

信愛展望

二零一九年十月 • OCT 2019



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



己亥年春茗聚餐

龍舟隊年度大事

SPCC Alumni Choir
"A Springtime Potpourri" Concert

INDEX

CHAIRMAN'S MESSAGE 主席的話	1	坐同一條船，一起奮鬥	31
ST. PAUL'S CO-EDUCATIONAL COLLEGE ALUMNI ASSOCIATION EXECUTIVE COMMITTEE FOR 2019	2	「日出沙頭，月懸海角」	32
2019 年度聖保羅男女中學校友會執行委員名單		回到校園時：2019 校友籃球比賽	34
FORTHCOMING EVENTS 活動預告	3	SPCC Alumni Choir "A Springtime Potpourri" Concert	37
		「我書意造本無法，點畫信手煩推求」——	40
		校友會書法班隨想	
		參加聖保羅男女中學校友會書法班後感	41
		SPCCAA Happy Hour Drinks	44
SPECIAL FEATURE 特輯			
Community Service (CS) Group	4		
「子親」拍檔製作愛心蛋糕 在社區分享祝福	7		
三代同堂，攜手合作做好一件事	8		
父親節前的一天——「同心頌親恩」同樂日	10		
SCHOOL LINK 母校動態			
Congratulations to Our 6 th Formers for Their Excellent Academic Results & University Offers	12		
SPCC Badminton Tournament 2019	13		
SPCC Mentor Programme Interview Skills Workshop	14		
SPCC Mentor Programme – Company Visit to Bloomberg	16		
College Fair 2019	17		
SPCC Mentor Programme Closing Ceremony	18		
ALUMNI ASSOCIATION ACTIVITIES 校友會活動			
己亥年春茗聚餐	20		
暑期聚會 2019	26		
龍舟隊的年度大事	30		
		ALUMNI TO ALUMNI 校友通訊站	
		Updates from Greater New York Chapter	46
		New South Wales Chapter's Annual Lunch Gathering on 3 August 2019	48
		ALUMNI COLUMN 校友天地	
		The 60 th Anniversary Celebration for Class 1958	50
		Celebrating 30 Years of Friendship and Beyond	52
		春夏音樂會回顧	54
		Congratulations	56
		Our Next Generation	59
		Retirement and Appointment of Council Members	60
		In Memory of Dr Woo Edward Shin Wai	61
		ALUMNI ASSOCIATION OFFICE 校友會辦事處	
		歡迎加入校友會「永久會員」行列	61

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,

I attended a forum last week. Before closing, the facilitator asked each panelist to give three words of blessing to the people in Hong Kong. "Faith, Hope, Love" came to my mind quickly. We are all very familiar with words in 1 Corinthians 13. *"...Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres... And now these three remain, faith, hope and love. But the greatest of these is love."*

Isn't it a wonderful blessing for Hong Kong? The motto of our alma mater, faith, hope and love. These words and this verse have always been the guiding light on my life journey. Someone once said that if you have faith, hope, love and trust in God, you have all you need. How true it is.

In the coming months, let's take action and enjoy the forth coming events with fellow alumni. We are looking forward to seeing you at the walkathon, "Hope and Dream" concert hosted by the Alumni Choir, community service at the PLK Chao King Lin Early Learning Centre, homecoming day, carol service and the many sports events.

Bless this house, O Lord we pray, make it safe by night and day!

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

Andrew Luk (1978)
Chairman
SPCCA Alumni Association

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(*denotes chairperson / co-chairperson)

FORTHCOMING EVENTS

	2019/2020 WALKATHON (20TH ANNIVERSARY) Date: Postponed. Date to be announced. Venue: The Peak, Hong Kong
16.11	SPCC ALUMNI CHOIR “HOPE AND DREAM” CONCERT 2019 Date: Saturday, 16 November 2019 Time: 7:30 pm Venue: Hong Kong Jockey Club Amphitheatre, Hong Kong Academy for Performing Arts, Wan Chai, Hong Kong
30.11	COMMUNITY SERVICE – VISIT TO PO LEUNG KUK CHAO KING LIN EARLY LEARNING CENTRE (曹金霖幼兒學習中心) Date: Saturday, 30 November 2019 Time: 10:00 am to 11:30 am (tentative) Venue: Unit 121-140, G/F, Wah Yuen House, Chuk Yuen (South) Estate, Wong Tai Sin, Kowloon (九龍黃大仙竹園南邨華園樓地下 121-140 室)
7.12	ALUMNI HOMECOMING DAY Date: Saturday, 7 December 2019 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
18.12	HAPPY HOUR DRINKS Date: Wednesday, 18 December 2019 Time: 7:00 pm to 9:00 pm Venue: Levels, 2/F On Hing Building, 1 On Hing Terrace, Central, 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
11.1	TABLE TENNIS TOURNAMENT Date: Saturday, 11 January 2020 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
13.6	BADMINTON TOURNAMENT Date: Saturday, 13 June 2020 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong

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

COMMUNITY SERVICE (CS) GROUP

鄒璧儀 (1993)、梁詠詩 (1985)

一直以來，我們校友會除了提供一個多樣化的平台讓校友可以聯誼和參與興趣小組之外，另一個創會的方針，就是秉承聖保羅人服務社會的優良傳統，鼓勵校友們畢業後繼續和他們的家人一起服務社群，積極參與不同形式的社區活動。

自從2004年由一群熱心的校友創辦以來，我們的Community Service Group (CS Group)一直是校友會裏的重要基石，每年都積極參與各類型的社區活動。我們所舉辦的活動內容亦不只限於「做義工」，而是希望讓校友及其家人身體力行，在服務、關愛家庭、環境保育、社區重建、關懷弱小社群等各方面，都盡一分綿力。

近年，隨着校友會的活動越來越多樣化，在運動方面都有突破性的發展，我們CS Group亦與時並進，開始多組織一些「Crossover」節目，例如去年跟校友會跑步隊合辦的陪跑員服務計劃；小組的隊員大都是校友會活動內的中堅成員，故深明對社區關顧，不應只局限於Community Service活動內。例如龍舟隊每年參加比賽的時候，校友們都會自發性帶可循環再用的水樽和餐具等，運動聯誼之餘亦不忘要保護環境。

我們時常和社企或非牟利機構合作，例如年初與「上有高堂」合辦的「子親」烘焙工作坊，鼓勵校友們多關心家中的長輩之餘，其「三代同堂」合作做好的蛋糕製成品亦被轉化成一份份小禮物，送給附近社區的弱勢社群。去年我們組隊參觀了由聖雅各福群會管理的「藍屋建築群保育計劃」，加深校友對保育的認識；過往我們亦曾與「和諧之家」合辦活動關注家庭暴力，並邀請「微笑行動」舉辦有關救助唇顎裂（俗稱兔唇）兒童的講座等。

CS Group 曾舉辦的精彩活動包括：

- **服務：**到訪聖瑪利安老院、為匡智元朗晨曦學校的屋頂刷漆、與香港耀能協會柴灣工場學員BBQ、普世歡騰慶聖誕——香港耀能協會石圍角家長資源中心。
- **關愛家庭：**與「上有高堂」合辦的「子親」烘焙工作坊、「認識腦退化症」專題講座、探訪香港保護兒童會 (Bookie Monster)、「同心頌雙親」——聖雅各福群會浣沙長者中心、與「和諧之家」合辦活動「關注家庭暴力」、「讀書，毒輸」預防青少年濫藥（家長講座）。
- **關懷弱小社群：**「Art Jam 樂融融」——到訪香港耀能協會盛康園、「天生我才、各展所長」——探訪香港耀能協會高福耀紀念學校、探訪香港耀能協會、參觀香港耀能協會盛康園 (Art Jam & Talk)、參觀路德會救主學校、參觀保良局。
- **環境保育：**與匡智元朗晨曦學校一同參觀香港濕地公園、與基督教家庭服務中心/香港唐氏綜合症協會舉辦「結伴同行都市綠洲」。
- **愛護動物：**親子體驗工作坊——探訪救狗之家、參觀香港愛護動物協會。
- **社區重建：**參觀藍屋。
- **關顧病童：**與「微笑行動」舉辦有關救助唇顎裂（俗稱兔唇）兒童的講座、親子體驗工作坊——童行光明路（心光盲人院暨學校）。

我們的願景，是把「善心」、「愛心」、「親情」、「敬老」及「保育」等元素融入更多精彩新穎的活動當中，讓校友們有一個更「貼地」的平台去實踐聖保羅人「關愛」和「服務」的素質。

俗語有云「行動最實際」。我們誠邀一眾校友和家人一齊參加來年CS Group的精彩活動！



與基督教家庭服務中心/香港唐氏綜合症協會舉辦「結伴同行都市綠洲」(2017)



參觀保良局 (2006)



探訪香港耀能協會愛容工場及宿舍 (2008)



探訪香港保護兒童會 (Bookie Monster) (2014)



探訪香港耀能協會盛康園「Art Jam 樂融融」(2014)

探訪香港耀能協會盛康園「Art Jam 樂融融」(2016)



探訪聖雅各福群會浣沙長者中心「同心頌雙親」(2018)



參觀藍屋 (2018)



為匡智元朗晨曦學校的屋頂刷漆 (2006)



與香港耀能協會柴灣工場學員
BBQ (2009)



親子體驗工作坊——童行光明路 (心光盲人院暨學校) (2018)



親子體驗工作坊——探訪救狗之家 (2013)



「天生我才、各展所長」——探訪香港耀能協會高福耀紀念學校 (2016)



為匡智元朗晨曦學校學生鋪設健足徑 (2007)



探訪佛教志蓮中學及志蓮淨苑 (2007)



參觀路德會救主學校 (2005)

「LET'S BAKE!」—— SPCCAA 聯乘社企「上有高堂」的 「子親」活動

「子親」拍檔製作愛心蛋糕 在社區分享祝福

社企「上有高堂」創辦人區媛婷 (2007)

身為聖保羅人，「信、望、愛」的精神一直陪着我成長。近年，人口老化的社會趨勢成為大眾關注的議題，眼見家中父母漸漸成為「老化人口」的其中一員，我和幾位朋友在工餘共同創辦了社企「上有高堂」，目的是透過舉辦「子親活動」（留意並不是「親子」，「子親」是「親子」的逆向延伸！）——即適合成年子女（約二十五至四十五歲）和年長父母（五十歲以上），甚或三代同堂共同參與的活動，鼓勵子女珍惜和年長父母相處的時光，身體力行地「陪伴父母成長」。

非一般蛋糕製作 神秘任務挑戰家人默契

非常榮幸是次「子親」活動能與校友會攜手合作，與接近二十個「子親」或「三代同堂」的聖保羅家庭一同製作愛心蛋糕送給社區內的長者，分享祝福。別以為這只是一次普通的蛋糕製作活動！為了考驗參加家庭的默契，我們於製作過程中加插了互動元素。首先，每個人被分派一個「特殊身份」——年紀最小的是「小朋友」，上有高堂下有妻房的一代是「中朋友」，高堂們自然是「大朋友」。「中朋友」最擔心的一刻，可能是「小朋友」被邀請出來聽導師講解，然後回去「指使」「大朋友」怎樣處理材料；最溫馨的一幕，大概是「大朋友」用雙手蒙上「中朋友」的眼睛，然後和「小朋友」一同靠語言為「中朋友」聲音導航運送食材。

溫馨的歡笑聲是最佳的調味料

看見「大朋友」、「中朋友」及「小朋友」們的積極參與，還有眾人的歡笑聲，大概已經想像到製成品定必是非常甜蜜！在校友導師謝姍姍 Maggie (1993) 的悉心指導下，芬香撲鼻的香蕉蛋糕終於出世了！部分的製成品會送給區內長者，「小朋友」們在咭紙上畫上圖畫、寫上祝福，眾人看着一個個包裝精美的蛋糕都感到非常滿意，餘下的蛋糕各家庭都用自攜的食物盒裝起。在眾人嚷着挑選哪一個蛋糕送給長者時，我們社企「上有高堂」的義工為每個家庭拍下一幅「即影即有」相片，記下珍貴難忘的一刻。

活動在一片歡笑聲結束。包裝精美的蛋糕則隨即由社企「上有高堂」派發至社區的長者手中。長者收到新鮮出爐的愛心蛋糕，皆表示非常感謝！

關於「上有高堂」

「上有高堂」是政府社創基金旗下支持的一個項目，也是全港首個提倡「子親」關係的機構。透過舉辦「子親活動」——即適合成年子女（約二十五至四十五歲）和年長父母（五十歲以上），甚或三代同堂共同參與的活動，鼓勵子女珍惜和年長父母相處的時光，身體力行地「陪伴父母成長」。

上有高堂網頁：<https://www.patermater.org>

上有高堂Facebook專頁：<https://www.facebook.com/patermaterhk>





三代同堂，攜手合作做好一件事

朱啟欣 (2002)

5月4日的下午，筆者和家人，以及超過六十名聖保羅人和其家庭成員，來到黃竹坑的B.I.T.飯堂，參加了由校友會和「上有高堂」合辦的杯子蛋糕烘焙班，為公公婆婆送上小小心意。

正如上文的校友兼社企「上有高堂」創辦人區媛婷 Wendy (2007) 所言，「上有高堂」提倡的是一個很有意思的概念：子女在父母年邁時其實扮演一個很重要的角色，我們都可以「陪伴父母成長」，陪伴他們參與各種「子親活動」，讓他們走過一個愉快精彩的「下半場」，共建美好回憶。

活動當日，響應「上有高堂」的理念，不少聖保羅人都攜同其父母及子女一同出席，三代同堂，樂也融融。大家安坐好後，活動主持人鄒璧儀（暱稱「鄒姑娘」）(1993)、烘焙導師謝姍姍 Maggie (1993) 和 Wendy 首先簡單向大家介紹「上有高堂」的故事和使命，然後齊齊玩熱身遊戲，大家伸展一下大小肌肉之餘亦需動動腦筋。比較難忘的一個熱身遊戲是需要中朋友（家長）去給大朋友（高堂父母）一個熱烈的擁抱。大家素來比較少用身體語言來表達對家人的愛意，所以剛開始時難免表現含蓄，但很快便轉化成一幕幕溫馨的場面，當中夾雜着柔和的歡笑聲。

熱身過後，焗杯子蛋糕正式開始！當大家心想只要聽指示，把各樣材料混合起來攪拌就完成，那就錯了！首先鄒姑娘請小朋友們上前來，聽 Maggie 說出每人需要從中央桌子上拿取的材料，然後各小朋友回到其家庭身邊，覆述給中朋友聽，再由中朋友上前拿取所需的材料。小朋友年紀小小，想不到記憶力那麼好，這個「傳聲筒」任務完全難不到他們呢！

接着主持們一步一步細心地指示大家，大小朋友在指示下，每一步都積極參與：大朋友攪拌香蕉，中朋友將麵粉過篩及攪拌牛油和糖。每個家庭三代分工合作，互相提點，互相幫助。最後，來到最困難的一個步驟了！每個家庭的大朋友要站到中朋友身後，蒙着中朋友的雙眼，由小朋友在旁指導中朋友把蜜糖倒入麵粉漿攪拌均勻。這個步驟考驗家中三輩人的默契和協調，因為一不小心中朋友就會把蜜糖倒出碗外呢！小朋友緊張而興奮地提點中朋友，你一言我一語，場內氣氛變得熱鬧起來。

把麵粉漿倒入杯子後，半製成品要放入焗爐了！在這個時候大家也有點餓了，大家一起享用大會安排的小食和飲品，同一時間大家在心意咭寫上祝福字句，讓大會稍後時間為公公婆婆送上杯子蛋糕的同時，也能代表校友們送上關懷和祝福。



大家把出爐的杯子蛋糕和心意咭包裝好後，活動也來到尾聲了。最後來個大合照，把眾人的笑容和滿足感記錄下來。這個別具意義的三代同堂活動在一片香味和歡笑聲中圓滿結束。

筆者很感謝籌辦是次活動的一眾校友，他們精心的籌劃令活動的每個細節都安排妥當，每個家庭都能全情投入活動，三輩人打成一片，充分表現出「子親活動」的精神。筆者十分認同「子親」關係的重要性。自建立了自己的家庭後，我們的焦點往往會集中在孩子身上，有時候難免會忽略了當年含辛茹苦養育我們的父母的感受。親情可貴，就讓我們從今天起，多關懷身邊的父母，多表達對他們的愛，從家庭出發，傳揚母校「信、望、愛」的精神。

父親節前的一天——「同心頌親恩」同樂日

香蔚霖 (1994)



感謝母校聖保羅男女中學校友會在父親節前一天的下午，讓我和女兒懷芊共度了一個既有意義又環保的長者探訪活動，為父親節慶祝揭開序幕，增添意義。

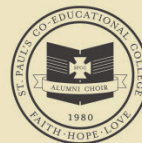
校友會每年都在「聖雅各福群會浣沙長者中心」舉辦同樂日，讓校友及子女參加，前年跟兒子懷中第一次參加時，外面下着滂沱大雨，當時校友及活動負責人鄒壁儀（1993）已跟我說，每年這活動外面都是下着大雨，但都無阻大朋友（長者）、中朋友（校友）和小朋友（校友子女）的興致，各人都精神奕奕，準時到達，加上小朋友帶領的熱身運動、有趣的互動遊戲和簡單而純真的小朋友才藝表演如唱歌及彈鋼琴等，場內的笑聲及掌聲掩蓋了窗外滴滴答答的雨聲。

今年6月中的天氣仍是陰晴不定，原以為活動又會是在一個下雨的下午舉行，想不到外面陽光普照，進行當天安排的盆栽設計活動就最適合不過。今年參與的大、中、小朋友跟以往同樣踴躍，除了有已成為母親的校友帶同子女參加之外，亦有不少父親校友參與，各父親高大的身影把原本已經不大的場地擠得水洩不通，但場面卻非常熱鬧溫馨。

我們與大朋友做了簡單的熱身運動，便着手發揮創意，用舊雜誌及咭紙為盆栽粉飾點綴，雖然剪刀不夠，和我們同組的大朋友卻不慌不亂，徒手小心翼翼地將雜誌上的圖案撕下來，貼在咭紙上，出來的效果既自然又配合主題，我和女兒均讚歎不已。完成後，大朋友和小朋友互相把作品送給對方，亦在咭紙上為對方寫上祝福語，小盆栽在對方的祝福下成長，別具意義。看到窗外的陽光映照着各人手中充滿生氣的盆栽，就如看到一幅色彩繽紛又充滿愛的圖畫。

我和同樣是校友的太太結婚後曾在該長者中心附近的社區居住和生活，而這幾年竟有機會帶同下一代服務該區的大朋友，確實是一件別具意義的事。非常感激校友會每年風雨不改舉辦同樣活動，讓我們可以關愛有需要的人，教育下一代分享愛及將愛延續下去。

聖保羅男女中學校友合唱團 呈獻
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CONGRATULATIONS TO OUR 6TH FORMERS FOR THEIR EXCELLENT ACADEMIC RESULTS & UNIVERSITY OFFERS

HKDSE 2019

We are pleased to announce the results of our DSE graduates this year. We have one perfect scorer who got level 5** in all four core subjects, three elective subjects and the Mathematics extended module. Two other students got level 5** in six of their subjects. A total of 23 students got level 5** in four or more of their subjects.

97.6% of our students are qualified for JUPAS degree course.

Summary of results as follows:

No. of students: 126

No. of level 5**: 177; 1.41 level 5** per student

No. of level 5 or above (5**, 5*, 5): 682; 5.41 level 5 or above per student

94.4% of our students get level 5 or above in English Language

58.7% of our students get level 5 or above in Chinese Language

80.2% of our students get level 5 or above in Mathematics

75.4% of our students get level 5 or above in Liberal Studies

IBDP 2019

All 53 of our IB graduates have either received unconditional offers from leading universities or met the requirements of the conditional offers of their choice.

University Offers

Our IBDP students have received offers from prestigious local and overseas universities, including Cambridge, Oxford, Imperial, LSE and UCL in the UK; Brown, Stanford, Cornell, Duke, Georgetown, Penn, and UCLA in the US; and other offers including the SciencesPo/Columbia (Dual BA programme), USC/HKUST/Bocconi (World Bachelor in Business joint programme), Kyoto University, Peking University, HKU-UCL (Dual Degree in Law) etc.

Scholarships

Scholarships received by our IBDP students include the Swire Scholarship to Oxford, St. John's College Scholarship to Cambridge and the Prince Philip Scholarship to Cambridge.

IB Results

- The average score of our 2019 cohort is 41 (out of a full score of 45).
- Of our 53 students, 2 got a score of 45, 10 got a score of 44, and 7 got a score of 43.
- 23% of our students got a score of 44 or above, compared to the world's 1.2%.

IB Score	SPCC 2019	Worldwide* (May 2018)
45	3.8%	0.4%
44 or above	22.6%	1.2%
40 or above	79.3%	9.8%
Average Score	41.2	29.5

* Source: IBO, IBDP Statistical Bulletin (May 2018)



SPCC BADMINTON TOURNAMENT 2019

The annual SPCC Badminton Tournament was held in June 2019 at the Indoor Games Hall of SPCC. The results are as follows:

Champion	Courtyard Badminton Team
First Runner-up	Strong Ladies
Second Runner-up	Yip Ming Team

Congratulations to all the winning teams!

The next sports event will be the Table Tennis Tournament, to be held on 11 January 2020. Stay tuned!

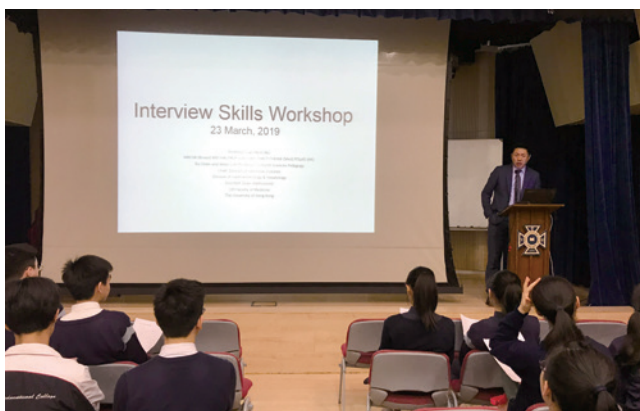




SPCC MENTOR PROGRAMME INTERVIEW SKILLS WORKSHOP

IVAN HUNG (1989)

The interview skills workshop was successfully held on 23 March 2019. The workshop was well attended by 82 mentees and supervised by 11 mentors from different fields. As coordinator of the event, I had the privilege of introducing the objectives of the workshop and briefing the mentees on the differences between JUPAS and non-JUPAS interviews from the local universities' perspective. I also outlined the important techniques to prepare for both university and job interviews. The highlight of the event was the interview practice session hosted by Jennifer Ma (1998), our expert educationist alumna. After a brief lecture on interview skills and standard questions by Jennifer, the mentees were put on the spot to introduce themselves within various time limits. We were most impressed by our mentees who managed to live up to the challenge. After passing





the test, the mentees were divided into small groups according to their interest in the practice group interview, supervised by the volunteer mentors. Each mentee would have the opportunity to practice group interview and answer questions posed by the mentors. In return, they received feedback from their supervisor on ways to improve their interview skills. For the 33 mentees interested in studying medicine, they were invited to participate in multiple mini interviews (the new method adopted by local medical school), supervised by four mentors from both medical or non-medical professions, with scores and feedback given to them. The event ended with our newly graduated young SPCC alumni sharing their most updated interview experience at different local and overseas universities. I am certain that our mentees have learnt a lot from the mentors and the speakers. All in all, the event was a huge success. We are greatly indebted to our volunteer mentors who spare their valuable time to share their experience. We look forward to meeting our new batch of mentees at the Opening Ceremony in the coming year.





SPCC MENTOR PROGRAMME – COMPANY VISIT TO BLOOMBERG

FERDINAND CHEUK (1991)

On 4 April 2019, more than 30 SPCC students visited Bloomberg's headquarters in Hong Kong to get a taste of what could be in store for them as a potential career. Bloomberg is a multi-faceted company that offers careers in financial technology (fintech), journalism, amongst others. The students were first given an interactive introduction of the organisation about its history and service offerings. A more detailed overview of fintech followed. The students were assigned their own Bloomberg terminals which they could try out different functions. Afterwards, a media host came in and shared her career path as a journalist. This company visit showcased two drastically different career options within the same organisation. One of the students even won a prize which was a virtual reality experience in Bloomberg. Hopefully, the students would find the visit fruitful in helping them explore more career options in the future.



COLLEGE FAIR 2019

RITA CHAN (1997)

3 CONTINENTS; ~ 30 COLLEGES; 300+ PARTICIPANTS!

The SPCC College Fair this year opened with an ultra-engaging presentation by guest speaker Renee Boey, who did her practicum at SPCC and developed a life-long passion for innovational education and cultivating creative literacy. She shared with students valuable observations on personal essay approaches and discussed many examples for both the common application on personal statements and supplementary essays.

Alumni from various generations came together representing their respective alma mater. Due to popular demand for Australian and Canadian colleges, the fair now includes key institutions from these countries, in addition to the UK and US universities. Over 300 students and parents participated in the highly interactive forum, where first-hand insights on location, discipline, admission and extra-curricular activities were shared.

We would like to express our gratitude to the Chairlady of the Mentor Programme Committee, Christina Gaw (1989), SPCC Counselor of Further Studies Christy Liang and her team, as well as all the speakers and fellow alumni for making this event a success.





SPCC MENTOR PROGRAMME CLOSING CEREMONY

The Mentor Programme continues to seek feedback from mentors and mentees. We are delighted to have one of the mentees contributing her write-up after the Closing Ceremony.

BERNICE CHAN (MENTEE)

The Closing Ceremony officially marked the end of the Mentor Programme. But to me, the experience was only a beginning. The programme granted me the prime opportunity to network with capable alumni from a myriad of professions and set a solid foundation for my exploration of future career paths and ventures. Of course, this was highly facilitated by individual meetings with my mentor, who gifted me with valuable anecdotes and life lessons that I will always remember. My takeaways from the programme are many and varied, and I am confident that they will remain a guiding light for the rest of my endeavours.

The highlight of the Closing Ceremony was our esteemed alumnus Dr Hayley Hung's (1989) informative talk on the effects of human-emitted contaminants in the Arctic. She went in-depth into pertinent issues like global warming and bioaccumulation of chemicals, which concern future generations, including us students. As Dr Hung spoke at length about the research she partakes in as a Senior Research Scientist at Climate Change Canada, she also gave us much-needed insight into current mitigation efforts such as the Stockholm Convention, inspiring us to adopt the correct mindset for maintaining sustainable development. I was highly inspired by the groundbreaking work of Dr Hung, and took pride in her identity as an alumnus in the SPCC family. Her passion for protecting our Earth and her numerous successes as a Senior Research Scientist gave me hope for my aspirations, and leaving a lasting impression on all mentees. The world we live in is shaped by the decisions of our predecessors – it is vital for us, as community-minded SPCC students, to be aware of the consequences of our actions.





Other aspects of the Closing Ceremony were also worth-noting, such as the question-and-answer session after Dr Hung's talk, where a mentor specialising in Chemistry reminded us of the butterfly effect our human activities can cause on other countries in the world, and there was a small debate about the best way to reduce our ecological footprint. To us mentees, it was the prime occasion for us to enrich our knowledge about environmental issues from diverse perspectives, especially in the presence of mentors who were proficient in different disciplines.

Overall, the Mentor Programme was holistic and curated to the best of our interests, allowing us to be matched with the most suitable mentor. The unofficial meetings we held throughout the year would aid our understanding of the opportunities provided to us by society, and further cement our occupational choices in the long run. My journey as a mentee could be summed up as greatly enlightening. My mentor was patient and caring, and our meetings would mostly consist of illuminating discussions about her job and previous educational pursuits over a casual cup of tea. The experiences she relayed to me and the wisdom she accrued when striving towards her ambitions are imprinted in my mind, and I can safely say that the Mentor Programme has remarkably changed me for the better.



ALUMNI ASSOCIATION ACTIVITIES



己亥年春茗聚餐

李嘉豪(1996)、賴穎熙(2001)

聖保羅男女中學校友會己亥年春茗聚餐於 2019 年 3 月 22 日假信德中心美心皇宮酒樓舉行。當晚蒞臨的校友和家屬超過三百名，而且多名校董以及兩位校長，包括聖保羅男女中學校董會成員梁弘道醫生（1965）、新加入的校董張鼎堅醫生（1988）和周恩惠女士（1986）、聖保羅男女中學潘紹慈校長、聖保羅男女中學附屬小學梁麗美校長，以及前校長潘鎮球校長（1962）均能抽空出席，為春茗晚宴錦上添花。

晚宴開始前，校友會主席陸永基先生（1978）為大家致歡迎辭，特別提到今年我們中學的男子合唱團在比賽擊敗強敵奪得了冠軍。而潘紹慈校長則為我們領禱，為活動展開序幕，然後晚宴正式開始。大家享受美饌的同時，我們為校友介紹 2019 年校友會舉辦的各項活動，包括義工活動、各項球類比賽、跑步隊比賽、龍舟競渡和校友合唱團的表演，當中亦不乏有 Happy Hour Drinks 等。

「很多人都不相信我曾經是個很怕上台的人。然而，幫助我克服這個困難，必須要感謝沈幼文老師，她的一句：『不管你數學有多好，總有一天你要上台解釋給人聽。』讓我早下決心，多次參加數學演講和英文辯論等活動。之後由中學開始，到大學，到工作，已做過無數次司儀。這次非常榮幸，可以和 Nicola 一起擔任是次春茗的司儀。」李嘉豪（1996）

「很慶幸能和嘉豪一起做春茗的司儀，尤其是大家都熱愛運動，曾代表校友會一起參加比賽，分外有親切感和默契。大家全力以赴，勤奮努力的學習態度，都充分反映我們聖保羅的精神。」賴穎熙（2001）

ALUMNI ASSOCIATION ACTIVITIES



一如既往，晚宴高潮莫過於壓軸的大抽獎環節。感謝各位熱心的校友，慷慨贊助豐富的獎品，包括餐券、食品、護膚品和數碼電子產品等，琳瑯滿目。得獎的幸運兒滿載而歸固然開心，席上的校友也看得不亦樂乎，掌聲笑聲不絕。

歡樂的時光霎眼而過，隨著晚會進入尾聲，大家都懷着依依不捨的心情互相告別。作為聖保羅的校友，大家都心繫母校，難怪校友會的各項活動，大家每次都積極參與。期待在未來的校友活動再見！

ALUMNI ASSOCIATION ACTIVITIES



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暑期聚會 2019

伍立祺 (2001)

一年一度的暑期聚會 (Summer Gathering)，已於 6 月 24 日假座聖保羅男女中學附屬小學利國偉堂（多用途演講廳）舉行。今年校友報名人數踴躍，多達二百四十人。

雖然聚會六時多才開始，但踏入五時半，眾多校友家長已陸陸續續到達，會場頓時熱鬧起來。大家的心情既緊張又興奮。每年的暑期聚會，氣氛總是跟其他校友活動有點不同；校友們回到校園聚首一堂，感覺有點像開學日等待早會開始似的，大家都在等候校長們進場，感到少許緊張。當然我們亦感到興奮，能再一次與熟悉的舊同學聚首一堂，問候近況之餘，亦互相送上支持和鼓勵。

六時半左右，大會正式開始。首先致歡迎辭的，是校友會主席陸永基（1978）。陸主席簡介了校友會舉辦暑期聚會的目的，又恭喜母校今年的發展，尤其是音樂及體育方面的成就。

接着，由聖保羅男女中學潘紹慈校長致辭。他甫進場便向我們宣佈好消息：母校再一次奪得中銀紫荊杯冠軍！聽到師弟妹在體育方面做出超卓的成績，我們都覺得很欣慰和感動。今年亦是潘校長第二次出席暑期聚會，跟我們仔細分享母校發展和新動向，例如將研究如何更善用中學的宿舍，以及 International Music Conference 等新嘗試。

ALUMNI ASSOCIATION ACTIVITIES



之後，由聖保羅慈善信託基金代表林詩鍵（1984）及利慧怡（1997），為大家講解基金籌款活動的進展。

緊接着是大家最期待的環節，當然是聖保羅男女中學附屬小學梁麗美校長講解 2020 年小一入學的報名程序。不少校友家長都知道母校自去年起推行了網上報名，所以今年亦特別留心關於填報名表的新資訊。梁校長秉承一貫風趣幽默的風格，透過輕鬆的講解，舒緩了一眾校友緊張的心情。她又和大家分享了教師團隊如何身體力行培養學生們成為具有九大素質的聖保羅人，還提醒老師和家長亦要好好鍛鍊自己的修養，做孩子的好榜樣！

ALUMNI ASSOCIATION ACTIVITIES



大會最後在八時半左右結束。雖然已經過了原定時間，但校友們都依依不捨，有些還留下來細心選購校友會用心製作的精美紀念品。

這次聚會得以順利舉行，有賴各嘉賓包括潘校長、梁校長及陸主席出席分享，以及眾多校友踴躍支持及捐款。我們在此再次感謝大家，並期待來年的聚會同樣成功。

ALUMNI ASSOCIATION ACTIVITIES



暑期聚會

籌委會委員：吳燕安（1989）、劉詩敏（1988）、馬家柔（1985）

司儀：薛靜雯（2001）、伍立祺（2001）

義工：林穎雯（1991）、龐心怡（1994）、顧弘源（1986）、傅雪欣（1994）、蔡端穎（1996）、郭永基（1999）

攝影：游天頌（1991）、蔡亦軒（2001）

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賴穎熙	薛靜雯	鍾嘉鈺	鍾慧衡	鄭蕙娟	羅家豪	羅偉恒	龐祖祐	顧弘源				

龍舟隊的年度大事



隊長的話

溫浩言 (2007)

雖然聖保羅男女中學是一所男女校，回想學生年代，那時候的男女同學之間總掛着一點點靦腆、隔着一點點距離。跳舞課是一件年度大事，每年總有一些同學心如鹿撞地想着他/她會不會邀請自己成為她/他的舞伴。然而，對我而言，跳舞課之所以是一件年度大事，是因為擔心邀請舞伴時會遭到拒絕。在聖保羅男女中學校友會龍舟隊創立之前，跳舞課就是我們唯一一項男女一起參與的體育項目。

「保羅暴龍」於2017年創立至今，是本港學界（包括校友會界）唯一一隊男女各佔一半的龍舟隊伍。我們的龍舟隊陣容鼎盛，過往兩年皆由五十多人組成，校友橫跨逾三十屆。香港夏天非常悶熱，又是甚麼驅使大家在週末的時候抽空到將軍澳河畔日曬雨淋地操練呢？相信這是每一位隊員報名入隊前的疑問，又往往過了幾堂課後不言而喻。龍舟運動最能體現到團隊精神，因為龍舟講求整體的協調性，隊友堅持不懈的態度和全力以赴的精神遠比某幾位隊友的個人能力重要。我們更像是一家人，不論遇上順境或逆境，我們始終如一地感染大家努力奮鬥，由一起見證龍舟隊的成立、首次組成鳳艇隊出戰女子項目、第一次與友校較量、遇上惡劣天氣逆流而上、第一次贏得小組冠軍、隊中遇上傷患潮至第一次捧起混合金碗冠軍的金盃，無論如何我們總會互相鞭策，一起乘風破浪。

那麼，現在的年度大事是「保羅暴龍」於校友盃爭取勝利嗎？我認為和大家一路走來的點點滴滴更為重要，因為我們知道成功的路從不平坦，然而克服挑戰的征途上有你我扶持。我希望下個賽季有你和我們一起並肩在風浪中壯大、一起經歷更多的第一次！這就是我們龍舟隊的年度大事！

坐同一條船，一起奮鬥

吳家欣（2003）、葉嘉輝（2002）

「堅持」是兩年來的龍舟訓練中，教練最常給予的鼓勵。在今年兩次比賽中，「堅持」兩字顯得尤其重要。5月4日的首次賽事，赤柱刮起大風，海面情況惡劣，大會一度把每艘龍舟的參賽人數減少四人，以策安全。而在8月25日的鴨脷洲賽事，龍舟隊更需在黃色暴雨警告中的風雨下作賽。面對惡劣的環境天氣，兩次比賽中的三十多個隊員都堅守到最後，縱使擠擁在簡陋的帳篷中長時間等待，都能夠體現團隊精神，互相勉勵照顧，決心保持士氣一致及最佳作戰狀態，靠的是一份堅持。

任何團體運動都講求合作精神，但龍舟運動對此要求更是極高，去年第一課訓練，教練一句「龍舟是沒有明星的」令我們印象深刻。一條二十人划的龍舟，講求的是隊員動作一致，節奏一致，發力點一致。個人力量表現並不等於能在比賽中力挽狂瀾，相反會令龍舟失去平衡，影響整隊發揮。所以平日訓練中，教練着重的是團隊的結合，有能力和經驗的隊員會經常指導其他新隊員，而力量體能稍遜的隊員靠着毅力和決心，很多時候也能感染團隊保持發揮。能力再大的隊員也會有體力下降、狀態不佳的時候，困難中大家能互補不足，竭力發揮每位隊員的潛能，才是龍舟運動的迷人之處。也正是這共同信念，才使我們畢業年份相差三十載的校友，都能每星期在同一條船上付出最大的努力！

畢業後同學各有各忙，隨着年紀與身份的改變，也各自肩負不同的責任。但在每個星期天下午，縱然經過一星期的繁忙上班生活，校友們仍然堅持在百忙中抽空，無懼天氣的變化一起艱苦操練。無疑教練和隊長的凝聚力和感染力，為我們提供了主要動力，相信這是每一位龍舟隊隊員都會認同的。但除此之外，是因為龍舟給予我們的，不僅是身體上的鍛鍊，亦給予我們精神上的陶冶。尤其是面對逆境中的挑戰，龍舟教曉我們如何面對困難時不放棄，如何遇到挫敗時深刻檢討，咬緊牙關和隊友一起走下去的不屈精神。

我倆在聖保羅長大，對母校有一份共同的歸屬感，兩年來在校友會龍舟隊，能與不同屆的校友們一起訓練及作賽，對我們來說有難以言喻的特別意義。結婚兩年我們感受到，隊員之間一步步建立的默契與信任，一次次在困難中互相鼓勵與互相體諒的經歷，就好比我們夫妻之間的關係，無論在順境或逆境都需要一份堅持，順境中能共同享受努力的成果，逆境中亦能堅守一份承諾互相扶持。事實上，又有甚麼比坐在同一條船上一同奮鬥的比喻來得適切？我倆在龍舟上的時光委實是不可多得。感激校友會給我們的機會、隊長與教練一直的勉勵，以及隊員給我們美好的回憶！



ALUMNI ASSOCIATION ACTIVITIES



沙頭角賽事後，隊友享受一頓美味的盆菜午餐。

「日出沙頭，月懸海角」

李昌祺 (1999)

今年是第二年加入「保羅暴龍」校友會龍舟隊，繼續參與的原因除了是希望可以增加運動量，更重要的是因為被聖保羅校友們的堅毅不屈及互相扶持、「齊上齊落」的團隊精神所感動。

校友隊在5月份的赤柱龍舟比賽中獲得佳績，而當大家知悉在7月份能夠有機會到沙頭角邊境禁區參與賽事，更感到雀躍及期待。

活動當日清晨，超過四十位校友穿上聖保羅隊衣，從各區出發並齊集於沙頭角比賽場地，在隊長的帶領下進行比賽前最後的熱身。比賽場地位於郊區，有廣闊的景致，大家甚至可以遠眺內地的大小梅沙及大鵬灣區域。

全賴隊員之間的緊密合作及堅毅精神，校友隊在當天獲得了不少獎項及寶貴的經驗。賽後大家懷着輕鬆的心情遊覽沙頭角內的各小區，再參加大會在一所學校操場內準備的傳統盆菜宴，各隊隊員在慶功之餘，也踴躍地到台上為全場高歌助興，「保羅暴龍」的一曲《朋友》更是抒發了我們團隊之間的深切友誼！

在回程之前，教練和舵手在沙頭角海旁為大家細心講解龍舟精神，大家就着技術和心理素質作更深的交流。不少校友把握機會參觀當地的市場，把邊境的小食和特產帶回家給親友，為一整天的試鍊及這趟「沙頭角之旅」畫上了美好的句號。

ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES



回到校園時：2019 校友籃球比賽

李嘉豪 (1996)

回望中學生涯，每天都期待着課後到天台籃球場打籃球的時光，而每年的班際籃球比賽，更是大家熱切期待的節目。從公佈抽籤結果，到每天積極練習備戰，到最後全場爆滿，觀眾擠迫至球場邊線，一切點滴至今仍歷歷在目。

至於學界比賽，更為難能可貴。雖知在90年代，改革前的籃球校隊仍屬很小規模。多年來，經過老師們和一眾舊生不懈的努力，籃球校隊漸有佳績。過去幾年，一眾舊生一直積極參與校友會的籃球聯賽。每年6月，舊生們都會特地抽空回到校園，在最新的室內體育館籃球場內一決雌雄。

今年我們就將八強的首回合比賽，安排在6月15日舉行。因緣巧合，當天是補考日，潘校長也有到場打氣。

ALUMNI ASSOCIATION ACTIVITIES



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經過一輪激戰，賽果如下：

Team Mix 對 老鬼	42 : 34
Laggy P 對 The Stoners	39 : 31
Jokers 對 SP99	59 : 21
Sub2K 對 Laggy B	20 : 42

為了延續去年的「新傳統」我們再次把男子組舊生球員們分為兩隊，和現役校隊隊員們比試一下，賽果如下：

現役校隊 對 青年組舊生隊	36 : 52
現役校隊 對 壯年組舊生隊	15 : 51
青年組舊生隊 對 壯年組舊生隊	33 : 26

釣勝於魚，也感謝現役球員非常「敬老」。比賽過程遠比賽果具意義，有機會跟現役校隊交流及切磋球技，不但能感受SPCC在體育方面的進步，舊生們更可以攜同一家大小回到校園，細訴當年在籃球場上的「風雲事蹟」，感受至深，實在難得。

十分感謝主辦方的努力和校友會的細心安排，期待明年再次回到母校籃球場相會。

ALUMNI ASSOCIATION ACTIVITIES



SPCC ALUMNI CHOIR "A SPRINGTIME POTPOURRI" CONCERT

PAUL SO (1990)

SPCC Alumni Choir presented the concert "A Springtime Potpourri" on Saturday, 18 May 2019, at the Hong Kong Jockey Club Amphitheatre of the Hong Kong Academy for Performing Arts.

We are honoured to have alumni Sanders Lau (2008) and Daniel Chan (1987) to be our conductors. Highlight of the evening featured Bob Chilcott's "The Making of the Drum", an exuberant and rhythmic cantata which used poems to celebrate how the living spirit of the drum is brought alive. Also not to be missed were the movie favourites from recent years, including "A Million Dreams" and "This is Me" from The Greatest Showman, and "City of Stars" from La La Land.

In addition, we were excited to have had the SPCC String Orchestra joining us as guest performer. The SPCC Alumni Orchestra and SPCC String Orchestra played respectively the "Suite for Strings" by John Rutter, Lady Gaga Fugue, and selections from George Gershwin.

ALUMNI ASSOCIATION ACTIVITIES



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「我書意造本無法，點畫信手煩推求」—— 校友會書法班隨想

凌嘉俊（2007）

距今一年半前，我從零開始學習書法。

從一字也寫不佳，到嘗試貫氣連行；從基本點畫、臨帖，到講究紙筆墨硯的配合，翻查書法字典，學習經營作品；從漢隸秦篆、北魏碑楷、入晉王羲之、宋米芾行書，到嘗試理解晉人尚韻、宋人尚意的境界；從追求整齊「靚仔」，到崇尚自然神采。但我認為最大的改變，是美學觀念的蛻變——每週兩小時的課雖然不長，卻切實改變着我對文化藝術的品味。

老師說，書法作品優劣品評以「神采為上，形質次之」。素聞「字如其人」，書寫的文字可將書者的狀態心情表露無遺，上至素稱天下第一二行書的《蘭亭集序》、《祭姪文稿》，下至一篇急就章的習作，仔細檢視，都能看出書者當下的狀態和心情。

生活在一個越趨虛擬、電子化的世界，我發現自己越發嚮往真實、簡樸。於我來說，透過書法這媒介，結合當下心情所想做成作品可謂賞心樂事——例如在音樂、茗茶、焚香，甚至酒類等外界影響下，享受自己心情的轉變而所書的文字。



當然，以上一切的基本前提是書者對筆法字形章法均熟練，對傳統文化有熱忱、學養。潘子勳老師（1987）循循善誘，因材施教，課程鋪排跟佈置功課測驗等交代清晰，讓我獲益良多。更感恩的是，在母校的教室裏，聚集了一群志同道合的書法愛好者，互相切磋交流。

書此感前，我翻出老師囑咐我們留起首節課的練習，與現在比對，雖距蘇軾的「我書意造本無法，點畫信手煩推求」之境仍相去甚遠矣，但願共勉之！

參加聖保羅男女中學校友會書法班後感

屈銘伸（1981）

我在母校修業時是主修理科的。然而在課堂裏，我對國學的好奇、文學的興趣，乃至字體筆劃在紙張上飛舞的姿態，畢業後這麼多年後，依然念念不忘。

每逢星期六，當腕錶顯示出十一時的時候，母校的一個班房內，便匯聚了一班對書法有共同興趣的校友。僧多粥少，去年作為向隅者的我，今年有幸地在2月2日，成功參加了母校舊生會再次舉辦的書法初班。我就這樣踏上了探索書法的旅程……

在課堂上，老師和學員的互動猶如大家在跳探戈一般。時而由老師講課、親自示範，時而由學員嘗試各自臨摹，時而由老師帶動集體討論，或是給個別學員聚焦指導……一個時辰的課就不知不覺地過去了。

年初的首兩課，我對文房四寶，只知其然而不知其所以然。在老師循循善誘下，我們漸漸地對毛筆、墨汁和書寫紙張的種類開始有多一點兒的認識。與此同時，對求學時期沿用的「青年牌」墨汁印象，和從膠墨盒散發出氣味的記憶，頓時活靈活現。



ALUMNI ASSOCIATION ACTIVITIES



老師在課堂上的教學方式，靈活多變，生動有趣。對於書法有關的基本認識，包括紙、筆、墨、硯等技術層面的討論，都能深入淺出。老師在短短一節課的時間，如《回到未來》的電影情節一般，引領大家一起走過時光隧道，娓娓道來數千年的中華民族歷史；涵蓋久遠如夏、商、周（約前2070年至約前1600年），以至唐、宋、元、明、清各朝代，甚至乎近代的歷史。再者，老師對古今中外書法大家的風格及作品等，都描述得淋漓盡致。

其實甚麼是書法？首先，簡單來說，沒有文字的存在，便沒有書法的誕生。其後，五花八門的文字得到統一，文字結構得到固定，久而久之便孕育出對筆劃的追求、書寫的修行。此外，盤古初開的時候，文字的書寫是以記事為主。及後，隨着文化發展，書寫工具如紙、筆、墨等逐漸普及，對文字運用的需求也越趨殷切。如是者，文字書寫便慢慢滲入了對美學和藝術修養的追求。總括來說，先秦無書法，西漢無大家。自東晉王羲之後，書法才真正成為人們追求的一種藝術美，他的《蘭亭序》更是千古絕唱。

我相信每位校友一定是受興趣驅使才參加書法班的。奈何大家肩負着工作和家庭的責任，對於分配時間上課和練習，都不能隨心所欲。老師對學員的書寫實踐表現、學習進度，只有建議，沒有批評；只有鼓勵，沒有放棄：「如果你們因為不同原因，包括沒有時間、沒有合適的機會，而不能在課堂以外、工餘回家後的時間來練習書法的話，大可以利用每次上課的一、兩個小時來嘗試，假以時日也一定可以練出成績。」

正式課堂學習的時間有限，但是學習的模式和範疇卻是無窮的。我們一眾校友充分地發揮出團隊精神，包括自發統籌網上團購書法入門參考書籍；同學自薦在課堂拍攝老師示範的視頻影片，給事忙而缺課的同學分享。此外，老師除了在課堂上講解，課堂以外還會在大家建構的微信書法班群組平台作一些相關議題的分享。

我對書法的瞭解，可能只有篆、隸、行、草、楷等的名字。老師首先教授楷書字體，不是因為它是容易學習的書體，而是我們比較熟悉。當我們對書法的竅門有所認識，包括楷書基本的永字八法，如點、橫、豎、提、撇、短撇、捺等的寫法後，老師繼而讓大家再探索隸書字體的奧妙。

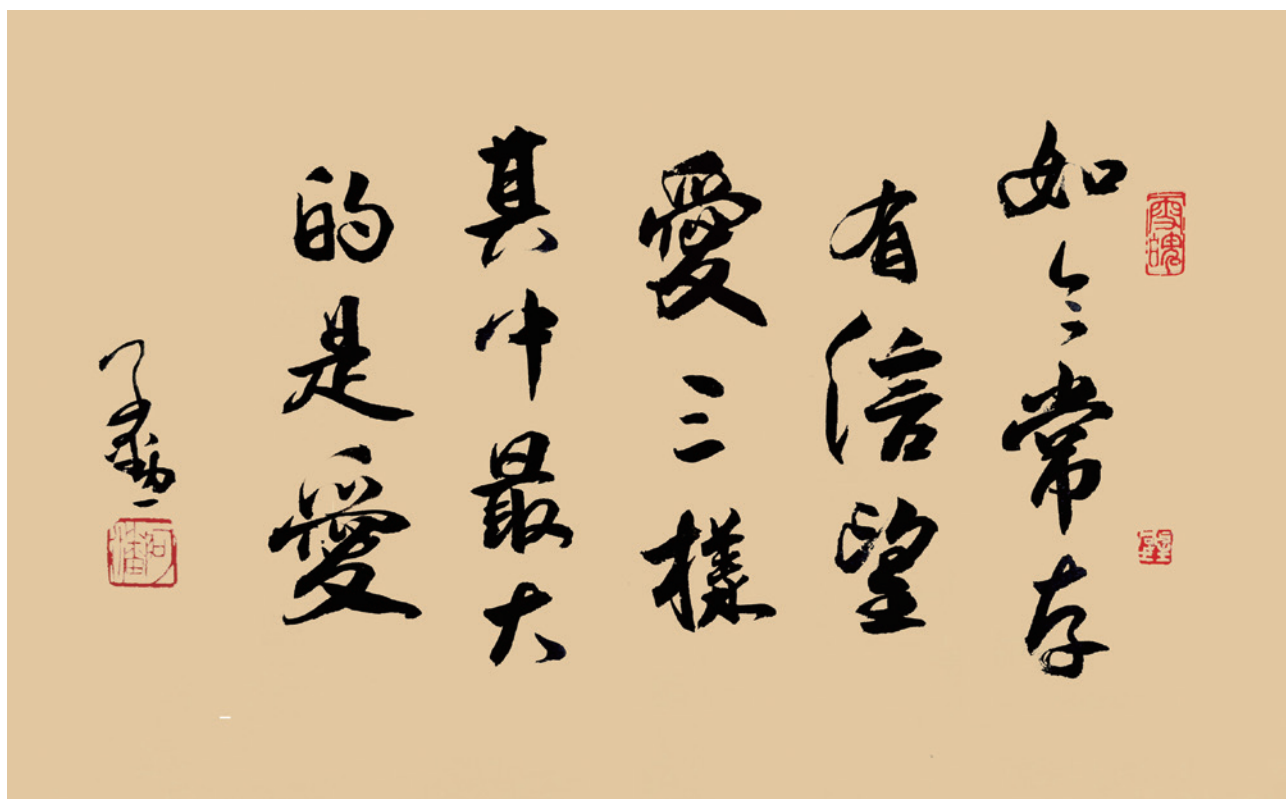
ALUMNI ASSOCIATION ACTIVITIES

經過了半年的光景，我覺得在學習掌握書寫技術的同時，也在學習欣賞書法藝術。首先，我們從小學習楷書，認為端莊的字體便是美，原來還有其他的。此外，香港人生活節奏快，做甚麼事情都講求效率，但是習寫書法卻快不得。再者，我們在很多情況下都是求勝心切，習書法似乎也不例外。其實學習書法的目的，不應該是追求寫「靚」字，而是探索自己的潛能、直覺，從而享受寫字的過程。如老師所言，學習書法的目的有二（此乃字外功夫）：追求平心和活出優雅的人生。

每兩個小時為一課，十課為一組的課程。在第二組課程完結前的最後一節課，老師着我們自行以隸書或楷書來背臨「信」、「望」、「愛」三個字作考核。人人都只有再好，而沒有最好；考試不是求分數是也。完事後，老師除了給每個人的作品評語外，還贈送給各人一塊親自以小楷意臨這三個字的書籤作紀念。

拿着這個書籤，我又再次開展探索書法的另外一個旅程……

己亥年 處暑



潘子勳老師的作品。

ALUMNI ASSOCIATION ACTIVITIES

SPCCAA HAPPY HOUR DRINKS

KINGSLEY CHAN (1993)

At the start of the summer on 14 June 2019, we had our second Happy Hour Drinks of the year at MUDITA. Alumni exchanged conversations on their exciting summer plans and the event was attended by alumni from a wide range of graduating classes. Everyone enjoyed each other's company and mingled over canapés and drinks.

Our next happy hour drinks will be held on 18 December at Levels. Please don't miss it!

Advertisement in SPCCAA newsletter

Every year over 8,000 St. Paulians (alumni, students, parents and teaching staff) will receive our electronic newsletter; it's a perfect platform for communication and reaching out to friends around the globe.



Interested in posting an advertisement in our newsletter? Contact us at spccaa@spccaa.org to find out more!



St. Paul's Co-educational College Alumni Association

Carol Service

19 Dec 2019 (Thu) 7:30 pm, St. John's Cathedral



ALUMNI TO ALUMNI

UPDATES FROM GREATER NEW YORK CHAPTER

CHINESE NEW YEAR DINNER

On 2 March 2019, the Greater New York Chapter of St. Paul's Co-educational College Alumni Association (SPCCAANY) held our annual Chinese New Year Dinner at Chatham Seafood Restaurant in Manhattan.



2019 is the year of the boar and we had a little piglet for everyone who attended the dinner to wish them good luck in the coming year.



Our masters of ceremony, Dorothy Li and Chris Ng, kicked off the night's programme. Amy Lau (1956) led us in a prayer before dinner and our alumni sang the School Hymn. Angelie Cheung, our Chairlady, introduced members of the Executive Committee and announced the 2019 events. Everyone had a good time enjoying delicious food and the company of our fellow alumni.



The lucky draw was the highlight of the night and here are a few of the winners.



Everyone came over here for the group pictures.



ALUMNI TO ALUMNI

VISIT TO STORM KING ART CENTER

On 27 April 2019, SPCCAAANY alumni and friends enjoyed a yummy BBQ lunch at Billy Joe's Ribworks in Newburg, New York, next to the scenic Hudson River.



After lunch we headed over to Storm King Art Center, a 500-acre outdoor museum in nearby town of Cornwall, New York to see large-scale sculptures in the Hudson Valley. We took the tram to see the outdoor sculptures that attracted over 200,000 visitors a year.



ALUMNI TO ALUMNI

NEW SOUTH WALES CHAPTER'S ANNUAL LUNCH GATHERING ON 3 AUGUST 2019

SPCCAA NSW COMMITTEE



NSW Chapter Committee Members

The NSW Chapter of SPCCAA in Australia held an annual lunch meeting on 3 August 2019. This was a big event attended by 38 alumni of different graduation years ranging from 1957 to 2017, over half a century which is incredible! We were very pleased to have among us some well-respected senior alumni who founded the NSW Chapter during Miss Kotewall's visit to Sydney many years ago.

The party started at 11:30 am in a big room at the King Dynasty Seafood Restaurant, Chatswood, with everybody busily catching up with one another. We then had a nine-course meal of dim sim followed by the introduction of the new committee for 2019-20 consisting of James Kwok (Chairman) (1972), Ronnie Tong (Treasurer) (1973), Fred Mak (Secretary) (1965), Rosalind But Mui (Musical Director) (1974), committee members Siu Chi Tat (1956), William Wong, Ada Chow (1967) and Bianca Ngai. We were most thrilled to have Bianca who is the youngest among us joining as a new committee member supported by Ada, who moved to Brisbane, agreeing to remain in the committee to support us.

ALUMNI TO ALUMNI

After lunch, we had some sing-along time. We started with singing the School Hymn, all standing solemnly and reminiscing our school days, followed by some hymns, then the lucky draw. Everyone had a good time and left warmly with the thought of more frequent gatherings and events in the future.



Table 1



Table 2



Table 3



Table 4



All Standing for the School Hymn



Singing of the School Hymn



Lucky Draw – shake it well!



Lucky Winner

THE 60TH ANNIVERSARY CELEBRATION FOR CLASS 1958

NG LOK MAN, HARRY (1958)

Class 1958 celebrated their 60th anniversary on 12 November 2018 over a great dinner party. Our School Principal, Mr Frederick Poon, was invited to share their joy.

A Chinese Poem written by Lui Wai Hung Patrick 呂偉鏗

甲子重逢話少年 半留塵世半成仙 滄波遠處故人老 誰與曾孫盪鞦韆
誰憐歲月去如梭 低首酬神感念多 豪氣未消心未老 高聲還唱舊時歌
成敗無關未有才 少年同學運偏來 高車下馬仍相識 握手重提當日呆
回首彤樓未盡思 木棉初發杜鵑遲 讀書聲裏斜陽路 躑躅難尋放學時



The 4th row (from left):

呂偉鏗、馬健基、潘祖期、張永正、吳樂民太太、吳樂民

The 3rd row (from left):

高華文、黃兆偉、黃錫源、黃錫源太太、李小林、李小林太太、潘宗光、劉文忠、韋碧婉丈夫、麥錦榮

The 2nd row (from left):

馬健基太太、謝炳鈞太太、容應豪（潘若薇丈夫）、謝炳鈞、林柏年（1955，李志德丈夫）、利德蕙丈夫、張德誠、朱美蓮丈夫、陳寶琴、何懿仁、劉桃英、黎繼鍾

The 1st row (from left):

韋碧婉、潘若薇、李志德、利德蕙、潘紹慈校長、朱美蓮、周可貞、張永正太太、曹沛文、劉文忠太太



YIP KIT MING (1989)

Five years after our Silver Jubilee gathering, the reunion this year was again filled with warmth, friendship and nostalgia. Encouraged to engage in dress codes exemplifying the SPCC spirit, many participants came in costumes with colours matching our school uniform. Some even put on school badges and school ties.

The evening started with a talk show hosted by schoolmates Clifford Wong and Leong Lap Tak, Gregory. The duo invited alumni to go on stage and talk about their professions, hobbies and families. Topics ranged from medicine, scientific research, media and journalism, music composition and jamming, finance, entrepreneurship to raising children and families. Revisiting good stories from the past, the show was both informative and highly entertaining.

Leveraging the popularity of social media, the organising committee prepared cardboards with printed hashtags for participants to take photos with a humorous edge. Catchy phrases were included, such as “I had to take remedial classes”, “Don’t bother me” and so on. There was also a white, life-size picture frame for taking portraits with words dedicated to former Principal Mrs Chen Lam Ngar Sheung, as well as Ms Lui Shui Ying and Ms Chan Kwok Ying who were the heads of AM and PM primary schools respectively during our time.

52

ALUMNI COLUMN



NEW

SPCCAA Membership Benefit Programme

Name _____

Membership No. _____





春夏音樂會回顧

虞有成 (1989)

作為校友合唱團的一員，農曆年過後我們又踏着熟悉的步伐回到母校一樓的音樂室。在這裏我們暫時放下日常工作的煩憂，投入音樂的懷抱，為着5月及7月的兩個演出進行排練。

5月的演出，題為A Springtime Potpourri，分別由兩位校友劉卓熙 Sanders (2008) 和陳紫英 Daniel (1987) 擔任指揮，帶領校友合唱團及樂團，同時邀請到中學弦樂團作為演出嘉賓，參與其中。

合唱團的第一組樂曲 Bob Chilcott 的《The Making of the Drum》，是一套無伴奏組曲。顧名思義，樂曲是描寫一面非洲鼓的誕生過程，作曲家把人聲和鼓聲配對，利用人聲當作樂器，配合複雜的拍子，難度甚高。另一組樂曲是五首電影音樂，合唱時的節拍要比獨唱時更嚴謹，每位合唱團團員必須同步，不能像唱卡拉OK般自顧自地唱。要掌握到兩組歌曲的拍子，需要很強的節奏感，在排練時我們遇到很大的考驗。經過一天的工作，下班後仍要如此專注確實不容易，幸好有 Sanders 鍥而不捨地指導我們，才得以完成。

表演期間出現了一段小插曲，在中學弦樂團表演《Lady Gaga Fugue》時，空調的氣流把譜架上的琴譜吹得搖搖欲墜。Daniel 幾次嘗試把琴譜放好都不成功，最後琴譜更被吹跌，散滿一地。正當台下開始議論紛紛，中學音樂導師 Dr Luiten 二話不說走到台上充當「人肉譜架」，保持不甚舒適的下蹲姿勢，直至整首樂曲演奏完成！該樂段完成後，聽眾都報以熱烈的掌聲。既是為樂隊的表演鼓掌，也是對急中生智的 Dr Luiten 表示讚賞。

一個半月後，合唱團又「作客」參與7月3日的學校暑期音樂會。這次的暑期音樂會合唱部分的曲目全是「香港出品」，其中多首更是世界首演。我個人對有份演出的其中兩首歌曲《紅白藍精神》和《茶餐廳》有很深的感受。

《紅白藍精神》道出了香港過去的故事。記得音樂總監李偉安 (1994) 在綵排時曾表示，撰寫這首歌曲是要為香港人打打氣。2019年7月正值頻繁的社會抗爭運動，同一表演場地大會堂演奏廳兩天前（即7月1日），另一樂團的演出因顧及表演者及觀眾的安全而被迫取消。我校的暑期音樂會能順利舉行，讓我們有機會獻唱此曲，確是上帝的眷顧。我在表演時唱到最後也禁不住熱淚盈眶。



作為「Encore」的《茶餐廳》，歌詞就是大家光顧茶餐廳時的常用語。我在家練歌時唱給兩個孩子聽，他們很快便琅琅上口，當晚的現場觀眾也能閱讀着印在場刊內的歌詞，跟隨着唱，把氣氛推至頂峰！音樂會也在此曲之後圓滿結束。

不經不覺，我參加了校友合唱團已近二十年。每次練習都有新知舊友相伴，每次演出更是聖保羅兄弟姊妹眾志成城的成果，當中有幾次我和弟弟更是同台演出。（事實上合唱團裏還有其他的兄弟姐妹，甚至是父子兵母女檔！）

回想當日看到校友會會訊裏合唱團招募團員的報名電郵，換來不少珍貴的友誼及音樂上的享受。喜歡音樂的你還在等甚麼？



CONGRATULATIONS TO THE AWARDEES OF THE 2019 HKSAR HONOURS LIST

GOLD BAUHINIA STAR (GBS)

Mr Tong Carlson, SBS, JP
唐家成先生 (1971)



Mr Tong is awarded GBS in recognition of his long and distinguished public and community service, particularly his significant contributions in enhancing the status of Hong Kong as an international financial centre. Under his able leadership as Chairman, the Securities and Futures Commission made commendable achievements, recognised both locally and internationally, in strengthening Hong Kong's capabilities in regulating the securities and futures market and reinforcing the development of the market. During his tenure as Chairman of the University Grants Committee and Chairman of the Hong Kong Sports Institute, Mr Tong helped drive the further development of the local tertiary education sector and the local sports sector with notable outcomes.

SILVER BAUHINIA STAR (SBS)

Mr Chu Lap Lik, Victor
諸立力先生 (1975)

Mr Chu is awarded SBS in recognition of his meritorious public service, particularly his profound contributions in fostering closer business ties between Hong Kong and international organisations and trading partners as well as raising Hong Kong's profile both regionally and internationally. Mr Chu is a committed and active member of various government advisory boards and committees. He has also made commendable effort in furthering Hong Kong's business development.



BRONZE BAUHINIA STAR (BBS)

Mrs Choi Kwan Wing Kum, Janice, MH, JP
蔡關穎琴女士 (1973)

Mrs Choi is awarded BBS in recognition of her dedicated service to the community and the promotion of arts and culture in Hong Kong. She has actively participated in the work of the Community Chest and made significant contributions, particularly in organising of donation campaigns. She has also been a long-time supporter of the Hong Kong Girl Guides Association and Hong Kong Philharmonic Orchestra.

BRONZE BAUHINIA STAR (BBS)

Mr Kwok Chi Leung, Karl, MH.
郭志樑先生 (1965)

Mr Kwok is awarded BBS in recognition of his dedicated participation in public and community services, particularly in sports development. He has been actively promoting water sports and athlete training in Hong Kong. Mr Kwok has served as the Vice President of Sports Federation and Olympic Committee of Hong Kong, China since 1998. He has also actively contributed to the work of Hong Kong Sports Institute and Sports Commission.



JUSTICE OF THE PEACE



Mr Kwok Wing Leung, Andy
郭永亮先生 (1991)

Mr Chuang Ka Pun, Albert
莊家彬先生 (1997)



DR RAYMOND LI DAY

The SPCCAA San Francisco Chapter would like to take this opportunity to congratulate Dr Raymond Li (1960) on his retirement. A paediatrician by profession, Dr Li has dedicated his whole life in leading and promoting quality healthcare services to the greater Chinatown community in San Francisco. To recognise his commitment and great work in community services and philanthropy, the Board of Supervisors of the City and County of San Francisco has proclaimed 10 September 2018 (which is also Dr Li's birthday) as Dr Raymond Li Day. Dr Li's family, including siblings alumni Grace Li (1964), Miranda Li (1965), Mark Li (1966), Peter Li (1970), Eric Li (1970) and David Li (1973), shared his joy.



CONGRATULATIONS TO THE FOLLOWING ALUMNI WHO RECEIVED DISTINGUISHED AWARDS

Mrs Choi Kwan Wing Kum, Janice, MH, JP 蔡關穎琴女士 (1973), was presented CHEVALIER DE L'ORDRE DES ARTS ET DES LETTRES 法國藝術與文學騎士勳章 by Ministere De La Culture on 3 April 2019.



OUR NEXT GENERATION



Zing Chan (2002) and Candy Tong (2002) are pleased to announce the arrival of their bundle of joy on 9 May 2019.

Thomson Choi 蔡亦軒 (2002) together with his wife Josephine and daughter Serena 蔡名慧, are delighted to announce the arrival of Gianna 蔡名蕎 on 9 December 2018.



Vivian Hui (2002), "We are officially a family of four. Daphne has graced us with her presence on 3 January 2019."

Stephen Lui 呂德祐 (2004), Pura Cheng, Ina Lui 呂曦彤 and Mya Lui 呂曦翹 are most delighted to announce the safe arrival of their precious gift from God, Luca Lui 呂曦哲, born at home on 11 August 2019, weighing 7 lbs 4 oz.



ALUMNI COLUMN

RETIREMENT AND APPOINTMENT OF COUNCIL MEMBERS

Professor Frederick KS Leung has retired as a member of the College Council on 28 February 2019 after 22 years of service.

Mr Herbert HK Tsoi has retired as the Honorary Secretary of the College Council on 31 March 2019 after 21 years of service.

The College Council and the SPCCAA would like to express their deep appreciation for their invaluable contribution and support for the College over the years.

Dr Cheung Ting Kin and Ms Michelle Chow have been appointed to the College Council for a three-year term starting on 1 March and 1 April 2019 respectively.



Newsletter FlipBook
at www.spccaa.org

SINCE MARCH 2016
信愛展望
HAS MOVED FROM
PRINT TO EMAIL



In support of preserving the environment, we are inviting you to GO GREEN and receive our newsletter “信愛展望” in electronic format by email! You can also find the latest e-Newsletter on our website: www.spccaa.org. If you wish to receive hardcopy newsletter, please email a written request with your name, graduation year and mailing address to spccaa@spccaa.org.

IN MEMORY OF DR WOO EDWARD SHIN WAI (胡善為博士), FORMER TEACHER OF ST. PAUL'S CO-EDUCATIONAL COLLEGE

It is with deep sadness that we announce Dr Edward Woo (胡善為博士), former teacher of St. Paul's Co-educational College (1978-1989), passed away on 15 May 2019 at the age of 69 in Vancouver, Canada.

A funeral mass was held for Dr Woo on 28 May 2019 in Vancouver. SPCCAA would like to extend our sincerest condolences to the Woo's family. May Dr Woo rest in peace.



歡迎加入校友會「永久會員」行列

由 2018 年 4 月 1 日至 2019 年 10 月 4 日止共 43 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）：

1986 趙愛萍	2004 胡凱琳	2017 李樂天 徐樂澄 饒健銘
1994 鄭兆銘	2005 何栢賢	2018 許兆明 陳天寶 陳宇騫
1995 李樂新	2006 邱詩媚	2019 李佩紋 喻敏鷗 鄭智謙
1997 莊家彬 陳嘉輝 鄧偉明	2008 王子濂	羅可翹
1999 張仲文	2012 林沛曦	2020 黃韋舜 黃詩惠
2000 孫慧欣 區永賢 陳篤謙	2013 陳天妮 劉凱傑	2021 容可欣
2002 譚子筠 Yeung Tanith	2014 馬嬪綺	2023 黃宏樂 黎可晴 羅衍德
2003 林珊而	2015 陳寶妮 黃傑 葉嘉詠	2025 李雨恩 林妍希 潘穎霖

郵件無法投遞校友芳名

2018 黃芊希		
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聖保羅男女中學校友會
ST. PAUL'S
CO-EDUCATIONAL COLLEGE
ALUMNI ASSOCIATION

