

信愛展望

二零一八年十月 • OCT 2018



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

與潘紹慈校長對談



聖保羅男女校友會龍舟隊



戊戌年春茗聚餐



童行光明路

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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 change but thou art still the same...” In this Monsoon season of the year, the school hymn keeps looping in my mind. The lyrics are so very true. Thou hast always been guarding our school; rain or shine, hot or cold. Thou hast always accompanied us when we were studying, singing or even daydreaming. Thou art strong and mighty...

Thou hast survived many fierce storms throughout the years, from Wanda in 1962 to Mangkhut in 2018.

Who am I referring to?

Yes, our beloved good old friend, the Champaca Tree (白蘭樹) in the courtyard of the Macdonnell Road campus is still standing firm as she always has been, after the malicious attack by Typhoon Mangkhut. We were so thankful to witness her beauty first-hand during the alumni choir rehearsal the Thursday after. We cannot be more blessed that she and our school campuses are still in one piece, safe and sound.

Are you ready to hear more good news? In this issue we are having an in-depth interview with our School Principal, Mr Frederick Poon Siu Chi, who kindly shared his feelings and experience with us after picking up the baton for a year. Come quick to flip through the pages of this publication and discover the gems!

The Alumni Association has also planned many interesting activities for you in the coming months. Some of which are: Annual Dinner in October; Walkathon and Alumni Choir Annual Concert in November; Alumni Homecoming Day, Happy Hour Drinks and Carol Service in December; Table Tennis Tournament and Badminton Tournament in January and June 2019 respectively. I am looking forward to meeting many of you in these forthcoming events.

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

Andrew Luk (1978)
Chairman
SPCCA Alumni Association

EXECUTIVE COMMITTEE FOR 2018



CHAIRMAN	: LUK Wing Kee Andrew	陸永基 (1978)			
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• Credit Card	: LEUNG Heung Ying Sabrina	梁香盈 (1983)			
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• Benefits	: GAW Christina	吳燕安 (1989)			
• Souvenirs	: LAU Sei Mun Pandora	劉詩敏 (1988)*	MA Caroline Kar Yiu	馬家柔 (1985)	
Overseas Liaison	: LEUNG Sing Wing Vincent	梁成永 (1994)*	LEONG Wang To Philip	梁弘道 (1965)*	
	HUNG Fan Ngai Ivan	孔繁毅 (1989)			
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	• Secondary School	: CHAN Kai On Paul	陳啟安 (1998)		
Social	: GAW Christina	吳燕安 (1989)*	LAU Sei Mun Pandora	劉詩敏 (1988)	
	CHAN Hau Ngai Kingsley	陳厚毅 (1993)	MA Caroline Kar Yiu	馬家柔 (1985)	
• Sports	: LEUNG Sing Wing Vincent	梁成永 (1994)*	SO Ho Ching Paul	蘇浩程 (1990)*	
	WONG Tye Loy Wilfred	黃泰來 (1989)	HUNG Fan Ngai Ivan	孔繁毅 (1989)	
• Young Alumni	: LEUNG Wing Ci Winnie	梁詠詩 (1985)*	LEUNG Sing Wing Vincent	梁成永 (1994)	
	HUNG Fan Ngai Ivan	孔繁毅 (1989)			
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Members-at-large	: LEE Chien	利乾 (1970)	MAK Hoi Hung Michael	麥海雄 (1963)	

(*denotes chairperson / co-chairperson)

FORTHCOMING EVENTS

4.11	2018/2019 WALKATHON Date: Sunday, 4 November 2018 Venue: The Peak, Hong Kong
4.11	SPCC ALUMNI CHOIR ANNUAL CONCERT “SING TO THE LORD IN ETERNAL LIGHT” Date: Sunday, 4 November 2018 Time: 7:00 pm Venue: Hong Kong Jockey Club Amphitheatre, The Hong Kong Academy for Performing Arts, Wan Chai, Hong Kong
8.12	ALUMNI HOMECOMING DAY Date: Saturday, 8 December 2018 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
13.12	HAPPY HOUR DRINKS Date: Thursday, 13 December 2018 Time: 6:00 pm to 9:00 pm Venue: Club Fly, G/F, 24-30 Ice House Street, Central, Hong Kong
20.12	CAROL SERVICE Date: Thursday, 20 December 2018 Time: 7:00 pm Tea Party at Li Hall, 7:30 pm Service Venue: St John's Cathedral, 4-8 Garden Road, Hong Kong
12.1	TABLE TENNIS TOURNAMENT Date: Saturday, 12 January 2019 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
8.6	BADMINTON TOURNAMENT Date: Saturday, 8 June 2019 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong

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



與潘紹慈校長對談

薛靜雯（2001）

《信愛展望》很榮幸邀請到潘紹慈校長在暑假期間接受訪問，暢談他上任一年的感受。訪問當天天氣炎熱，我們回到母校，在正門閣樓（當年的校長休息室，為筆者學生時代從未踏足過的禁地！）和潘校長見面。見他西裝筆挺，左邊胸襟上扣上了一個特製的聖保羅銀色校徽，精神奕奕。校長笑說，平時上班日理萬機，休息的時間很少，現在要抓緊暑假多做運動，養精蓄銳準備新學年的來臨。

過去一年馬不停蹄參加了學校大大小小的活動，和不同的持份者見面，校長對學生的印象最深刻：「很勤力，對自己要求很高，做事認真下苦功全也是自發性的，而且很謙虛！」有這種內在動機固然好，但有時這也是把雙刃



刀，令學生壓力過大。「我們無時無刻也想著辦法令他們可以減減壓。例如很希望讓將要應付大考的高年班同學，也可以抽空做一下運動；現在學校會開放宿舍，讓即將應考的中六同學們選擇住在校內度過 Study Leave，日間可以在學校圖書館溫習，遇上困難時還可以盡快找到相關的老師請教。我們盡量提供一個最清靜，又最齊備資源的環境協助他們，減輕他們備考時的壓力。」

至於老師，更是贏得潘校長百分百的尊重和支持。與同學相比，其實老師們更勤力！原來每位老師都要獲得校長親自批准才可以跟學生補課，每逢學校假期，潘校長便會收到老師們的預先申請。不少老師



更會利用假期空檔自發上進修課程，潘校長都會鼎力支持。其實自從轉直資開始，學校已着手多聘請文員幫忙處理非教學事務，希望減輕教職員的工作，讓他們可以專心一意辦好教育。

問校長有甚麼心願希望可以在學校裏面實現，他第一樣想到的就是建立「社」的制度。雖然學校一直都有大哥哥大姐姐計劃，但這始終跟社制不同，「社」可以團結不同年級的同學，增加對學校和團隊的歸屬感。「例如運動會和水運會，如果有『社』的制度，可以有更激烈的打氣比賽，氣氛會變得更加熾熱，而社之間亦可以有不同類型的活動，定必會令學校生活更多姿多彩。」

筆者當年是有份成立學生會的，明白凡要推一個新的制度，一定要經過重重難關，心中第一樣聯想到的就是「社」的制度和學生會會否有身份重疊？潘校長肯定地回答：「不會有太大衝突，『社』制反而可以補充學生會的不足，互相合作，造就更多不同的機會予學生接受領袖訓練，整體的效果一定是正面的。」

第二件潘校長希望可以做到的事就是促進我校與其他聖公會友校的合作和交流。過去十多年來聖保羅的發展有目共睹，造就了很多讓學生出國交流的機會。「作為聖公會的其中一間龍頭學校，其實我們有很多機會可以領導本地學校之間的交流。而這個平台亦是多樣性的、多元化的，不單只是學術，我們還可以在音樂、體育、服務各方面和其他聖公會學校切磋切磋。」例如可以嘗試作一些數天的交流活動，讓學生到另外一所中學上課，增加對本地其他學校的瞭解和識見。



潘校長與筆者（左一）、校友會副主席蘇慧敏（1989）（左二）及攝影師馬桂菁（1991）（左三）在中學校舍正門閣樓合照。



提到聖公會，潘校長強調，我校的發展方向之一，是繼續加強和教會的緊密合作。在這方面其實母校今年下了不少功夫，例如現時聖保羅堂和聖約翰座堂都各派了兩名牧師到學校，擔任校牧的工作，現在逢星期三的早會都由牧師親自講道。而母校亦貫徹一向基督教學校的傳統，即使近年學生們選科的自由度大了很多，我們還是堅持學生必定要上宗教課。因為基督的寶訓是我校教養孩童的總綱，「使他走當行的道，就是到老他也不偏離。」（《箴言》22:6）

潘校長坦言，過去一年的工作，收穫大多是「樂」，「苦」了的可是賢內助。原來他是三子女之父，孩子尚年幼，上任以來陪伴家人的時間的確犧牲了不少。他很感激太太的體諒和分擔，讓他可以專心處理學校的事務。

訪問尾聲，潘校長趁此機會感謝各屆校友多年來對母校全方位的支持。從師友計劃、步行籌款、音樂會以至其他大大小小的活動，都令他深深感受到校友們對聖保羅的熱愛。他還很鼓勵校友們回來校園走走，期待和我們聊聊天，進一步互相認識呢！

我們謹祝潘校長在新學年工作順利，帶領母校再創高峰！

CONGRATULATIONS TO OUR FORM 6 GRADUATES FOR THEIR OUTSTANDING RESULTS IN HKDSE/IB & UNIVERSITY OFFERS 2018

HKDSE 2018

We are pleased to announce the results of our DSE graduates this year. We have four perfect scorers who got level 5** in all seven subjects. Six other students got level 5** in six of their subjects. A total of 24 students got level 5** in four or more of their subjects.

94.5% of our students are qualified for JUPAS degree course.

Summary of results as follows:

No of students: 127

No of level 5**: 210; 1.65 level 5** per student

No of level 5 or above (5**, 5*, 5): 640; 5.04 level 5 or above per student

90.0% of our students get level 5 or above in English Language

50.4% of our students get level 5 or above in Chinese Language

78.0% of our students get level 5 or above in Mathematics

73.2% of our students get level 5 or above in Liberal Studies

IBDP 2018

All 63 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; Cornell, Harvard, Penn, UC Berkeley and UCLA in the US.

IB Results

The average score of our 2018 cohort is 41 (out of a full score of 45).

Of our 63 students, 6 got a score of 45, 11 got a score of 44, and 8 got a score of 43.

27% of our students got a score of 44 or above, compared to the world's 1.3%.

	SPCC 2018	Worldwide* (May 2017)
45	9.5%	0.4%
44 or above	27.0%	1.3%
40 or above	71.4%	10.1%
Average Score	40.8	29.9

* Source: IBO, IBDP Statistical Bulletin (May 2017)



A BADMINTON GAME THAT I HAVE LONGED FOR YEARS...

FUNG YING (2001)

It was a wonderful and memorable afternoon! I spent most of my time out of school in badminton training when I was young. I always hoped to enjoy badminton with my fellow SPCC schoolmates, but there was not a badminton team back then at my time in SPCC.

On 9 June 2018, my dream came true! For the first time, seven ladies from our class formed a team to join the Badminton Tournament organised by the School. There were two other teams of alumna from different generations who played with us in the tournament. How glad to meet fellow schoolmates on the day and learnt that badminton is now so popular among St. Paulians! We played two round robins on the day fighting for the trophies. Although our team came last in the end, we enjoyed the games a lot and treasured the friendship built through the games. I hope we can meet again next year, with more participants from other classes, to enjoy badminton together. Thanks to SPCC for organising such a great event for us!



SPCC BADMINTON TOURNAMENT 2018

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

Men Division		Women Division	
Champion	Courtyard Badminton Team	Champion	Horlicks & Calbee
First Runner-up	葉銘 Team	First Runner-up	Super6
Second Runner-up	1975+	Second Runner-up	FUN

Congratulations to all the winning teams, and we hope that all participants enjoyed the games. See you all next year!





VISIT TO MCKINSEY AND COMPANY

JENNIFER MA (1991), FERDINAND CHEUK (1991)

Shortly after lunch on 17 April 2018, some 30 mentees gathered at the lobby of ICBC Tower for their visit to McKinsey and Company, the most prestigious consulting firm in the world. Yet the vast majority of these mentees had no idea what a job at a management consultancy entails.

Upon entering the company's recently refurbished office, we were pleasantly surprised by the modern and tech savvy interior design. We were greeted by Adrienne Lee, a friendly associate consultant at her third year at the firm, who was also responsible for giving us a presentation on the background of the company.

Our mentees were most impressed with the company's alumni including Sheryl Sandberg and Helmut Panke who took a shortcut to move on to top management positions at Fortune 500 Companies upon "graduating" from working at McKinsey. They were also fascinated by the type of intellectual challenges a consultant must face on a daily basis serving clients in both public and private sectors.

Many interesting questions were raised by our mentees ranging from the educational requirements to become a consultant, problem sets needed to be solved at the rigorous interview process, to how teams are being formed at the company to address clients' issues, as well as what travelling schedules and working hours are like as a consultant.





After the presentation and Q&A session, four more consultants from different background joined us for a break out session. Mentees were divided into small groups so they could enjoy a more intimate talk with our hosts and had the opportunity to ask them personal questions. To share with us the perks of working at the company, they even offered us free flow potato chips and drinks!

“I think I just found my dream job.” A mentee told me in the elevator as we descended from the 40th floor. This kind of appreciation and encouragement is exactly what makes being a mentor so rewarding. We certainly hope to continue to help nourish and introduce more exciting careers to a new generation of mentees through the Mentor Programme in the years to come.





COLLEGE FAIR 2018

WINNIE LEUNG (2002)

I am honoured to organise the SPCC Mentor Programme College Fair event held on 26 April 2018 together with my partner, Hubert Un (1981). This year we have over 300 Form 3 to Form 5 students and their parents participating in the event! To kickstart, we were delighted to have Jennifer Ma (1998) and Jennifer Yu (parent of SPCC student), both with solid experience in college application and college essay writing, to give a short presentation on the college application process for both US and UK universities.

After the informative and insightful presentation, the students and parents had a chance to ask the guest speakers and various alumni representatives for practical tips and advice. It was an excellent forum for students and parents to understand more about the overseas college application process and get first-hand information on specific universities they are interested in.

We were most privileged to have alumni representatives setting up information booths in the School Hall. They are from top universities in the US, UK and Australia listed as follows:

US	Carnegie Mellon University, Brown University, Columbia University, Cornell University, Duke University, Harvard University, Massachusetts Institute of Technology, New York University, Northwestern University, Princeton University, University of Chicago, University of California – Berkeley, University of Michigan, University of Pennsylvania, University of Southern California, Yale University
UK	Imperial College London, London School of Economics and Political Science, UCL, University of Bristol, University of Cambridge, University of Oxford
Australia	University of New South Wales

We would like to once again express our heartfelt gratitude to all the guest speakers and fellow alumni for sharing their experience and knowledge with students and parents at the event. We do look forward to seeing you in the future College Fairs!

SPCC MENTOR PROGRAMME INTERVIEW SKILLS WORKSHOP

IVAN HUNG (1989)

This year's interview skills workshop was successfully completed on 28 April, a month later than the usual time. Nevertheless, it was still one of the most popular events, being attended by 120 mentees and supervised by 20 mentors from various professions. I had the privilege of kicking off the event by outlining to the mentees on the different modalities of interviews, ranging from the conventional "two to one" interviews, group interviews to the latest "multiple mini-interviews" (MMI).

The highlight of the event was the interview practice session hosted by our alumnus and education expert Jennifer Ma (1998), who kindly invited three colleagues from her team to assist the breakout session. Jennifer set the scene by highlighting the important techniques and pitfalls in both university and job interviews. As in previous years, the mentees were put on the spot to introduce themselves within various time limit. Once again, we were highly impressed by our mentees who lived up to the challenge.

In order to keep abreast with the latest university interview format, we introduced a mock MMI for our medical and science candidates. 60 candidates were divided into two groups, supervised by three mentors for each group. Each candidate would go through a three-stations MMI, lasting for four minutes for each station and headed by one mentor. Each station was designed to assess a different aspect of the candidate, including ethical decision-making, critical thinking and international affairs. For the non-medical mentees, they were divided into small groups according to their interest, supervised by a volunteer mentor expertise in that field. Each mentee had the opportunity of practising group interview and answering questions posted by the mentors. All candidates received feedback from their supervisor on ways to improve their interview skills.

The event ended with three newly graduated young SPCC alumni, sharing their updated interview experience at both local and overseas universities. All in all, the event was a huge success. We are greatly indebted to our volunteer mentors and young alumni, who spared their valuable time to share their experience with our mentees.





CLOSING CEREMONY OF THE SPCC MENTOR PROGRAMME 2017-18

HAROLD WONG (1987)

On 28 June 2018, in the presence of Mr Frederick Poon, the Adviser of the Mentor Programme Committee, 43 mentors and 131 mentees gathered together at the Lecture Theatre, LCYM Building, to mark the closing of the SPCC Mentor Programme 2017-18.

We are in our 17th year of developing this unique “counselor and friend” relationship with the new generation of St. Paulians. Once again, the SPCC Mentor Programme, which includes one-on-one matching and customised activities complementing the school curriculum, has had a successful year and continued to develop well.

As a reminder of how the Programme has grown, there were only 49 mentors and 92 mentees in 2001 and today, we have a group of 186 mentors and 159 mentees. Our mentor to mentee ratio was one mentor to two students 17 years ago, and today our ratio is slightly more than one to one. These metrics make us one of the largest, and our 17th year means that we are among the longest established, school mentor programmes for secondary schools in Hong Kong.

Chee-may Chow, Vice-Chairman of the Mentor Programme Committee, made the opening remarks, encouraging the mentees and building up their strength of mind as they embark on college applications and the world beyond SPCC.





A valuable part of the programme is for mentees to gain insights into potential careers of interest. Two groups of Mentor-Mentee provided helpful experience sharing on stage at the ceremony. Gordon Ng (1981), a partner of an international law firm, described how he shared his experience in corporate finance and life as a lawyer with his promising mentee Li Zhi Xin, who appears even more fascinated than before to pursue a career in law. Agatha Choi, an aspiring scientist from Form 5, seems to have learnt a great deal from his mentor Eric Keung (2002), who outlined his perspectives as a scientist and emphasized the importance for the younger generations to think ahead and be innovative in this world with never-ending opportunities.

The occasion also marked the first time for Mr Frederick Poon to address the Closing Ceremony since his appointment as the Principal of SPCC. Mr Poon was clearly appreciative of everyone's efforts over the past year, thanked the mentors for their tireless contributions, and affirmed his support for this important programme of SPCC.

As we know, the programme provides a unique bridge between the alumni community and the current students, further facilitating the diversified learning approach the School has been adopting. SPCC is blessed with a talented pool of alumni and mentors from a vast selection of careers and disciplines, whose willingness to share their experience with mentees is invaluable for the School and its ongoing development.

We welcome alumni from all different sectors to inspire our next generation of St. Paulians and look forward to having you as our mentor.





戊戌年春茗聚餐

區雋（1997）、利慧怡（1997）

聖保羅男女中學校友會戊戌年春茗聚餐於 2018 年 3 月 24 日假信德中心美心皇宮酒樓舉行。當晚到來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主席鄭慕智博士（1967）、校董蔡克剛律師（1968）、楊敏賢女士（1980）和梁弘道醫生（1965），聖保羅男女中學潘紹慈校長以及聖保羅男女中學附屬小學梁麗美校長均能抽空出席，為春茗晚宴錦上添花。

我倆為同屆畢業生，彼此自幼認識，一起當上晚會司儀卻是第一次，所以聚會前都認真準備，希望為當天晚宴帶來點生氣。

晚宴開始前，校友會主席陸永基先生（1978）為大家致歡迎辭，而鄭博士則為我們領禱，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 2018 年校友會舉辦的各項活動，譬如義工活動、各項球類比賽及龍舟競渡、校友合唱團的表演，還有 Happy Hour Drinks 等。

一如既往，晚宴高潮莫過於壓軸的大抽獎環節。感謝有心的校友，慷慨贊助豐富的獎品，包括餐券、食品、護膚品和數碼產品等等，琳瑯滿目。得獎的幸運兒滿載而歸當然開心，席上的校友也看得興奮，掌聲笑聲不絕。

歡樂的時光霎眼而過，隨着晚會進入尾聲，大家都懷着依依不捨的心情互相告別。不過，作為聖保羅的校友，心繫母校，難怪校友會的活動，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

黃德彰 (1991)

一年一度的暑期聚會 (Summer Gathering)，已於 6 月 26 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，經已陸陸續續到達。原本靜悄悄的會場，頓時熱鬧起來。大家的心情既緊張又興奮。緊張的是，不知這屆報名程序有否改動；興奮的是，又有一次機會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。

六時二十分，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。潘校長回顧了首年作為聖保羅男女中學校長的收穫與挑戰。回首一年，潘校長領導聖保羅這個大家庭，一同經歷了各個大小活動及比賽。除了與各師生拉近了距離之外，更深深感受到聖保羅人追求卓越與謙虛的精神。

他提到有一次，在樂隊演奏中，有一位同學的大提琴弦線突然斷掉。但他臨危不亂，憑着三條弦完成整個表演。會後更自謙地表示，自己的表現未符理想。潘校長除了鼓勵和讚賞外，亦對聖保羅學生的優良素質留下了深刻的印象。

ALUMNI ASSOCIATION ACTIVITIES



之後，由聖保羅慈善信托基金代表林詩鍵（1984）及利慧怡（1997），為大家回顧母校今年在體育及音樂方面的卓越成就，以及講解基金籌款活動的進展。

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 2019 年小一入學的報名程序。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，同時亦語重心長地道出重點，指母校選學生，並不只着重成績與比賽表現。重要的是，家長能夠信賴母校，相信聖保羅多年的傳統，以及校長與老師對學生不離不棄的關愛，和基督的「信望愛」精神。大家要目標一致，方能把兒女教育成材。

ALUMNI ASSOCIATION ACTIVITIES



大會最後在八時半左右結束。雖然已經過了預定時間，但校友們都依依不捨，離開時心裏仍在咀嚼梁校長的諄諄教誨。

這次聚會得以順利舉行，有賴各嘉賓包括潘校長、梁校長、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：梁善盈（2002）、黃德彰（1991）

義工：黃子基（1993）、黃樹珊（1994）、陳國威（1996）、鄧美茵（1997）、郭永基（1999）

攝影：周民輝（1991）、龐懿棣（1992）

贊助者（排名依筆畫序）：

尹潔瑩	毛琬璋	王斌逸	任力恒	伍世昌	伍立祺	伍尚楷	江漢南	吳君棟	李 綸	李一諾	李民斌	李家豪
李嘉豪	沈蔚瑄	冼韻泠	周民輝	林裕成	林穎謙	洪若甄	香蔚霖	唐宙行	馬桂菁	馬嘉忻	馬穎愉	區 雋
張力賢	梁玄昇	莫慧珩	許 嫻	陳永康	陳亦林	陳厚璋	陳美儀	陳素貞	陳國威	陳意弢	陳業曦	曾煥耀
馮裕基	黃子基	黃啟麟	黃德彰	黃樹珊	葉振民	葉曦雯	鄒令筠	雷文珮	趙不傲	趙汝玲	劉祉延	蔡亦軒
蔡端穎	蔡懿恆	鄧可明	鄧志輝	鄧智傑	黎以律	黎智弘	黎智健	黎智樂	盧俊匡	蕭雅怡	賴穎熙	霍啟剛
戴文婷	薛家鍵	薛靜雯	鍾慧衡	魏 薇	譚嘉茵	龐超貽	龐懿棣	蘇 婕	蘇俊匡	蘇平羣		

聖保羅男女中學校友會龍舟隊



隊長的話

溫浩言 (2007)

聖保羅男女中學校友會龍舟隊踏入第二個年頭，訓練由3月展開，並以8月的鴨脷洲小龍賽作結。重溫過去點滴，本年度絕對是龍舟隊豐收的一年。

首先，今年團隊比去年壯大了一倍，現達五十多人，感染了跨越三十屆的校友一同參與競賽。這不但肯定了我們首年創隊隊員的努力，還證明了聖保羅人果真無懼風雨、文武雙全！而且，我們是學界唯一一隊男女各佔一半的龍舟隊伍，陣容鼎盛。

第二，本年度我們首次出戰女子項目。雖然女子隊於赤柱熱身賽只能鰕羽而歸，但是經教練指導及特訓後，女子隊終於在將軍澳小龍賽首次報捷，巾幗不讓鬚眉！誠然，招收女隊員毫不容易，一般人認為女士划龍舟力量遜於男士，但實際上龍舟鍛鍊沒有想像中艱苦，而且女隊員一般更能掌握入槳節奏，聖保羅女隊員出席率亦比男隊員高呢！

第三，龍舟校友盃競技令我們重拾兒時與友校比賽的回憶。還記得我們小時候為了籌備各類運動競賽、音樂節和朗誦節等學界比賽的時光嗎？那時候我們為着同一個目標奮鬥，堅持不懈地練習，過程中不斷求進。比賽最終不一定要贏得冠軍，但是整個團隊為了同一目標奮力向前、全力以赴、遇強越強、永不言敗就是我們聖保羅人承傳的精神！白蘭樹下的我們遇到挫敗時會檢討，咬緊牙關去加強訓練，無懼強敵。勝利的時刻亦懂得尊重對手，不沉溺於一刻的成功，更重視一路走來的過程。因為我們知道稍一怠惰，對手經歷失敗痛苦後又能再次超越自己——只有堅守意志，勤力練習才能變得更強。

今年我們兩度與友校切磋，並首次參與校友盃比賽。聖保羅於其中一次捧盃，而另一次我們發揮到所學，並獲取了寶貴的實戰經驗。在校友盃的舞台上，雖然我們是年資最淺的隊伍，但我們的堅韌和團隊精神絕對不亞於其他對手，假以時日我們定能發光發亮！龍舟這運動很熱血也很迷人，得獎一秒和破紀錄一刻固然激情高漲，但真正令我迷上龍舟運動的，是大家冒着日曬雨淋堅持訓練的態度、是訓練後一起吃西多士的溫馨、是共同挑戰強敵的決心！聖保羅龍舟隊成長的路有賴你們的參與，歡迎大家來年一起來乘風破浪！

聖保羅「龍曆」二年 春

章子豪 (1982)

龍舟季節開鑼了。對我來說今年是多姿多彩、充滿挑戰的一年，既要協助照顧家中剛出生的小寶寶，亦要保持健康的體魄參與鍛鍊。慶幸得龍舟隊隊友在聊天室內的鼓勵，為我增添源源不絕的動力。

在季初加入了多位活力充沛的師弟師妹，各人懷着滿胸熱情準備為母校爭光。校友會安排了由經驗豐富的龍兄、龍姐帶領着一眾龍弟、龍妹進行每周特別安排的訓練和參加多次公開賽。我們「保羅暴龍」團隊就在風風浪浪中日漸壯大了，我們的「保羅暴龍精神」也在風風浪浪中傳承下去。我非常高興能見證母校校友會龍舟隊健康發展。

「保羅暴龍精神」就是無私的精神，就是幾十條心變成一條心的修煉。暴龍的總教練德哥不斷要求我們提升整體能力及團隊協調。上了龍舟，就是龍的一部分。龍舟在水上勇往直前，就像我們暢泳時的手手腳腳，全是由一個心主導，自然的互相配合，自然的協調發揮。過程中的艱辛和樂趣，期待大家親自來一起體會，僅此希望大家能夠參加保羅暴龍龍舟隊，讓我們團隊能繼續壯大，讓「保羅暴龍精神」繼續傳承。



隊員心聲

姚冠婷 (2000)

「一、二、三、開啊！」「三、二、一、俾晒啊！」……

如果你喜歡團隊精神，一定會喜歡「扒龍舟」！

我有五年「扒龍舟」經驗，但掛槳近三年。偶然看到校友會 Facebook 及網頁介紹有龍舟隊，二話不說立即報名！「扒龍舟」其實也有分門派，不同團隊槳法分別可以很大。當然門派各有長處，參加新隊伍就當自己是新手學！「扒龍舟」最重要是保持隊型，齊上齊落。

2018年7月8日的將軍澳區龍舟比賽，聽教練說這比賽高手雲集，只要盡力及齊槳扒就可以了。今場比賽我們「保羅暴龍」隊由於缺乏扒左邊槳的女隊員，所以我要肩負起扒女子初、複及決賽，以及混合小龍複賽及決賽，共五場。還記得女子初及複賽都以兩分鐘完成賽事得尾二，最後金碟決賽我們以一分四十九秒得殿軍，與前隊只差一秒！「保羅暴龍」信念是要開心安全地享受過程，沒有勝負的枷鎖。我們女子小龍獲獎，落場扒的一班女生固然興奮，其他對員亦一齊上台拿獎，全隊熱血沸騰！「St. Paul's Co-ed, we are the best!」

特別鳴謝：教練德哥和熊爺、Bruce隊長、舵手 Elaine、校友會主席 Andrew 和副主席 Winnie 的全方位支持，和全體付出汗水「給力」的師兄弟姐妹！

ALUMNI ASSOCIATION ACTIVITIES



隊員心聲

陳怡庭（2008）

校友會龍舟隊成立短短兩年，已經在比賽場上嶄露頭角，無論是比賽或是練習，隊員都一樣士氣高昂，凝聚出對運動的熱誠。

憑着隊員不斷的練習和改進，在赤柱龍舟熱身賽中打敗了喇沙瑪利諾龍舟隊。雖然我們仍有很多不足之處，但在短時間內，由一班龍舟新手走到比賽場地，這是各人共同努力的成果。

龍舟隊踏入第二年，我和隊友之間建立了默契，同時對這運動增加了認識。尤其是6月的將軍澳龍舟比賽，「保羅暴龍」第一次挑戰300米比賽。隊員技術上未準備好跟傳統勁旅同場較勁，我的心情反而沒有去年那麼緊張。還記得去年比賽前夕我徹夜難眠，短短幾個月的龍舟經驗，即使一星期練習四天以求將勤補拙，心理上仍未有比賽的準備，怕輸更怕連累隊友。去年的將軍澳龍舟比賽，我一天內共扒了五場比賽，體能不足，回程時在車上累到不省人事。今年的同一個賽事中，我扒了六場比賽，因為多了比賽經驗以及與隊友的緊密合作，體能上有所進步外，更提升了我落場比賽時的心理質素，能夠戰勝恐懼，冷靜並專注地一板一板扒到終點。由此可見，一分耕耘一分收穫，努力是有回報的。

當天的女子隊決賽令人印象深刻。大會規定每場比賽的結果不能有超過十五秒的差距，以防有整隊換人的造假作弊，而我們在人手不足的情況下，差點就「犯規」了。第一及第二場比賽成績平平，分別是二分三秒及二分四秒，到決賽時竟然憑着凌厲的後勁得到一分四十九秒佳績，勇奪殿軍，心情振奮得難以用筆墨形容。一般人認為幾場比賽後體力消耗會影響表現，事實上，龍舟是講求齊心的團體運動，不管你個人氣力有多大，整隊節奏一致，齊力才是致勝的關鍵。直到今天，女子決賽時那種專注、無畏無懼、齊上齊落的感覺仍然歷歷在目。

在此我要謝謝教練德哥、隊長和隊友們，從大家身上，原本好勝的我學會了看輕輸贏，明白到盡全力做好自己、與隊友互相鼓勵、一起成長才是最快樂的。

「八號賽道，保羅暴龍！」

譚芊睿 (2015)

「其實我們正式的隊名很長，如果比賽時司儀用全名來介紹，那便會是：『八號賽道……』」隊長一邊繪形繪聲地模仿着廣播，一邊笑着解釋那隊名的由來；不論新舊隊員都給逗樂了，眾人接着模仿的聲音此起彼落：「聖保羅……」「聖保羅……」頃刻間便融化了各隊員初相識之腴腆。「開呀！」教練一聲令下，歡笑聲隨即化作額上晶瑩的汗珠，乘着龍舟船頭濺起的浪花，乘風破浪去！

我們是——聖保羅男女中學校友會龍舟隊！

創校過百年，迎來首支龍舟隊，校友光譜當然有如中龍（中型龍舟）般寬闊；我們雖成長於不同年代的聖保羅校園，卻總有說不完的「話當年」：哪些老師是「不老傳奇」，文利景成的喱腩和粟米魚，PE堂的舞蹈伴樂《Oh! Susanna》，音樂堂唱的《O sole mio》……每一個故事，都起源於麥當勞道和歌老打徑上，師兄姐與師弟妹之間，何嘗不是情緣於同一段路？龍舟隊裏話當年的時光，猶如燈火闌珊中一個回首慢鏡，沿着路上悠悠歲月相尋，既遇上前人的足印，亦找到彼此走過的身影。從故事的點點滴滴裏，撿拾起好些動人的回憶碎片，同時又覓得新奇的小彩蛋；就像重看一部深愛的經典電影時，驀地洞察到某個未曾注目的意象，牽動出使人神往的遐想，更會嘗到一抹會心微笑的喜悦。我想，不管時代怎樣更迭，始於如一的，是那份獨有於中學朝暉的純粹，和那顆教人恒久懷念的、草色漸青的心。

還有另一種很純粹的快樂，也是龍舟隊重新注入我的生活當中的。離開聖保羅以後，好像再沒遇過「只需朝着一個目標奮鬥」的時刻——總是份外的貪心，做事時難免瞻前顧後、左顧右盼；做得夠好了，未及臻善便要繼續前行。然而，扒龍舟時卻可以放下顧慮、傾盡全力、毫不保留！一往無前的投入，與隊友們一起義無反顧，奮勇向前，自有一番酣暢淋漓的盡興！教練德哥曾言：扒龍之精髓在於齊心，每一槳都必須對齊，齊力才能驅動船速。當整條船都齊心齊力時，我們會切實地感受到一股疾馳的勁道：龍舟船頭水花四濺，穿過颯颯凌風，如利箭般飛向前方——彼此的堅持和力量緊緊地凝聚在一條飛龍上；那麼就算曬到皮膚黝黑，或扒到手掌起繭，也是「輕舟已過萬重山」了。

風動風息之間，忽爾一架飛機劃破長空，如泉湧，如雲起，保羅暴龍已在海上劃過一道悠長的白尾巴。將軍澳海旁的朗日下，高闊的天穹一片澄藍，懸掛着一大團厚厚地騰捲起來的棉花糖；那是扒龍的快樂，使人引頸神往，卻又伸手可摘。

（校友會特別鳴謝以下龍舟隊成員之經費贊助：李嘉豪、楊至鏗、劉耀升、黃羨恩、鄭德明、章子豪、顧弘源。）



左起：譚芊睿、陳怡庭、章子豪、姚冠婷。

ALUMNI ASSOCIATION ACTIVITIES



回到校園時：2018籃球友賽

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項目。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。然而今年由於賽事延誤，決賽球隊未定，為了延續多年來的「籃球精神」我們毅然決定把舊生球員們分為兩隊，和現役校隊隊員們比試一下。

ALUMNI ASSOCIATION ACTIVITIES



ALUMNI ASSOCIATION ACTIVITIES



男女子組各兩隊分別對戰了三場，經過一輪激戰，賽果如下：

女子組		男子組	
現役校隊 對 舊生 1 隊	19 : 11	現役校隊 對 青年組舊生隊	30 : 30
現役校隊 對 舊生 2 隊	12 : 12	現役校隊 對 壯年組舊生隊	19 : 20
舊生 1 隊 對 舊生 2 隊	30 : 9	青年組舊生隊 對 壯年組舊生隊	53 : 28

釣勝於魚，比賽過程遠比賽果更具意義，有機會跟現役校隊交流及切磋球技，不但能感受 SPCC 現在體育方面的進步，舊生們更可以攜同一家大小回到校園，細訴當年的籃球場上的「風雲事蹟」，感受更深，實在難得。

十分感謝主辦方的努力，和校友會的安排。期待明年再次回到母校籃球場相會。

SING TO THE LORD IN ETERNAL LIGHT

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by Morten Lauridsen

CANTATE DOMINO
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SO YOU WANT TO WRITE A FUGUE?
by Glenn Gould

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GUEST PERFORMERS

SPCC Alumni Orchestra

SPCC Orchestra, conducted by Carmen Koon

4TH NOVEMBER 2018
SUNDAY 7PM

TICKETS 票價

\$500, \$220, \$180, \$80

ALUMNI ASSOCIATION ACTIVITIES



SPCCAA HAPPY HOUR DRINKS

LAURA LI (1999)

Our very popular SPCCAA Happy Hour Drinks are always the best occasion to catch up with new and old fellow alumni. They are also great ways to learn about the latest development in various industries. Our SPCC alumni are involved in a wide variety of sectors and fields, the conversations with this vibrant and diversified group are always inspiring and interesting.

This year, the Happy Hour Drinks are taking place at the happening and fun Tonic, which has a convenient location at the heart of Central for everyone to meet up for a drink after work!

The Happy Hour Drinks in March was held the night before the Spring Dinner, and everyone was excited talking about the next evening's event.

June's gathering was held on a hot and steamy evening but everyone welcomed the ice cold drinks and delectable snacks, while discussing their summer plans and adventures.

Every Happy Hour Drinks held at different seasons are unique – Hope to see you all next time!

ALUMNI ASSOCIATION ACTIVITIES

March's Gathering



June's Gathering



ALUMNI ASSOCIATION ACTIVITIES



YOUNG ALUMNI SUMMER DRINKS 2018

CHRISTOPHER WONG (2009), PHILIP LAU (2009)

The rain did not stop us from pouring drinks over laughter and conversations. Amid the unforgettable Typhoon Bebinca which led to more than a hundred hours of Typhoon Signal No.1, alumni from different classes gathered at Levels on Friday night of 10 August 2018 for reunions and new connections.

We cannot speak for everyone, but we felt truly at ease when we were with fellow alumni – Student Union committee members across different years catching up with their former supervisor and teacher Mr Paul Chan (1998), Dragon Boat team members rowing their way past the crowd for a huge group photo, and the Class of 2016 getting an extra drink to celebrate them being the class with the most early bird registrations... In our humble opinion, all these can't beat the photos of many pairs of "highschool sweethearts" who subsequently got married and attended the gathering together as sweet couples!

ALUMNI ASSOCIATION ACTIVITIES



This is the third social gathering organised by our Young Alumni group of SPCCAA in a casual setting. It seems the crowd is telling us to do it again – a great turnout of over 200 alumni and dozens of cheerful faces are the biggest motivation to call for another summer drinks in 2019. We saw some familiar faces from previous drinks and Young Alumni career panels, but also some newcomers who are just entering universities. The success of the events is probably a result of our diversification initiative, recruiting from the Class of 2015 into our subcommittee.

The night was magical, thanks to our Young Alumni team behind the scenes – Leonard Tso (2004), Bruce Wan (2007), Jason Leung (2009), Philip Lau (2009), Lauren Wong (2009), Angel Lam (2009), Christopher Wong (2009), Zenith Chung (2013), Kendy Tse (2013), Lorraine Chiang (2015) – and the group shall continue to host different events, to connect SPCC young alumni and bring them into the exceptional SPCCAA social network and mentorship.





童行光明路

雷文珮 (1997)

4月21日，我很榮幸有機會帶同小兒善覺參觀了心光盲人院暨學校。此行確實是一個難得的好機會讓我們對這一所有着悠久歷史且具有優良組織和教育設施的視障學校加深瞭解。同時，我也希望能和大家分享活動後的一些感想與反思。

探訪時的活動由該校的畢業生主導，一眾學員以「過來人」的身份帶領我們玩小組遊戲，後來還有自由問答環節解答一眾大小朋友心中的疑問。儘管有視覺上的障礙，這些可愛的學員都具備堅強的意志，用他們的方法去適應周圍的社會環境。譬如獨自乘坐公共交通工具或者要辨別不同鈔票的金額，他們都有自己一套獨門心得。學員們也根據他們個別的能力建立和發展各自的潛能，有時候此等技能更超越健體人士所具備的能力。例如出乎我意料之外，他們的聽力速度是我們平常人的三倍。這讓我更確信每一個小孩都擁有超乎成年人想像的學習



能力和潛能。父母的擔心往往是出自成年人的角度，但我們也應適當的放手，做一個同行者讓小孩們能用他們的方法走出他們的路。我又留意到，當我們讓孩子參與模擬體驗視障遊戲時，他們出奇地聽話和服從。這現象可能是由於他們內心產生了疑惑和憂慮。經爸爸媽媽的鼓勵下，他們漸漸掌握到蒙着眼走動的竅門，變得越來越有自信。這其實也是一個頗佳的機會讓我們一同學習面對「不確定」和培養互信呢。

這次有幸和這群可愛的視障學員相處，瞭解並向他們學習，我感到非常喜樂和溫暖。在活動結束前，參與的校友和孩子將這次相聚描繪成一幅接一幅既能用眼欣賞、更能用口描述（孩子們逐一上前向視障學員講解自己的作品）、用心感受的美麗圖畫。一份愛，好比一點光，相信，就能看見！希望每一個人都能感受各人心中的那點光。



小手拉大手，長幼樂浣沙—— 與聖雅各福群會浣沙長者中心分享色、香、味

曾藹翹 (1998)

聖保羅人憑着「信、望、愛」的精神，一直孜孜不倦，關心社會各階層人士，回饋社區。在父親節那個周末（2018年6月16日），筆者和小兒到了大坑的聖雅各福群會浣沙長者中心，參加由聖保羅校友會主辦並以「同心頌雙親」為主題的長者探訪。

當天早上，小兒問筆者：「媽媽，我們是去公公婆婆們的家嗎？」我笑說：「那可是老人家們的半個家吧。我們去的長者中心主要是服務住在灣仔、銅鑼灣、跑馬地、大坑及勵德邨的公公婆婆。你待會就可以和他們玩遊戲，整Pizza！」小兒看起來很興奮，還帶了一個小機械人說要拿給老人家看和一起玩。出發前，我們都已在想要跟公公婆婆們說甚麼、玩甚麼，期待一個精彩的活動。

那個下午天氣炎熱，校友們「大汗滴細汗」，陸陸續續地抵達中心。見到熟悉的面孔和校友們的第二代感覺特別親切。一方面大家心裏都想着活動時應該如何跟老人家互動，一方面我們也抓緊時間聚舊。

活動開始了，活動負責人兼司儀Peggy 鄒璧儀（暱稱鄒姑娘）（1993）先作自我介紹，然後就請各義工迎接並帶領各公公婆婆就位。老人家全部笑容滿面，精神飽滿，徐徐走進活動室。筆者和小兒有緣遇上一對「老友記」夫婦，搭檔整Pizza。老友記們的耳朵雖不算十分靈光，對話起來要多花少少氣力，但憑着大家的耐心聆聽和微笑，我們的「Ice-breaking」來得十分順利，各組的小朋友們亦努力地跟大家聊聊天，場面過了好一陣子就熱鬧起來。



長幼各顯本色

活動正式開始，鄒姑娘先熱情的歡迎各公公婆婆，簡單介紹了當天活動的流程，然後熱身遊戲就隨即開始。首先是「找媽媽遊戲」，小朋友們舉手獲邀單獨上台，描述媽媽當天的裝束，再請公公婆婆們在人群中把媽媽找出來。小朋友們個個口齒伶俐，天真可愛，逗得老友記們開懷大笑。老友記們頭腦也非常精靈，眼明手快地把小朋友描述的「目標媽媽」指出來。

動過腦筋後就是時候鍛鍊一下大肌肉了！大家每人獲分發一條毛巾，由鄒姑娘帶領我們分組做毛巾操。小朋友們個個當個小小運動教練，指導老友記們做動作。每個看來都很認真和有使命感呢！

難忘層層飄香

熱身過後，隨後當然的就是重頭戲「整Pizza」了！

Pizza 的材料包括菠蘿、火腿、芝士、麵包等，見到大會有條理地給我們分發整Pizza 的材料，心裏非常欣賞主辦這個活動的一眾校友，感激他們無私的付出。我心想他們必定是花了很多精力籌劃所有細節，準備好美味又容易駕馭的材料，讓老友記和小朋友們很容易就打成一片。看到小兒恭敬的為老友記的Pizza 添上材料，身為媽媽的筆者頓時感到十分恩慰！

Pizza 進焗爐了！活動室內香氣洋溢，更添暖意。小朋友亦趁這時間問老友記問題「你幾多歲呀？」「你住邊度呀？」毫無隔膜。老友記們應該是覺得小朋友們太可愛，都紛紛拿出手機拍下他們的天真的笑臉，再來個合照。沒想到他們用手機竟然用得這麼純熟呢。





享受人生各種滋味

經過一輪烤焗，Pizza 終於出爐了！

當然是「相機先食！」大家先來個自拍記錄大家合作的成果。適逢校友會主席陸永基 Andrew（1978）為是次活動贊助了不少中式點心，大家便得大飽口福，開心分享好滋味。

活動中帶給我較深印象的是筆者小組當中的一個老公公。當天活動是女多男少，老公公看來精神奕奕，一身整齊運動裝、球鞋、波襪、帽子，非常醒目及突出。他快樂地淺嚐每一種食物，告訴我們「食得是福」，又毫不吝嗇地讚美並肯定大家的熱心和大會安排，還幫忙照顧旁邊的長者。我心裏暗想：不知道老公公的家庭生活過得如何呢？今年的父親節有沒有兒孫和他慶祝呢？無論如何，我十分欣賞他積極投入群體，帶着微笑度過人生深秋。這種正向的態度，實在是非常值得我們學習。

此時司儀再指導大家製作另外一個棉花糖甜品，及時打斷了筆者的思緒。中心的焗爐再次傳出濃濃窩心的香味：美味夾雜住人情味，讓人倍覺難忘。

活動漸漸地進入尾聲，鄒姑娘盛情邀請小朋友自發來個即慶表演。大家都非常踴躍，小手舉得直直的，胸膛挺得高高的希望獲得司儀挑選表演。小朋友們有的唱歌，有的跳舞，有的唸詩，大家看起來在學校都訓練有素，又或是遺傳了聖保羅校友們的優良基因，面對觀眾時一點都不怯場，聲色藝俱全！小朋友們生鬼趣致的表演哄得老友記們笑到「見牙不見眼」。最後各就各位，來個大合照！活動就在歌聲、笑聲、香味和人情味中圓滿結束。

透過這個義工活動，校友能身體力行弘揚「信、望、愛」精神，把關懷別人的美德承傳到下一代，讓小朋友們對我們身處的社會多加一份關心，多一份瞭解。筆者深信就是這小小的種子，最終能夠在孩子的心田中發芽並茁壯成長。我們當天卑微的參與在長者們的眼中可能會被視為一片值得欣賞的善意；但同樣重要的，就是對下一代來說這將是他們成長路上的一個好開始，學習用心地真誠地去影響更多的人。筆者期待繼續參與將來的義工活動和各校友團結一起在這個城市裏活出「信、望、愛」精神，靜候小小種子萌芽向上，奉公忘私，關懷社區。

參考資料：浣沙長者中心 網站：<https://cc.sjs.org.hk>

19/F, Casey Aberdeen House, 38 Heung Yip Road, Wong Chuk Hang, Hong Kong

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ALUMNI TO ALUMNI

2018 CHINESE NEW YEAR DINNER AND BIENNIAL GENERAL MEETING OF THE GREATER NEW YORK CHAPTER

On 23 February 2018, the Greater New York Chapter of St. Paul's Co-educational College Alumni Association (SPCCAANY) held its Chinese New Year Dinner and General Meeting at Chatham Seafood in Manhattan.



Happy Chinese New Year to everyone! Our SPCCAANY Committee has prepared a fun programme for the night.

Our programme began with a lucky pocket ball origami competition. Alumni at each table followed instructions from Sarah So and folded lucky pockets to make a lucky ball. The table that finished in the shortest time won the game.



ALUMNI TO ALUMNI

After working hard on the lucky balls, we watched a slide show of last year's activities while rounds of delicious food was served. Then our new members introduced themselves, which was followed by announcement of the upcoming activities in 2018.



This year we have seven alumni graduating from college: Jessica Tang, Daphne Tso, Kadi Tsang, Solomon Wong, Katie Ma, Lorraine Chen and Jason Lau (not in picture). This called for a celebration!



The dinner was rounded up by our annual lucky draw. Here came our lucky draw winners, and everyone came together for the group pictures!

ALUMNI TO ALUMNI

UPDATES FROM BRITISH COLUMBIA (BC) CHAPTER, CANADA



The SPCCAA - BC Chapter Alumni Choir performing at the Crofton Manor Retirement Residence in Vancouver, BC. Miss Lee (Miss Ruth Lee Law Tak) is among the audience of our performance and has been a passionate supporter of the choir.



An outing to the Sea to Sky Gondola in Squamish, BC with members of our chapter.



前任校長潘鎮球先生 新書宣揚聖保羅精神

薛靜雯 (2001)

前任校長潘鎮球先生退休多年了，但仍然熱心支持母校的事工，並勤常參加校友合唱團的演出。

早前，筆者有機會和潘校長談及他的近況，得知原來他這一年多來忙着出版他的新書，書名叫《信望愛常存》，裏面輯錄了他六十多篇文章，包括他在任五年間多篇早會講辭、政策文件、公開講話，還有他多年來在校友會會訊及其他學校刊物發表過的文章。

內容主要環繞兩大主題，即聖保羅精神的特質，和轉制直資的經歷與感受。可以說是潘校長執掌校政五年的歷史見證。

據悉潘校長有意將新書銷售的收益，扣除開支後悉數捐贈校友合唱團，以資助她們的事工發展。新書預計於9月底出版，敬請各位校友留意。





#JAMMING

胡志宏 (1992)

2018年的暑期音樂會題為「#JAMMING」，7月4日於香港大會堂音樂廳舉行。當晚演奏的樂曲跨越不同年代，超過六百名中、小學音樂團隊的成員和校友合唱團參與演出。小學初級組合唱團演唱出時代曲《When You Believe》，在台上展現一張張燦爛的笑臉，盡體現出母校對音樂幼苗的悉心栽培；三位才華橫溢的中學同學演奏出 Schoenfield 的《Allegro from Café Music for Piano Trio》，他們對樂章的深度體會，讓觀眾深深感受到同學們對音樂的熱誠；童聲合唱團分散在觀眾席間演出《Stars I Shall Find》，他們清澈的歌聲包圍着整個音樂廳，滋潤每位觀眾的心靈；高級組混聲合唱團演唱出《Benedictio》和《The Conversion of Saul》，在黃日珩指揮（1997）的領導下，發揮得淋漓盡致，把會場的氣氛帶到高潮；還有管弦樂團、敲擊樂團等的精彩演出，為觀眾帶來一個刻骨銘心的晚上。

按照暑期音樂會的傳統，校友合唱團的演出安排在音樂會的壓軸，今年的曲目選取了《Faith, Hope and Love – A Choral Triptych》。2015年7月，這首作品於香港文化中心首度演出。此樂曲是音樂家 Mark Hayes 特為聖保羅男女中學的百周年校慶而創作。樂曲啟發自聖保羅的「信望愛」精神，然後再編寫出悅耳動人的音樂，以先詞後曲的方式創作出來。三年前的演出陣容鼎盛，超過八十件樂器和四組合唱團共超過三百六十人（包括小學高級組合唱團、童聲合唱團、高級組混聲合唱團和校友合唱團）齊心演出，震懾香港文化中心音樂廳，把聖保羅男女的百年精神雄壯亮麗地呈獻給每位觀眾。是次演出，PMG（Programme for the Musically Gifted）音樂班的同學把《Faith, Hope and Love – A Choral Triptych》重新編排，只是用了三十五件樂器，合唱團成員也減少至一百七十八人，把「信、望、愛」的神髓用更直接、更透徹的演繹方式傳達給觀眾。在主舞台上，小學和高級組合唱團以清澈可愛的童聲突顯樂曲最真摯的境象；在舞台閣樓上，校友合唱團雄厚的歌聲，彷彿把人生的經歷都語重深長地訴說了出來。三年前，女聲獨唱 Zoe Yu 用優美的歌聲唱出《Faith》的序樂。是晚再與 Zoe 同台演出，她的演繹變得更有自信，更能表達出歌詞中「I believe dawn will rise again」的全然交託。

今年的暑期音樂會風格一反傳統，在所有演出完畢後，容許台上和台下的人拿出手機拍照，甚至於社交網絡平台分享聖保羅的溫馨時刻。觀眾紛紛以手機照亮出點點光芒，像繁星散佈音樂廳一樣，光照着聖保羅這個大家庭。校友合唱團的成員於舞台閣樓忙於自拍之餘，亦被一群歡天喜地的師弟師妹們吸引了，當中的交流跨越兩代聖保羅人。筆者的女兒也有份參與當晚的演出，回想當初跟她鬧着一起「Jam」歌，兩個聲部唱起來格格不入，到現在的琅琅上口，在同一個舞台上全情投入地演出，箇中樂趣盡在不言中。表演當晚，筆者跟女兒一起戴上聖保羅的校徽，一起在台上唱着母校的歌，那份喜悅和感動無法言喻。



音樂在每一位聖保羅人的生命中都佔一席位，而母校音樂會每次都能展現出聖保羅人對卓越的追求和認真的態度，如音樂總監李偉安（1994）所說，「卓越不是一個目標，卓越是一個方向」。在兩個多月的排練過程中，他多次引導校友合唱團去思想樂曲的訊息和感受當中的意境，希望透過《Faith, Hope and Love》這首樂曲，喚醒每位聖保羅人心中的「信、望、愛」。

筆者最近聽到「重生樹」的故事，在這裏借題發揮一下。「重生樹」意指小學校舍裏一棵本來壯茁成長的榕樹，它自南風道校舍啟用以來一直陪伴小學成長，可是在去年暑假期間被颱風天鴿吹倒了。梁校長與園丁討論後，得悉由於大樹是連根拔起，樹根能否重新生長也是未知之數。理智的選擇當然是把倒下的大樹搬走，既簡單又不用費神。但校方最終沒有放棄倒下的榕樹，決定把大樹留下，把它重新放回原處，讓它得到重生的機會。一年過去了，梁校長在休業禮上把故事告訴大家，並且展現大樹重生後的狀況，綠葉和新樹幹再次長起來，聖保羅的榕樹重生了！



「重生樹」的故事喻意聖保羅的「信、望、愛」精神，和《Faith, Hope and Love》的訊息如出一轍。《Faith》提及「Not seen by eyes, nor touched with hands, but a child-like trust in God's eternal plan, this is Faith」。「信」是看不見、觸不到的，但我們卻確信不疑。倒下的大樹似是沒有生機，但憑着信，它得到了重生的機會。《Hope》提及「Though you may think all hope is gone, God gives us strength to carry on」，誰能夠確保榕樹可以重生呢？誰能夠掌握榕樹的未來呢？可是同學和老師們仍然懷着希望，把榕樹交託，為它點綴，替它打氣，沒有放棄。最終，通過無比愛心和悉心照料，小學校舍的榕樹再次站起來了！「Love, yes, love conquers all」！

我們生命中總會遇到疑惑和挫折，有些時候甚至會感到前路茫茫，勉勵大家謹記聖保羅精神，以「信、望、愛」克服一切。我們一起堅守「信」念，在順逆當中也要常存希「望」，以「愛」來面對生命中的一切。讓我們活出充滿着「信、望、愛」的生命，做一個實實在在的聖保羅人！聖保羅，加油！



白蘭樹下凝墨香

2017年8月25日，潘子勳（1987）及王碧思（1987）向母校饋贈了一張攜手製作的聖經經文書法，懸掛於三樓教員休息室外。以下是兩位作者的親身分享：

潘子勳（1987）

不經不覺，醉心書法已經有四十多年了。

家父是現代水墨畫家，我自幼在他的薰陶下，對中國美學有一種特別的留戀。

還記得初中的時候，本校中文課需要每兩周遞交大楷功課，每次我都特別專注，苦心經營。在一次機緣巧合下，被中文老師推薦受學於黃維琄老師門下，每周總有一、兩天在午飯時間跑到教員室找黃老師學習書法。黃老師悉心栽培，不厭其煩的教導，使我明白學習書法並非單單把字寫得漂亮，更需要培養耐性，從中領悟中國文化的精蘊和風骨。雖然沒幾年我就移民海外了，但那段時間確實使我獲益良多。

2017年8月，在中一班主任陳劉玉蓮老師的引薦下，使我有機會呈獻一幅書法回饋母校。正因此書法懸掛在教員休息室的門外，途經走廊的老師同學們均可覓見，所以選材內容既要美觀，又需要啟發在校同學們的思維，揀選經文內容使我感到十分頭痛。思前想後，終於選好了以下兩段聖經經文：

《傳道書》9章11節：「我有觀日光下之事，疾趨者未必先至，力戰者未必獲勝，智者未必得餽糧，聰明者未必得資財，靈巧者未必沐恩寵。凡百之事所臨到眾人的，悉由偶然而至，皆乎當時之機。」

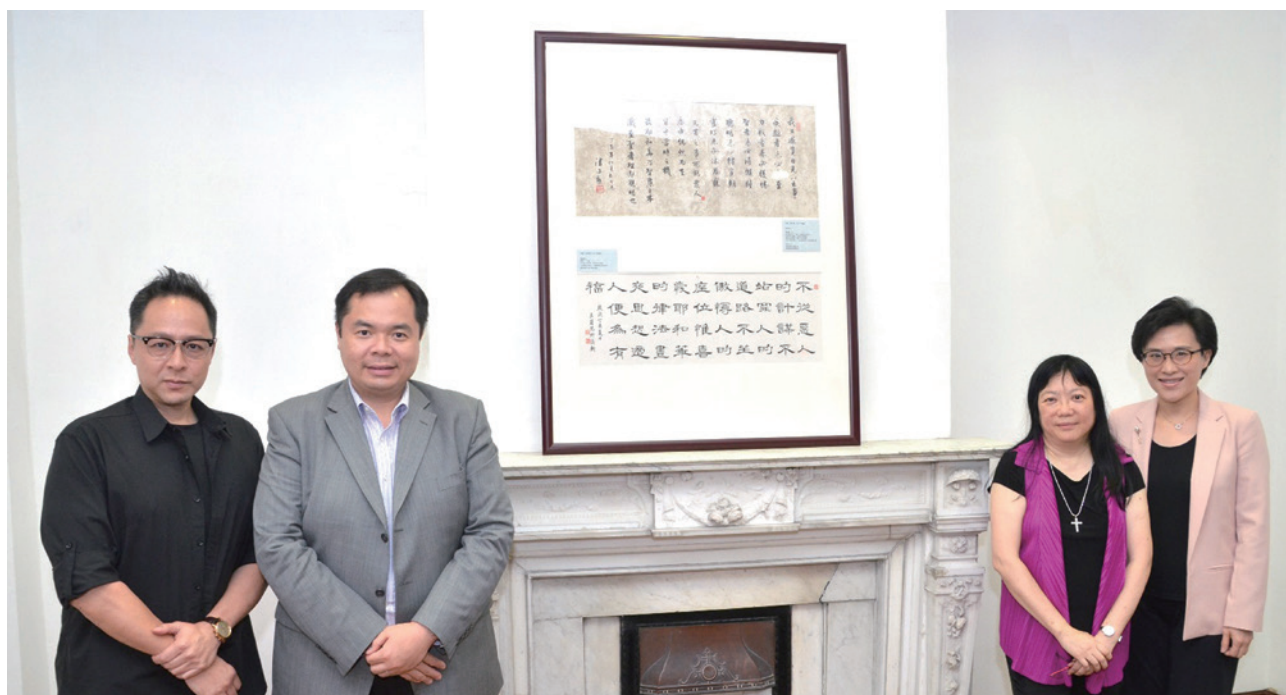
《箴言》9章10節：「畏耶和華乃智慧之本，識至聖者理即聰明也。」

經文提醒我們應有的屬天生活態度，為人者非要賣弄靈巧小聰明搶先機，乃是要認識並敬畏那位創造天地，掌管生命的三一真神耶和華，並希望此篇書法能對同學們起到叮嚀的作用。

書法作為中華文化最具代表性之符號，當中包含獨特的精神面貌和藝術魅力。寄寓書法於靈修生活中，不單可默思神話語，更可窺探中華美學文化的精奧，能去煩惱，滌心靈，有益身心，對煩擾的社會壓力有舒緩性作用，慢活靜觀。

（編者按：校友會通訊錄封面之「信愛展望」四字均出字潘子勳的手筆。）





王碧思 (1987)

記得在母校讀書時，書法是必修課。此外，母校還辦有課餘的書法班；那時我是跟隨黃維琄老師和余雪曼老師學習楷書，培養了對書法的興趣。後來我又再跟隨校外的老師學習隸書，直到移居美國，才擱下很長的一段時間。早些年前，我又重新學習書法。自此，這浩瀚的書法藝術世界，讓我心往神馳，學之不倦。

學習書法，讓我學會放下浮躁，寧心定氣，且鍛鍊出堅毅和謙虛的精神。作為基督徒，我覺得透過書法的雋永秀逸去抄寫聖經經文，更能讓我深刻領會神的話語，讚頌神的恩賜。機緣巧合，去年年中，劉玉蓮老師向我和潘子勳校友提及，計劃在教員休息室外掛放用書法抄寫的聖經經文，邀請我們幫忙。我雖有心但恐力有不逮，最後在聖靈的感動下，還是欣然受命，並選抄了《詩篇》1章1-2節：

「不從惡人的計謀，不站罪人的道路，不坐褻慢人的座位，惟喜愛耶和華的律法，晝夜思想，這人便為有福。」

我希望藉此能與學弟妹們分享交流，鼓勵大家多想多記神的正道，遠離罪惡，追求真理。這章聖經我是以隸書抄寫。作為書法的愛好者，我希望這中華文化的瑰寶能代代傳承，世世弘揚。



CONGRATULATIONS TO THE AWARDEES OF THE 2018 HKSAR HONOURS LIST

GOLD BAUHINIA STAR (GBS)

Mr KUNG Lin-cheng, Leo, BBS, JP
孔令成先生 (1975)

Mr KUNG is awarded GBS in recognition of his profound contributions to the Ocean Park and Hong Kong's tourism development. He has been serving as a Member of the Board of Ocean Park Corporation (OPC) since 2003 and took over the Chairmanship in 2014. Mr Kung has demonstrated excellent leadership in successfully leading the various development projects of OPC. He has also steered the OPC management in the formulation of new strategies to enhance the Park's competitiveness and strengthen its promotion efforts in key source markets. Mr Kung has also actively participated in the West Kowloon Cultural District (WKCD) project. With in-depth knowledge of banking and financial services, Mr Kung has provided sterling contribution and instrumental leadership to the formulation of the investment strategy for the WKCD Authority.



BRONZE BAUHINIA STAR (BBS)

Dr LEE Chien
利乾博士 (1970)

Dr LEE is awarded BBS for his distinguished service and generous support for higher education and youth development in Hong Kong, in particular his staunch support to the academic and research development of The Chinese University of Hong Kong.

CONGRATULATIONS TO THE AWARDEES OF THE 2018 HKSAR HONOURS LIST

MEDAL OF HONOUR (MH)

Dr SO Ping Fai, Alfred
蘇平翬醫生 (1972)

Dr SO is awarded MH for his valuable contributions to the provision of voluntary dental services to the less privileged groups, and the work of St John Ambulance Brigade.



JUSTICE OF THE PEACE

Ms TAM Wan Chi, Winnie, S.C. 譚允芝女士，資深大律師 (1978)

JUSTICE OF THE PEACE

Mr PONG Kin Yee 龐建貽先生 (1994)



ALUMNI COLUMN

CONGRATULATIONS TO THE FOLLOWING ALUMNI WHO RECEIVED DISTINGUISHED AWARDS



Professor LEUNG K. K. Gilberto 梁嘉傑教授 (1984), was presented the Tsang Wing Hing Professorship in Clinical Neuroscience by The University of Hong Kong. He is an Assistant Dean (Teaching & Learning) of the LKS Faculty of Medicine and serves as Honorary Consultant Neurosurgeon at the Queen Mary Hospital, Hong Kong. His research interest includes endoscopic skull base surgery and molecular biology of brain tumours.

Professor HUNG F.N. Ivan 孔繁毅教授 (1989), was presented the Ru Chien and Helen Lieh Professorship in Health Science Pedagogy by the University of Hong Kong. He is currently Clinical Professor and Assistant Dean (Clinical Curriculum & Assessment) of the LKS Faculty of Medicine, an academic gastroenterologist as well as an infectious diseases physician. His research interest includes vaccinology and novel treatment for influenza and hepatitis B viruses.



OUR NEXT GENERATION

Daniel Tang 鄧峻樺 (2003) and Moly Mo are pleased to announce the arrival of their son, Nathan Tang 鄧卓溢 on 10 November 2017.



20 December 2018

Thursday, 7:30pm | St. John's Cathedral

4-8 Garden Road, Central | Free admission | Tea reception 7pm Li Hall



St. Paul's Co-educational College Alumni Choir

IN MEMORY OF MRS M. M. KENNEDY, FORMER TEACHER OF SPCC

It is deep sadness that we announce the passing away of Mrs Kennedy, former teacher of St. Paul's Co-educational College, on 19 May 2018 in Gold Coast, Queensland, Australia. Our prayers are with her family.



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.

歡迎加入校友會「永久會員」行列

由 2018 年 3 月 21 日至 2018 年 9 月 20 日止共十六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）：

1997 傅啟盛	2006 何曉瑩	許澤華 鄭雅詩 謝德愛
1998 程亢生	2008 黎銳敏	2020 張曉嵐
2000 李恩怡	2013 陳藹霖	2024 朱澄彥
2003 康明雋	2018 丁尉殷 李芷愷 金睿	2028 鄧婷之

郵件無法投遞校友芳名

1933 李美婷	1993 梁日勝	陳鈞煒 賴欣琴
1960 黎瑞堯	1994 吳峻傑 陳子賢 馮穎芳	2006 鄒卓君
1970 唐建生	1995 黃芝蘭	2007 關柏濠
1971 謝璐莉	1996 林明翰 盧毅芝	2008 伍詠欣 李芷樂
1975 龐寶林	1997 吳容儒 黃晶晶	2009 林芳而 高芷洵
1978 葉慧莊	1998 洪瀚林 鄭家鴻	2010 唐昕蓓 陳嘉熙
1980 杜聯基 柯少岩	1999 李焯如 崔浩洋	2013 陳彥兆 顏子寧
1981 黃浩翔	2000 李文恩	2015 宋章綸 張萃翎 梅暉澄
1982 何允元	2001 馬徽 陳穎琪 謝倩玲	盧靜安
1987 盧志安	2002 霍聰輝	2016 何峻瑋 沈昭貞 張婧怡
1988 任廣志 周芷瑩	2003 關軻盈	張凱晴 梁海銘 陳璟峯
1989 周煒豪 曾志耀	2004 陳卓賢 劉卓昕	蔡晨望
1991 吳偉軒 奚永忻 陳元亨	2005 吳進基 唐文略 郭敬熙	2017 王芊蔚 吳思潼



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

