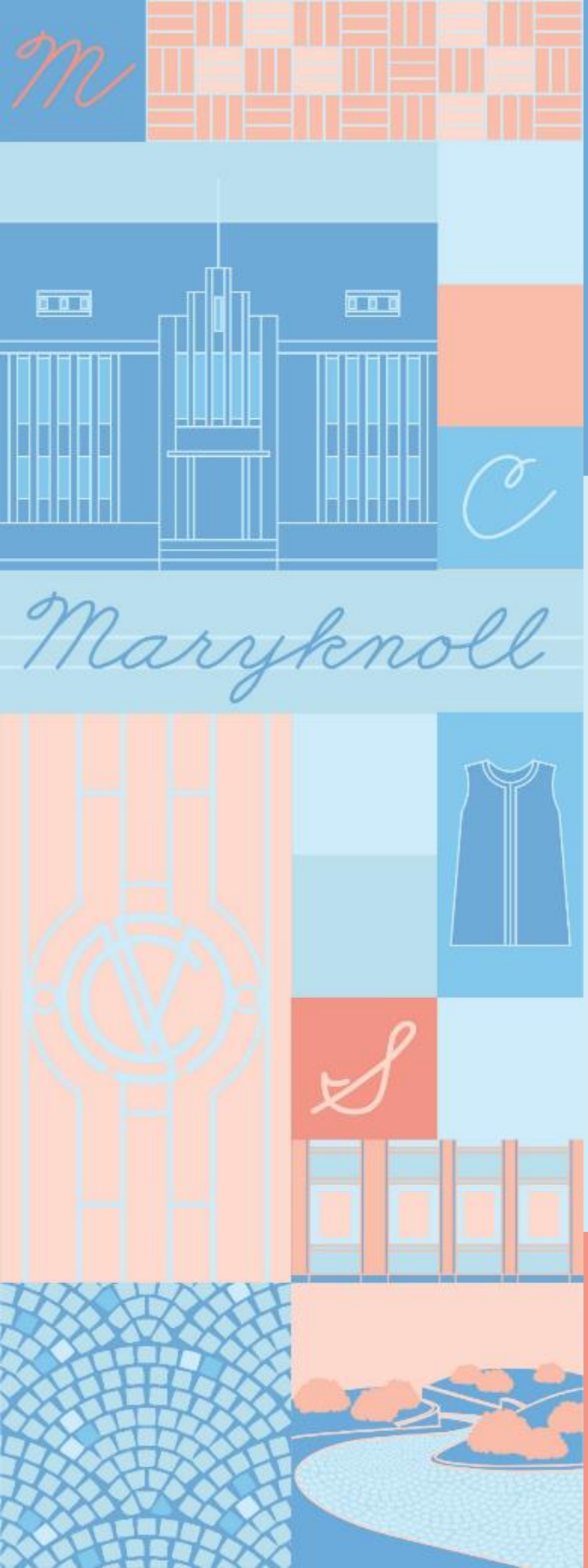


MARYKNOLLER

Dear FSA Members,

The COVID-19 pandemic has significantly impacted our daily life. We have had to work from home and practice social distancing, and see the suspension of gatherings and other group activities. However there is no barrier between MCSFSA and you!

In this very special issue of the Newsletter, you will find the interview of Sr Marilu Limgenco. We have chosen 3 delectable recipes from the Little Maryknoll Cookbook that you can try at home. Maryknollers can now buy the MCSFSA souvenirs originally reserved for sale at the 95th Anniversary Gala dinner. Do check the updated list of our products. Don't miss out to avoid disappointment!

Don't want to miss out ? Please make sure we have your updated PERSONAL email address to stay connected with the FSA and our alma mater. Simply send email to membership@mcsfsa.com for any updates. Thank you for your support!

JUNE 2020

e-Newsletter

Website:
http://www.mcsfsa.com
Facebook:
https://www.facebook.com/mcs.fsa

MCSFSA TRUST
COVID-19 DONATION DRIVE

The MCSFSA Trust (the registered charity that was set up by the MCSFSA in 1984) organised a donation drive in April to support the Maryknoll Sisters and the school on needs arising from the pandemic. We have concluded the donation drive and successfully raised HK$550,000 in one month's time.

USD$40,000 was donated which was used to procure medical supplies, including medical-grade digital thermometers for the Motherhouse. We also donated HK$230,000 to the MCS Educational Trust to support the school on the purchase of necessary the supplies and resources that were needed in light of the COVID-19 pandemic and consequential school suspension. For the primary section, the funds was used for the purchase and application of cleansing and disinfectant products. The School is also planning to acquire self-moving spray disinfection robots and book sterilizers to sanitize library books and the students' exercise books. For more details on the preparation for the resumption of school, please click here.

Our heartfelt thanks to alumnae across the years, the MCSAAA (Australia Chapter of MCS alumnae), parents as well as board members of the Our Lady of Maryknoll Hospital who responded to the donation drive. We encourage continual support to the Maryknoll Sisters and the MCS Educational Trust.

Samantha Tam (Class of 1993)

NEWLY INSTALLED INFARED THERMAL BODY TEMPERATURE SCANNER

INTERVIEW OF SISTER MARILU

We all know that MCS was founded by the Maryknoll Sisters of New York 95 years ago. The presence of Sisters around our campus has been so normal for many of us. Since the retirement of Sister Jeanne Houlihan around ten years ago, Sister Marilu Limgenco has become the Representative and Administrator of the Maryknoll Sisters of Hong Kong and China Region. She is a familiar face to our younger Maryknollers, and participates in all of the Schools' events – from Walkathons, Fun Days to Graduations, Trust meetings to Management Meetings of the Schools and the MCS Foundation.

Sister Marilu holds a degree in Science and Nutrition, and is specialised in Clinical Pastoral Education. Her service at the Our Lady of Maryknoll Hospital has been invaluable for over 30 years.

In addition to her service at the Our Lady of Maryknoll Hospital, she has been actively involved at our Schools. She is the Ex-Officio Member of the MCS Educational Trust for fund-raising, the Schools' IMC for management and is a Representative of the Maryknoll Sisters in the MCS Foundation, the School Sponsoring Body. She is of course also an Honorary Member of the Former Students' Association. She has been providing support and advice to FSA all these years. Our bonding with Sister Marilu is growing stronger as we get to know her better. We are grateful to have her blessing and support all along.

In this interview, we will ask Sister about the spirit of service and what she thinks about the Maryknoll family…

INTERVIEW OF SISTER MARILU

"MAKING GOD'S LOVE VISIBLE is the Maryknoll spirit of service. Service and volunteering can be in any field. Every tiny action, as you may think it is, does make a difference. We can all SERVE in any capacity or role. We serve with our heart without motives nor expectations. True love and spirit to serve will only bring about content and fulfilment within our hearts.

The Maryknoll Family has shown immense love and service to the Schools. Acceptance and trust among us are most essential in order to continue kindling the Maryknoll spirit. Our actions and thoughts will perpetuate and affect generations of young Maryknollers to come back.

The Maryknoll school spirit has always been strong and truly quite impressive.

Sola Nobilitas Virtus, let us always remember the School motto and be ready to spread God's love to home, to country, to the world."

The interview was conducted by June Lo (Class of 1983)

MCSFSA TRUST VOLUNTEER SERVICE AT FOOD ANGEL

On 5 June 2020, 11 MCSFSA exco members and friends joined a voluntary service at Food Angel's Sham Shui Po Kitchen.

Food Angel is a food rescue and food assistance program under the Bo Charity Foundation, and rescues edible surplus food from different sectors of the food industry. We spent the whole afternoon, picking dried shrimps and assisting in the packing of 1200 hot meals for distribution to the elderly in the evening.

Janet Wong (Class of 1994)

For readers who are interested in volunteering for Food Angel, please CLICK HERE for more details.

MIXED BERRIES MUFFINS *(MCSFSA)*

MCSFSA presents 3 recipes from the Little Maryknoll cookbook.

Ingredients

175 grams	Flour
100 grams	Sugar
75 grams	Milk
60 grams	Canola oil
1	Egg
2 teaspoons	Baking powder
1 cup	Blueberries, fresh/frozen/dried
1 cup	Cranberies, dried
½ teaspoon	Salt

Makes 6 Regular Sized or 18 Mini Muffins

Instructions

1. Preheat oven to 200°C and adjust the oven rack to center position. Line muffin pan with paper liners.

2. In a medium sized bowl, mix the dry ingredients (flour, sugar, baking powder and salt). Take about a tablespoon of dry ingredients mixture to coat the berries (to keep them from sinking to the bottom of the batter).

3. Mix the wet ingredients (milk, canola oil and egg) in a separate bowl.

4. Pour the wet ingredients mixture to the dry ingredients and mix until just blended, do not overmix. Fold in the berries and divide the batter among the muffin liners.

5. Put the muffin pan into the oven and bake for 20-25 minutes. The muffins are done when a toothpick inserted to the center pulls out clean.

BANANA BREAD
(SISTER MARILU LIMGENCO)

This is the famous Banana Bread recipe from Sister Marilu that everybody loves!

Ingredients

230 grams	Flour
175 grams	Sugar
2	eggs
2	Bananas (ripe)
2 ½ teaspoons	Baking powder
60 grams	Canola oil
30 grams	Butter, melted
1 teaspoon	Baking soda
1 teaspoon	Vanilla essence
Pinch	Salt

Makes a 10 x 20 cm Loaf

Instructions

1. Preheat the oven to 175°C and adjust the oven rack to center position. Line a 10 x 20 cm loaf pan with parchment paper.

2. Mix and sift all dry ingredients (flour, baking powder, baking soda and salt) to a medium bowl.

3. In a separate bowl, mash the bananas and mix in the wet ingredients (eggs, sugar, canola oil, melted butter and vanilla). Fold the mixture into the dry ingredients to form a batter.

4. Pour batter to the lined pan and bake at 175°C. Slit the center of batter after 10 minutes for a better rise and continue to bake for a total of 40-45 minutes. The banana bread is done when a toothpick inserted to the center pulls out clean.

GUACAMOLE
(GUATEMALA)

The girls at Monte Maria in Guatemala City insisted that a fiesta is not complete without this dish.
Sister Margaret James Roe said that it was also delicious and peppy when used as a dip.

Ingredients

2	Ripe avocados (medium), skinned and seed removed, roughly chopped
1	Onion (medium), roughly chopped
1	Hot chili peppers (small), roughly chopped
2	Tomatoes (medium), roughly chopped
1 teaspoon	Lime juice
1 clove	Garlic
	Salt and pepper to taste

Serves 4-6

Instructions

1. Mix the avocados with the lime juice to prevent discoloration.
2. Using an electric blender, blend tomatoes, onion, garlic, chili peppers and avocados together. Pulse several times to form a chunky paste.
3. Mix in salt and pepper to taste. Chill and serve in the avocado shells or in dip dishes with tortilla chips.

SHOPPING TIME!

The Maryknoller Tote
$480

Designer crossover creation in aurora pink and tantalising light blue with "Maryknoll' in white print

Size: 34.93 x 24.13 x 10.16 cm
Colour: pink, light blue
Features: Zip top main closure, 29.85cm long handle drop, interior open pocket

Net proceeds go to MCS Educational Trust

The Maryknoller Weekender
$950

Signature weekender in navy blue with 'Maryknoller' printed in blue
Size: 29.21 x 41.91 x 22.23 cm
Features: Zipped main closure, exterior front & back pockets with zips + 2 side pockets with zips, top handles with adjustable/detachable shoulder strap, including matching pouch

Net proceeds go to MCS Educational Trust

Chocolate gift box
$100

From the renowned UK chocolatier Whitakers, pure chocolatey bliss is ensured with every bite. MCSFSA presents these foil-wrapped squares of delight elegantly encased in an azalea-themed box of blushing pink.

Box size: 15.8 x 15.8 x 2.4 cm
Flavours: 10 pcs milk chocolate + 10 pcs dark chocolate per box

Net proceeds go to MCSFSA

HAPPY SHOPPING!

Two-tone Pocket T-shirts
$150

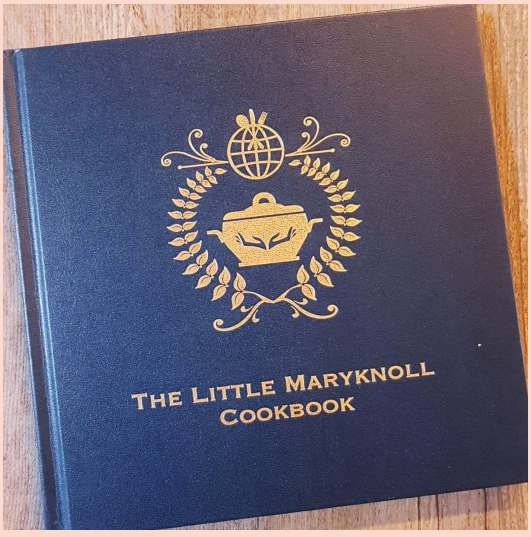
Presenting Two-toned Pocket T-shirts in a stunning variety of hues, we even have one design also available for the Maryknoll papas and hubbies. It's perfect for the whole family to show off the Maryknoll spirit! ***Limited sizes available***

Net proceeds go to MCS Educational Trust

Silk Scarf
$440

Made of 100% silk twill fabric and graphically depicting iconic architectural highlights of Maryknoll, these scarfs are perfect for everyday use.
Size: 75 x 75cm
Colors: blue, orange

Net proceeds go to MCSFSA



Little Maryknoll Cookbook
$200

Some 50 years ago, the Maryknoll sisters compiled the Maryknoll International Cookbook (1973) to raise funds for the needy in the US. It comprised of recipes from Latin America, Africa, Europe, and Asia collected through the sisters' missionary work worldwide. This Little Maryknoll Cookbook, published in 2016, features select recipes from that cookbook as well as new ones.

Net proceeds go to MCSFSA

Please click HERE for the electronic order form for the MCSFSA souvenirs!