



Dr Peggy SK CHU
Tuen Mun Hospital

Message from the Chairlady of the Women's Chapter

The newly elected Executive Committee Members of the Women's Chapter for the term 2019-2022 include: Dr Peggy SK CHU (Chairlady), Dr Violet YK Tsoi (Vice Chairlady), Dr Xina Lo (Honorary Secretary), Dr Sally WY LUK (Honorary Treasurer), and Dr Wing-yan CHAN, Dr Tiffany HW CHIU, Dr Kylie JY SZETO (Committee Members). The Committee represents a good mix of lady surgeons and lady Higher Surgical Trainees from different specialties.

The Committee aims to provide information and guidance to lady medical students to promote their aspirations for a surgical career in future. We will assist members of our Chapter to hone their leadership skills for them to excel in their profession. We also aim to provide charity services to our community. Members are welcome to forward any ideas they have about their preferred activities or ways for our Chapter to move forward. Please feel free to contact any one of our Committee Members.



Dr Lorraine CY CHOW
Immediate Past Chairlady of Women's Chapter
Private Practice

Whisky Workshop

"The water was not fit to drink. To make it palatable, we had to add whisky. By diligent effort, I learned to like it." — Winston CHURCHILL

As some of you may recall, we had an overwhelming attendance at our beer and food tasting workshop last year. After the refreshing experience, many members raised their interest in whisky tasting and what would be more appropriate when we





have a whisky expert among us! Dr Xina Lo is an endocrine surgeon who developed a special interest in whisky. She even earned herself an ambassador qualification and is undoubtedly the most eligible instructor for our event!

Thanks to local Karaoke boxes, whisky may sometimes be misinterpreted as a spirit that only adds alcoholic taste to soda. But the uniqueness of this spirit can truly be appreciated with the help of someone knowledgeable in this field.

On 25 May 2019 (Sat), members and friends of the Women's Chapter gathered together at Bar 001 in Central to learn more about the history of different types of whisky. Bar 001, a members-only bar and normally opens during the evening, has kindly accepted our afternoon reservation for the event. The ambient atmosphere was a perfect match with those amber-coloured whisky in the glasses.

Dr Lo has arranged four types of whisky for the tasting session – or may we call it almost a lecture, as we were provided with lecture handouts which indicated positions of the tulip glasses so they would not be mixed up during tasting! Dr Lo started by making a thorough introduction of the history, the manufacturing process, the ingredients used, and the distinct features and taste of each whisky brand. We all practised the steps in whisky tasting – sight, smell and taste. She also demonstrated the way to bring out different properties of the whisky – such as by patting them on the back of our palms to allow some of the alcohol to evaporate off, and smelling it prior to tasting. Never realised the same beverage could have such different tastes when appreciated differently! We also gained the knowledge of whisky etiquettes, which is more than just sipping it on-rock. Some of our thoughtful participants also bought finger snacks to embellish our event, which definitely helped us keep our sobriety as well.

Last but not least we also showed our appreciation to our dear ambassador by surprising her with a small birthday celebration!

