



Coronation Celebration at Cardiff Bay

Reminiscing Dr. Arthur Hinton, Former Principal of QES

Our Beloved Principal, Teacher, Mentor and Role Model

April 18, 1920 - November 23, 2017

Dr. Arthur Hinton's Memorial Trip Album Book 3 of 4

The Journey - May 1 - May 12, 2023

The United Kingdom (Wolverhampton, Wales, and Peak District)

May 4, 2023

Dinner at Anna Loka

Emporor's nephew Aaron Wong (Cousin Mei Ling's son) is the proud owner of Anna Loka, a vegan restaurant that received top ratings and won many awards. "ANNA" means food, health or earth, and "LOKA" means world or planet in Sanksrit, India's ancient language. The restaurant offers creative, tasty, healthy, quality food. Aaron, an ardent entrepreneur is passionate about spreading the message of veganism by providing many choices of delicious food.

Key words from customer reviews:

- A rare find
- Food is amazing!
- Innovative thoughts and painstaking process
- Excellent food
- Delicious vegan food, can never stop eating it.
- Super attentive staff
- Will definitely be back!
- Great value for money
- Best experience with the best food and service



Frank 及 教授最早
到埗, 已急不及待
在研究菜譜。

一家親, 亞朗把握機會
向皇上取食經。

亞朗攞獎攞到手軟,
祝他生意興隆, 財源廣
進, 步步高升。



ANNA LOKA		100% VEGAN	
STARTERS	ENTREES	EVENTING MENU	DESSERTS
Arancini A variety of stuffed with various fillings and breaded to perfection. \$7.00 Cherry Gnocchi A variety of stuffed with various fillings and breaded to perfection. \$7.00 Vegetable & Tofu Dumplings A variety of stuffed with various fillings and breaded to perfection. \$7.00 Potato Fries Deep fried potato coated in a light batter. \$5.00 Mac & Cheese A variety of pasta with various fillings. \$7.00 Dry Noodle A variety of dry noodle with various fillings. \$7.00 Side Salad A variety of fresh vegetables. \$5.00 Mac and Cheese A variety of pasta with various fillings. \$7.00 Blow A variety of fresh vegetables. \$5.00 Onion Ring A variety of fresh vegetables. \$5.00 Blue of Cheese A variety of fresh vegetables. \$5.00 Home-made Bread A variety of fresh vegetables. \$5.00 Extra Season dips A variety of fresh vegetables. \$5.00 Jalapeno A variety of fresh vegetables. \$5.00 Gluten-free A variety of fresh vegetables. \$5.00	Ultimate Burger A variety of fresh vegetables. \$7.00 Roden Burger A variety of fresh vegetables. \$7.00 Bad Boy Burger A variety of fresh vegetables. \$7.00 Tofu Burger A variety of fresh vegetables. \$7.00 Arabian Wrap A variety of fresh vegetables. \$7.00 Doner Wrap A variety of fresh vegetables. \$7.00 Pepperoni Wrap A variety of fresh vegetables. \$7.00 Vegetable From Kitchen To Chips A variety of fresh vegetables. \$7.00	Reuben Bowl A variety of fresh vegetables. \$7.00 Doner Bowl A variety of fresh vegetables. \$7.00 Pepperoni Bowl A variety of fresh vegetables. \$7.00 The Original Hotdog A variety of fresh vegetables. \$7.00 Tofu Hotdog A variety of fresh vegetables. \$7.00 Channa Masala A variety of fresh vegetables. \$7.00 Spaghetti Tofu A variety of fresh vegetables. \$7.00 Asian Fusion Set Menu for 2 A variety of fresh vegetables. \$7.00	Crabby Tofu A variety of fresh vegetables. \$7.00 Tofu Fried Rice A variety of fresh vegetables. \$7.00 Salt & Pepper Tofu A variety of fresh vegetables. \$7.00 Salt & Pepper Fries A variety of fresh vegetables. \$7.00 Sweet Potato Fries A variety of fresh vegetables. \$7.00 Triple Chocolate Chip A variety of fresh vegetables. \$7.00 French Fries A variety of fresh vegetables. \$7.00 Onion Rings A variety of fresh vegetables. \$7.00 Apple Slice A variety of fresh vegetables. \$7.00



有幸得皇上贈言，亞朗洗耳恭聽





原來純素食品種類繁多，彩色繽紛，口感豐富，有益健康，兼且環保，值得推薦。亞朗在疫情高峰時期創業，挑戰性高，他開朗的性格，家人的支持，創意的美食，加上待客至誠，喜見生意漸上軌道。如喜歡亞朗用心烹調的素食，請在 Anna Loka 網頁留言，推介素食及他的食店。

May 5, 2023

The Llandaff Cathedral



Llandaff Cathedral is an Anglican cathedral and parish church in Llandaff, Cardiff, Wales. It is the seat of the Bishop of Llandaff, head of the Church in Wales Diocese of Llandaff. It is one of two cathedrals in Cardiff, the other being the Roman Catholic Cardiff Metropolitan Cathedral in the city centre.

The building was constructed in the 12th century and had been rebuilt due to severe damages from wars and storms. (Source: Wikipedia)

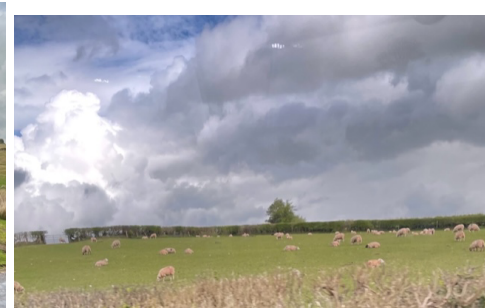
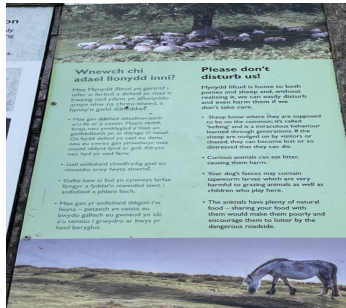
We were not able to visit the Cathedral because service was in progress.

Brecon Beacons National Park

In 1957 the UK established its 10th National Park, the Brecon Beacons National Park, in its continuing efforts to rebuild the nation following two World Wars.

People farmed sheep, cattle and pigs and gathered firewood, turf and peat. Just beyond the current Park's boundary, people quarried deposits of limestone, silica rock, sand and ironstone here across the Park.

The Central Beacons massif is owned and managed by the National Trust for the purposes of conserving wildlife and habitats and providing enjoyment. They, along with other landowners including the National Park Authority, which owns just under 11% of the land area look after this national asset. (Source; Wikipedia)



請注意告示牌: 羊羣下令，在我們的領土內，請勿騷擾。



河水不犯井水，你有你食草，我有我談天。

Frank 及 Tsoi Sir 重諗緊好唔好大步跳過灘水，說時遲那時快，飛毛腿教授已大步攞過，追上 Ying 姐及 Sam 哥，在遠處跟他們揮手。



The Welsh Dragon is a heraldic symbol that represents Wales. It appears on the national flag of Wales and everywhere.



These cocks need to exercise more to win the fights.



羊毛出自羊身上，有羊為証，師姐又買到旅遊佳品。

Brecon

On the way to Brecon, we passed by Emporor's daughter Cheryl's school. It only seemed yesterday that she graduated there, now she is already a mother.

Brecon is a typical small town. It has rivers and bridges, a town square, churches, cafes and bakeries, bars, and restaurants including a Chinese restaurant. It was getting ready for coronation festivities.



Although the T Shirt screamed: "Old Guys Rule," but women set the rules.

Encore Dinner at Good World Chinese Restaurant



We never get tired of Chinese food, especially when traveling in foreign countries. Due to popular demand we returned to Good World for dinner. 我們真是無
俁不歡。

We called the cab company for 4 cabs to go to the Casino again. We bet the dispatchers told the drivers: “Those Chinese gamblers are back again!”

After dinner, we picked up more groceries at Costco. 廚神們真是分秒必爭，不放過任何上貨的機會。

