

sea view on the East Coast. The divine view from the hilltop accompanies devotional overtones as the Lord Shiva and Goddess Parvathi sit ever so peacefully as if at the Manasa Sarovar in the great Himalayas. One can view the entire city of Visakhapatnam from the top of this Eco-Rich hill.

Indian Dress

Saree - Marvel Creation

Mostly, women in India wear saree. The term Saree comes from a Sanskrit word 'sati', which means strip of cloth. An untailored length of cloth measuring between 4 & 9 meters long by approximately 1 meter wide-set against a wonderful array of fabrics, colors, patterns & draping styles. Saree is a marvel, a fine creation which gives that sensuous and caring touch, feminine appeal and above all aided by these factors gives its wearer, obviously a lady, that special sparkle and charm.

Indian cuisine, stimulate the sense of taste

The Indian cuisine boasts of an immense variety not restricted to only curry. An authentic Indian curry is an intricate combination of



Lehenga, choli, and odhani (right)

The women often wear colorful swirling skirts called lehenga, paired with a short bodice called a choli. If they must cover their heads, they do so with bright veils called odhani.

Shalwar, kameez and dupatta (left)

The salwar kameez is another form of popular dress for females. It consists of loose trousers (the salwar) topped by a long loose shirt (the kameez). It is often mispronounced as "salwar kameez" or simply "salwar". It is commonly worn with a narrow scarf called a dupatta, which is used to cover the head.



Panipuri



Our Master buying us panipuri from a panipuri stall



Watery mixture of chopped onions, limes and tomatoes

a stir-fried Masala - a mixture of onion, garlic, ginger, and tomatoes; various spices and seasonings with which meat; poultry, vegetables or fish is prepared to produce a stew-type dish. The word Masala also means spice. In Indian cuisine, food is categorized into six tastes - sweet, sour, salty, spicy, bitter and astringent.

Typical snack

Panipuri, a popular street food, just like Hong Kong's popular street food "fish ball", to be served at the side of the road from stalls, are eaten across the country. It comprises a round, hollow "puri", fried crisp and filled with a watery mixture of chopped onions, limes and tomatoes. The name panipuri literally means "water in fried bread". 6 panipuris only cost 5 Indian rupee (INR); a disc

My first trip to India (continued)

Nicky To



Chicken Maharaja Mac, made with 2 grilled chicken patties and is topped with onions, tomatoes, cheese and something similar to chipotle mayonnaise.

of 10 panipuris may cost HK\$40 or higher in Hong Kong's Indian restaurant. We kept holding a small plate and stand around the stall, the server then started making one panipuri at a time and gave one to each of us. Traditionally, placed the entire puri into mouth in one go and biting into it, a barrage of different tastes releasing.

Well-known Fast Food shop in India

McDonald's and Pizza Hut, the world wide well-known fast food shops, you won't find any beef or pork, since, Hindus don't eat beef and Muslims don't eat pork; the filling or topping they use most are chicken, fish and vegetables.



Our dinner in Pizza Hut



Our take away lunch, tandoor roasted chicken biryani, made with spices, basmati (a long grain rice) and chicken.

Last night, staying in the Hill View Guest Houses in Hyderabad, we ordered a non-spicy and not salty dinner, yummy and only costed 600 INR (about HK\$120).



Master said that we were stupid; we could buy bottled water locally.

Experienced a Typical Function Gruha Pravesam (Housewarming Ceremony)

One of our main purposes to visit our Master's hometown is to attend a housewarming ceremony for his newly built house. "Do in Rome as the Romans do", showing our respect for the function, we all dressed in saree while some of the girls dressed in choli or salwar kameez.

Attending a housewarming ceremony.



Topic of the City

When we went to a department store to buy saree for the function, a few cameramen came and asked us to take a picture; I thought they were taking for the department store's promotion. Next day, we found our pictures on a local newspaper and stated that 14 girls came from Hong Kong for attending their bollywood dance Master Ram's housewarming ceremony. One more report after we visited a temple. Wow! We are a topic of the city, what a surprise.

It's a religious traditions to remove shoes as a pious gesture of humility, especially appropriate when approaching holy places.



Saying goodbye in the domestic airport: (from left) Karim, Govind, our Master Ram, Ravi, Anand



Our Master (left 4th) and his family.

As visa is not accepted, our Master (middle) prepared a loft of money to pay for the hotel charges.

Appreciation

I have to give my sincere thanks to my master, his family and his friends. He sacrificed his time to take care of us rather than staying with his family; his friends and he drove us from point to point everyday, arranged our accommodation, meals, sightseeing and more. They protected us like a bodyguard, even we went into our rooms, they kept staying down stair for a while to make sure no strangers followed us into the hotel. They are so considerate. Thank you for all your patience, care and arrangement.



Karim & Govind carrying our overloaded luggage to the airport by motor.

Master Ram (Bob) Profile

Master Ram is originally from India, and resides from Singapore to Hong Kong, where he is currently pursuing a career in teaching, dancing, and choreographing. His passion from a young age has been to entertain, encourage, and inspire people through music, dance, and acting. Started at a young age of 15, he has taught more than 6,000 students per year from all ages across various schools, clubs and centres. He has been involved in both professional and community work utilizing his knowledge and skills to help foster the positivity and visibility of various dance styles in the community. He has taught and choreographed for various dance teams and renowned companies throughout India, including beginning through advanced workshops in bollywood, fusion, belly, folk and bhangra dance etc. His passion is for using the arts as a language to communicate with people worldwide.

Dance is not only a creative outlet for him but has become the way he gets in touch with, and worships, the One and Only.



2008-09年度香港棒球總會活動概覽

Hong Kong Baseball Association Annual Events Calendar for the year of 2008-09
(1.4.2008~31.3.2009)

日期	活動	地點	主辦單位
2008. 4.~2008. 5.	2008/09年度香港港隊選材訓練計劃	晒草灣	HKBA
2008. 4.~2008. 6.	2008/09年度棒球推廣計劃(初班第一期)	康文署轄下場地	HKBA
2008. 4.~2008. 8.	港隊備戰第三屆世界盃女子棒球錦標賽	晒草灣/純陽小學	HKBA
2008. 4.~2008. 8.	港隊備戰第五屆亞洲青少年棒球錦標賽	獅子山公園棒球場	HKBA
2008. 4.~2008. 9.	2008/09年度全港分齡棒球精英培訓計劃(第一期)	晒草灣	HKBA
2008. 4.~2008. 11.	港隊備戰第八屆亞洲盃棒球錦標賽	晒草灣	HKBA
2008. 4.~2009. 3.	社區體育會計劃	按個別申請而定	HKBA轄下各屬會
2008. 4.~2009. 3.	學校推廣計劃	按個別申請而定	全港中、小學
2008. 5.	2008/09年度全港棒球公開賽(男子乙組) 開鑼	康文署轄下場地	HKBA
2008. 5. 18	2007/08年度全港棒球公開賽(男子甲組) 決賽日	晒草灣	HKBA
2008. 7.5~2008. 7.6	BFA Baseball Clinic in Hong Kong	晒草灣/孔聖堂中學	BFA/HKBA
2008. 7.~2008. 9.	2008/09年度棒球推廣計劃(初班第二期)	康文署轄下場地	HKBA
2008. 7. 19~2008. 7. 22	2008 PONY Baseball Asia Pacific Zone Bronco Divisionn Championship	Taipei, Taiwan	PONY
2008. 7. 28~2008. 8. 5	19th World Children's Baseball Fair	Aichi, Japan	WCBF
2008. 8. 24~2008. 8. 29	III Women's Baseball World Cup	Matsuyama, Japan	IBAF
2008. 8. 25~2008. 8. 29	5th BFA "AA" Baseball Championship	Shizuoka, Japan	BFA / BFJ
2008. 9.	2008/09年度全港棒球公開賽(女子組) 開鑼	康文署轄下場地	HKBA
2008. 9.	第四屆《總會盃》棒球聯賽 開鑼	純陽小學	HKBA
2008. 10	2008/09年度裁判訓練班	奧運大樓	HKBA
2008. 10.~2008. 12.	2008/09年度棒球推廣計劃(中班第一期)	康文署轄下場地	HKBA
2008. 10.~2009. 3.	2008/09年度全港分齡棒球精英培訓計劃(第二期)	晒草灣	HKBA
2008. 11.10	2008/2010年度香港棒球總會董事局成員選舉	奧運大樓	HKBA
2008. 11.10	2008年香港棒球總會周年大會	奧運大樓	HKBA
2008. 11. 29.~2008. 12. 8	8th Asian Cup	Manila, Philippines	BFA/PABA
2008. 12.	第十一屆諾羅山盃國際軟式少年棒球邀請賽	嘉義市, 台灣	嘉義市政府
2008. 12. 21~2008. 12. 28	Taipei International "AA" Baseball Invitational Tournament 2008	Taipei, Taiwan	TPE
2008. 12. 23~2008. 12. 29	2008台灣盃亞洲高中棒球名校邀請賽	高雄市, 台灣	中華台北教育部
2008. 12. 26~2008. 12. 28	Hong Kong 2008 BFA "A" Baseball Championship	Hong Kong	BFA/HKBA
2009. 1.	2008/09年度全港棒球公開賽(男子甲組) 開鑼	康文署轄下場地	HKBA
2009. 1.	2008/09年度全港棒球公開賽(男子超級組) 開鑼	康文署轄下場地	HKBA
2009. 1.	2008/09年度全港棒球公開賽(新秀組) 開鑼	康文署轄下場地	HKBA
2009. 1.~2009. 3.	2008/09年度棒球推廣計劃(中班第二期)	康文署轄下場地	HKBA
2009. 2	2008/09年度記錄員訓練班	奧運大樓	HKBA
2009. 2. 14~2009. 2. 17	香港第二屆《鳳凰盃》國際女子棒球錦標賽	晒草灣棒球場	HKBA
2009. 2.17	香港棒球總會周年聚餐	皇廷大酒樓	HKBA
2009. 3. 21~2009. 3. 24	香港第六屆《珠江盃》棒球錦標賽	晒草灣棒球場	HKBA每月一次
香港棒球總會常務董事會	奧運大樓	HKBA	
每季一次	BFA Executive Committee Meeting	Seoul, Korea	BFA
每季一次	香港棒球總會董事會	奧運大樓	HKBA
待定	2008/09年度一級教練訓練班	待定	HKBA
待定	2008/09年度指導員訓練班	待定	HKBA
待定	BFA Congress	待定	BFA
待定	IBAF Congress	待定	IBAF
待定	香港棒球總會籌款活動	待定	HKBA

備註:

BFA = Baseball Federation of Asia

IBAF = International Baseball Federation

TPE = Taipei Baseball Committee

FIBS = Federazione Italiana Baseball Softball

PABA=Philippines Amateur Baseball Association

WCBF = World Children's Baseball Foundation

HKBA = Hong Kong Baseball Association

PONY = PONY Baseball

我們以認真及嚴肅的態度 對待棒球比賽

棒球運動員誓辭

我代表全體棒球運動員莊嚴起誓：
為了體育的光榮和團隊的榮譽，
以真正的體育精神參加比賽；
在比賽場上，服從裁判判決，
尊重對手，愛護並鼓勵隊友；
努力爭取勝利，但不論勝或敗，
必全力以赴，奮戰到底。

裁判員誓辭

我代表全體棒球裁判員，莊嚴起誓：
在比賽場上，
公正不倚，
嚴格按棒球規則執法，
全力維護雙方運動員天賦享有的公平競賽權利，
使比賽順利進行，
絕不容許體育精神受玷污。

