

信愛展望

二零一九年四月 • APR 2019



聖保羅男女中學校友會
ST. PAULS
CO-EDUCATIONAL COLLEGE
ALUMNI ASSOCIATION



校友會跑步隊



校友會嘉年華晚會2018

SPCC Alumni Choir
"Sing to the Lord in Eternal Light"
Concert

參觀藍屋

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Articles, letters and news on alumni activities are most welcome. For digital photos and pictures, please ensure they are of 1 MB or above and in JPEG format (300 dpi) respectively. Please direct all correspondences to:

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CHAIRMAN'S MESSAGE



Dear Fellow Alumni,

We have just ventured through a very eventful 2018 with lots of interesting alumni activities. For the first time, we have an official SPCC alumni team participating in the Oxfam Trail Walker. Our runners also paired up with disabled runners at the “iRUN”, a running event organised by the Tung Wah Group of Hospitals. Our sports teams did well and had a lot of fun taking part in the inter-schools invitation games on badminton and basketball. Our dragon boat team has also just started their first practice for the season as well. What an energetic group of SPCC alumni!

In this newsletter, you will learn about exciting updates from the School's Oral History Project, and we encourage our alumni to contribute SPCC-related items to the School's archive. You may also want to know more about our former Principal Mr Henry Poon's book sharing session. His new book on “Faith, Hope and Love” is a good read and wonderful keepsake for St. Paulians.

On celebration of the School's Music Teams' hard work and success in the recent School Music Festival, many alumni and parents went to the sharing concert at the School Hall on 28 March evening. We are truly touched by their passion for music, and our Alumni Choir (AC) have pledged to let our music tradition continue. The AC will be having their next concert in May. Please come support them!

You may also find many other interesting articles and photos of past events, reunions, happy hour drinks, alumni news, and updates from the School Council in this newsletter.

Last but not least, we are looking forward to another blessed year and I hope to see many of you in the upcoming activities.

A handwritten signature in black ink, appearing to read 'Andrew Luk'.

Andrew Luk (1978)
Chairman
SPCC Alumni Association

EXECUTIVE COMMITTEE FOR 2019



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(*denotes chairperson / co-chairperson)

FORTHCOMING EVENTS

MARCH TO AUGUST	SPCCAA DRAGON BOAT TEAM 2019 Date: Training starting March until August 2019 Time: 2:00 pm to 4:00 pm Venue: Tseung Kwan O Sports Ground
4.5	COMMUNITY SERVICE – LET’S BAKE WITH NGO “上有高堂” Date: Saturday, 4 May 2019 Time: 1:15pm to 3:30pm Venue: B.I.T. Canteen, G/F, 59-61 Wong Chuk Hang Road, Hong Kong
18.5	SPCC ALUMNI CHOIR “A SPRINGTIME POTPOURRI” CONCERT 2019 Date: Saturday, 18 May 2019 Time: 7:30 pm Venue: Hong Kong Jockey Club Amphitheatre, The Hong Kong Academy for Performing Arts, Hong Kong
1.6	BADMINTON TOURNAMENT Date: Saturday, 1 June 2019 Time: 2:00 pm to 6:00 pm Venue: St. Paul’s Co-educational College, 33 MacDonnell Road, Hong Kong
14.6	HAPPY HOUR DRINKS Date: Friday, 14 June, 20 September & 6 December 2019 Time: 6:00 pm to 9:00 pm Venue: MUDITA, G/F, 24-30 Ice House Street, Central, Hong Kong
15.6	COMMUNITY SERVICE – VISIT TO SJS DAY ACTIVITY CENTRE FOR ELDERLY Date: Saturday, 15 June, 2019 Time: 1:45pm – 3:30pm Venue: SJS Day Activity Centre for Elderly in Tin Hau, Hong Kong
24.6	SUMMER GATHERING 2019 Date: Monday, 24 June, 2019 Time: 5:45 pm to 7:30 pm Venue: Multi-Purpose Hall/Main Hall, St. Paul’s Co-educational College Primary School 11 Nam Fung Path, Wong Chuk Hang, Hong Kong
7.10	ANNUAL DINNER 2019 “SHERLOCK HOLMES” Date: Monday, 7 October 2019 Time: 6:00 pm Cocktail, 7:00 pm Dinner Venue: Grand Ballroom, The Conrad Hong Kong, Pacific Place, 88 Queensway, Hong Kong
10.11	2019/2020 WALKATHON (20th Anniversary) Date: Sunday, 10 November 2019 Venue: The Peak, Hong Kong
7.12	ALUMNI HOMECOMING DAY Date: Saturday, 7 December 2019 Venue: St. Paul’s Co-educational College, 33 MacDonnell Road, Hong Kong
19.12	CAROL SERVICE 2019 Date: Thursday, 19 December 2019 Time: 7:00 pm Tea Party at Li Hall, 7:30 pm Service Venue: St. John’s Cathedral, 4-8 Garden Road, Hong Kong

Please visit our website www.spccaa.org for more details.

校友會跑步隊



Mizuno Run 10km 2018



Night practice at Happy Valley



Muse Fearless Dragon Charity Run 2018



Runners' Team Captain CK Chan



Green Power Hike 50km 2019

隊長的話

陳智高 (1997)

校友會跑步隊於2018年初才正式成立，作為一個新團隊，我很慶幸各位隊員都熱衷跑步，有共同的想法和目標，透過隊員恆常訓練及積極參與跑步活動，讓我們一點一滴地凝聚團隊精神。

在短短一年的時間裏，我們由跑步隊成立初相識的校友，藉着平日傍晚的市區輕鬆跑、周末的越野跑練習，提升至並肩跑步鍛鍊、互相鼓勵的隊友。與此同時，我們跑步隊更參加了多項公開跑步活動，去年4月底參加了「妙思猛龍慈善跑」十人團體賽；10月中，廿四名校友浩浩蕩蕩參加「美津濃跑」；11月中，毅行隊順利完成一百公里長的麥理浩徑；今年1月我們更以陪跑員身份參加了「奔向共融」特殊馬拉松。

感恩遇到一班志同道合、甘願無私付出的隊友，希望我們的團隊精神會吸引更多校友積極參與。2019年我們會繼續充滿活力，以生命影響生命，向前跑得更遠！



HK Island 10km City Race 2018

樂施毅行者2018接受挑戰

陳智高 (1997)

自去年3月開始籌備，經過超過半年的訓練，無懼風雨洗禮及灼熱陽光照射，校友會第一隊毅行者以二十七小時多走過一百公里的麥理浩徑。

毅行，有些人覺得是自討苦吃，亦有些人以為這是純粹體力和速度的競賽，但只要懂得享受毅行過程，便明白毅行目的不只注重行山競走本身，而是一種精神上的感觸體悟。

毅行能夠成為跑山界一年一度的慈善盛事，是在於毅行者所體現的團隊精神。毅行者必須為四人一組，同步開始，一起越過 Check Points，並以四人中最後一位隊友衝線時間為最終完成時間。完成賽事需要所有成員風雨不改地並肩練習，隊友間互相鼓勵及包容。當你成功完成一次毅行後，有了體驗，便想爭取成績，但很多時都忽略了毅行的初心。經常聽聞有毅行隊伍在路上發生爭拗，結果完賽後從此變成陌路人。其實「玩毅行者」，最重要是四個人一起，目標一致，開心完成，而完成時間的快慢都只是次要。我慶幸每次參加完毅行都換來一班好朋友。這就是毅行最核心的價值——四人八腿一條心。

毅行另一個吸引之處是賽事容許有 Support Team。當你親身經歷過毅行，一定明白沿途渴望盡快見到 Support Team 的心情，以及見到 Support Team 那一刻的感動。校友隊 Support Team 一眾師兄弟姊妹，犧牲自己寶貴的時間，為的只是單純地一條心支持毅行隊完成賽事。這是毅行的另一個核心價值——無私。

毅行的難處是即使準備十足，都會有你預計不到的事情發生。賽前數天一切準備就緒之際，我卻意外受傷導致腳踝嚴重發炎，實在晴天霹靂，八個月的艱辛訓練付諸流水。雖然能夠四人同時起步，當堅持到第三個 Check Point 卻無奈要剪帶退出。退出一刻我深深相信有 Support Team 的支持下，毅行隊一定可以走完全程。這是今次毅行得到的新體驗——放下。

毅行彷彿有一種魔力，未行過的人會嚮往，行過的會心思再行。人生有幾多個人會同你行一百公里，又有幾多機會可以一班人單純地向着同一個目標努力？校友會跑步隊會陪伴你一直跑，期望來年有更多校友加入我們團隊，也為我們打氣加油，一起傳承毅行精神。



四位毅行者隊員（左起）：曾瑋葦（Michelle）、陳智高（CK）、鄧嘉林（Alan）及鄧淑賢（Rosanna）。

SPECIAL FEATURE

GREAT SUPPORT ALONG THE WAY

MICHELLE TSANG (2012)

I am blessed for given an opportunity to join the SPCC alumni team for the Oxfam Trailwalker 2018. It all started with me joining one of the practice hikes with the wider SPCC trailwalker training team back in early September on a rainy weekend doing the infamous “針草帽” route. Weather was in the worst condition that day and having only run 10km races previously, I found the route extremely tough and my legs were extremely sore for a few days after that training session. Credits must be given to our captain CK and fellow teammate Alan who himself is a very experienced Oxfam Trailwalker participant. Having previously participated in the race, they were extremely familiar with the route and meticulously designed a training plan for the rest of the team, which consists of practice hikes every weekend, to beef up each team member with the proper physical stamina to prepare for this 100km journey!



Then it came our support team captain Gabriel Lee (1996) who was an absolute star, with him being so organised in the whole support plan, the four of us who were participating in the race could just focus on giving our 100% on the race day. Him waiting for us at Tai Po Road (大埔道) (being the entrance of the “金山” aka “馬騮山” route) guarding our McDonald's breakfast from the extremely fiercely-looking red-faced monkeys during our overnight practice hike was just one of the examples of the support we as a team were blessed with from superstar Gabriel. Over the journey, numerous fellow alumni have also provided some very helpful support to the team, which we are all extremely grateful for. It was a tough journey, tough race and a tough 27 hours and 49 minutes, but it has never been a lonely experience, for the support we were provided was the best in class! We could not have done it without the rest of the support crew!



WE DID IT!

ALAN TANG (1990)



This is the first year that our school alumni put together a team for the Trailwalker event, and I'm so honoured to be part of it!

Used originally by the Queen's Gurkha Signals for training purposes, it was later recomposed as a charity event and became open to the public. The 100km hike, starting from Sai Kung and ending at Tuen Mun, is to be completed within 48 hours.

The hike is not for newbies; a dedicated team with at least weekly training for months is required. With the help of the alumni (especially our captain CK) we were able to put together a team within a short period, and trained up everyone. Ironically, although I might have been the most experienced in this feat,

my teammates are all in much better shape than I am – I'm consistently the slowest in the group. There was a constant worry during the training period that if I fell behind and they were to keep waiting for me at check points, they might experience hypothermia, which is not uncommon in the windy and rainy November nights. With the help of the support team, everyone took care of each other and we were able to finish the hike safely.

We finally completed the event in less than 28 hours. Weather condition had not been ideal, daytime heat felt like summer and it was raining quite heavily at night. Everyone is knackered and feet dead tired towards the end, especially just before dawn on Day Two. As a medical doctor, who has been accustomed to long and continuous working hours, I still needed that vital cup of coffee from the support team to keep me going. Of course, their companionship and encouragement helped us a lot in the final 30km, at the time which we were already badly battered with blisters forming over the soles, pain here and there and muscle cramps.

I would like to express my sincere gratitude to all my teammates, everyone in the support team, and of course those who contributed to this charity event. Every moment on this journey had been unforgettable. The friendship forged, the team spirit, the joy and the pain, all etched into memory. Yes, the cartilage on my knees is quite worn down after all these years, but in retrospect it is worth all the sweat and tears. I look forward to the next Trailwalker event and we shall achieve this again!

As a side joke, there was this tale within the medical community, that once a pioneer medical colleague completed the Trailwalker in 37 hours and then put up the completion certificate in his office. His patients who saw the certificate were tremendously impressed by the fact, that he was able to hike continuously for 37 hours. They thought the longer the duration, the better and tougher the participant is!



2018 SPCCAA 毅行者

鄧淑賢 (2001)

「Rosanna，有興趣挑戰毅行者嗎？我們只差一員便能成事了……」

上年10月中傳來校友會跑步隊隊長陳智高 (CK) (1997) 的短信，我二話不說便答應了。

回過神來再想了一下，這個任務確實讓我既興奮又擔心。興奮的是，這是我首次參加毅行者，也是聖保羅有史以來第一隊毅行隊，有幸可以與其他聖保羅校友並肩作戰，實在是意義重大；擔心的是，當時自己走過最長的山路也只有二十多公里，跑步最遠也只是跑過半馬拉松，能不能在一個月訓練到走畢全程一百公里是一個極大的挑戰。

之後的一個月，我驚訝地發現，我連生活習慣也改變了：

1. 從來不吃米飯的我，為了行山有氣力還是要不停吃澱粉質；
2. 放工後總是喜歡和朋友去「Happy Hour」的我，為了毅行竟然下定決心暫別杯中物；
3. 周末不再是去朋友家流連，而是去了練山跑步；
4. 平時睡覺會夢見公司案頭的工作 (Excel 表)，毅行前兩個禮拜連做夢也見到自己在練山！

一霎眼已經到了11月16日！

整個毅行者的過程，其實比我想像中順利。雖然走到晚上已經開始下雨，對平時落山異常緊張的我來講實在是一大挑戰，然而我卻非常幸運地沒有扭到或跌傷，而且全程也完全沒有抽筋，實在有點不可思議。最難捱的，就是過了最後 Check Point 那十多公里的距離——在身體已經無力的情況下堅持下去，最後水塘那段路的光景不斷在眼前出現，好像怎樣走也走不完，讓我不禁懷疑這是「déjà vu」還是自己出現幻覺？

到達終點那一刻，與各位聖保羅隊友及 Support Team 携手衝線，百感交集，心裏不禁暗喊：「我終於成為 100K 毅行者！」

能夠順利完賽，除了感恩，最感激的莫過於我們超級強大的聖保羅校友 Support Team：

感謝 Gabriel 一切非常貼心、完美的 Support Team 安排——從比賽前「上門」收集物資、到安排 Check Point 補給、拍攝錄影、以及精神上無限鼓勵；

感謝 Winnie 在毅行當天給我們打氣加油，還帶來不同的水果和三文治幫我們補充能量；

感謝 Cat 在水浪窩遞上暖暖的愛心熱湯；

感謝 Kelly、Jacqueline 及 Janet 在 Check Point 幫忙加水補給，遞上食物，不斷為我們打氣加油；

感謝 Edmond 在雞公山陪行時還不斷跑前跑後幫我們拍照（體力實在是太驚人！）；

感謝 Agnes 夜晚在又濕又滑的一段「長城」路陪行，不斷鼓勵和 Cheer me up；

感謝 Bruce 陪行帶路，幫助我們成功走出大帽山；

感謝 Elaine 在 Check Point 送上最重要的紙巾；

感謝 Oli 和 Alex 在尾段陪行，默默的支持使我在「低電模式」堅持到終點；

感謝 Suzette 在終點幫我們拍照，還幫我倒熱湯；

感謝 Andrew 借出車子並安排交通，把我們每一位「腳軟」的毅行者安全送回家……

當然，最後我要感謝這一次毅行的隊友們——CK、Alan、Michelle，多謝你們，一切盡在不言中！



Trailwalkers:

1. Michelle Tsang 2012
2. Rosanna Tang 2001
3. Chi Ko Chan 1997
4. Alan Tang 1990

Support Team Captain:

Gabriel Lee 1996

Support Team:

1. Andrew Luk 1978
2. Winnie Leung 1985
3. Bruce Wan 2007
4. Agnes Yip 2015
5. Alex Ku 2007
6. Cat Yiu 2000
7. Edmond Chau 1998
8. Elaine Chan 2008
9. Jacqui Lee 2014
10. Janet Lam 2013
11. Kelly Chan 2014
12. Oliver Lau 2008
13. Suzette Foo 1992



東華三院「奔向共融」： 香港賽馬會特殊馬拉松 (iRUN)

林天淇 (2013)

以往對於校友會舉辦義工活動的印象，往往只有探訪院舍等一次性的活動。去年加入校友會跑步隊後，才知道有「陪跑員」這一回事。

我一向也不是精於運動的人，在報名參加這次義工活動前，我也曾多番猶豫。但見群組裏報名的都是熟悉的龍舟或跑步隊友，我就硬着頭皮報了名。

在正式比賽之前，我們一行十人先與香港耀能協會石圍角家長中心的會員進行配對練習。原來會員們一向都有在教練的督導下每周練跑，我們去到所做的，只是與他們一起練習，從旁鼓勵他們完成一圈圈的跑程。看來很輕鬆吧？怎料一開始跑，卻發現原來會員一踏上跑道，便使勁向前跑，我怎也追不上。好在教練熟悉每位學員的程度，及後為我重新配對拍檔，我才「拍住」了跟我跑速相約的跑手。原來我一直以為自己在義務幫助會員，但他們的衝勁和專注，也在鞭策我超越自己呢。

比賽在金鐘海傍舉行，當天甫抵達金鐘地鐵站，就見到眾多穿著大會運動服飾的參加者聚集。那一刻心裏很感動：這種宣揚共融的大型活動在香港並不多，但其實弱智或弱能人士十分需要這種平台，給予他們機會自豪地站在鎂光燈下發揮所長。「我兒子兩年前在中心一聽聞這個特殊馬拉松，就不斷『扭計』叫我幫他報名。他每年都很期待這一天呢！」與我搭配的會員的媽媽，在比賽當天如是跟我說。共融的第一步是互相瞭解，而這場比賽讓幾千名特殊參加者和健全陪跑員合作、一同向同一目標進發，實在是讓公眾認識特殊人士的好方法。

三公里的賽道很快跑完，他們或許會在跑步中途停下，說自己已經不行了，但在我們幾句鼓勵下，又會深呼吸一下繼續向前衝。他們完成賽跑後的興奮，其實和平常人差不多。「我下年要挑戰更快、更長路程的比賽，要報五公里組別！」我的拍檔完成比賽後自豪地說道。看見他挑戰自我的精神，連我都自愧不如呢！

中心的社工說，正式的陪跑員由搭配跑手到磨合練習，其實需要半年至九個月的時間，今次只是個體驗，讓我們有機會瞭解一下這項別開生面的義工活動。鼓勵更多校友們參加我們的跑步隊，參與這項有意義的活動！





ALUMNI HOMECOMING DAY 2018

The annual Alumni Homecoming Day was held on 8 December 2018, with a participation of around 400 alumni from Classes of 1979, 1984, 1989, 1994, 1999, 2003, 2004, 2009 and 2014.





SCHOOL LINK



ALUMNI HOMECOMING DAY 2019

Alumni Homecoming Day 2019 will be held in the afternoon of Saturday, 7 December 2019 at St. Paul's Co-educational College.

Classes whose graduating years end in “5” or “0” and also those classes whose graduating years end in “4” or “9” but missed the 2018 homecoming event are welcome to join. SPCC also welcomes overseas alumni who will be in Hong Kong on that day to join in the fun.

Please contact your Class Representatives or Community Relations Office of the school at (852) 2523 0087 or email: spcc-tc@spcc.edu.hk, for registration and information.



SPORTS AT SPCC – TABLE TENNIS TOURNAMENT

Table Tennis Tournament, organised by the School for alumni, was held in January 2019 at Indoor Games Hall of SPCC. A total of 10 teams competed in the Men and Women Divisions. The results are as follows:

Men's Champion	SPCC 70A
Men's First Runner-up	1990
Men's Second Runner-up	1975
Women's Champion	2010
Women's Runner-up	FUN

The next Sports at SPCC event, the Badminton Tournament, will be held on 8 June 2019. Stay close for more details.



SCHOOL LINK



Ms Jennifer Lo



Ms Au Yeung Kit Fong, Ms Lau Kwai Chun, Mrs Lee Li Yuk Ling, Ms Maisy Lam and Ms Yiu Sze Chee



Mr Li Yu Kan, Ms Mai Shun Xia, Mr Cheung Chi Ming, Ms Wong Yun Lin and Mr Lau Tung Ngok

ORAL HISTORY PROJECT

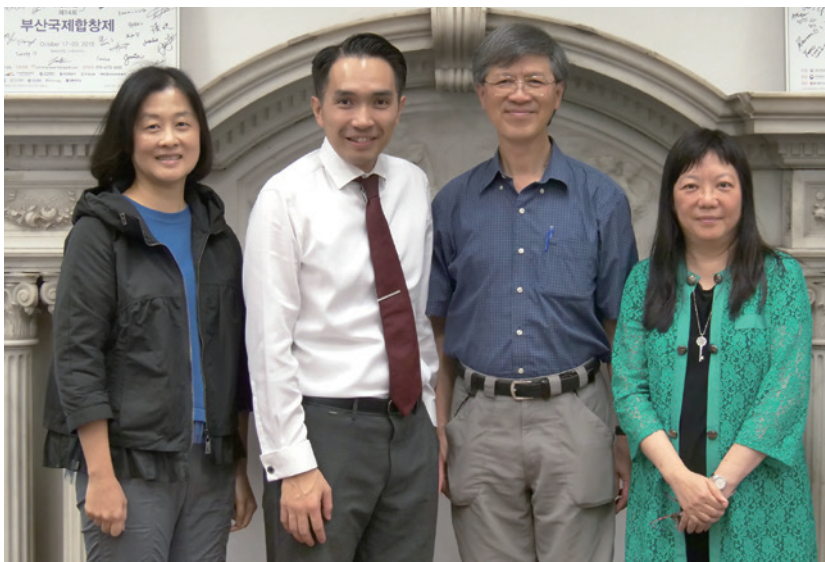
Oral History Project was inaugurated in October 2017 and is an ongoing exercise of interviewing past teachers and staff by audio-visual means, with the objective to record the history of SPCC. The following academic and administrative staff were being interviewed from March 2018 to January 2019:

Secondary School academic staff:

Mr Jimmy Chan (陳晃相老師)
Mr Lee Wing Chiu (李永超先生)
Mr Sin Wai Hung (冼偉鴻老師)
Mr Geoffrey Ko (高惠充老師)
Ms Jennifer Lo (盧雪兒副校長)

Secondary School administrative staff:

Ms Au Yeung Kit Fong (歐陽潔芳女士)
Ms Maisy Lam (林美善女士)
Ms Lau Kwai Chun (劉桂珍女士)
Mrs Lee Li Yuk Ling (李玉玲女士)
Ms Yiu Sze Chee (姚思智女士)



Our group photo with Ms Winnie Leung, Mr Warren Lee, Mr Geoffrey Ko and Mrs Chan Lau Yuk Lin



Mr Jimmy Chan



Mr Lee Wing Chiu

Secondary School janitors:

Mr Cheung Chi Ming (張志明先生)
Mr Lau Tung Ngok (劉東岳先生)
Mr Li Yu Kan (李澆根先生)
Ms Mai Shun Xia (麥順霞女士)
Ms Wong Yun Lin (黃潤蓮女士)



Mr Sin Wai Hung

The Way We were

Still remember your first day at SPCC? The first friend you made?
The classroom you were in? Your favourite teachers? The prizes you've won?

Ever wondered how wonderful it will be, if all these memories of SPCC, throughout the years, will be preserved, in one single place, FOREVER...

Our Collective Memory –
**THE ST. PAUL'S CO-EDUCATIONAL COLLEGE ARCHIVE
(PRIMARY AND SECONDARY SCHOOLS)**
– has been kickstarted.

..... You can be part of this collective memory

WANTED

- Any SPCC memorabilia that you may have – trivial or invaluable (your school uniform, a used notebook, an old photo, your pingpong trophy...)
- Writeup about SPCC – it can be an essay, or just a short paragraph (your memories, your headmistresses/principals, your teachers, your friends, your experience, your feelings...)
- Names of family or friends who may be able to help
- Any other forms of assistance or support that you can think of...

Anything and everything related to SPCC, that crosses your mind, will be much appreciated.
Nothing is too trivial, when it comes to fond memories, and our alma mater.

**THE SPCC ARCHIVE – a feat to be accomplished by all of us.
Be part of this memory, and make this memory last – FOREVER.**

Please contact Ms Jovie Sun, (852) 2101 0852, email address: archive@spcc.edu.hk



SPCC MENTOR PROGRAMME KICKING-OFF ANOTHER SUCCESSFUL YEAR

JENNIFER MA (1991), WINNIE LEUNG (2002)

The SPCC Mentor Programme provides opportunities for mentees to interact with alumni mentors. As mentors for many years, we found the experience especially rewarding when Principal Mr Poon told us four Form 5 students were

interviewed by the Under Secretary for Education of the HKSAR and during the interview, they highlighted how they have all benefitted from the Mentor Programme.



This year, we have 204 mentors and 159 mentees enrolled in the programme, making us the largest mentor programmes among secondary schools in Hong Kong.

Soon after the start of school year in September 2018, the Kick-off Ceremony was held on 22 October 2018 and a few days later the Career Day was held on 27 October 2018.

The Kick-off Ceremony was once again a huge success with over

70 mentors from various discipline and 153 mentees attending. We started off with a mentor briefing session to welcome new mentors and for veteran mentors to share their wonderful stories. After a brief mingling session, free-flow small group discussions took place among mentors and mentees. This year, we have implemented a new initiative for mentors to nominate their own mentees. The attempt was met with great success as over 15 pairs were matched right after Kick-off.

SCHOOL LINK



The Career Day was held on a Saturday morning. It provided an overview of different careers to the mentees and a forum for them to ask questions. We had alumni from the following professions speaking to the students:

Sessions

Medicine / Dentistry / Psychiatry

Law / Science / Marketing & Advertising / Tech Start-up

Architecture & Design / Finance & Banking / Psychology

Business & Entrepreneurship / Engineering / Journalism & Public Relations

We could tell some students were really interested in a certain profession as they had follow up questions for the speakers after the session and some of them chatted for two hours!

With the ever evolving career choices from our mentees,

we are currently in need of mentors from a number of disciplines. Our mentees this year have requested more health/medical-related fields than ever before including Physiotherapy, Occupational Therapy, Nursing, Psychology, Chinese Medicine, Speech Therapy, Dentistry, Nutritional Science and Veterinary Science all of which we need more mentors for. A number of mentees interested to become doctors specifically requested for specialists in General Surgery and Oncology which we lack. Aside from health/medical-related fields, we also need mentors whose education or career backgrounds are related to Physics, Pure Science, Chinese Literature, History, International Relations, Music, Filming and Meteorology.

Please contact Ms Emily Tong at spcc-thl@spcc.edu.hk if you would like to know more information about our Mentor Programme or would like to become a Mentor. We need you!

INTERNATIONAL MUSIC

— CONFERENCE 2019 —

SIDE-BY-SIDE WITH LONDON MOZART PLAYERS



CHAMBER MUSIC NIGHT

30/APR
2019

Tuesday 星期二 7:30pm

Hong Kong Jockey Club Amphitheatre
香港賽馬會演藝劇院

WADA

Inuyasha Dagaku-Renka

MOZART

Quintet for Piano and Winds in E-flat major, K.452

HOLST

St. Paul's Suite

MENDELSSOHN

String Octet in E-flat major, Op.20

Members of London Mozart Players | Richard Bamping, *cello* | Warren Lee, *piano*
Recent alumni and students from St. Paul's Co-educational College

GALA CONCERT

01/MAY
2019

Wednesday 星期三 3:00pm

WARLOCK

Capriol Suite

HISAISHI

My Neighbor Totoro

SCHWARTZ

Highlights from Wicked

BEETHOVEN

Symphony No.7 in A major, Op.92

International Music Conference Orchestra with London Mozart Players
St. Paul's Co-educational College Primary School Orchestra and Wind Band

\$380 / \$180



Tickets are available from HK Ticketing's box offices located at the Hong Kong Convention and Exhibition Centre, The Hong Kong Academy for Performing Arts, HKAPA Béhanie Landmark Heritage Campus, AsiaWorld-Expo, Kowloonbay International Trade & Exhibition Centre, D · PARK and K11 Select, as well as Tom Lee Music Stores from 30 March onwards.

門票由3月30日起於快達票售票網公開發售。位於香港會議展覽中心、香港演藝學院、香港演藝學院伯大尼古蹟校園、亞洲國際博覽館、九龍灣國際展貿中心、D · PARK偷景新城及K11 Select的售票處，以及遍佈全港的通利琴行。

HK Ticketing applies a customer service fee to all tickets purchased via its network. This fee is additional to the face value of the ticket and is payable upon purchase of tickets.

快達票將額外收取每張門票的顧客服務費。

Hotel Partner

千禧新世界香港酒店

NEW WORLD MILLENNIUM
HONG KONG HOTEL

Piano Sponsor



通利琴行

Ticket Purchase Hotline 購票熱線 | 31 288 288

Internet Booking 網上購票 | www.hkticketing.com

Programme Enquiries 節目查詢 | 2101 0886

The presenter reserves the right to cancel or reschedule the event, or to change the programme and performers.

主辦機構保留演出取消、改期、更換節目及表演者之權利。

Educational Partner



Presenter



聖保羅男女中學

ST. PAUL'S CO-EDUCATIONAL COLLEGE



校友會嘉年華晚會2018

龐心怡 (1994)

今年很榮幸能夠獲聖保羅校友會副主席梁詠詩 (1985) 委任，加入在 10 月舉行的 2018 年度校友會周年晚宴的籌委會。不知不覺間已經是第三個年頭以校友義工的身份參與這晚宴，實在獲益良多，亦讓我感受到聖保羅校友的團結精神和一絲不苟的做事態度。

籌委會第一項任務便是落實晚宴的主題。在這兒透露一個小秘密，就是今年的籌委會是一邊設計遊戲，一邊決定主題的。不要以為這是本末倒置，其實要找一個集合機智與娛樂的主題真的談何容易，用上啟發式策略也合乎邏輯吧。最後大會決定以「嘉年華會」為晚宴的主題，籌委會成員立刻全速前進，密鑼緊鼓作準備，分工合作設計有趣又有學術意義的遊戲，及邀請晚宴怡獎和幸運抽獎的贊助商。今年籌委會找來校友鍾嘉鈺 (1995) 和霍啟剛 (1996) 當大會司儀，並且得到一群熱心的校友義工幫助及支持，一支頂呱呱的籌委會團隊便組成了！遊戲綵排早在 6 月已經進行，收集過各方的意見，再經過反覆試驗和多輪調整後，我們很快已掌握了遊戲時間，而且設計出可以讓更多賓客參與的遊戲。

得到眾校友的鼎力支持，門券於早鳥優惠時段已售罄。在晚宴當天，所有籌委會及義工在下午 1 時準時到達熟悉的港麗酒店，準備分發禮物和綵排遊戲。累積多年經驗的籌委會和效率甚高的校友義工比預計的時間早很多已經完成任務，大家準備就緒，期待第一位賓客的來臨！

隨着耳熟能詳的嘉年華會音樂《Entry of the Gladiators》的奏起，一班聖保羅雜技團的成員：陳國威 (1996)、陳業曦 (1996)、陳建雄 (1994)、周民輝 (1991)、李慶榮 (1995)、呂慶光 (1993)、伍尚匡 (1994) 和伍尚敦 (1995) 化身成嘉年華會的雜技人，各人手持不同的道具，本着聖保羅學生創新和勇於嘗試的素質，踏上台上獻技。有的高舉大啞鈴、有的大跳呼拉圈、有人花式拋球、有人轉碟，有人「天生高人一等」（即踩高蹺），甚至有人甘願冒險噴火！有賴各校友義工認真的演繹，以及技術指導李家豪 (1996) 和張福修 (1985) 天衣無縫的配合，營造令人捧腹的場面，而穿上華麗服飾的司儀們亦隨即上台，為晚宴揭開序幕。

當晚由校友會主席陸永基 (1978) 率先致歡迎辭。接着，中學校長潘紹慈校長發表了他於校友會晚宴上的第二次演講，和我們分享了一眾師弟師妹過去一年在學業、體育和音樂上的輝煌成績。他又特別提及師友計畫，每年都有多位校友跟中五學生分享大學學習和職業生涯中的生活經驗，最令人鼓舞的是多年來的成績有目共睹，學生們都有所得着，而我校的師友計劃更成為學界爭相仿效的模範呢！接着，由各校董、潘校長、梁麗美校長和校友會一眾委員帶領全場一同唱校歌。最後，由校董會成員蔡克剛律師 (1968) 帶領大家祈禱謝飯，晚宴便正式開始。

ALUMNI ASSOCIATION ACTIVITIES



在此我特別感謝潘校長從機場匆忙趕來出席晚宴，亦感謝兩位前校長——潘鎮球校長和鄔淑賢校長撥冗出席，令當晚濟濟一堂。

以嘉年華會為題，當然少不了玩氣球遊戲。吃過頭盤後的第一個熱身遊戲是「氣球智力爭霸戰」，要求快而準。每一隊要先想辦法弄破氣球，找出裏面的問題紙，答畢問題後再跑到台前「交卷」給大會的工作人員，最高分的十二隊可以出線第二回合。司儀們還沒來得及喊開始，氣球爆破的聲響已經此起彼落，氣氛亦變得緊張，不消數分鐘已經有參賽者飛奔到台前。經過一輪評分，進入第二回合的十二隊誕生了。

ALUMNI ASSOCIATION ACTIVITIES



因為人數關係，第二回合分成兩個遊戲進行。第一輪遊戲是「糖糰豆」，和小時候玩的拋豆袋差不多，但是拋的是貼有魔術貼的球，目標是隊友身上貼上魔術貼的背心，於一分鐘內越多個球黏在背心上就可以出線。在設計這遊戲時，團隊想到可能這遊戲太容易，以為很難分勝負，誰不知開始數秒已經有多個球落在台前和台後，當然亦有參賽者眼明手快地把球命中目標，這回合的二強可以出線。

第二回合的第二輪遊戲是「杯杯疊疊」，每支參賽隊伍派一位代表上台，每人獲派二十一個膠杯。這輪的挑戰就是要把膠杯排成一個三角形，最底層六個杯，然後每層五、四、三、二、一的疊上，最後還要把膠杯順序拿下來。雖然我們的參賽者全神貫注地完成比賽，觀眾也屏息以待，但是成績比世界紀錄的數秒還是差上幾十倍！在歡笑聲中，第二批入圍隊伍誕生了。

ALUMNI ASSOCIATION ACTIVITIES



最後回合「大畫家」由四隊出線隊伍參加，每隊派出三位參賽者到台上畫畫，以創新的概念和正向思維，於五分鐘內創作出一幅配合 SPCC 嘉年華這主題的作品。當司儀一聲令下，各隊伍頭戴畫家帽，甚有默契地大「畫」筆一揮，有的一人一顏色，有的一人一畫角，迅速地完成了畫作。四隊的作品各有特色，聽過大家講解其設計意念，評判還真的要思量一番才能選出全場總冠軍。最後由校友林詩鍵（1984）的太太方淑明領軍的隊伍勝出，他們的作品色彩奪目及富層次感，校友會主席陸先生還點名說要把它好好保存呢！

晚宴的壓軸節目當然是幸運抽獎環節。多得校友們的踴躍贊助，今年的獎品非常豐富，再加上人人有份的枱獎，大家都滿載而歸。在此再次感謝校友會主席及副主席對我的信任。通過負責籌備是次晚宴，我再一次感受到聖保羅追求卓越的優良傳統。我還要特別感謝跟我合作無間的「夢幻組合」籌委會成員——吳燕安（1989）、劉詩敏（1988）、馬家柔（1985）、劉清儀（1990）、林穎雯（1991）和馬桂菁（1991），並祝願來年的晚宴同樣成功！

ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES

Organising Committee

Andrew Luk	陸永基	Samanta Pong	龐心怡	Christina Gaw	吳燕安	Winnie Leung	梁詠詩
Pandora Lau	劉詩敏	Caroline Ma	馬家柔	Tansy Lau	劉清儀	Amanda Lam	林穎雯
Jennifer Ma	馬桂菁						

Masters of Ceremony

Kenneth Fok	霍啟剛	Kristine Chung	鍾嘉鈺				
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Volunteers

Dennis Cheung	張福修	Godwin Chan	陳國威	Michael Chan	陳業曦	William Chan	陳建雄
Eric Chau	周民輝	Yue Ling Chiu	趙汝玲	Joanna Kwok	郭為熹	Gabriel Lee	李嘉豪
Ryan Lee	李慶榮	Quinton Lu	呂慶光	Edith Pong	龐懿棣	Amy Wei	魏 薇
Jason Wu	伍尚匡	Mason Wu	伍尚敦				



ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES





潘鎮球校長的新書分享會——《信望愛常存》

薛靜雯 (2001)

心繫聖保羅消息的校友一定有留意到，最近前中學校長潘鎮球校長（1962）發佈了一本有關聖保羅的新書——《信望愛常存》。這本書可謂有雙重意義，一方面是潘校長回憶在任五年工作上和教育上關於聖保羅的點點滴滴，另一方面亦為校友合唱團籌款，把賣書的收益全數捐給合唱團作發展用途。

2018年11月14日黃昏，潘校長在母校中學校舍舉行了新書發佈會，分享他的新作。這次由校友會副主席兼前校友合唱團主席蘇慧敏（1989）擔任分享會的司儀，介紹潘校長出場（當然台下的出席者對潘校長一點也不陌生，還有很多是他教過的學生！），並感謝潘校長對校友合唱團的關愛。

潘校長以一張有趣的 Powerpoint Slide 開場：「T&T」—— Tradition and Transformation。他比喻一開始擔任校長像走鋼線，一方面要守住很多母校的傳統和優良的素質，一方面又要與時並進，優化教學及進行一些改革。他坦言轉直資的決定一路走來並不容易，有賴校董會的全力支持，以及一眾聖保羅人堅守着「信、望、愛」的校訓。

ALUMNI ASSOCIATION ACTIVITIES



另一個甚有意思的分享是潘校長對「聖保羅精神」的演繹。早在準備轉直資的初步階段，還未有具體的「學生素質」之前，潘校長便已經多次在早會上提及他眼中的「聖保羅精神」——「對信望愛的持守；清純樸素；溫柔敦厚的氣質；卓爾不群的學養；追求卓越的心志；植根香港、關心祖國、放眼世界的國際視野……」。事隔差不多二十年，現在看來，潘校長這些描述其實和後來學校訂立的九大「學生素質」不謀而合，可謂同出一轍！畢竟潘校長自己就是一個自小在母校成長的表表者，所以他對聖保羅人的特質的瞭解是十分精準的。

短短一小時輕鬆幽默的分享以及與台下參與者的交流，潘校長帶領我們一眾聖保羅人（尤其是被他教過的舊生）好像走進時光隧道一樣，上了一堂很窩心的歷史課。一路聽他說，一幕幕從前上早會及校長宗教課的畫面在腦海中閃過。分享會的尾聲是與台下觀眾的互動環節，校董麥海雄醫生（1963）和小學校長梁麗美校長都與大家分享了他們當年和潘校長肩並肩打拼的回憶。分享會結束時大家還依依不捨要和潘校長合照以及請他在新書上簽名呢！

後記

2018年12月17日晚間排練期間，校友合唱團和潘校長進行了一個簡單而隆重的支票捐贈儀式。潘校長邀請了新書的編輯許芷茵（1987）到場一同參與，還特別鳴謝她全情投入的幫忙。校友會主席陸永基（1978）及校董暨前校友會主席梁弘道醫生（1965）代表校友合唱團接受這份特別珍貴的禮物，並一再感謝潘校長對合唱團的厚愛。

潘鎮球校長的新書《信望愛常存》

許芷茵 (1987)

有一些人，他想去做一件事，還沒開口，你已想去幫、去參與，「唔知自己做得咩咩」，但總之想成為一份子，「做得幾多得幾多」。

是的，我很愛我的母校，這從來都不是秘密，畢業多年（連女兒也在同校畢業了）仍好像從未離開過，好像甚麼也有我的份兒。很多當年教過我的老師，也教我的女兒，看見我這個「家長」（後來更當上了家長教師會主席）總是會心微笑，那是因為在這家校風淳樸、學生斯文的一等一好學校當中，我曾在那種穿著藍布長衫跳樓梯的女生，不過永遠「死好彩」沒有被抓沒有被罰，而現時仍在任教的老師，全都跟我沒有「牙齒印」就是了。

潘鎮球校長（1962），也是聖保羅男女中學及小學的舊生，即是我師兄（師伯？師叔？），軌跡與我相同，當中卻有很大的時差。後來他擔任母校中學校長，我已經畢業。到女兒入讀，潘校長又已經退休。簡單來說，我倆從未在校園的環境內碰頭，但通過各路英雄（橫跨幾十年的舊生、曾與他共事的老師、他任校長時的家長及學生等）口舌相傳以及對他這位校長的念念不忘，我對這位教育家堪稱慕名已久。後來有一次，我們在學校的步行籌款活動上碰上，我主動介紹自己，潘校長竟然說：「Helena，我知道你是誰，我知道你投放了很多時間服務家長教師會，很多人告訴我，現在家教會搞得很好呀。」我受寵若驚，也特別被這位校友、這位退休校長心繫母校的真摯情感動，對於我這個素未謀面的陌生人，他還是有印象，是因為他關注母校的一切，也包括由他當年一手推動並成立的家長教師會。

去年有一天，有師兄告訴我，潘校長有意把擔任校長期間的講辭及文章輯錄成書，於是就出現了我在文首敘述的情況：有一些人，他想去做一件事，還沒開口，你已想去幫、去參與，「唔知自己做得咩咩」，但總之想成為一份子，「做得幾多得幾多」。

經過一年的籌備工夫，千錘百鍊，今日這本《信望愛常存》終於面世。內裏承載的不只是一位資深校長的回憶，更是一位偉大教育家的一生功力。不論你是否認識作者，又或者跟這家學校全無關係，這本書能帶給你的，是很多很多的啟發及提醒——不只是關於教育，更是有關自身修養。一如以往，我的工作時間表總是編排得密密麻麻，要參與此書的製作很多時需要在一手打仗一手趕Deadlines並犧牲睡眠時間進行，但每次閱讀此書，就算是一再的Proofreading也好，我也必定會發現：是我需要此書，多過此書需要我！因為它給我的啟示及提醒，正是我在過度活躍的營營役役間特別需要的。在出書的過程中，儒雅敦厚的潘校長一再向我表示感謝，其實更需要表示感謝的人是我：好多謝潘校長讓我參與此書的製作，其中最大的祝福，就是可以先睹為快！

此書還有一重意義，就是售賣所得的所有收益，將不扣除成本全數捐贈聖保羅男女中學校友合唱團，這是潘校長對Alumni Choir的一點心意。校長退休後仍是校友合唱團的活躍團員，熱心參與排練及演出，在書中他曾投訴在合唱團遭受到的「不平等待遇」，就是團員之間皆以First Name相稱，但無人肯叫他Henry，仍然尊稱校長！有時看見校長跟來自不同畢業年份的校友肩並肩地在台上合唱演出，那種感動，真的很難言喻，也許唯有「信望愛常存」五字可以闡釋一二。



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ALUMNI ASSOCIATION ACTIVITIES



玫瑰崗舊生會體育邀請賽 聖保羅自強不息繼續爭光

區珈偉 (2012)、區雋 (1997)

第五屆玫瑰崗舊生會羽毛球和籃球邀請賽於 2018 年 9 月 30 日及 10 月 1 日於鴨脷洲室內運動場舉行。和以往不同，今年的比賽除了男子團體賽外更首次增添了女子羽毛球組別。母校校友籃球隊以過人的技術和魄力，和往年一樣奪得本屆籃球組別的冠軍！本屆羽毛球隊在區雋 (1997) 的領軍下取得佳績，其中我校校友女將更勇奪女子羽毛球組別的冠軍！在男子籃球、男子羽毛球和女子羽毛球三項組別當中，我校總共包辦了其中兩項冠軍！

今屆是玫瑰崗舊生會第五年舉辦邀請賽，派出校友參賽的學校包括玫瑰崗學校、英皇書院、金文泰中學、聖公會呂明才中學和本校。感謝母校在 2006 年成立了中學羽毛球隊，在十多年來的訓練下培養了一批羽毛球好手，包括數名前香港青少年羽毛球代表隊成員。在男子羽毛球團體賽方面，吳君孟 (1979) 在夥拍兩位前校隊隊長陳炯榮 (2010) 和譚智仁 (2015) 為球隊拿下數場精采勝利，最終在各隊員的努力下我校在男子羽毛球組別取得第三。



ALUMNI ASSOCIATION ACTIVITIES



女子隊方面，除了一眾前校隊成員外，我們有幸從 SPCC Badminton Tournament 結識到前香港羽毛球隊成員馮瑩（2001），並邀請她參加是次比賽和作臨場指導。憑着馮瑩和前香港重點青年軍成員陳思晴（2014）的豐富大賽經驗，她們每局均以大比數輕取對手。其他女將們亦在多年校隊生涯中培養出良好的默契和技術，為球隊拿下多場勝利並順利取得冠軍，令我們感到很自豪！

比賽過後的兩周，我校一眾羽毛球隊成員藉着機會相約聚餐。除了是慶祝好成績之外，更是為了在畢業多年後聚首一堂。晚餐上，除了年輕校友們的重聚外，我們一班橫跨三十年的校友亦無所不談。除了分享各代聖保羅人唸書的點滴和趣事外，師兄們亦分享了他們在工作和人生旅途上的寶貴經驗。在美酒佳餚和歡樂的氣氛下，我們度過了一個輕鬆愉快的晚上。

在此，我們感謝母校多年來對各運動校隊的鼎力支持。除了是培養我們對運動的興趣和訓練出強健的體格外，更給予大家在投身社會後以打球保持聯繫的機會。同時，我們亦衷心多謝校友會悉心的活動安排。透過本次邀請賽，大家才有幸在闊別學界多年後再次為母校爭光！

ALUMNI ASSOCIATION ACTIVITIES



LEGAL CAREER PANEL

ALISON TSOI (2004)

Following the success of our previous career panels, we had our fourth career panel on the legal industry on 13 October 2018. There was a great turn-out of over 80 attendees ranging from students to legal professionals, as well as alumni from other fields.

We were delighted to have Michelle Chow (1986), Eva Chan (1995) and John Hui (1999) as our panel speakers with Robert Sit (2003) and myself (2004) as moderators of the discussion.

The event was focused on the myths and reality of being a legal practitioner in Hong Kong. Attendees were given valuable suggestions of how to equip and distinguish themselves for career development and insightful views of the legal market outlook. The willingness of the speakers to share their personal experiences was what made the session memorable. The level of enthusiasm, energy and sincerity which the three speakers offered was immensely valued. The afternoon ended with a networking session; it was evident that everyone had a great time meeting old friends and building new contacts as conversations and laughter carried on until the lights were turned off.

We were excited to have received many positive feedbacks from our alumni, and would like to thank our panelists and alumni for their participation and support to this event.

ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES



FUN-FILLED EVENINGS AT HAPPY HOUR DRINKS

KINGSLEY CHAN (1993)

We have enjoyed two fun-filled happy hour drinks in the second half of 2018; one was held on 20 September 2018 at Tonic and another Christmas gathering was held on 13 December 2018 at the newly renovated Mudita.

ALUMNI ASSOCIATION ACTIVITIES



"Eat, drink and be merry" was the epitome of both gatherings with alumni spanning different generations joining us for a casual drink and great conversations. Those who could not wrap up their chats continued on to dinner and everyone had an enjoyable evening.

The dates for the 2019 quarterly happy hour drinks are as follows:

14 June 2019
20 September 2019
6 December 2019

Please mark your diary and we look forward to seeing you!



ALUMNI ASSOCIATION ACTIVITIES



SPCC ALUMNI CHOIR “SING TO THE LORD IN ETERNAL LIGHT” CONCERT

LUI MAN PUI PEARL (1997)

SPCC Alumni Choir presented our concert of the year “Sing to the Lord in Eternal Light” on Sunday, 4 November 2018, at the Hong Kong Academy of Performing Arts. It was again led by my fellow alumnus Apollo Wong (1997) and accompanied by the SPCCAC. In this concert, we challenged ourselves with some difficult pieces and new attempts to perform not only in mixed voices, but also male voices, female voices and small vocal groups. We were also very delighted to have SPCC School Orchestra, led by Carmen Koon (1981) to join us for parts of this concert.

The mixed voices sang some familiar songs such as “The Lord’s Prayer” and “Danny Boy” which rekindled many secondary school memories for us. “So You Want to Write a Fugue” was definitely a highlight and new challenge for us. It was a satirical composition for four voice parts and string quartet. We sang it rather like a tongue twister to conclude tongue-in-cheek with the decision to “write a fugue right now!” We also performed the chanted psalm “Cantate Domino” by John Rutter, “Entreat Me Not to Leave You” (a cappella piece) and Morten Lauridsen’s “Lux Aeterna” (“Lux”), a five-movement piece based on various references to light from sacred Latin texts. Personally, I thought the second and fifth movements of Lux were the most challenging as there are a cappella verses in between and we need to maintain intonation and pitch when the instrumental accompaniment comes in again.

ALUMNI ASSOCIATION ACTIVITIES



The male voices (including our conductor Apollo) sang “Brother Will, Brother John” with actions. This song reminded me of the Boys Choir’s performance of the same song many years ago. All male alumni became teenagers on the stage again!

For female voices, we sang “Cantate Domino” by Rupert Lang which had dissonant harmonies and special vocal effects to highlight the text “Sing to the Lord a new song”. The second song was “The Night of Rainbows” which took the audience on an imaginary journey of fantasy as they embarked and sailed through time and space.

ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES



Another highlight of this concert for me was the three small group performances – “Cantate Domino – Claudio Monteverdi” (a cappella work scored for six voices), “Echo Song” (Italian poem) and “Swingle Song” (wordless composition). I participated in the “Echo Song”. We created an echo by singing this part from the back of the hall, catching the audience’s attention to look around in confusion.

ALUMNI ASSOCIATION ACTIVITIES



Making music has been a long-standing tradition of SPCC Alumni. This tradition is quite unique at SPCC and has brought the alumni with an age range over 60 years back together.

Returning to Music Room A inside the school for choir rehearsals is something that I look forward to almost every Thursday nowadays. There were a lot of memorable things to associate with this concert. We broke the record of over four hours rehearsing until mid-night; we secretly added additional rehearsals (not allowed by the conductor) for small groups at the back stairs of school. Rehearsals for small groups enabled the choir members to get to know each other better and brought us closer together.

I am sure all the alumni choir members feel the same as we put tremendous efforts and dedication into the concert. It is our love of music that unites us. I am also honored to help organise the venue booking and ticketing of this concert.

With an almost full close audience, I was very glad to hear comments from them that SPCCAC has once again taken its performance to a new height. For me, I think we can always do better. I feel the passion to continuously improve myself in singing and I cannot wait to challenge ourselves in the next performance.



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ALUMNI ASSOCIATION ACTIVITIES



《那些年，我們在MUSIC ROOM A裏唱過的好歌》

陳麒仰 (2007)

「大家好，我是陳麒仰 Katherine Chan，是今次 Carol Service 的指揮。」這句說話，在我第一次回校指揮合唱練習的車程中重覆練習了數十篇。的士大哥聽見都忍不住插嘴說：「做指揮真有型！是不是要擰擰頭，表情十足，手指指那般？」我心想：「是這麼輕鬆就好了！」

每星期能夠與母校的兄弟姐妹盡情合唱，一同回味那段「想當年」在 Music Room A 上課，每年於校際音樂節期間共同奮鬥唱一首首好歌的美好時光；就如的士大哥所想，是何其輕鬆愉快！可是要我從合唱團的座位移步至指揮席上「舞刀弄劍」、時而「指手」時而「劃腳」的話，就沒法那麼輕鬆了……

我投入歌唱演出及教授聲樂的專業至今已六年，在公開場合所累積的演出經驗逾六十場，加上我每天指導不同個人及團體所獲得的訓練，理應讓我有足夠的自信去帶領七十位團員在六次練習內唱好四首聖誕奉獻詩。但一想在我面前的前輩、同學等均在歷年校友會多位專業的指揮領導下受過訓練，那種莫名的壓力隨之而來，一度擔心自己不是「專職指揮」能力會有所缺欠、有負一眾熱熾報名參與今次 Carol Service 的團員對我的信心及期望。

ALUMNI ASSOCIATION ACTIVITIES



在我信心受到動搖的同時，感謝神為我預備環境，讓我從各個層面上皆能獲得最適時的幫助。藉此我衷心感謝當時邀請我當指揮的前校友合唱團主席蘇慧敏（1989）、負責統籌是次 Carol Service 的許嫣（1997）和張鼎堅（1988），及各聲部部長的信任及協助，好讓我這個「小師妹」能在無限的支持與鼓勵下完成「特別任務」——讓會眾在細聽講述耶穌降世的聖經章節的同時，透過當晚的特選歌曲更深切明白「聖誕」的意義。

《He Loved Me》是我為是次 Carol Service 的主題「Reconciliation」而選取的主題曲，歌曲內容講述上帝對我們的愛，是無私的、是永恆的。無論我們如何不接受祂、背棄祂；世上任何環境及權力都不阻祂永永遠遠站在門外等候我們轉臉與祂和好，好讓祂能拯救我們脫離凶惡，將來我們死後與祂在天家一同共享永恆的生命。這一切，都只因祂愛我們——「He Loved Me」。作為指揮，我希望團員在練習過程中除了能在我的指揮棒下享受合唱的樂趣之外，還能帶領他們用真摯的聲音承載着歌曲的特殊意義，在 Carol Service（不是 Carol Concert!）當晚為上帝演繹「聖誕」的真正意義，就是讓我們向上帝謙卑認罪，跟祂和好（Reconcile）。

我們最終能否與上帝「和好」？這我不太清楚。那麼當晚我們的歌聲很「和」很「好」嗎？這我很清楚；不過這還是交給會眾評論吧。而我最清楚的，是當晚既「和」諧又美「好」的氣氛——團員唱着校歌時「With these we pray our spirit may; Be present in our school alway」那溫柔和諧的臉蛋、與四手鋼琴合奏的兩位司琴葉曦雯（2000）及趙學文（2006）「我信你」的眼神交流、那些可愛活潑、與身後的大人同聲高唱着「Glo... oh... ria In Excelsis Deo!」的小笑臉、會眾聞歌感動拭淚的時刻、大家相擁互相祝賀聖誕及新年快樂的片段……一點一滴至今仍留在我心裏。

ALUMNI ASSOCIATION ACTIVITIES



十多年前當我還在聖保羅讀書的時候，我經常羨慕那些受邀到早會演講的師兄姐，希望有一天我也能像他們一樣在台上表現得自信滿滿的。畢業十年後，這個夢不但成真了，今年我還能帶領一眾師兄弟姊妹們在台上演繹多首動人心弦的聖誕選曲，在此衷心感謝過去校友合唱團的主席和指揮信任我，讓我負責領導分部練習，使我在過去戰戰兢兢的領導經驗中逐步成長。亦特別鳴謝趙學文為當晚 Carol Service 彈奏出非常美妙的風琴樂，最後當然少不了所有仗義支持、為這次獻唱付出了他們寶貴時間及精神的團員。不得不提跟我同屆畢業的九位「壓力急救醫護隊」，衷心多謝各位的支持及努力！期望在不久的將來再次在校友合唱團的恆常練習裏，邊享用着 AC 必食茶點「蜜汁叉燒」，邊哼着一首首那些年，我們在 Music Room A 裏唱過的好歌。

ALUMNI ASSOCIATION ACTIVITIES



CAROLING ON LEE TUNG AVENUE

ANNIKA CHU (2024)

On a sunny but chilly Saturday afternoon in December, around 30 members of the Alumni Choir gathered on the bustling Lee Tung Avenue to sing in the annual CDMF Carol Singing Festival. As the youngest member of the Alumni Choir, I was overwhelmed by the love of music that the group of St. Paulians shared. I was also very excited about the fact that I was able to sing at such a fun and jubilant performance.

This was the third time the Alumni Choir participated in the CDMF Carol Singing Festival. We sang a few festive carols such as “Silent Night”, “God Rest You Merry Gentlemen”, “Angels We Have Heard on High” and my favourite – “Have Yourself a Merry Little Christmas”. Katherine Chan (2009), our conductor, had spent hours every week helping to perfect the songs with us and we all worked hard in order to do well on the performance day.

During our performance, I was a little nervous about the big crowds that were gathering around the stage. I could even see a few familiar faces in the crowd supporting and cheering us on. When we started

singing, I noticed the audience was very enthusiastic and some of them were even joyfully singing along. Every time we were done with one song, we would receive a warm applause from them. The atmosphere was so cheerful and festive. At one point, there was artificial snow falling from the balcony so it made the whole scene even more marvelous. It was truly magical.

Besides all the singing and the wonderful time we had, what made me even happier was the money we were able to raise for the Child Development Matching Fund, a community-based charity that encourages the society to actively invest time, manpower, and financial resources to enrich our next generation. Knowing that I was able to help others while doing something I love was truly great.

From this caroling experience with the Alumni Choir, I noticed that St. Paulians have the same trait: we all share a love for music and a kind heart for helping others. Seeing everyone’s joyful faces and listening to the sounds of our harmonious voices was truly an unforgettable experience that I will always cherish.



參觀藍屋

朱澄彥 (2024)

去年11月5日，我跟媽媽一同參加了一個由聖保羅男女中學校友會安排探訪藍屋和它旁邊的古老建築的導賞活動。我們參加這個活動，除了可以增加對香港古老建築物的認識，同時亦正在身體力行地支持和關注聖雅各福群會的古蹟保存及可持續發展工作。一直以為參與社區活動就只有「做義工」這麼單調，原來現在像聖雅各這類非牟利機構及社企服務的範疇已擴展至更大的規模，其中包括社區發展服務、修復老化的舊社區和增加弱勢社群的就業機會。

我們參加這個導賞團，不但是為了參觀藍屋和認識它的歷史，更重要的是可以籌集善款，為聖雅各福群會的地區工作盡一分力。

活動當日我們先跟導賞員去了原名「玉虛宮」的北帝廟，北帝廟裡面藏着很多雕像，導賞員如數家珍地訴說每個雕像都有一個不同的故事，十分有趣！

接着，我們到達大名鼎鼎的藍屋。藍屋原址曾是一所醫院，1886年關閉後變為用作供奉「神醫華陀」的廟宇。1920年代改建成現在四層高建築，樓梯間的牆壁、單位內的窗戶由木材製造，而露台部分則採用鋼筋水泥建造，是香港少數餘下有露台建築的唐樓。1990年代，香港政府為藍屋外牆髹上油漆時，因物料庫只剩下水務署常用的藍色油漆，整座建便被髹成可愛的藍色！藍屋現已被列為香港一級歷史建築。2010年聖雅各福群會



獲准將藍屋活化成民間生活館，並首次採用「留屋留人」的方式，包括藍屋、黃屋及橙屋的十四戶居民繼續留住，並獲加建獨立洗手間和升降機及改建消防設施。導賞員解釋說，住在藍屋的十數戶都互相認識、守望相助，不但活化了建築，還活化了老灣仔的人情味。

之後我們首先在藍屋下層的小店一起品嚐由社企成員特別為我們準備的地道香港小吃，然後再到非常有趣的「香港故事館」參觀。這展覽館可謂麻雀雖小，卻收藏着不少老香港的集體回憶，還有一些十分可愛的紀念品供訪客選購。我和媽媽都看得入迷……

這次參觀讓我更加認識自己生活的地方，看到高樓大廈以外的香港，並學識欣賞被活化保育的傳統歷史建築物，發現原來古舊的建築物充滿歷史故事和價值。導賞員生動的講解帶領我們窺探到以前的人如何生活。我想，我們這一群都市人都應該間中放下手提電話，多去觀察生活周圍的人和事。

最後，很感謝校友會和聖雅各福群會合作舉辦這次導賞活動。所謂助人為快樂之本，能增廣見聞又能幫福群會籌款活化舊社區，何樂而不為！

參考資料：

<https://society.sjs.org.hk/gns/Default.aspx#BH>

<http://vivabluehouse.hk/tc/menu/27/story>

The day was filled with laughter and cheers, endless chats, photo shots, singing and numerous good-old-time pleasant surprises.

It was a day at school that none wanted to be dismissed!

What a memorable reunion!

Class of '78 Reunion



SPCC CLASS OF '78' 40th Anniversary

Wow! Our 40th anniversary is just a fortnight away, and we are really excited to be giving you this update of all the activities being prepared. We are so proud to be the first class ever to hold a reunion at the school premises!

Come punctual to:

Our alma mater, 33 MacDonnell Road, Mid-Levels @ October 6, 2018 at 11am
Please enter the school via Main Entrance and take the lift to Lecture Theatre (1/F) at Li Chong Yuet Ming Building.

- | | |
|---------|---|
| 11:00am | Reception |
| 11:30am | Assembly @ Lecture Theatre 早會重溫
Opening Remarks by Grace Ho 何子詩 & Andrew Luk 陸永基
School Hymn
Prayer and Speech by Principal Frederick Poon Siu Chi 潘紹聰校長
Speech by Winnie Tam 譚允芝, Class of '78
Announcement
Photo Taking with Principal Poon |
| 12:00pm | Buffet lunch @ Cafeteria 飯堂聚餐
Collective Memories 集體回憶 |
| 2:00pm | Photo Taking 班相留念 |
| 2:45pm | Campus Tour 校園參觀 |
| 4:00pm | Recess 懷舊小息時段
- Tea at Cafeteria 茶點
- Singing at Lecture Theatre 唱歌
- Pingpong at Table Tennis Room 乒乓球
- Badminton at Gym 羽毛球 |
| 5:30pm | School Dismissal 放學喇 |

Celebrations will continue after school dismissals - bring your spouses and come for dinner at Craigengower Cricket Club, 188 Wong Nai Chung Road (Chinese restaurant) at 6:45pm
Reservation under Timothy Yung



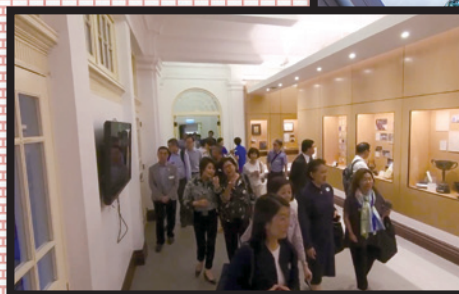
Our special thanks to Principal Poon for opening the campus for us, and Ms Cynthia Tsang for all the support!



情牽戊戌四十載
緣份得知不易來
但願好友勝南山
堅信日後捲土來



6 OCT 2018



靈魂之窗守護者 聖保羅校友杏林發光

何穎流（1998）、伍立祺（2001）

「你猜猜香港的眼科醫生當中，有多少是聖保羅男女中學的畢業生？」朋友之間的閒聊，促成了我們第一次的聚會。在鄭柏文學長（1981）穿針引線下，我們找到了不少校友同仁，大家相約在2018年11月27日聚首，細說當年，亦漫談行業發展。

當天有十八位眼科醫生出席聚會，從剛開始受訓的新人到醫院的高層，以至在私家醫院或診所行醫多年的都有。因為畢業年份不同，此前大家可能只是互有聽聞對方的名字，這次聚會卻大大拉近了彼此的距離，好像與多年未見的老朋友見面一樣！大家談起畢業的年份，互以師兄弟、姐妹相稱，話題不絕，由當年誰當校長、白蘭樹有多高，談到本校當年聞名的三角球場……我們彷彿一下子回到那段青蔥而美好的歲月，不是日理萬機、忙個不停的醫生，而是一個個純真的學生。其間聊起一些老師的舊聞新知、哪些同學當了教授、院長……談起聖保羅，彷彿有數不盡的話題。

大家聚在一起，當然少不了亦談到行業的情況及前景，各人都有一些不同的看法，但大家都彼此尊重，和而



後排左起：吳天心（2002）、雍榮（2009）、陳應倫（2009）、伍立祺（2001）、何穎流（1998）、饒文杰（1990）、鍾震宇（1999）、李志康（1989）、羅智峯（1995）、黃瑋楠（2008）及王煒晴（2002）

前排左起：葉禮邦（1982）、程展鵬（1981）、鄭柏文（1981）、黃俊華（1989）、陳念聰（1976）、阮燕芬（1980）及蟻穎生（1995）

不同。同時，富經驗的資深醫生也毫不吝嗇地對後輩們的專業生涯提供指導，年輕一輩也都細心傾聽，獲益良多。

席間，我們談工作，也談生活。有熱心奉獻的學長分享了他世界各地做義工的見聞和歷煉，令人由衷敬佩；有校友把生活趣事說得活靈活現，大家聽得津津有味；我們一邊享受桌上的佳餚，一邊細聽鄭學兄談飲食上的心得，天南地北，無所不談，聖保羅人當真多才多藝！

在這麼短的時間內做到一呼百應，彼此又能一見如故，大概只是因着彼此心中長存的聖保羅精神。但願，在信望愛的教導下，大家能彼此扶持成長，繼續為社會貢獻，發熱發光。

後記

聚會上，有學兄提及香港中文大學眼科學系的創系主任曹安民教授（1954）原來也是本校舊生，於是我們趁着曹教授回港度假之際拜訪了他。曹教授雖已年屆八十，但思路仍然十分清晰，說起聖保羅的種種更是滔滔不絕。縱使已畢業多年，他仍心繫母校。他特別感激母校的教導及給予的機會，感念盡心盡力的老師，也懷念一起奮鬥的同學。

當曹教授得悉聖保羅出了三十多名眼科醫生時，又驚訝，又高興。在眼科急速發展的年代，能有如此多的校友適逢其會，實在值得慶賀。他認為，這是母校的驕傲、社會的福氣。同時，他亦勉勵校友及同道們繼續為本港醫療發展而努力，使社會向前邁進。



左起：何穎流（1998）、勞卓妍（1983）、曹安民教授（1954）、鄭柏文（1981）及伍立祺（2001）

ALUMNI TO ALUMNI

UPDATES FROM GREATER NEW YORK CHAPTER

BARBECUE ON GOVERNORS ISLAND

On 18 August 2018, the Greater New York Chapter of St. Paul's Co-educational College Alumni Association (SPCCAANY) held a barbeque on Governors Island in New York. Governors Island is a 172-acre island in the heart of New York Harbour, accessible to the public via ferry from Manhattan and Brooklyn. Lugging the food and supplies were not easy but our hard work paid off. Everyone had a great time enjoying the food, the scenic view and the bike ride.



VOLUNTEER AT GOD'S LOVE WE DELIVER

After watching a short introductory video, SPCCAANY alumni and friends put on hairnets and joined in with kitchen prep work at God's Love We Deliver in Soho, New York on 18 September 2018. God's Love We Deliver provides free nutrition therapy, cooks and delivers medically tailored meals for people living with severe illness in New York City. We were so happy to lend a hand for a good cause.



ALUMNI TO ALUMNI



SLEEPY HOLLOW CEMETERY TOUR

On 3 November 2018, SPCCAANY alumni and friends joined a private tour to visit Sleepy Hollow Cemetery. Surrounded by pretty scenery, the 90-acre Sleepy Hollow Cemetery in New York is the resting place of many famous residents, including Washington Irving, Andrew Carnegie, Walter Chrysler and William Rockefeller. We were awed at the amazing landscape, the artistic sculptures and headstones, the stories and cultural significance of this historic landmark.



ALUMNI TO ALUMNI



英國校友聚餐

黃盈盈 (2002)

2018年11月24日，一群旅居英國的校友們於倫敦Holborn Inn of Court相聚。今次校友聚會有近二十多名舊生及親屬出席，大家交流在當地的生活近況，相聚甚歡。

NEWS FROM THE SCHOOL COUNCIL

RETIREMENT AND APPOINTMENT OF COUNCIL MEMBER

The Revd Canon Ian Lam, member of the College Council, has retired on 31 December 2018 after ten years of service. The Council wishes to express its deepest gratitude for his invaluable contribution and staunch support to the School over the years.

The Revd Canon Dr Pang Pui Kong Thomas has succeeded The Revd Canon Ian Lam as Council Member since 1 January 2019.

SPCC ALUMNI IN LONDON

SPCC always feels like a family with brothers and sisters, who understand and care about you no matter where you are, what you do and how far we are apart... Am really grateful for this magical relationship! God bless you all!

Becky Lee 李璧琦 (1995)

We might be leading very different lives and don't see each other often, but that immediate connection is always genuine and unique. Grateful to have spent some quality time with my fellow SPCC friends!

Catherine Chan-Murphy 陳筠靈 (1999)

Magical to meet up with SPCC old (including someone I haven't seen for 20+ years) and new friends across generations in London!

Alvin Wong 黃胤銘 (1998)

It's always nice to make new friends from SPCC, my alma mater. No matter they're younger or older, the first minute I meet them, I have that close, warm family feeling towards them. And we'll have non-stop conversations. I think that's what it's called "聖保羅信望愛精神"! We'll share our faith, love and hope with one another, no matter how far we're apart; we're always connected!

Dawn Chan 陳雲鳳 (1989)



13 March 2019 in Central London

(From left: Catherine Chan, Dawn Chan, Alvin Wong (middle), Becky Lee, Jimmy Hung 孔慶良(1989))

OUR NEXT GENERATION



Maggie Tse 謝茵玲 (1998), together with her husband Brian Tsoi, elder sons Brendan Tsoi 蔡正言 and Isaac Tsoi 蔡立言, are pleased to announce the arrival of the new family member Theo Tsoi 蔡定言 on 15 November 2018.

IN MEMORY OF MS CHAN LAI CHING (陳勵貞老師), RETIRED TEACHER OF SPCC PRIMARY SCHOOL

It is with deep sadness that we announce the passing away of Ms Chan Lai Ching (陳勵貞老師), retired teacher of St. Paul's Co-educational College Primary School, on 9 February 2019 at the age 97. Ms Chan retired in 1982 after teaching Mathematics and Science for 35 years. Our prayers are with her family.



IN MEMORY OF MR FRANCIS CHUNG (鍾華耀老師), FORMER MUSIC MASTER OF ST. PAUL'S CO-EDUCATIONAL COLLEGE

It is with deep sadness that we announce the passing away of Mr Francis Chung (鍾華耀老師 or “鍾 Sir”), former Music Master of St. Paul's Co-educational College (1949-1973), on 6 March 2019 at the age 96 in Scarborough, Ontario, Canada.

A Thanksgiving Memorial Service was held for Mr Chung on 16 March 2019 in Ontario. Charitable donation in memory of him has been made to Grace Hospital Foundation and Joyful Christian Church.

SPCCAA would like to extend our sincerest condolences to the Chung's family. May 鍾 Sir rest in peace.



歡迎加入校友會「永久會員」行列

由 2018 年 9 月 21 日至 2019 年 3 月 31 日止共 198 位海內外校友申請加入校友會「永久會員」行列。新永久會員芳名（畢業前離校者，均以推算計算其所屬畢業年份，由 2000/2001 年度入讀小一及 2006/2007 入讀中一起，均以新高中課程「三、三、四」學制計算其所屬畢業年份）：

1972 黃福銑	周芷蕙	周彥希	招浩懷	陳銀維	陳錦暉	陳駿霆
1978 鄭可珍	林在川	林俏琦	林浩瑋	陳耀楠	陸俊豪	陸梓軒
1984 蔡耀明	林茜彤	林婷睿	林詠詩	彭梓菁	曾 晴	曾子峰
1989 王家銓 梁詩韻	林漪婷	林樂然	姚旭鴻	曾昭然	曾清清	曾琬晴
1990 呂燕煥	姚榮新	施佩如	施寶妍	焦璧堃	程樂怡	黃 易
1997 馮錦文	柯穎珈	洪宏略	胡愷珊	黃月晴	黃倩恒	黃敏婷
1998 梁家駿	胡愷峰	胡樂瑤	韋文禧	黃清渝	黃凱欣	黃凱琳
1999 朱靄蕊 陳穎殷 藍凱澄	凌 恩	唐子熙	容敏書	黃詩詠	黃曉琳	楊嘉琳
2002 馮漢熹 黃智康	秦安晴	袁宇靖	馬子聰	溫子熙	溫文樓	廖栩怡
2003 吳家欣 劉展程	馬惠榆	馬晞孜	高子婷	趙展宏	劉子杰	劉柏昕
2005 莊家淦	高芷楠	高涯澄	高穎琛	劉晉瑋	劉晴昕	歐陽秀妍
2006 梁剛銘 楊嘉美	崔晉彥	張亦飛	張行哲	潘曉嵐	蔡嘉霖	蔡穎晞
2008 黃 俊	張悅怡	張晞晴	張凱峻	鄧熙同	鄧曜弘	鄭心兒
2009 符致鋼	張嘉凌	張紫希	張肇庭	鄭旻晞	鄭晟亨	鄭海藍
2013 阮永琦	張樂妍	張樂瑤	張謙信	鄭珞妍	鄭雅文	盧玠男
2015 楊瀚欣 楊瀚寧	戚凝芝	曹穎欣	梁嘉盈	禰穎瑜	蕭媛之	霍盈蓓
2017 區珈穎 劉浩海	梁馨琳	梅津瑋	莫家霖	駱穎禮	薛廣賢	謝天榆
2019 丁芊蕙 甘浚祺 石卓琳	莫雋浩	許文彥	許焯僖	謝希霖	謝承希	謝蔚禧
江德信 何安兒 何見山	郭芷穎	郭彧君	陳 殷	鍾朗晴	鍾瑋琦	鍾夢甜
何卓盈 何欣饒 何智樂	陳子瑩	陳可一	陳秀涓	羅德懿	譚詠藍	譚逸峰
何穎婧 余彥晴 利瑋霖	陳卓希	陳卓倫	陳坤鉞	譚曉永	嚴浩然	蘇泓正
吳欣樺 吳嘉瑩 吳靄琳	陳宜樂	陳芷妍	陳俊彥	蘇津樺		
李 瞳 李文碩 李訢昕	陳建美	陳括然	陳浩軒	2021 梁皓智		
李芷盈 李佩容 李彥霖	陳偉軒	陳逸晴	陳雯諾	2022 周卓賢		
李容博 李浩霖 李銘琛	陳詩穎	陳嘉瑩	陳樂行	2023 徐棟恩		
沈慧美 周 翹 周泳懿	陳蔚妍	陳穎希	陳穎芯	2025 梁皓然		

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1971 鍾慶銓	2004 馮偉樂	2010 陳泓謙
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