succeed. That is something she hopes to teach younger swimmers in Hong Kong. “It develops a person as an athlete, as well as healthy and active lifestyles amongst today’s youth.”

Now that Hannah has hung up her competitive swimming cap, she is learning to coach young swimmers.

She is now coaching with her former trainer, Michael Fasching. “I get very frustrated and I know that’s how my coach felt when I was swimming. We laugh about it now when we see each other,” she says. At the same time, she is impressed by the talent she sees in the pool. “I don’t think I ever worked that hard at their age.”

Despite that potential, Hong Kong still has a long way to go before it becomes a nurturing environment for swimmers. “One of the biggest problems Hong Kong has is with schools and the pressure that’s put on

“I want to give back to the swimming community here and let them know it’s possible to do what I did.”

academics,” says Hannah. She did well in school but swimming consumed much of her spare time, which would have been impossible if she had been forced to see after-school tutors. “It’s a great struggle to keep kids committed once they hit 15 and start their exams.”

She thinks parents should understand that athletes do not need to sacrifice a good education or a good career to pursue their dream. “There’s only so long you can be an athlete. You can work for the rest of your life,” she says.

For her part, Hannah hopes to find a school that will let her build up a swimming programme. In the meantime, she still swims — but only recreationally. “I don’t have any more desire to compete,” she says. She often finds herself back at the Ladies Recreation Club, slipping into the pool for a few leisurely laps. “It completely changed my outlook on swimming,” she says. “I can actually enjoy it.” [a](#)

“It develops a person as an athlete, as well as healthy and active lifestyles amongst today’s youth.”

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This past spring, Julia Mason set out to cycle from London to Hong Kong, but it was not until she was cycling through the western part of Turkey that the enormity of the task really sunk in. "I got stressed about trying to meet daily targets and even hourly targets, and kept thinking if we hadn't done that or we hadn't done this," she says. "It wasn't till I got to Istanbul that I realised how little it mattered if we were a few days late and how much pressure I was putting on myself for no reason."

That revelation made all the difference. By early August, Julia was sitting in a vegan cafe in the Georgian capital of Tbilisi, resting for a few days before embarking on the remainder of her 16,000-kilometre journey. Julia is travelling with her British friend Bethany Martin, whom she met at University of Sheffield through a shared passion for reducing food waste. "We both grew up in different environments and yet both of us witnessed an unsustainable level of food waste," says Julia. She first became aware of the problem when she completed a

final year project on food waste at West Island School. That was when Julia was introduced to bin diving by Christina Dean, the founder of Hong Kong charity, Feeding Hong Kong. "It was both elating and shocking to come home with bin bags full of loaves of bread and crates of fruit and vegetables, all of which were perfectly edible," she says.

Julia hope the trip will raise awareness and nearly HK\$300,000 in donations for food charities, including Feeding Hong Kong and Food Angel. Her message is well-rehearsed. "One third of edible food is wasted, enough to feed three billion people, and yet almost one billion people are starving," she explains. "This is due to an inefficient process from farm to plate, outrageous regulations, excess stocking and unrealistic expectations of consumers driven by an ever demanding, ever competitive market. When we needlessly throw edible food away not only do we inflict an unnecessary strain on world hunger, but also unnecessary major loss of the world's resources that went into the production



of this food, resulting in countless environmental and economic implications."

It is a worthy cause, and one that has not gone unreported. Julia and Bethany needed a way to grab the public's attention, which is why they decided to embark on an epic bicycle trip from one end of the Eurasian landmass to the other. The two are posting regular updates to their Facebook page (Forks on wheels) as they travel, and their exploits have already garnered attention in the British and Hong Kong media. But their trip required more than just political conviction; it needed a leap of faith, as neither Julia nor Bethany had attempted such rigorous cycling before. Until now, Julia's longest bicycle journey was a five-day trip around Taiwan.

It was a tough start. "Our legs were constantly in pain, no matter how much rest we got," says Julia. "It wasn't just the biking part that tired us out, it was the finding a campsite, cooking, writing, and being outside all the time. We were eating all the time. Now our bodies are

more used to it and only after a hard hill climb do I feel it in the morning."

Four months in, there have already been too many memorable experiences to count. There have been scary moments, like when Julia and Bethany were camping in a German field, only to wake up at half past three in the morning to find themselves in waist-deep water after the Danube River flooded. In Turkey, a meal of rich local cheese did not sit well with Julia. "When you wake up to the 30-second 'I'm going to vomit' warning, there is quite an art to quick tent exiting," she says. "It includes unzipping the tent and sleeping bag, catapulting out of both simultaneously followed by a commando roll to the nearest clear ground — as far away from the tent as possible."

But there have also been surprising, even transcendent experiences: the view from a 2,150-metre mountain on the shores of the Black Sea; the sincere hospitality

“One third of edible food is wasted, enough to feed three billion people, and yet almost one billion people are starving.”

The Food Cycle

Julia Mason

2014

Bachelor of Science in Biomedical Sciences, University of Sheffield

2011

West Island School

the pair encountered in Serbia, and the time when they were setting up camp in Turkey and invited to stay with a local family who were enjoying their nightly *iftar* feast to mark the end of a day of fasting during Ramadan. Julia is normally vegetarian, but she has opened her palate for the trip; she says the best meal so far is a tossup between a bone marrow soup, goulash, tomatoes and meatballs in Hungary, or a tomato and egg dish in Turkey.

Along the way, Julia has found new insight into the problem of food waste. "What has been very interesting is how cultural traditions and even religions can create food waste," she says. In Georgia, a customary supra feast requires an excessive amount of food to reflect the hosts' wealth and generosity. *Iftar* meals in Turkey are customarily overabundant, with large amount of leftover food going to waste.



Julia and Bethany

They have also encountered people who are making an effort to solve the problem. "In Western and Central Europe we found many initiatives and food waste entrepreneurs," says Julia. "As soon as we got to Hungary and Serbia, we found that the food produce was from a much more local level, and the further east we've gone the more we've found that. In Turkey, outside of Istanbul, almost everyone in villages and even small towns has their own vegetable patch, livestock and chickens."


It is a far cry from Hong Kong. "Hong Kong is in the highest bracket of food wasting cities," says Julia.



Julia and Bethany

"People eat out all the time, so much food is imported from far and wide, there are only a few food banks. I still feel there is very little being done especially in terms of educating the local population."

There is still plenty of time to bring the message home. Julia and Bethany have another several months of cycling ahead of them. The weather has already been extreme, from cold rain in Germany to 42-degree heat in Georgia — "The wind in your face is like a hair dryer blowing and there is no way of cooling down," says Julia. They are prepared for even more challenging conditions. "First we've got a thousand-kilometre stretch of desert with one to two hundred kilometres between small tea houses dotted along the road. Next we've got a 3,000-metre-high mountain range to get over. Fingers crossed the snow won't be too heavy. When we enter China which will be coming up for the end of October, it'll be a race to get across the Taklamakan Desert and towards Chengdu." As winter descends on the high plateaus of western China, Julia says the trick will be to have enough dry clothes to change into when they stop to make sure their sweat does not freeze.

Even after so much time on the road, though, Julia is looking forward to the weeks to come. "We aren't trying to set records and race across, we do like to take our time, to meet people, explore the areas," she says. "If I haven't been on the bike for more than a day I'm itching to get back on. Like now — I cannot wait to get back into the gruelling heat and climb another mountain." 

First we've got a thousand-kilometre stretch of desert with one to two hundred kilometres between small tea houses dotted along the road. Next we've got a 3,000-metre-high mountain range to get over.



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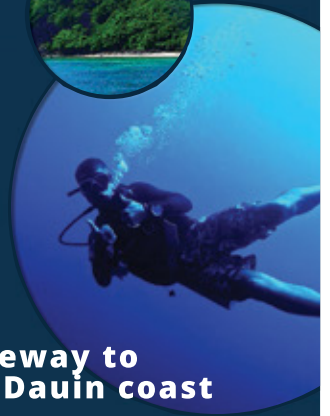
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Keith Rumjahn knew he could never make a career from playing basketball. But the sport led him to a new life as an entrepreneur. Keith is the founder of Coachbase, a startup that produces virtual playbooks for basketball coaches. In 2013, Coachbase was selected to participate in Nike's startup accelerator programme, which gave the fledgling firm a leg up in promotion and experience.

It all goes back to Keith's time at South Island School (SIS), where his early efforts to join the basketball team were thwarted. "I was really into basketball but I didn't make the team for the first two years," he says. That was in Year 9, and for the next two years he kept trying until he finally made it onto the team in Year 12. He credits luck as much as anything else. "I was really short and then one summer I grew a lot, so I made the team," he says.

As much as he loved basketball, Keith says his real

interest was in computer science. "I like being able to execute my own ideas," he says. He spent time at home building websites on Geocities and Angelfire. "I had a hit counter and got about 10 visits," he recalls, chuckling. Keith was strong in science, so when he finally went to Canada for university, "the first year was a breeze," he says. "After that it took time to adjust because you had to be so independent and self-driven. That was the most important lesson I learned," he says.


That came into play after Keith moved to Toronto, where his wife's school needed a basketball coach. He took the job. "I realised that I was a terrible coach," he says. The students were unruly and did not pay attention, until it dawned on Keith that smartphone can help students to understand better. That inspired him to create the first version of Coachbase, which allows coaches to create a virtual, interactive playbook. "When kids see it, they totally get it," he says.

It is not just kids who like the app. After Keith launched an iPad version, it was chosen by Apple Inc. as a featured app. Then, it was used in the 2012 movie *Thunderstruck*, which starred NBA player Kevin Durant. The movie was a flop, but the scene with Coachbase grabbed the attention of NBA coaches, who began sending Keith feedback. Keith says they like the app because not only because it is intuitive, but because it is secure. "If a binder of plays gets lost, it's a huge problem because then your opponent knows everything about you," he says. Coachbase makes use of an encrypted cloud server to store all of its users' plays, and different users on a team have different access levels; players do not have the same kind of control as coaches, for instance.

Keith says his basketball coach at SIS, Eric Jabal, was a big influence on how he has approached both basketball and business. "He's a super-disciplined man and he taught us a lot," he says. "He wouldn't just tell us to run laps, he led the way. He was the fittest man on the team." Those are lessons Keith says he has applied to Coachbase. "Being a coach is very similar to being a CEO. I'm not really bright, I just hire smart people."

That is perhaps being too modest. Keith has built Coachbase through savvy decisions, like giving up a secured job in Toronto and moved back to Hong Kong.

He now runs an office in Shenzhen, where software developers are abundant, and he keeps his headquarters in Hong Kong, where the city's density pays unexpected dividends. "Let's say I want ten coaches to test my product. In Hong Kong, I can do all ten in a day, because it's so dense. In North America, I would have to spend hours driving."

For now, Keith is focused on growing Coachbase. He says he is focusing on basketball for the time being, but there is a lot of room for expansion into other sports. "Imagine if you can buy the All Blacks (New Zealand national rugby union team) training method," he says. It may have taken Keith two years to make the high school basketball team, but his passion for the sport has taken him a long way since then. 



Keith and his team

Rewriting the Playbook



“Being a coach is very similar to being a CEO. I’m not really bright, I just hire smart people.”

Keith Rumjahn

2011-Present	CEO and Founder of Coachbase
2009-2011	Software developer, CaseWare International Inc.
2007-2009	Automation QA, CaseWare International Inc.
2007	Bachelor of Science in Computer Science, Queen's University
2002	South Island School

CLASS NOTES

DISCOVERY COLLEGE



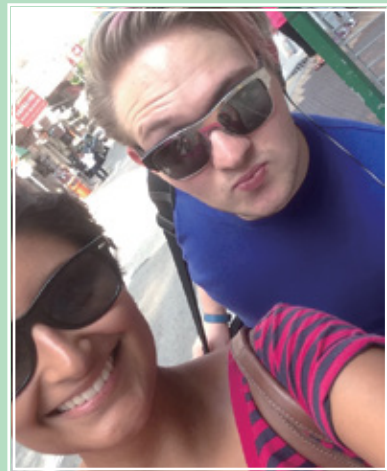
► SIE ROSSITER (CLASS OF 2014)

Sie is currently studying International Affairs and Economics at Northeastern University at Boston, UK. She just went to Memphis, Tennessee, where she spent a week working with Living Lands and Waters, a non-profit organisation focuses on river cleaning, recycling and sustainability. She teamed up with a senior to lead a group of nine other university students to complete the project.



► MIMI HO (CLASS OF 2014)

Mimi is currently on the Fresno State Women's Golf team. She is also a college sophomore at Fresno State in California.



► BRANWEN BINDRA (CLASS OF 2014)

Branwen is currently studying at SCAD in Hong Kong. He may be transferring to the SCAD campuses in Savannah in US and Lacoste in France by the end of next year.

WEST ISLAND SCHOOL

► JEREMY WU (CLASS OF 2010)

Jeremy just graduated from Hong Kong University of Science and Technology with a Bachelor in Sciences. He will be starting his Master in nutrition this year.

► RACHEL WONG (CLASS OF 2011)

Rachel has just graduated from Hong Kong University of Science and Technology with a Bachelor in Global Business. She will start working in September.

► JASMINE CHU (CLASS OF 2011)

Jasmine has just graduated from University of Hong Kong with a Bachelor in psychology. She will be starting her Master of International Management at Exeter, UK.

ISLAND SCHOOL



► IAN RENWICK (CLASS OF 1994) PRIMARY SCHOOL: PEAK SCHOOL

Ian worked in travel and Human Resources before settling on his overriding passion for making wine. He now lives in St Remy de Provence, France.

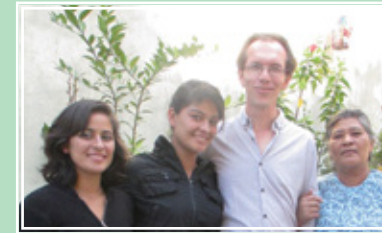


► SEAN ELLIS (CLASS OF 1990) PRIMARY SCHOOL: BEACON HILL SCHOOL

Sean is a screenwriter in Sydney, Australia. He was previously living in Los Angeles where he learnt about the business and networking in the film industry.

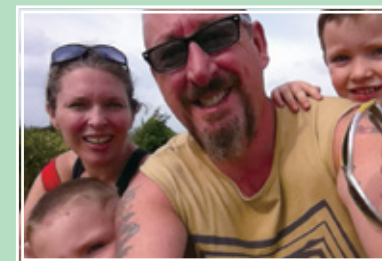
CLASS NOTES

ISLAND SCHOOL



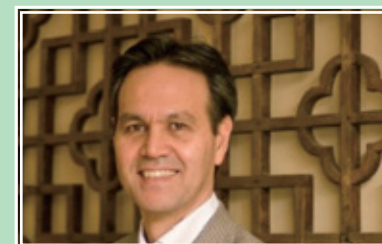
► MATTHEW DAVIES (CLASS OF 1990) PRIMARY SCHOOL: QUARRY BAY SCHOOL

Matthew is working for ATD Fourth World, a human rights organisation working to eradicate extreme poverty. After working in Guatemala, France and Spain, he led the organisation's work in the UK. He is now based in Mexico, discovering and supporting efforts to overcome poverty in Latin America.



► STEWART BURTON (CLASS OF 1990)

Stewart Burton is currently living in Goa, India with his family. They have set up an Autism Awareness Network called The Burton Project. It helps support children with autism, their families and the community.



► IAN STEWART (CLASS OF 1973)

Ian is the co-founder of WiReD Magazine in the US. He started at Island School in the original former hospital building in 1969. He left HK and went to a boarding school in New Zealand in 1973.

He would like to contact former classmates because they connected before the advent of Facebook and Whatsapp!



► JANE JACKSON (CLASS OF 1972) PRIMARY SCHOOL: GLENEALY SCHOOL

Jane is now a career management coach, author and speaker living in Sydney. She helps senior executives through the emotional roller coaster of redundancy. Her book, Navigating Career Crossroads, is an Amazon Australia best seller. She also hosts podcast on iTunes.



► ELIZABETH (LIZ) DALEY (CLASS OF 1991)

Elizabeth is a land tenure specialist in international development. She is now living in East Sussex, England. She focuses on gender issues and women's land rights. She would love to connect with other ex-Islanders who work in international development, especially in the land sector, in agriculture or on women's rights and gender issues!



► ANDY CAMPBELL (TEACHER, 1984 -1988)

Andy was an art teacher at IS in the mid-80's and also temporarily acting housemaster for Da Vinci. Since leaving IS, he worked in many places and is now living in France and teaching at a Paris University.

RENAISSANCE COLLEGE



► **LOUIS KANG**
(CLASS OF 2010)

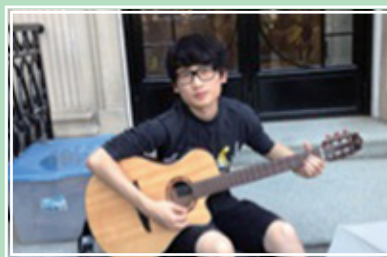
Louis is currently a senior at University of California Berkeley, studying Electrical Engineering, Computer Sciences, and Materials Science and Engineering. During his gap year after RCHK, he spent a few months traveling in China, which sparked his interest in promoting sustainable development through technological innovation. After graduation, he will be pursuing a PhD in applied physics at Harvard.



► **CLARICE CHAN**
(CLASS OF 2014)

Clarice enrolled into a hospitality programme in Switzerland last year. In her first year of university, she spent 5 months studying in school and 6 months in internship. For her internship, she was chosen to work in Shangri-La Hotel, Dubai, in the food and beverage department and also the front office. She will continue to pursue her career in hospitality and hotel industry, which brings not only people around her but also herself, a lot of happiness.

If you would like to obtain the contact of your former classmates who shared their stories here, please email alumni@esfcentre.edu.hk.



► **JEFFREY NGO**
(CLASS OF 2013)

Jeffrey is now studying the master's program in humanities and social thought in the graduate school at New York University via a special accelerated track, with a scholarship that covers half of his tuition and fees. He has been invited to present on panels at Columbia University, Rutgers University–New Brunswick and Brown University on the Umbrella Movement that broke out in Hong Kong last year.



► **SANDRA PRIMMER**
(CLASS OF 2009)

After graduating from RCHK, Sandra took Bachelor of Arts in Chinese and History at the University of London – School of Oriental and African Studies (SOAS) in London (UK). After her four-year BA, she started a two-year Master of Arts in History at the University of British Columbia (UBC) in Canada. And now, she is a PhD student in the East Asian Languages and Civilizations Department of Harvard University.



► **MICHELLE LI**
(CLASS OF 2010)

Michelle has graduated with a Bachelor of Laws (LLB) degree from the University of Hong Kong in 2014.

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IS ALUMNI VISIT

Island School welcomed Ms Tone Elisabeth Floisboon nee Dahl ('grad 76) and her family on 7 September. Lis and her mother, Marit and daughter, Kristin, were visiting Hong Kong from their native Norway and took the opportunity to see Island School. Year 13 student Katherine Nye kindly took Lis and her family on an extended tour of the school before reviewing Island School's redevelopment and decanting plans at the Development & Alumni Office.

Lis was asked what she remembered most about Island School, "It has definitely the tuck shop. When I started at Island School it was situated at the British Military Hospital on 10 Borrett Road. I was part of a group of students helping to carry classroom furniture up the stairs to the new site on 20 Borrett Road. We lived in Repulse Bay and my father was a foreign correspondent with a Norwegian TV and Radio Station. Many expatriate children lived in Repulse Bay and one of my fondest memories is catching the old school buses to/from school".

Lis remained in Norway and married in 1984. She has one son (aged 30), one daughter (aged 28) and four grandchildren. 11 years ago, she decided to take a trip down memory lane in search of some of her old school friends and since she has been in touch with Tom Banks (grad '75) and Eric Fougner (grad '76). Lis is a member of the Island School Alumni Association and would love to hear from old school friends.



KGV BANYAN TREE CONCERT

Aiming to provide an opportunity of reunion for KGV Alumni from the 70's, 80's and the 90's, King George V School (KGV) held the Banyan Tree Concert on 28th May at the Leo's Café of the Fung Learning Resources Centre. We were pleased to have a total of 50 alumni guests, together with our School Council members and many KGV staff attending this wonderful evening with the outstanding musical performances provided by our school choir. The evening was extremely enjoyable and atmosphere was cheerful and lively. We thank all our alumni who made this concert a success and we look forward to our next meeting.





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WIS ALUMNI SHARING SESSION

On 24 June, West Island School (WIS) welcomed 10 alumni back to school to share their university experiences. Current WIS Year 12 students enjoyed the opportunity to take part in a Q&A session with alumni who are attending or have graduated from universities in Hong Kong, Switzerland, the UK and the US. WIS students gained valuable insight not only into tutorial systems and courses but also university life including clubs, accommodation and being self-sufficient. The alumni, all recently graduated WIS students, were also able to offer valuable advice on studying the IB and time management in Year 13. Thanks to all who took the time to visit:

Martin Wang – Cornell

Jeffrey Kung – UC San Diego

Rhea Nayar – SCAD, Architecture

Jeremy Wu – HKUST, Sciences

Rachel Wong – HKUST, Global Business

Jasmine Chiu – HKU, Psychology

Edmund Lam – HKU, Medicine

Christy Cheung – UCL, Psychology

Jeffrey Tao – Warwick, Business

Daniella Yarnon – Switzerland, Hospitality Management

Samuel Huang – Cambridge, Economics



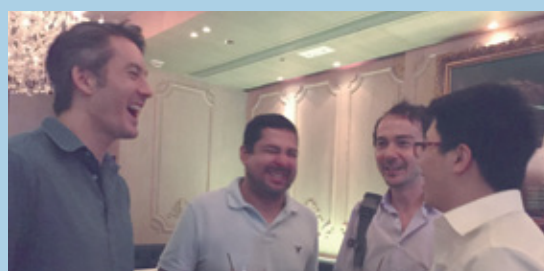
ISLAND SCHOOL ALUMNI SUMMER DRINKS PARTY

The Island School Alumni Association ("ISAA") held its Alumni Summer Drinks party on 6 August at the Bungalow in Wyndham Street. The evening was hosted by ISAA's executive team and its President, Mr Michael Lok. The ISAA welcomed over 60 alumni from all graduating years including several members of the teaching staff and the school's current Principal, Mr Chris Binge. This was ISAA's first summer alumni gathering held to showcase the recent restructuring and revival of alumni activities at Island School. The Association has been working closely with its network of professional alumni to offer internship and mentorship programmes, careers and university guidance, and future fundraising programmes.

The evening brought together alumni from Hong Kong and overseas. Long lost friendships were rekindled, memories ignited and the chance for our recently graduating alumni to meet alumni industry professionals.

Island School will be hosting a further three alumni reunions in Hong Kong for the Year Group 1975 on 23 September, Year Group 1981 on 13 October and Year Group 1971 on 21 October. Stories will be featured in the December issue of the ESF Alumni News.

If you are an Island School alumni and interested in participating in an ISAA-led internship or mentorship programme, we would greatly appreciate your support. For queries, please contact Ms Jacqueline Archer in the Island School Alumni Office on 2230 4716, or at jacqueline.archer@online.island.edu.hk.



CALL FOR ESF DRAGON BOAT TEAM 2016

Following the great success with the Sha Tin College Dragon Boat Team in summer 2015, we are going to organise an ESF Dragon Boat team for the competition next summer in 2016.

If you are interested in joining the big team and celebrating the Dragon Boat Festival with fellow ESF alumni, please email alumni@esfcentre.edu.hk. We are relying on all our alumni to help us form a strong team, or two!



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*Subject to terms and conditions.



Like most executives and businessmen in the city, Pearlyn Phau, Managing Director and Head of Consumer Banking Group and Wealth Management for DBS Hong Kong, is too busy to handle her personal financial affairs, despite being an expert in this area.

“I would rather spend my leisure time with my family and leave my financial affairs to my professional colleagues.” says Pearlyn.

Pearlyn moved to Hong Kong with her family to take the new challenges here few years ago, shared her experience of enjoying the unique banking services provided by her bank. Her son is studying in an international school. She has perfect planning on her son's education, both financially and academically. "The international school here uses English as main teaching language. They also teach Chinese language, history and culture which helps broaden his knowledge. He might have to go back to Singapore in future for further studies, such arrangement helps easing the transition." says Pearlyn.

ESF CHAIRMAN'S AWARDS FOR EXCELLENCE 2015

The English Schools Foundation (ESF) held the ESF Chairman's Awards for Excellence 2015 Ceremony on 26 August to recognise the outstanding performance of 187 ESF graduates.

There were 37 students with outstanding achievements in Leadership, Commitment and Contribution to Service, Embodying the Spirit and Values of the School, Sporting Achievement and Creativity; 130 students achieved the International Baccalaureate (IB) Diploma with 42 or more points (or a Bilingual Diploma with 40 or more points); 31 students achieved the equivalent of 420 or more UCAS points on the Applied Learning Programme.

Another highlight this year is the inaugural Carlson Tong Award to celebrate distinctive performance in the Bilingual Diploma. Three students received this special award. They have achieved the maximum 7 points for two languages, both of which studied as first language.

A press gathering was held before the ceremony and seven awardees were invited to share their stories of school life and memorable learning experiences. More than 200 students, their parents and teachers attended the award ceremony to celebrate the students' outstanding achievements.

ESF Chairman Mr Abraham Shek praised the students for their achievements in both academic and non-academic aspects. "ESF has a tradition of excellence in academics, sport and cultural activities. Students leave ESF as confident, well-educated and internationally-minded individuals who are equipped to play constructive roles in our global society," he said.






What's new - Where in the world are you - What's your favourite memory of your ESF school? Send us a one liner, with your class year and school, and perhaps you will be featured in the next edition of the ESF Alumni News!

We'd truly like to ***HEAR FROM YOU!***



Please submit your story to:

http://www.esf.edu.hk/alumni_profile or email it to alumni@esfcentre.edu.hk 

Alumni Websites

Island School Alumni Association	http://alumni.island.edu.hk
King George V School Alumni Association	http://alumni.kgv.edu.hk
Sha Tin College Alumni Association	http://alumni.shatincollege.edu.hk
South Island School Alumni Association	http://alumni.sis.edu.hk
West Island School Alumni Association	http://alumni.wis.edu.hk
Renaissance College Alumni Association	http://alumni.rchk.edu.hk
Peak School	http://www.ps.edu.hk/about-us/alumni

If you would like to subscribe to a hard copy of this ESF Alumni News, please register online at www.esf.edu.hk/alumni-news-subscription or email alumni@esfcentre.edu.hk



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Gross: 2638
Net: 1691' 38M/85K

GJVERNY

600' garden, 4 bds/2suites green view, Club house, garage



Gross: 2100' 35M

CWB Designer House

2100' / 1400' gdn, S/Pool, 4 bds, western kitchen / 3M island, 2 CPS



Gross: 3600' 42M

Mid-level Hse

1500' Walled garden, detach house, 5 bds / 2suites, Designer deco, 4CP



Gross: 2100' 35M/128K

Sai Kung Mid-level

5000' indeed gdn W/pool, 3 suites Newly deco, western Kitchen, 4CP



Gross: 2100' 28M

CWB Sea view House

1800' indeed Gate gdn, 4bds, green/V fully equipped open plan kitchen,



Gross: 1800'
Net: 1497' 23.8M

Sai Kung Villa House

800' Gdn, 4 bds, Modern deco C.pool & Tennis Court & Gym.



Gross: 1349'
Net: 1083' 25M/55K

Silverstrand Duplex

553' Gdn, 3 bds, Newly Deco, Mgmt, Unblock Perfect sea view, S/Pool



Gross: 2100' 20M

Mid-level Detached

1000' gdn, 4 bds, Peaceful G/V Newly & cozy deco, 3CP.



Gross: 2100' 16.5M

CWB Hse

800' Gdn, Newly deco, 4 bds, Best price in Clearwater bay,



Gross: 2100' 17.2M

Detached House

800' Gdn, N modern deco, 4 bds, Panoramic S/V, 2CP.



Gross: 2100' 14.9M

Close to town

100' Gdn, Detached, 4 bds (2 en-suites) Open mountain view, Modern Deco

Hot Lease



Gross: 4500'
Net: 3688' 88K

Single Lot House

3000' unblock Sea view gdn, 4bds, Private Gate 6-8 CP



Gross: 2100' 75K

Management Compound

1000' gdn, 4bds, Newly Deco Open view, 1 CP, C.pool



Gross: 2391'
Net: 1819' 85K

Water Front House

721' gdn, S/V, High ceiling 4 bds, Modern nice décor, 2CP,



Gross: 2034'
Net: 1906' 65K

Wing Lung Road Villa

600' gdn, Sea view, 3 bds, 2cp, Mgmt, Convenience.



Gross: 3000'
Net: 2004' 60K

Royal Bay

1000' gdn, Sea view, 4 bds, Huge living room, 2CP, C.pool,



Gross: 1600'
Net: 1294' 53K

Sai Kung Villa Hse

1000' side-walk gdn, G/V, 3bds, Brand new open kitchen, Garage



Gross: 2100' 80K

Water Front House

Barli life style with 1000' Gdn, Water front house, 4bds, CP



Gross: 2200'
Net: 1862' 90K

Silverstrand Villa

Panoramic s/v in prime location, 800' gdn, 3bds, C.pool, 2cp



Gross: 2800'
Net: 2057' 90K

Silverstrand House

1000' Unblock Sea view gdn, 3bds, Newly deco, 2CP



Gross: 2100' 50K

CWB Detached House

1000' terrace garden, Sea view, 4 bds, Newly decoration, CP