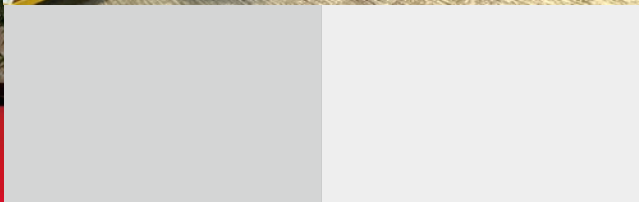
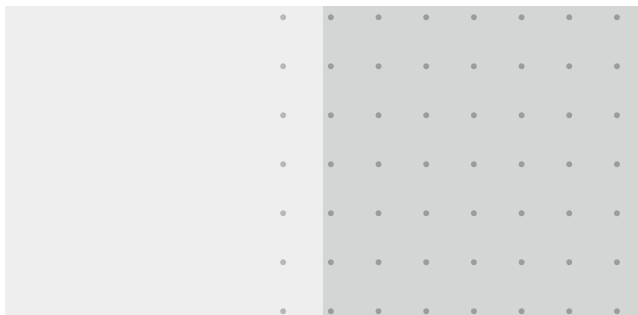




聖保羅男女中學校友會  
ST. PAUL'S  
CO-EDUCATIONAL COLLEGE  
ALUMNI ASSOCIATION



# 信愛展望

二零二四年四月 • APR 2024

校友會樂施毅行者 2023 專輯

The SPCCAA Annual Dinner 2023 – The Great Gatsby

校友會龍舟隊「保羅暴龍」隊伍專輯

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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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## Submission deadline

March issue – 15 January  
September issue – 15 July

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## Editorial Sub-committee

Chairperson: Jacqueline Sitt (2001)  
Editor-in-chief (Chinese): Jacqueline Sitt (2001)  
Editor-in-chief (English): Winnie Leung SY (2002)

Editors: Bruce Wan (2007), Nicola Lai (2001)  
Publishing: Helena Hui (1987)  
IT Support: Wilfred Wong (1989)

Homepage address: [www.spccaa.org](http://www.spccaa.org)

# CHAIRMAN'S MESSAGE

Dear fellow alumni,

Sports have always been a great unifier, and connecting through sports allows us to break away from our daily routines and engage in a shared activity that promotes teamwork, camaraderie and mutual support. It gives us an opportunity to challenge ourselves and experience the thrill of overcoming obstacles as a team. All these are essential skills in our personal and professional lives.

This issue of the Newsletter features the Oxfam Trailwalker 2023 in which SPCCAA had sent two teams to participate. The Trailwalker is a renowned fundraising and endurance event that requires teams of four individuals to complete the 100-kilometer Hong Kong Maclehoose Trail within 48 hours. It tests not only our physical stamina but also mental strength and teamwork.

Three cheers for our two teams of fantastic trailwalkers who completed the race successfully! It is a testament to their endurance, unwavering determination and personal growth. Meanwhile, they could not have done it without the dedicated support team of over 30 members, giving warm encouragement and providing nourishments at the checkpoints. Many supported and walked alongside the teams during nighttime to motivate them and keep them awake. This event holds a special place in my heart as I was on the support team as well, supporting at three checkpoints for a total of 12 hours. The whole experience was an incredible bonding time reconnecting with fellow alumni while building trust, coordination and effective communication. Not only did we relive the memories of our old days at SPCC, but it also reminded us of the power of determination, resilience and the strong bond that our alumni share.

Looking ahead, I would like to invite you to attend our popular Spring Dinner in April and our much anticipated Alumni Choir concert in May 2024. The theme of the concert is "Initium Novum" which in Latin means "new beginnings". It is a fitting theme as it symbolises a fresh start in our musical journey – as our last concert was before COVID-19 in 2019. It is our great pleasure to have the SPCC Symphony Orchestra, SPCC Camerata String Orchestra and the Alumni Children's Choir as guest performers.

I look forward to seeing you in our upcoming events and activities.

Winnie Leung 梁詠詩 (1985)  
Chairman  
SPCC Alumni Association



SPCCAA Facebook



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# EXECUTIVE COMMITTEE FOR 2024



<b>CHAIRMAN</b>	: LEUNG Wing Ci Winnie	梁詠詩 (1985)		
<b>VICE-CHAIRMEN</b>	: LEUNG Sing Wing Vincent	梁成永 (1994)	SO Ho Ching Paul	蘇浩程 (1990)
<b>HON SECRETARY</b>	: SITT Ching Man Jacqueline	薛靜雯 (2001)		
<b>HON TREASURER</b>	: PANG Tsun Loy Michael	彭準來 (1964)		
<b>ADVISORY PANEL</b>	: CHOW Kun Chee Roland	周近智 (1955)	MAK Hoi Hung Michael	麥海雄 (1963)
	LEONG Wang To Philip	梁弘道 (1965)	TSOI Hak Kong Herbert	蔡克剛 (1968)
	MA Ching Nam	馬清楠 (1969)	CHENG Yan Ying Grace	鄭恩瑩 (1976)
<b>SUB-COMMITTEES</b>				
Alumni Choir	: SO Ho Ching Paul	蘇浩程 (1990) *		
Class Co-ordinators' Programme	: YANG Hoi Ti Heidi	楊凱蒂 (1987) *	HUNG Viola	洪愛恩 (1983)
	LEE Gabriel	李嘉豪 (1996)		
College Council	: CHOW Yan Wai Michelle	周恩惠 (1986)		
Communications	: WONG Tye Loy Wilfred	黃泰來 (1989)		
Community Service	: MA Caroline Kar Yiu	馬家柔 (1985) *	MAN Ka Ho Donald	文嘉豪 (1994)
	SITT Ching Man Jacqueline	薛靜雯 (2001)		
Database	: HUNG Viola	洪愛恩 (1983) *	WONG Tye Loy Wilfred	黃泰來 (1989)
Editorial				
• Editorial	: SITT Ching Man Jacqueline	薛靜雯 (2001) *	WAN Ho Yin Bruce	溫浩言 (2007)
Finance				
• Investment	: SO Ho Ching Paul	蘇浩程 (1990) *	WU Shang Tun Mason	伍尚敦 (1996)
• Treasurer	: PANG Tsun Loy Michael	彭準來 (1964) *	WU Shang Tun Mason	伍尚敦 (1996)



Fund Raising Liaison	: LEUNG Sing Wing Vincent	梁成永 (1994) *	MA Caroline Kar Yiu	馬家柔 (1985)
Governance	: LEUNG Sing Wing Vincent	梁成永 (1994) *	KWOK Wing Chung Ronald	郭永聰 (1992)
	MAN Ka Ho Donald	文嘉豪 (1994)		
Management	: LEUNG Wing Ci Winnie	梁詠詩 (1985)		
Membership Affairs				
• Credit Card	: CHAN Kai On Paul	陳啟安 (1998)		
• Recruitment	: CHAN Kai On Paul	陳啟安 (1998) *	SITT Ching Man Jacqueline	薛靜雯 (2001)
	LEUNG Jason Cheuk Man	梁卓文 (2009)		
• Benefits	: GAW Christina	吳燕安 (1989)		
• Souvenirs	: MA Caroline Kar Yiu	馬家柔 (1985)		
Mentor Programme	: KWOK Wing Chung Ronald	郭永聰 (1992) *	HUNG Fan Ngai Ivan	孔繁毅 (1989) *
Nomination Committee	: LEUNG Wing Ci Winnie	梁詠詩 (1985) *	LEUNG Sing Wing Vincent	梁成永 (1994)
	SO Ho Ching Paul	蘇浩程 (1990)	MA Caroline Kar Yiu	馬家柔 (1985)
	TSOI Hak Kong Herbert	蔡克剛 (1968) ^		
Overseas Liaison	: LEUNG Sing Wing Vincent	梁成永 (1994) *	WONG Tye Loy Wilfred	黃泰來 (1989)
School Liaison (Ex-officio)				
• Primary School	: CHEUNG Wai Shun Katherine	張慧純		
• Secondary School	: POON Siu Chi Frederick	潘紹慈		
Social	: MA Caroline Kar Yiu	馬家柔 (1985) *	LU Hing Kwong Quinton	呂慶光 (1993)
	PONG Sum Yee Samanta	龐心怡 (1994)		
Sports	: LEUNG Sing Wing Vincent	梁成永 (1994) *	SO Ho Ching Paul	蘇浩程 (1990) *
	HUNG Fan Ngai Ivan	孔繁毅 (1989)	LEE Gabriel	李嘉豪 (1996)
	WAN Ho Yin Bruce	溫浩言 (2007)		
Young Alumni	: LEUNG Jason Cheuk Man	梁卓文 (2009) *	WAN Ho Yin Bruce	溫浩言 (2007) *
Members-at-large	: LEE Chien	利乾 (1970)	LI Ka Fai David	李家暉 (1973)

\*denotes chairperson / co-chairperson

^member who is not an Executive Committee member and nominated by the Chairpersons and approved by the Executive Committee

# FORTHCOMING EVENTS

<b>7 April</b>	<b>SPCCAA DRAGON BOAT TEAM 2024</b> Date: Training starting from Sunday, 7 April until September 2024 Time: 10:00am to 12:00pm (every Sunday) Venue: Tseung Kwan O Sports Ground, Hong Kong
<b>5 May</b>	<b>ALUMNI CHOIR "INITIUM NOVUM" CONCERT</b> Date: Sunday, 5 May 2024 Time: 4:00pm Venue: The Hong Kong Jockey Club Amphitheatre, The Hong Kong Academy for Performing Arts, Wan Chai, Hong Kong
<b>8 June</b>	<b>BADMINTON TOURNAMENT</b> Date: Saturday, 8 June 2024 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
<b>25 June</b>	<b>Summer Gathering 2024</b> Date: Tuesday, 25 June 2024 Time: TBC Venue: Wang Koo Yik Chun Grand Hall, St. Paul's Co-educational College Primary School, 11 Nam Fung Path, Wong Chuk Hang, Hong Kong
<b>11 October</b>	<b>ANNUAL DINNER 2024</b> Date: Friday, 11 October 2024 Time: 6:00pm Cocktail, 7:00pm Dinner Venue: Grand Ballroom, The Conrad Hong Kong, Pacific Place, 88 Queensway, Hong Kong
<b>10 November</b>	<b>2024/2025 WALKATHON</b> Date: Sunday, 10 November 2024 Venue: Morning Trail, The Peak, Hong Kong
<b>7 December</b>	<b>ALUMNI HOMECOMING DAY</b> Date: Saturday, 7 December 2024 Venue: St. Paul's Co-educational College, 33 MacDonnell Road, Hong Kong
<b>17 December</b>	<b>CAROL SERVICE 2024</b> Date: Tuesday, 17 December 2024 Time: 7:30pm Service Venue: St John's Cathedral, 4-8 Garden Road, Hong Kong

*Please visit our website [www.spccaa.org](http://www.spccaa.org) for more details.*



## 校友會樂施毅行者2023專輯

校友會於去年11月第三次組隊出戰毅行者(The Trailwalker)，這是繼2018年及2019年後，最大規模的一次。我們一共組成了兩隊參賽，並建立了一支完善、強大的支援隊(「Support Team」)——當中更有不少校友同為龍舟隊及跑步隊的成員！最後，兩隊毅行者都順利完成總長一百公里的賽事，攀越麥理浩徑二十三個山嶺，包括最高的大帽山，總攀升約四千八百三十米！我們都為他們感到很自豪。

而支援隊的「應援活動」亦逐漸成形，成為毅行者活動的另一重點項目。支援隊對隊員體能上的要求並不高，一眾「運動素人」也可以放心參與並享受其中。

今期《信愛展望》的專題報導，邀請到兩隊毅行者以及支援者分享他們的心聲，讓讀者一同感受他們的激情和青春熱血！有興趣加入團隊的校友，2024年見！

以下為兩隊參賽的校友（以及於訓練期間因受傷而被迫退出的隊友）和支援隊名單：

### Team A (No. 204)

隊長 Alan Tang (1990)  
Tess Tam (2015)  
Agnes Yip (2015)  
受傷隊員：  
Matthew Lee (2000)  
Janet Lam (2013)

### Team B (No. 804)

隊長 Chiko Chan (1997)  
Bruce Wan (2007) (校友會執委)  
Jacqui Lee (2014)  
受傷隊員：  
Ricky Wong (2008)

### 支援隊(物流、物資支援及陪行)

隊長 Gabriel Lee (1996) (校友會執委)  
Winnie Leung (1985) (校友會主席)  
Vincent Leung (1994) (校友會副主席)  
Jacqueline Sitt (2001) (校友會秘書)  
Suzette Foo (1992)  
Carrie Tang (1994)  
Tim Cheng (1995)  
Ray Wong (1996)  
Arnold Young (1996)  
Edmond Chau (1998) (起步及陪行)  
Bryan Ho (2004)  
Jessica Lam (2004)  
Beverly Seeto (2004) (陪行)  
Alex Ku (2007) (陪行)  
Elaine Chan (2008) (陪行)  
Julian Pang (2009) (物理治療支援+陪行)  
Michelle Tsang (2012) (陪行)

Tasha Chung (2012) (陪行)  
Zenith Chung (2013) (陪行)  
Kelly Chan (2014) (陪行)  
Phoenix Chiu (2014) (陪行)  
Miranda Lui (2015)  
Frankie Lam (2018)  
Vindy Chan (2019)  
Natalie Yu (2019)  
龍舟隊教練德哥  
龍舟隊舵手 Elaine  
龍舟隊舵手熊爺

是次毅行路線：



資料來源：《樂施毅行者手冊2023》毅行路線。



Team A 毅行者 (左起)：Agnes、隊長Alan和 Tess。

## Team A 隊長的話



鄧嘉林 Alan (1990)

我非常高興可以再次為校友會出戰 2023 年毅行者。當然，完成一百公里的賽事除了需要體力，更需要毅力和不輕易放棄的決心。之前幾個月的訓練也是如此，世上沒有奇蹟，只有累積。如果沒有恆心鍛鍊體能，就無法好好準備。

其中，有幾位隊員在訓練期間受傷，分別是林天淇 Janet (2013) 和李文輝 Matthew (2000)，所以不能參加比賽。很高興他們已經康復，希望未來能夠再次與他們一同參賽。

另外，一定要提及的是校友隊的支援隊伍，沒有他們，比賽會變得非常艱辛。在每個檢查站，我們都看到他們為我們帶來食物和水，真的非常感動。他們早早就買好東西，準備好爐火，煮好食物，等待著我們，讓我們一到達就能進食。在寒冷的夜晚，他們送上熱騰騰的肥牛烏冬，讓我們能立刻補充體力，完全感受到聖保羅人這個大家庭的溫暖、能量和愛。

在此再次衷心感謝校友會和各位同學的支持。





## Team A 隊員心聲



譚芊睿 Tess (2015)

五年前一個初秋的清晨，我正在社區診所見習，校友會跑步隊隊長陳智高 Chi Ko (1997) 邀請我參加毅行者，我當下沒想太多便答應了——由看到訊息到接受挑戰，前後不過是休息期間的幾分鐘。醫學五年級原是參加毅行者的「最佳時機」——因為學業壓力不算大，每個周末花一天練山也不成問題。當年曾讓我沾沾自喜的事情之一，就是考試前兩日，通宵走完超過五十公里的「雙坳訓練」，然後在「穿褲子都有困難」的狀態下順利通過考試。

可惜最好的時機碰上了最壞的時代，2019年毅行者因社會事件而取消，校友會本來浩浩蕩蕩的三隊毅行者和陣容鼎盛的支援隊刹那沉寂起來，女子隊原定的支援隊隊長亦輾轉移民彼邦……五年間風雲變幻，聚散匆匆，每當想起未竟之志，失之交臂，心裏面隱隱然捲出一絲唏噓；像退潮後的浮浪一步步遠去，只賸下一片荒涼的沙灘。

龍應台說：大學畢業以後，就會揹上各種責任，有無盡的繩索把你套住，「這一套就是一輩子」。五載間雲漢決決，我從醫學院畢業，離開象牙塔而投身社會，經歷實習、求職、轉科，度過許多徹夜無眠的晚上，還有無數懷疑自己的時刻；社會裏的無情與有情，好些印在沙上，好些鑄於石頭，都在我生命中留下了或深或淺的痕跡；我雖然仍時常陷入某種深邃而感到迷茫，但心境早已有別於昨日那個狂狷的少年。世事紛擾，有若滾滾紅塵，我終日汲汲營營，彷彿失去了許多人間的快樂，但同時也好像逐漸積累起處世應有的態度。與其斟酌所謂「最佳時機」，千算萬算，倒不如放手一搏，給自己一個機會。於是心中對毅行躍躍欲試的一團火，又重新燃點起來。

毅行如人生，無論是準備的過程，還是一百公里期間的挑戰，都隨時有機會出現計劃以外的變化。先是李文輝 Matthew (2000) 在9月遭逢大病，後來林天淇 Janet (2013) 亦在一次夜行中受傷骨折；幸得周樹仁 Edmond (1998) 仗義幫忙，陪行開首及通宵路段，鄧嘉林 Alan (1990)、葉沛晞 Agnes (2015) 和我，就這樣湊合湊合，帶着受傷隊友的精神，一同踏上這趟征途。固然同樣是走一百公里，但各人的身體反應卻可以差天共地：起水泡、皮膚磨損、肌肉酸痛和抽筋……長距離之下浮現出林林總總的狀況，如人飲水，冷暖自知。我們仨的性格、速度不盡相同；各有事忙之下，甚至沒有在賽前同場練習過；最後能夠順利完賽，全賴大家一路上互相包容和鼓勵，共同進退。面對各種未知之數，山壑間陰晴雨霧，變幻難料；憑藉隊友間的信任，我心底反而懷有一份坦然和篤定，如破曉後雲霧散聚，天光雲影，天地間你一啄我一飲，一切自有解答。

毅行之精粹在於團隊，正所謂一個人行得快，一群人行得遠。如果沒有支援隊全心全意、通宵達旦為我們打點所有細節，照顧路上的「衣食住行」，我們的毅行夢不可能成真。每次在檢查點看到師兄弟姊妹熟悉的臉孔，我們都精神為之一振！他們幹練地遞上食物和飲品，彈指間已經替我們換水、充電，動作如行云流水，乾脆俐落；看着他們無私付出的身影，我心中至今仍載着滿滿的窩心和感動。師兄弟姊妹跨越數十載的友誼和信任，緣於聖保羅人之間一份幽微的、難以言喻的獨特情懷。水滾裏暖烘烘的魚蛋粉，獅子亭上炊煙裊裊的火鍋，還有陪行時的喧嘩笑語，傾傾叮叮灑灑變徑，凝聚成一份深遠悠長的記憶，如泉水般凜然甘美——謝謝聖保羅毅行隊，給我一季燦爛懷想。





Team A @Checkpoint 3 水浪窩晚餐。



Team A @Checkpoint 1 小休。



## 葉沛晞 Agnes (2015)

回想起毅行比賽當天，當我於第一段出發時感到緊張，我不禁懷疑自己是否擁有足夠的心理和生理素質來完成這項挑戰。我回頭看着隊長鄧嘉林 Alan (1990)，他臉上帶着微笑，與老朋友聊天，彷彿這只是一個平常的訓練日。

我們很快就到達了浪茄，我想起了李津淇 Jacqui (2014)、譚芊睿 Tess (2015) 和林天淇 Janet (2013)，以及我們一起走過的那些我們認為最美麗的變理浩徑段落，還有我們一起分享的午餐肉麵。當我走上雞公山的斜坡時，我又想起了陳智高 Chi Ko (1997) 和林天淇 Janet (2013)，他們在 2018 年邀請我參加第三段的遠足訓練，當時我還不知道這是許多毅行者比賽練習的開始呢，但眼前這些樓梯肯定沒有我記憶中那麼陡峭！

我們很快就朝着獅子亭前進，陪行的林凱誼 Jessica (2004) 一如既往地充滿活力地鼓勵大家：「如果可以的話，大家可以提速慢跑下坡，前方有一頓美食在等着大家呢！」當我們到達獅子亭時，見到校友會主席梁詠詩 Winnie (1985)、支援隊隊長李嘉豪 Gabriel (1996) 以及一大群支援團隊成員，已為我們準備了豐盛的食物來充飢，非常感謝大家的支持。這幾年來聚集在獅子亭的聖保羅支援團隊成員越來越多，讓現場充滿了熱鬧和溫暖的笑容，讓我們頓時不再感到寒冷。我還記得去年李文輝 Matthew (2000) 就是不得不在這裏處理他足部的水泡；我們檢查了一下腳，幸好到目前為止都還好。





隨着夜幕低垂，我們一行人跟着陪行的周樹仁 Edmond（1998）的節奏前往城門水塘，然後再邁步往針山和草山走去。右邊我看到一棵樹，那是我們在悶熱的夏日時休息乘涼的地方。諷刺的是，當我們走向大帽山時，寒風刺骨的強風才是更具挑戰性。去年，當我們走到大帽山遊客中心茶水亭這個斜坡底部時已經不停顫抖；這一次，我們準備得更充足了，感覺指尖和鼻子已經離終點只有半馬拉松的距離！

當我們走完第九段和第十段時，我的腦海突然一片空白。我之前走過這一段路嗎？為甚麼這個轉彎看起來和上一個一模一樣？然後，我終於聽到「快到了！」與李文輝 Matthew（2000）、呂樂希 Miranda（2015）和喻敏鷗 Natalie（2019）的交談讓我保持清醒，很快，我們終於到達終點了。

作為本年樂施毅行者的一名參賽者，我走完整條麥理浩徑的過程就像是與聖保羅人一起重溫及復刻往日的美好回憶一樣。我非常感激這個機會，也衷心感謝每一位支援團隊成員在途中為我們加油打氣！







Team B 毅行者 (左起)：隊長Chiko、Jacqui和Bruce。

Team B 和陪行「主力」Michelle (右一)。

## Team B 隊長的話



陳智高 Chi Ko (1997)

### 「一次就夠，我唔會再行第二次！」

這是很多年前我首次參加毅行者後對自己說的話，也是很多人完成毅行者後的感想。無論參賽者具備何種體能和經驗，即使只是簡單地四個人一起完成比賽，這也可能是遙不可及的目標。但當四個人一同踏過終點線，身體上所有的痛楚都被拋諸腦後，回想起山上的友情歲月、經歷過的高溫鍛鍊和辛苦付出，這一刻衝線時，你擁抱着支持者對你的歡呼和尊敬，同時獲得了毅行者的稱號，也感受到這個身份背後所承載的重量，這就是毅行者的魔力。

### 四個人/八條腿一條心

變理浩徑不變，賽例不變，每次參加我都懷着興奮和戰戰兢兢的初心，新鮮感從不缺。對於我來說，毅行不僅僅是一百公里的路程，而是一個持續半年時間的訓練和比賽過程。毅行的訓練需要隊友之間日常生活中的行為配合，再加上毅力的堅持，隊友之間互相照顧、扶持和體諒，以及共同進退的一顆心，從組隊的那一刻便開始連結。四個人一起經歷高低潮，這種經歷是無法模擬的，只有親身經歷過才會明白，你和隊友「一切在心中」。

### 沒有對手，敵人是自己的信心和堅持

隊友們的毅力和堅持令我無比敬佩。比賽過程中，雖然李津淇 Jacqui (2014) 於比賽中段體力透支，但絲毫沒有放棄的心，她只能用雙杖支撐着疲憊的身體一路向前。看着她堅定的眼神，我知道她一定能堅持到終點。溫浩言 Bruce (2007) 一直擔心在比賽途中被「睡魔來襲」，最後竟然歷時三十小時沒有睡覺，他靠的只是對自己能夠完成目標的信心。無論路有多遠，山有多高，我們都靠自己一步一步地走過來。

### 毅行者快不過最慢的隊友

毅行者是人際關係的試驗場。有些人組隊參加毅行，但在比賽前或途中發生爭執等大小糾紛，結果在完成比賽後甚至連友誼都失去了。然而，對於毅行者來說，最重要的是四個人一起共同經歷，快樂地完成比賽，而





時間的快慢只是次要，我們應該珍惜那些能夠和我們一起平安完成一百公里的隊友。你或許會認為是自己放慢了腳步來迎合隊友，但事實上，隊友的穩定步速有助你節省體力，避免在比賽的最後階段因為傷痛而無法繼續。能夠完整地整個比賽當然是一種錦上添花，但即使未能如願，也不需要有太多遺憾。對我來說，幸好通過毅行者，我有機會認識許多不同年代的隊友，其中所有美麗的友誼和回憶，比起完成比賽所用的時間更難能可貴。

在此，特別感謝我的隊友溫浩言 Bruce（2007）、李津淇 Jacqui（2014）和黃家祺 Ricky（2008），少了誰都不行，非常榮幸成為「0804 Les Goh 隊」的一份子。同時，也要感謝支援隊統籌李嘉豪 Gabriel（1996）以及所有在途中為我們提供支援的校友和親友。在山上我們全力奮戰，而他們在山間抵禦寒風，始終不離不棄，只因為純粹地為我們感到驕傲。支援隊真的非常重要，他們不僅能在裝備和食物方面給予補給，讓我們每到一個支援點都感到幸福，不想離開，更重要的是他們能幫助我們重新點燃熾熱的戰鬥精神。我還要特別感謝「0804 Les Goh 隊」的專屬教練和空中加油員曾瑋亭 Michelle（2012），她陪伴我們走過了超過一半的路程，並給予我們不停的支援。沒有他們每一位校友以無私的團隊精神奉獻溫暖和愛心，我們絕對無法完成這次挑戰。

一百公里毫不容易，但其實沒有想像中難若登天。也許雙坳很難（雙坳指由北潭坳至荃錦坳，共五十四公里路，總垂直爬升三千二百米，是一個操練毅行的流行指標），但難不過踏出嘗試挑戰毅行的第一步。校友曾經過數年毅行活動的磨合，建立了一支非常團結及專業的毅行者團隊，只要你懷有哪怕只是一點想挑戰突破自己的勇氣，我們團隊會竭盡所能陪伴你完成一百公里的目標，讓你自豪地擁有「毅行者 The Trailwalker」的身份。

樂施毅行者 2024 見！



「豪華支援」：獅子亭上的宵夜火鍋！

## Team B 隊員心聲



溫浩言 Bruce (2007)

還記得當年我還是一個聖保羅小五學生的時候，我隨全級同學一起參與了一個非常難忘的五天外展訓練計劃。小小年紀的我們每天背負着沉重的背包翻山越嶺及進行野外定向等訓練，過程真是一項不容易的挑戰。訓練結束後，我的父母蒞臨外展訓練學校出席了我們的訓練畢業典禮，當時他們簡單的問候就讓我忍不住流下了淚水。我心裏想着，為甚麼他們都問我「會否再來一次？」這個體能訓練本來就是相當艱辛的啊，我才不要再參加這類戶外訓練呢！長大後，因緣際會之下我開始參與長跑和越野跑等活動，逐漸體會到翻山越嶺的樂趣。這些戶外訓練漸漸深深吸引了我，更成為了我由衷感興趣的領域。

直至近年的樂施毅行者比賽，我亦有成為支援隊志願者之一去見證校友隊完成壯舉。然而，這場比賽在我的心中就像一座不可逾越的高山一樣，我從未曾考慮或有任何動力去報名成為樂施毅行者比賽的參賽者。直到去年中，毅行隊隊長陳智高 Chi Ko（1997）鼓勵並邀請了我、李津淇 Jacqui（2014）和黃家祺 Ricky（2008）三位龍舟隊隊友參加比賽，我們終於下定決心要一起並肩征服橫跨一百公里的山峰。

為了把握時間鍛鍊體能及訓練配速，我們一行四人以及支援我們的校友們幾乎從報名比賽到比賽前一周每周都見面。雖然每次訓練都幾乎耗上一整天的時間，但我們似乎永遠有無窮的話題可談，當我們一起訓練時，彷彿也有源源不斷的能量湧現。現在賽後回想，訓練時的各種難忘時刻依然歷歷在目，例如：我們於達強風的情況下兩登柏架山；狂風暴雨下好景不常，雙腳鞋底剝離的情況下跑落山；在體感近四十度的高溫下耗盡身上食水，然後使用濾水器飲用山水；以及在毛毛細雨下蹲坐基維爾營的路邊享用韓式炸雞和魚腐湯麵等。





Team B @Checkpoint °



練習日常。



Team B @Checkpoint 3 水浪窩晚餐後與陪行隊伍整裝出發。



Team B「Full Team」衝線一刻。

樂施毅行者比賽當天，我們精神抖擻地於起點準備物資、拉筋及留影，雖然我們於賽前還未曾連續進行超過五十公里的訓練，但此時的我們深信比賽已在我們心中變成一座必能征服的高山，同時，我們亦背負着校友會支援隊志願者對我們務必盡力完成壯舉的期望。隨着起步槍聲響起，各隊伍振臂歡呼，我們一行人亦浩浩蕩蕩正式出發！比賽路線從西貢北潭涌度假營開始，從萬宜水庫經西灣，一路上起伏不算多。當我們走到赤徑，得知校友會主席梁詠詩 Winnie (1985) 帶領着支援隊伍於北潭坳檢查點等待時，我們馬不停蹄地提速。好不容易我們終於趕至北潭坳，支援隊伍立刻無微不至地為我們添加各類補充品，為我們「走雙坳」前打了一支強心針。補給過後，我們開始踏上雞公山的征途，由於路上都是無盡的樓梯，而且此時我們已走了三十多公里，我們開始漸露疲態，速度亦有所放緩。我們到達水浪窩的檢查點時已夜幕低垂，支援隊伍再次為我們打氣及送上晚餐，隨行隊伍亦加入與我們一起踏上基維爾營。這段路是整個比賽其中一個最艱辛的路程，這是因為走上飛鵝山的路較窄而路況較多起伏，氣溫同時亦開始驟降，這時的我每一秒都是想着基維爾營檢查站的宵夜而堅持下去的。

離開基維爾後，我們邁步向獅子亭出發，這裏標誌着比賽的一半路程，並有着「豪華陣容」的志願者團隊及豐富火鍋等着我們呢！感激二十位校友及校友會龍舟隊教練團隊的支持和悉心照顧，及特別鳴謝支援隊隊長李嘉豪 Gabriel (1996) 的細心安排，在凌晨時分不眠不休地為我們打氣，我們多人浩浩蕩蕩地一起走到筆架山。出發至九龍水塘前，我們先行與支援隊伍道別，特別鳴謝曾瑋亭 Michelle (2012) 繼續留守，陪伴我們繼續征服「針草帽」——賽程最艱辛的一段路。這段旅程的困難不僅僅在於攀越眾多高山，我們還要克服傷患、睡眠不足和能量不足的困境，需要堅定的意志和毅力來克服。我們一行人在早上七時終於登上針山山頂，這一刻的風光明媚是比賽中最美的風景。完成八十公里的路程後，我們於大帽山郊野公園茶水亭會合支援隊伍，謝謝大家為我們提供暖暖的早餐和滿滿的歡樂氣氛。稍事休息後，我們和另一批隨行隊伍一起向終點進發。

最後，我們從海天一色走到萬家燈火，再從旭日初升走至日上三竿，隨着每一步的前進，我們看到了期待已久的毅行夢想即將實現，這真是一種苦盡甘來的感覺。我深信如果沒有隊友的互相扶持和眾多校友的支援，我可能無法克服種種困難，完成整個一百公里的變理浩徑旅程。毅行者比賽既是一個磨練意志的個人修為訓練，同時也是一項體現團隊合作的活動。再次衷心感謝我的隊友、親友以及每一位聖保羅人對我們的支持！





## 李津淇 Jacqui (2014)

小時候聽爸爸分享他參加毅行者的經歷，令我嘖嘖稱奇，夢想將來也擁有自己的毅行故事。因緣際會之下，我加入了今年聖保羅的毅行者隊伍。雖然我有行山的習慣，但要一次完成一百公里的挑戰，我仍然沒太大的信心。

隨着比賽日期的逼近，我的心情越來越忐忑不安。我自己的狀態並不好，而且還有隊友受傷，重複的訓練讓我不禁反思參加毅行者的初衷。回想起一段時間前經歷的低潮，是山林讓我沉澱下來，重拾了衝勁。原來，當你真正熱愛一件事，你就會堅持到底，勇往直前。

一百公里的路程非常漫長，我的步速並不快，但慶幸有隊友的包容和鼓勵，讓我捱過了睡魔，克服了肌肉疲勞和腳掌水泡所帶來的強烈痛楚。我們一行人從北潭涌起步，攀越西灣山、馬鞍山、大帽山等一座又一座的山峰；從正午一直走到天黑，然後迎來了針山山頭的晨曦，一直走到最後在屯門看到日落，這是無數疲憊但充滿熱情的時刻。這次的經歷讓我深深體會到，一個人可以走得很快，但是一群人可以走得更遠。我們能夠取得這次的成就，全賴聖保羅龍舟隊和毅行支援隊全程不遺餘力的支持。

山路崎嶇，前進的過程中難免會感到氣餒和想要退縮，但只要堅持下去，一旦攀登到山頂，又會看到另一番廣闊的風景，這讓我領悟到人經得起歷練才能獲得更多。我衷心感謝聖保羅和毅行者，讓我重新認識自己，成為一個更加堅毅的人。



受傷隊員 (左起) : Team A Matthew、Team A Janet 及 Team B Ricky。



## 黃家祺 Ricky (2008)

由於我不幸在比賽前夕操練發生意外，暫時未能與三名隊員共同挑戰整場百里盛事，氣餒在所難免，但也感恩在這段傷患期間得到戰友的扶持，以及各方的安慰和鼓勵。路不是一個人走的，我們並肩攀山越嶺，沿途還有陣容鼎盛的支援隊，再難行的山路，也可以一起咬着牙關闖過去。山永遠都在，相信日後我們還會有更多機會可以共同作戰！未來見！



## SPCCAA 毅行者支援隊 2023——隊長的話



李嘉豪 (1996)

SPCCAA 毅行者支援隊，We are the best !

在今年年初，Alan 和 CK 找到了我，告訴我們今年校友會將派出兩隊參加毅行者。回想起 2019 年，我們曾經派出過三隊，那時為了支援隊的安排，我們確實頭痛不已。因為當一支隊伍參賽時，支援隊相對來說比較容易安排，遇到突發情況也可以靈活應變。但是，當有多個隊伍參賽時，整個流程就變得非常複雜，也會有很多不同的變數需要考慮。最後由於賽事取消，這個支援三隊的計劃，沒有付諸實行。

來到了 2023 年，通過我們自 2018 年以來的經驗，我們已經聚集了一支充滿熱情和經驗的支援隊伍。這次，我們也迎來了許多新成員，我們要特別感謝 Bruce 的參與，還有龍舟隊的隊友們，他們都熱情洋溢地加入了毅行者支援隊。所以，雖然這次的任務依然需要我們從頭到尾全程參與，但感覺比 2018 年首次參賽要輕鬆許多。我們把這個支援隊比喻為一片開放的樹葉，即使未來有更多的隊伍參與，我們都能夠應對自如。

再次恭喜所有參與的隊員完成了一百公里的賽程，無論支援隊多麼辛苦，都無法與真正參賽的隊員相比，他們才是真正付出努力的人。

在將來的比賽中，我們將繼續努力，為校友會的毅行者隊伍提供最佳支援，讓每一位參賽者都能夠充分發揮自己的潛力。我們相信，有了我們這支強大的支援隊伍，聖保羅校友會的毅行者隊伍一定能夠取得更輝煌的成績！



Team B 和深夜陪行團隊。





## 支援隊隊員心聲



鍾健靈 Zenith (2013)

樂施毅行者活動於去年11月下旬舉行，聖保羅校友會今年亦組成了兩隊參加。因為參加者中有我在校友會活動認識的朋友，在正式活動前的數個月，我已於社交媒體中，看見他們每星期為毅行練習。抱着好奇的心態，我答應了參加支援隊，協助他們完成旅程。

整個路線沿途設有數個檢測站（Checkpoints），我們要在檢測站準備食物、替換的衣服、充電器等。在毅行者到達後，便為他們準備接下來路程需要的東西，他們則稍作休息。

除了物資的需要，支援隊亦有「陪行」隊伍。在凌晨二時，我也在漆黑中摸著頭燈陪行了一小段路。大部分參加者在開賽後的十多小時，早已沒有力氣再說話。靠我們這些新加入的支援隊，一邊走著一邊談起日常生活的瑣碎事情，刻意地打擾了山裏的寧靜，以防止大家一不留神睡着。只是走了一小段的我，到達新的檢測站裏得到熱飲和食物時，也感到莫名的滿足，那時，終於明白了被支援的感受，與支援隊的重要性。

最讓我感到驚訝的是，經過不眠不休的一整天步行，參賽者仍能保持笑容，每次到達休息位置，也會和我們談笑風生，彷彿我們才是需要被鼓勵的一群。當他們發現自己最親密的朋友來支持自己時，總會流露出疲累卻真摯的笑容，深深感受到校友們從求學時期到現在的情誼。

兩天的毅行者支援隊經驗使我受到鼓舞。正如參加毅行者需要訓練，作為支援隊亦需要學習。多謝校友會的安排，讓我能為大家出一分力。希望來年繼續有機會支持各位毅行者挑戰自己！

有意加入我們團隊的校友，請聯絡：[chan\\_chi\\_ko@hotmail.com](mailto:chan_chi_ko@hotmail.com)（毅行者隊長陳智高）  
[gabriel.lee@gmail.com](mailto:gabriel.lee@gmail.com)（支援隊隊長李嘉豪）



## ALUMNI HOMECOMING DAY 2023

After a four-year suspension, the annual Alumni Homecoming Day returned and was held on 2 December 2023. There was a participation of over 400 alumni and their family members from the classes of 1963, 1979, 1984, 1994, 1999, 2004, 2009, 2014 and 2019.



Class of 1963



Class of 1979



Class of 1984





Class of 1994



Class of 2004



Class of 1999



Class of 2009



Class of 2014



Class of 2019





## ALUMNI HOMECOMING DAY 2024

Alumni Homecoming Day 2024 will be held on the afternoon of Saturday, 7 December 2024 at St. Paul's Co-educational College. Classes whose graduating years end in "5" or "0" are welcome to join. Please contact your Class Representatives or the Community Relations Office of the College at (852) 2523 0087 or email [cro@spcc.edu.hk](mailto:cro@spcc.edu.hk) for registration and information.



# SPORTS AT SPCC – TABLE TENNIS TOURNAMENT



Courtyard



Ableboy 85

The Table Tennis Tournament, organised by the College for alumni, was held in January 2024. The results are as follows:

Men's Champion	Courtyard
Men's First Runner-up	Ableboy 85
Men's Second Runner-up	Weird Combination



Weird Combination

The next Sports at SPCC event, the Badminton Tournament, will be held on 8 June 2024. Stay tuned for more details.



## THE SPCCAA ANNUAL DINNER 2023 – THE GREAT GATSBY

Nicola Lai (2001)



It was truly an honour to have been invited by the SPCC Alumni Association to be a part of the Organising Committee of this once annual gathering, after a three-year hiatus due to the global COVID-19 pandemic, that finally took place on 29 October 2023. My heartfelt appreciation towards Chairman Winnie Leung (1985), Caroline Ma (1985), Samanta Pong (1994), Jennifer Ma (1991), Tansy Lau (1990) and Quinton Lu (1993) for taking me under their wings and allowing me to draw upon their depth of experience accumulated from the many years of organising previous annual dinners. Without them, this event would not have happened.







While deciding on the theme at our first meeting, “The Great Gatsby” provided the perfect setting that blended a “roaring” celebration, glamour and sophistication to celebrate the return to life as we remember it and the importance of connecting as a community over the love we all have for our school. Central to our theme was to encourage everyone to come dressed in their favourite 20s outfit, resulting in the addition of a “best dressed” table prize. With no time to spare, beaming with enthusiasm to make up for all the lost time, preparations began for fun games to compliment the thrilling Jazz Age theme, as well as the table and lucky draw prize sponsorships. We had the real pleasure of inviting Jennifer Ma (1998) and Ryan Wong (2002) to take on the roles of Masters of Ceremonies, and thanks to the support of an amazing team of volunteer helpers, the dream team was assembled! Games and dance rehearsals began in June in preparation for an evening to be remembered.



# ALUMNI ASSOCIATION ACTIVITIES



On the actual day of the event, the Organising Committee and helpers arrived at the Conrad Hotel at 1:00pm sharp and seamlessly organised all the prizes, games and dance rehearsals. The entire team was smartly and elegantly dressed in 1920s style, and to our incredible surprise, as the drinks reception began at 6:00pm, the venue was transformed with countless flapper girls and sheiks, creating such a buzz and excitement!

Soon after, lights went out, and the spotlight turned onto our swingin' team of dancers, Brian Lau (1990), Edwin Kwok (1993), Elena Chiu (2006), Evelyn Cheng (2001), Jessica Lam-Wong (1998), Joyce Kwok (1997), May Mok (1991), Paul Yip (1998), Robert Sit (2003) and Wisely Ngai (2004). Under the direction of the very talented choreography by Emily Lu (2015), they delivered a performance of their lifetimes. Chairman Winnie Leung kicked off the night with her welcome speech and the celebration continued.







Singing the School Hymn is one of the great traditions of our annual gatherings, as the lyrics remind us of the core values of our school. We were blessed to have The Very Revd Franklin Lee (Holy Trinity Cathedral), from the School Chaplaincy team, to say grace and officiate the commencement of the dinner. We were so grateful to have the presence of Principal Frederick Poon, Headmistress Katherine Cheung, ex-Principal Henry Poon (1962), ex-Headmistresses Lucilla Leung and Brenda Wu (1981) at the Annual Dinner.

Next came the games that levelled the already electrifying atmosphere of the night. Each table had a beautifully designed "Gatsby Bingo" card. Great concentration, attention to detail and luck were needed, and before long, the first five winning tables emerged and successfully gained a spot in our next round of challenges.





# ALUMNI ASSOCIATION ACTIVITIES



The fundraising team took the stage and gave a presentation on the important technology upgrade that assisted the school in weathering the COVID-19 challenges, as well as the resumption of many of the school activities, which assured us that the donations had been put to good use.

As the main course was served, it was time for the second round of games. Two volunteers from each of the five tables went on stage to take on the "Champagne Glass Stacking Challenge", not only were teamwork and communication critical, but a delicate touch was also needed to avoid any accidents that could result in a crash in the building of the pyramid of cups. Principal Frederick Poon was one of the representatives from the five winning tables and demonstrated his ability to stay calm under pressure! The quickest two tables to complete the challenge went on to the final round of games.







The final "Black Bottom Dance-off" game saw the apex after a competitive round of cup-stacking, as this game involved the entire table, drawing upon their courage, creativity and teamwork to take the honour as the winning table of the night. To give credit to the two finalists, with such limited time to prepare, they each delivered their unique version of the dance impeccably after we showed them a short clip of a fun 1920s black bottom dance. The judges from the Head Table had the hard task of deciding the winning team, who then encored their performance on stage for the audience to cheer on!





# ALUMNI ASSOCIATION ACTIVITIES



Our annual gathering would not be complete without the much-anticipated lucky draw as every year we manage to secure amazing prizes thanks to our generous alumni's support and the hard work of our Organising Committee members. This year was no exception. Prizes included airline tickets, hotel stays, Apple electronic products and more.

I came away from the night astounded by the simple pleasures of relationships and connections, and a deep sense of gratitude for the vital role that SPCCAA plays in catalysing these precious and important gatherings as alumni connected, laughed, reminisced and so much more. It took a global pandemic to remind us not to take these gatherings for granted.

We thank you for your continued support and look forward to seeing you all again at the next Annual Dinner!







#### Organising Committee

Winnie Leung	梁詠詩	Nicola Lai	賴穎熙	Caroline Ma	馬家柔	Samanta Pong	龐心怡
Quinton Lu	呂慶光	Tansy Lau	劉清儀	Jennifer Ma	馬桂菁		

#### Masters of Ceremony

Jennifer Ma	馬賢慧	Ryan Wong	王文揚
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#### Volunteers

Evelyn Cheng	鄭志妍	Jeffrey Cheung	章子豪	Elena Chiu	趙學文	Thomson Choi	蔡亦軒
Kevin Fok	霍智謙	Kevin Koo	顧弘源	Hau-Yee Kotewall	羅李巧兒	Joyce Kwock	郭美嫻
Edwin Kwok	郭永淳	Jessica Lam	林世雯	Brian Lau	劉愉樺	Gabriel Lee	李嘉豪
Emily Lu	呂穎妍	May Mok	莫漪薇	Wisely Ngai	倪智承	Robert Sit	薛正睿
Paul Yip	葉正鴻						



## A TOASTY ROOFTOP CHRISTMAS GATHERING FOR ALUMNI

Estelle Yu (2017)



In the heart of winter's chill, the warmth of shared nostalgia was palpable at the SPCC Alumni Christmas Drinks. On the evening of 20 December 2023, the rooftop bar Faye became a beacon of festive spirit and rekindled connections.

The heartwarming event saw more than 80 alumni spanning various graduating years come together in a celebration that transcended time. It was a splendid occasion marked by hearty laughter and the clinking of glasses, set against the backdrop of a night sky. The crisp air was filled not just with wintry breezes but with the buzz of old friends and new acquaintances sharing stories and reliving cherished memories of their alma mater.







This gathering was the third of its kind last year, and each occasion witnessed a heartening display of support from the alumni community. It's a testament to the strength of the bonds formed within the walls of the school. The sight of alumni from different eras mingling together, exchanging career advice and reminiscing about their school days, embodies the essence of the association's mission: to create a vibrant network of support and to foster connections.

As the night drew to a close, and the city lights twinkled like stars below, it was clear that the alumni of SPCC carry with them not just a shared history, but a shared warmth that no winter can diminish. Looking forward to meeting even more members of our growing family at future events.





## 校友會龍舟隊「保羅暴龍」隊伍專輯



### 隊長的話

溫浩言 Bruce (2007)

自2017年創隊以來，聖保羅男女中學校友會龍舟隊已經成立了七年。較早前受到新冠疫情的影響，龍舟隊的訓練暫停了兩個季度，本年度是我們一起度過的第五個寒暑以及一個重要的里程碑。至今，已有超過百多名校友成員參與了競渡，每年也吸引約四至五十名隊友並肩作戰，校友涵蓋各行各業以及三十餘屆。

隊友們除了於龍舟操練時見面外，龍舟隊的足跡亦滿佈多項校友活動，包括多項跑步比賽、義工活動及校友聯誼酒會等。而最令大家印象深刻的，莫過於在去年底的樂施毅行者比賽中，我們龍舟隊大家庭展現了團隊精神及薪火相傳的一刻。當時，我和幾位龍舟隊的隊友參加了比賽，同時超過三十名隊友及龍舟教練團隊另外組成了聖保羅男女中學校友會的支持隊伍。他們不辭勞苦地支援我們幾位參賽成員，在連續三十小時的比賽中，我們共同完成了創舉。







我們建立龍舟隊的初心，不在於盲目追逐勝利，不在乎一刻的高低，而是無論是在「舟上、舟外」，我們無時無刻都是一團和氣地力求進步，一鼓作氣地迎接各種挑戰。以下是 2023 年度龍舟隊成就小總結：

- 第一次參與五百米賽事
- 第一次由校友代表擔任鼓手
- 第一次於大澳龍舟錦標賽中獲得雙季軍
- 第一次參與端午節正日賽事
- 第一次有逾四十位親友到場支持打氣
- 第一次與龍舟界最頂級隊伍之一對壘，例如分別贏得全場總冠軍及全場總季軍的東莞沙田龍舟隊及亞公角漁民福利會
- 第一次於電視直播中亮相
- 第一次於新聞報道中亮相

如果各位於 2024 年度有意與我們一同在龍舟上乘風破浪，共創更多的「第一次」，歡迎加入龍舟隊的大家庭。我相信明年我們將再次努力，攜手創造出優異的成績，成為聖保羅人中傳承龍舟文化與運動精神的典範！





# ALUMNI ASSOCIATION ACTIVITIES



甘兆祺 Billy (2013)

聖保羅龍舟隊的訓練和比賽已成為我每年夏季的指定活動。每個周末在將軍澳進行練習，我們揮灑汗水，不僅是有益身心的運動，也是和昔日同學、校友聯誼的好機會。

今年的龍舟隊有許多難忘的比賽時刻。在端午節當天，「保羅暴龍」首次參與了位於沙田城門河的賽事。正日比賽的節日氣氛不言而喻，我們有機會出現在電視屏幕上，在兩岸的參賽者和觀眾的掌聲中，與兩岸三地的健兒一較高下，展現平日訓練的成果。

至於在大澳的比賽，有機會跟隊友一起到訪這個香港的景點，彷彿當日和同學參加學校郊遊的心情。可惜早上到達後，天公不作美，刮起了狂風雷暴。看着雷雨從海中心直捲到岸邊，隊員們只好擠擁在帳篷裏避雨，一邊冒着冷風和雨水，一邊擔心比賽因此而取消。所幸的是，風雨來得快，去得也快，比賽很快重新開始，風雨過後大家的熱情不減反增，完成了多個賽事。在慈善賽中，我們更與親子組切磋，看着不足十歲的小朋友與家長一起努力完成比賽，展現了龍舟不分年齡、不分背景的體育精神。

2023年的訓練和比賽圓滿結束，而新一年的訓練即將開始，希望各位校友踴躍參與，一起進步，感受龍舟帶來的樂趣。





# ROSARYHILL SCHOOL OLD STUDENTS ASSOCIATION (RHSOSA) INVITATIONAL TOURNAMENT 2023

Paul So (1990)



The Rosaryhill School Old Students Association (RHSOSA) resumed their Invitational Tournament in August after a long three-year break. Four schools participated including the RHSOSA, King's College Old Boys' Association (KCOBA), Clementi Secondary School Alumni Association (Clementi) and SPCCAA.

The tournament included two events, men's basketball and men's badminton, over three days on 20 August, 17 September and 1 October at the Ap Lei Chau Sports Centre.



The men's badminton team was led by Ned Au 區雋 (1997) and the men's basketball team was led by Gabriel Lee 李嘉豪 (1996) and Alex Cheng 鄭其奧 (1994).

At the 2023 tournament, Clementi was ranked first in the badminton games while RHSOSA was ranked first in the basketball games. They were joint overall winners at this year's tournament. Despite SPCCAA being ranked third in the overall score, it was a lot of fun and excitement for all participants.

## GO GREENER: SHIFTING FROM PRINT TO DIGITAL FOR NEWSLETTER BOOKLETS

Dear Valued Alumni,

In order to save the planet and be environmentally friendly, our Newsletter is taking an initiative to go greener. Starting from 2022, we have changed the requested printed copies to a more environmentally friendly format. The high-resolution version of the Newsletter (the e-book) will be distributed to all alumni via email as usual. Thank you for your attention.

Yours faithfully,  
The Newsletter Editorial Committee





## SPCCAA SAILING TEAM – THE YMC ALMA MATER RACE 2023

Robert Sit (2003)



On 17 December 2023, the SPCCAA Sailing Team (the SPCC Team) with around 40 alumni sailors participated in the YMC Alma Mater Race 2023, organised by the Royal Hong Kong Yacht Club (the Club). The fleet of four boats (namely BOSS, KIASU, PT2 and To The Moon) all with the SPCCAA flags proudly hoisted on each of their backstay, was the second largest team within the race.

The YMC Alma Mater Race is a racing event for fun and it aims to promote the sport of sailing to the general public as well as to build a soft linkage to colleges and local universities. Despite the extremely chilly weather and a strong monsoon signal in force, the regatta attracted more than 360 sailors on more than 60 boats to sail around Victoria Harbour in two divisions. The event was well represented by various colleges and universities, including the Diocesan Boys' School, Wah Yan College, HKU, the University of Cambridge and our learning neighbour St. Joseph's College (just to name a few). The regatta was nicely set in the afternoon. Our course was to sail from the starting line at the Club in Causeway Bay, through the Lei Yue Mun Gap and around Junk Bay, and sail back to the Club's finish line by passing through marks by the harbour.

Just before noon in 15 to 20 knots of north-easterly breeze, the four SPCCAA-flagged boats sailed off from the Causeway Bay coast side to join the other 60 boats at the starting line. The wind had not been kind to the sailors and was rather unstable. While the strong occasional gusts were blowing around the main harbour area, the wind was radio-quiet around the Lei Yue Mun channel. The unstable wind would require a high degree of concentration and skills (especially for the mix of novice and experienced sailors we have). As the breeze softened and the day progressed, the fleets managed to finish the race within the official time and returned to the Causeway Bay finish line with sailors exhausted after the intense day on the water.

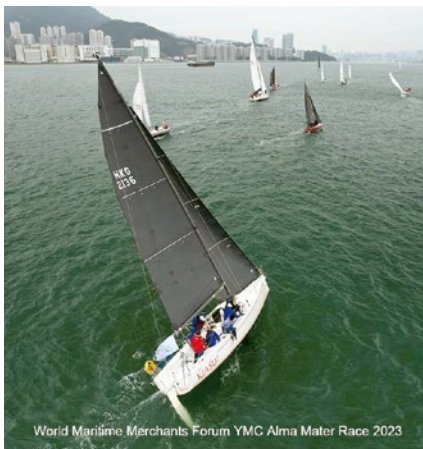
The SPCCAA Sailing Team welcomes all alumni to join the team (whether you are a novice sailor, a master in sailing or a total stranger to the nautical world). We are aiming to organise quarterly alumni sailing events and prepare ourselves for the coming Alma Mater Race 2024. If you are interested, please liaise with the Alumni Association office.



## Teresa Yang (1980)

This is my third year joining the Alma Mater Race representing SPCC. Really excited to have met so many new and old friends while we were enjoying the fun of sailing.

Go, go, go, SPCC team!



## Kitty Chan (2001)



It was my honour to be chosen to be on BOSS to represent SPCCAA in the Alma Mater Race 2023. As a beginner, I am very grateful to Arthur, Tessie and the rest of the team for their patience in guiding me. With their guidance, I managed to understand the basics and could truly appreciate the fun of sailing. I would also like to thank SPCCAA, Robert and others who put in an enormous effort in making our participation in the Alma Mater Race a huge success. Even though the Race was held on one of the coldest days in Hong Kong, we all enjoyed it not just because it was fun to sail, but more importantly, because of the bond we SPCC alumni share. Sailing is good for fostering teamwork and bonding. I look forward to participating in future practices and races with my fellow alumni.



# INSPIRING SITE VISIT AT CITYU FARM IGNITES PASSION FOR SUSTAINABLE LIVESTOCK FARMING

Leung Sin Yeng Winnie (2002)



The SPCCAA Mentor Programme recently organised a captivating site visit to CityU Farm, leaving a lasting impression on the 20 Form 5 mentees who participated. The visit on 27 November 2023 proved to be an enriching experience as the faculty members graciously guided us through the various aspects of sustainable livestock farming.

Immersed in the serene surroundings of the farm in Tai Po, our mentees had the privilege of gaining firsthand knowledge about the intricate workings of a modern livestock facility. The faculty members passionately shared insights about responsible animal care, innovative farming practices and the importance of sustainable approaches in nurturing healthy ecosystems.

The mentees were captivated as they explored the different sections of the farm, including the cow barns and milking areas. They witnessed the dedication and expertise required to maintain the well-being of the cows and ensure high-quality milk production. This hands-on experience not only deepened their understanding of sustainable livestock farming but also sparked a newfound appreciation for the importance of ethical and responsible animal husbandry.





Overall, the site visit to CityU Farm was a resounding success, inspiring our mentees to consider the remarkable possibilities and opportunities within the field of sustainable livestock farming. With newfound passion and knowledge, they are now equipped to make informed decisions and contribute to a more sustainable and compassionate future. The SPCCAA Mentor Programme remains committed to providing transformative experiences that broaden horizons and shape the leaders of tomorrow.

Special thanks to our alumna Ms Belinda Chow from CityU for organising the visit.



## CAREER DAY 2023

Ronald Kwok (1992)



The Mentor Programme Career Day was successfully held on Saturday, 16 December 2023. We are thrilled that this was an in-person event once again as the last physical Career Day dates back to 2019 due to the COVID-19 pandemic.

22 alumni returned to SPCC for this meaningful event and shared their work and life experiences with 139 Form 5 students. While students pondering on their many future possibilities benefit from the sharing of life experience and wisdom of our alumni, our alumni find it equally gratifying and rewarding to reflect upon their paths travelled and share them with the students.



# ALUMNI ASSOCIATION ACTIVITIES



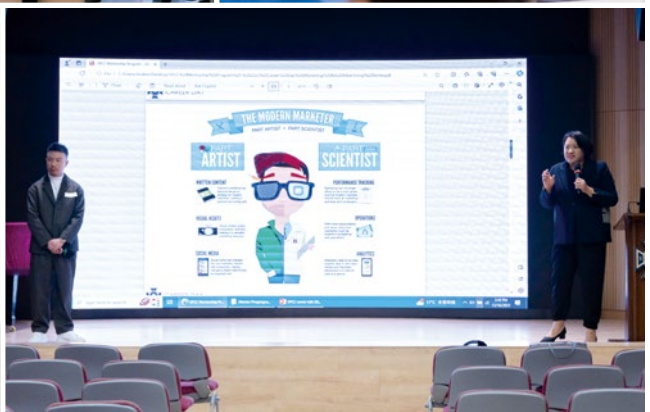
I gathered the students were as inspired as I was by all the speakers whom, on behalf of the Mentor Programme, I cannot thank enough for all their engaging presentations. Special thanks to the following alumni for their unwavering support on a Saturday afternoon:

- **Medicine / Dentistry:** Professor Ivan Hung, Dr Felix Li and Professor Cynthia Yu
- **Law:** Mr Gordon Ng and Mr Brian Wong
- **Science:** Mr Eric Keung and Dr Jacky Lam
- **Marketing / Advertising:** Mr Zing Chan and Ms Renee Sin
- **Architecture / Design:** Ms Fiona Ng and Mr Derrick Tsang
- **Finance / Banking:** Mr Eugene Cheung and Mr Thomson Choi
- **Speech and Hearing / Psychology:** Ms Amy Wong and Ms Dara Yiu
- **Tech Startup / Entrepreneurship:** Mr Christopher Wong and Mr Henson Tsai
- **Engineering:** Mr Jason Leung and Mr Lawrence Yam
- **Journalism / Public Relations:** Ms Chow Chee May, Ms Tiffany Hon and Mr Ivan Luk

Through the successful conclusion of another Career Day, the Mentor Programme has once again connected so many alumni with the school to allow the SPCCAA spirit to live on.









## 與學生會內閣ELLENi會面

校友會代表於去年12月8日回到母校與本屆學生會內閣Elleni見面。一眾師兄姊妹互相認識後，學生會成員們為我們講解來年的活動，而校友會主席和各執委成員則分別向同學們介紹校友會成立的目的、歷史、各項發展方向（例如體育團隊、合唱團、Social Team、Community Service Group）等。我們還交換了聯絡方法，並向同學們承諾，校友會將繼續全力支持學生會的發展。我們都很珍惜這個愉快的午息！



校友會主席梁詠詩（右中）、副主席梁成永（右前二）、榮譽秘書薛靜雯（右最前）、「Young Alumni」負責執委成員溫浩言（右四）及梁卓文（右五）一同回母校與本屆學生會內閣成員Elleni（左）會面。

## 校友會COMMUNITY SERVICE GROUP 網上健康講座

校友會去年9月和10月分別舉辦了兩場網上健康講座，邀請了三位從事醫學專業的校友嘉賓通過Zoom平台，深入淺出地講解大家關注的健康問題。兩次活動合共有超過八十個家庭單位登入參與。

我們將來還會再推出其他健康講座，有興趣的校友們萬勿錯過！



9月27日《近視》

主講嘉賓：眼科專科醫生伍立祺醫生（上排左一）



10月25日《ADHD與讀寫障礙》

主講嘉賓：精神科專科醫生黎榮謙醫生（上排右一）、教育心理學家鄭育暉博士（上排右二）



## 探訪元朗新田攸潭美村 暨派發愛心福袋慈善活動

葉正鴻 (1998)



校友會 Community Service Group 一直努力不懈地組織慈善活動，回饋社會。2023年11月5日，在校友會與正氣慈善基金合作安排下，一眾校友攜同子女探訪了元朗新田攸潭美村，並於村公所派發愛心福袋給有需要的長者。我們生活在美麗的香港，繁忙的日程有時可能導致大家遺忘了社會上有需要的人，如基層家庭生活問題、長者養老需求等。舉辦是次慈善活動，旨在加強大家的社會意識及促進親子溝通。

活動當日，攸潭美鄉事委員會的負責人和校友文嘉豪 (1994) 先為參與活動的五十位志願者介紹元朗新田攸潭美村的演變及村民的生活情況，並帶大家走訪了四位村民的家，瞭解攸潭美村的歷史及村民有趣的經歷。新田攸潭美村位於山腳下，佔地甚廣，以迂迴的小路聯繫各家村民的生活。志願者和孩子們有機會感受美麗的鄉村生活，也能藉此機會走動一下，鍛鍊身體。我們討論了目前村民的人口統計分佈、老人日常生活的方式、年輕人就業及照顧家人的壓力，以及學生上學的安排。生活看似簡單，但每個細節都引人入勝，啟發了我們各志願者反思。





## COMMUNITY SERVICE

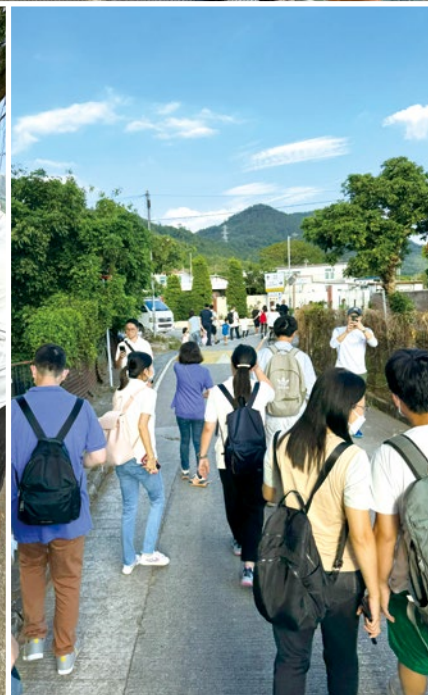


完成介紹後，校友會安排了每個志願家庭合作把新鮮水果和日常生活物資放進愛心福袋裏。孩子們要親力親為，耐心排隊幫忙，確保每位有需要的村民都得到了所需的祝福。小小一個任務雖然看似簡單，但每一份努力、每一句祝福說話，都有助培養孩子的愛心、同理心、勇氣和社會意識，體現及發揚「信、望、愛」的精神。

這次活動是校友會持續努力回饋社會的一部分。透過這次社區服務，我們不僅為村民提供了食物和物資，還帶來了希望和關愛，孩子的祝福也讓他們感到被重視和關心。與此同時，村民接收福袋時的喜悅亦為我們留下美好回憶，大家都為能夠參與這個活動而感到欣慰。我們很高興能夠為村民帶來一點改變，並教育年輕一代回饋社會的重要。









## 共創繽紛社區：校友會成員攜手繪製壁畫

郭永淳 (1993)



今年1月13日，校友會Community Service Group 聯乘非牟利組織畫美麗香港 (Paint Beautiful Hong Kong) 舉辦了一場別開生面的社區服務活動：校友們全家總動員到大埔林村畫壁畫！

在校友會執行委員馬家柔女士 (1985) 與校友伍尚仁先生 (1986) 的穿針引線下，我們選定了位於大埔的林村公立黃福鑾紀念學校，為他們的外牆進行獨一無二的美化工程。我們舉辦這次活動的目的，是希望透過一次合家歡的社區服務，讓校友與其家人及子女們一起繪畫外牆壁畫，體驗如何將傳統地方特色和藝術融入社區。別小看這次活動的準備工夫：壁畫的製作真是一絲不苟——先由畫美麗香港的駐團外籍藝術家負責起稿，預先設計好壁畫的框架，將大埔區的特色如大自然景觀、常見動植物和雀鳥，以及古樸建築等融入作品中；活動當日，由藝術家領導我們的校友、家人和小朋友們一起動筆上色。







我們都很感恩，正式活動當天風和日麗，大小朋友們充滿動力，塗顏色時都享受其中。我和太太一邊畫畫，一邊跟子女討論畫中景物，從中瞭解大埔這個地區的特色。由於壁畫融入了大埔文化相關的元素，我們明白到壁畫除了能為社區帶了多一點色彩外，也扮演着文化傳承的角色。希望這個作品能讓就讀這小學的同學們更加瞭解和欣賞大埔，加強對這社區的歸屬感。





## COMMUNITY SERVICE



完成壁畫後，所有參加者都感到非常自豪和滿足。臨走前我們在這小學的正門前大合照，大家把握機會再看一次這個同心合力的製成品：壁畫中的花卉和鳥類生意盎然，讓人感到舒適和平靜；充滿色彩的建築物及圖案，為這所小學增添了活力和生氣。孩子們都笑說，下次經過大埔，一定要再來這裏看一下！

這次隨校友會與畫美麗香港合作繪製壁畫是一個很難忘的體驗，展現了藝術如何能與社區結合，帶來積極正面的影響。我們期待未來可以參與更多！





## CLASS OF 1963 REUNION

Michael Mak (1963)

2023 was the year of our 60<sup>th</sup> reunion after our graduation in 1963. On 2 December, the Homecoming Day of our College, we returned to school sitting in the first row and taking the first photo on stage with our class banner as we were the most senior form on that day.

To continue our celebration, we went to Shenzhen for a full-day trip on 4 December tasting sumptuous cuisines at lunch and dinner as well as enjoying ourselves at this vibrant city.





# 1983年中五同學—— 我們四十周年的北京之旅和在香港的重聚晚宴

吳幼梅 (1983)



2023年是我們1983年中五同學畢業的四十周年，感謝我們這屆有非凡號召力的洪愛恩同學，早在2023年3、4月的時候，開始籌劃我們四十周年的北京之旅和在香港的重聚晚宴。

最終，我們六日五夜的北京之旅在9月15日從香港起行，同學們先後到達北京。參加的同學共有十一位（女同學：洪愛恩、彭韻僊、廖子欣、黃鳳嫻、甘嘉詠、何崇慧、黃秀珊、趙麗萱、吳幼梅；男同學：陳錦綸、關仲河），我們下榻於香港賽馬會在北京的會所。

第一天晚上，我們在北京市內晚飯和閒逛後，第二天便正式開始我們的旅程。這天，我們去了天安門廣場、故宮和天壇遊覽。近年，國內的年輕人喜歡穿漢服外出，在北京的旅遊景點看見他們穿着漢服（特別是清朝的服飾）確是特別有意思，那些電視劇裏的片段，馬上在腦海中一一浮現。我們參觀景點的時候，途中聽着導遊楊小姐的講解，她說着娓娓動聽的歷史故事，令人有重溫中國近代史的決心。

這天旅遊完畢後，我們回到北京馬會會所休息並吃晚飯，並約好一起穿上洪愛恩同學花了许多心思和時間為我們精心訂製的四十周年紀念運動衣，大家都興奮地拍照留念。適逢黃鳳嫻同學在9月份生日，我們趁機在當天晚飯時替她慶祝，大家享受着北京烤鴨、各式各樣的美味食物，實在是不亦樂乎！飯後大家仍然精力充沛，在卡拉OK房內盡情地高歌，完全投入在音樂的節奏中。





第三天我們到了萬里長城，經過了一個半小時的車程後，我們到了慕田峪長城景區，這是我第一次到訪這個著名景點，所以心情十分興奮！我們乘坐登山吊車直達長城第十四關附近，當我們站在長城上，遠眺着連綿起伏的山脈，對祖國的錦繡山河不禁讚嘆不已！當天在長城上的遊人雖然絡繹不絕，但總算不太擠迫，彭韻僖同學還提議我們在一段遊人不多的地方跳着排舞，童心未泯的我們都在大笑！

第四天，我們先去了頤和園，園內風景怡人，柳樹枝在湖邊輕輕的飄着，十分詩情畫意。頤和園長廊的頂部和兩旁，畫上了各式各樣的壁畫，每幅都有不同的主題，雖然我們只可以匆匆走馬看花地看一遍，但也實在大開眼界！

遊罷頤和園後，我們在著名的遊客區什剎海一家烤肉店內午膳，餐後在區內逛逛，小路上有人力車供遊人乘坐觀光，湖中也有小艇給遊人乘坐。當日的天氣十分晴朗，藍藍的天空襯托着色彩鮮明的中式建築物，把它們顯得格外有特色。隨後我們去了另一個著名景點南鑼鼓巷，它是一條元朝的胡同，有着濃厚的老北京風格，兩邊佈滿了各式各樣的小店，遊人非常之多。

第五天，我們上午參觀國家博物館，館內收藏品多不勝數，令人嘆為觀止！下午我們到了恭王府，它曾是清朝乾隆皇帝的權神和坤的府邸，面積十分廣大並擁有漂亮的園景，充分顯示了和坤在當時的身份地位。晚上飯後大家又再一次唱卡拉OK，盡興一番。最後一天，我們在王府井大街逛逛和午飯後，便踏上我們的歸程，為這個旅程畫上圓滿的句號。



回港後幾天，在9月23日上午，我們有十多位同學回到母校參觀，現在的班房全都有空調了，回想當年我們的班房只有兩把SMC吊扇，夏天午飯後上課非常渴睡呢！現在的校舍無論是禮堂、圖書館、音樂室等，設施都十分完備，更有獨立的樂器練習室讓同學練習樂器。當我們經過走廊、實驗室、通往籃球場的樓梯、禮堂等時，多年前的校園生活點滴再一次在腦海中出現。

同日晚上，我們的四十周年重聚晚宴便在跑馬地馬會的滿貫廳舉行，這次晚宴一共有六十多位同學參加，不少更是從海外回港。有同學攜帶了當年甚流行的紅白西瓜波，男同學們都笑談及回憶在三角足球場踢波的日子。另外，同學們當天晚上談笑甚歡，大家除了互相拍照留念之外，更一同穿起我們的四十周年紀念運動衣拍照，場面非常熱鬧。

在此，我想藉此文再一次感謝洪愛恩同學的無私付出，無論是選擇運動衣款式和設計，或是在尋找廠家承接我們這麼細規模但複雜的訂單，以至北京之旅的各種住宿和行程安排，她都投入了大量的私人時間和精神。

另外，亦感謝曾立基同學委託他在北京的同事幫忙安排在當地的各樣事宜；感謝張偉同學負責記帳等事務，沒有他們的付出和通力合作，這個四十周年北京之旅和重聚晚宴一定不可能完成。期待下一次的相聚，同窗便是一種緣分！



# ALUMNI TO ALUMNI

## UPDATES FROM GREATER NEW YORK CHAPTER



The Greater New York Chapter of St. Paul's Co-educational College Alumni Association (SPCCAANY) is having our 2024 Chinese New Year dinner to celebrate the Year of the Dragon. We wish you and your family a prosperous new year with good health and great opportunities.

Save the  
Date

SPCC class of 89  reunion dinner  
21 September 2024

35<sup>th</sup>  
Anniversary

Email: [spcc.class.of.1989@gmail.com](mailto:spcc.class.of.1989@gmail.com)



## 在傳奇的聖三一一座堂獻唱

崔浩洋 (1999)

每當你經過九龍城宋王臺一帶，有否留意到一座外型貌似中國廟宇的建築物呢？

你若細心留意到屋頂的那個十字架，就不難發現那其實是一所教堂。這座具有中國文藝復興式建築風格的教堂，正是充滿傳奇的聖公會聖三一一座堂。

聖三一教堂創立於1890年，是香港聖公會在九龍區歷史最悠久的聖堂<sup>1</sup>。為了配合當年啟德機場的發展，聖三一教堂於1937年在現址建成新堂。教堂屋頂以綠色琉璃瓦和素瓦鋪砌而成，戲脊上則飾有白鴿，現被列為香港二級歷史建築<sup>2</sup>。

聖三一一座堂另一特色，就是每月都會定期舉辦頌唱晚禱崇拜（Evensong），由不同的客席合唱團獻唱。校友合唱團十分榮幸得到教區的邀請，在去年參與了座堂10月份的晚禱崇拜。

為了好好準備這次獻唱，校友合唱團二十多位成員，在指揮劉卓熙(2008)和詩琴趙學文(2006)的帶領下，進行了五次練習，其中一次的練習地點更是麥當勞道中學校舍。在疫情過後再次回到Music Room練歌，令這次演出別具意義。



崇拜由李國權牧師主禮。李牧師在他的講道當中，鼓勵會眾和特別前來參與崇拜的學生思考「何謂基督徒」。而我們獻唱的其中一首頌歌《The Lord's My Shepherd (by Bob Chilcott)》，正正就是回應了牧師的提問。筆者特別喜歡這首頌歌，因為它的中文版就是當年小學崇拜手冊裏面我們經常唱的那首《我是主的羊》。「主領我到青草地，安歇在溪水旁；黃昏時主與我一路同行。」這句歌詞有否喚起你當年在早、午會、周會或音樂堂上的回憶呢？

校友合唱團旨在透過不同風格的音樂來頌揚主、與主「同行」，亦希望透過不同場合的演出與各位校友「同行」。今年5月，校友合唱團將主辦疫情後首個音樂會：Initium Novum。希望屆時得到大家的支持和參與，亦期待各位熱愛音樂的校友加入Alumni Choir的大家庭！Let's make music together!

資料來源：

1. 香港聖公會聖三一一座堂網站，《教堂簡介》，2024年3月擷取：  
<https://dek.hkskh.org/holytrinity/aboutus.aspx?id=311>
2. 發展局文物保育專員辦事處，《古蹟周遊樂》，2024年3月擷取：  
<https://www.heritage.gov.hk/filemanager/heritage/common/events/hf2014.pdf>



# WHAT IS BLOCKCHAIN? UNLOCKING VALUE IN A NEW CYCLE

Patricia Ho (1998)

Blockchain is a distributed ledger technology that securely records and verifies data and transactions across a decentralised network of computers. Blockchain serves as the underlying technology for cryptocurrencies like Bitcoin and Ethereum, but its applications extend much more broadly, as this article explores. The use of blockchain underlies the Web 3.0 movement, which refers to the future of the open or decentralised internet.

In the past few years, we see increasing trends of people buying Bitcoin as an investment or using Ethereum to trade NFTs online. Some merchants now accept Bitcoin or Ethereum as payment for food, travel bookings, electronic goods and even cars, art, luxury watches or real estate. Governments around the world, including Mainland China, Hong Kong, India, Saudi Arabia, the UK and Switzerland are actively developing Central Bank Digital Currency (CBDC), a form of government-issued blockchain-based digital currency, for international settlement, cross-border transfers and retail payments.

In addition, global financial institutions such as J.P. Morgan, Standard Chartered, Blackrock, Franklin Templeton, Visa and Mastercard are at the forefront of adopting blockchain and tokenisation technology to unlock massive value for the financial services industry. This technology could enable near-instant settlement times, lower costs as well as the creation of whole new investible assets like Bitcoin ETFs, tokenised bonds and funds. Beyond financial services, blockchain technology also has great potential in supply chain management, healthcare, gaming and real estate, as well as industries that can benefit hugely from blockchain's high security, tamper resistance, traceability and transparency.



## History of Blockchain

The history of blockchain started with Bitcoin, created by an individual or a group under the pseudonym "Satoshi Nakamoto" in 2008. Bitcoin was founded against the historical background of the Global Financial Crisis when the US and UK governments were bailing out too-big-to-fail banks, which was then followed by years of quantitative easing in monetary policies. Thus, Bitcoin's concept was a decentralised digital currency that enabled peer-to-peer transactions without the need for a central authority. Its total supply would be limited to 21 million Bitcoins and no more could be generated. Today, Bitcoin has evolved into the most valued cryptocurrency, at over US\$1.3 trillion in market capitalisation. Another well-known blockchain is Ethereum, created by a young computer programmer named Vitalik Buterin in 2015. Ethereum is a decentralised network that enables smart contracts and decentralised applications to be created and executed. It has a native cryptocurrency, Ether (ETH), which is now the second largest cryptocurrency by market cap at over US\$470 billion.

## Key Features of Blockchain

- **Decentralisation:** Unlike traditional centralised computer network systems where a single entity controls the database, blockchain operates on a network of computers (nodes) where each node has a copy of the entire blockchain.
- **Consensus:** Blockchain uses consensus algorithms to validate transactions and achieve agreement across the network. Common consensus mechanisms include Proof of Work and Proof of Stake, which ensure that all nodes agree on the validity of transactions, maintaining the integrity of the ledger.



- **Immutability:** Once a block is added to the blockchain, it is extremely difficult to alter or delete the information within it. This is achieved through cryptographic hashing and the chaining of blocks. Any attempt to tamper with a block would require changing all subsequent blocks.
- **Transparency:** The entire transaction history is accessible to all participants in the network. Each participant can view the entire blockchain, providing transparency and traceability of transactions.

The combination of cryptographic techniques, decentralisation, consensus and immutability can potentially make blockchain highly secure, reduce the risk of a single point of failure, as well as ensure the integrity and authenticity of data. On the other hand, smart contracts are self-executing contracts that are written in computer code, with the ability to automatically execute themselves when pre-defined conditions are met. Smart contracts can be deployed on blockchain.

### Problems and The Future

The huge interest in blockchain in the past few years has also brought on problems. As the blockchain industry boomed in the last crypto bull market cycle (from 2018 to 2021), some platforms that grew very large quickly turned out to be fraudulent scams or were poorly operated without appropriate risk management, leading to bankruptcies and huge loss of investor funds. A well-known case is the spectacular collapse of FTX (a global crypto exchange previously valued at US\$40 billion) in November 2021, leading to the criminal conviction of its founder Sam Bankman-Fried in the US for securities fraud, wire fraud and money laundering. In Hong Kong, we see JPEX, a crypto trading platform under investigation by the local police and Securities and Futures Commission, suspected of fraud and reported to have caused estimated losses of close to HK\$1.5 billion. There were also numerous decentralised financial (DeFi) projects or NFT projects that closed down operations, due to the lack of funds, cybersecurity hacks or decreased interest during the market downturn in 2022.

Governments and regulators around the world are taking serious measures to develop and implement policies and regulatory frameworks to facilitate blockchain innovation whilst enhancing the protection of investor interests. This is a critical step to enable legitimacy and mainstream adoption of blockchain in the coming years. Hong Kong has been leading these efforts internationally – with the Hong Kong government’s policy statement in October 2022 to develop Hong Kong as a global hub for the development of virtual assets. Since then, Hong Kong has taken quick steps to implement a licensing regime for virtual assets trading platforms, as well as to issue regulatory guidance for the tokenisation of assets and stablecoins. These efforts have earned Hong Kong international recognition as an important centre for the future of blockchain innovation. Elsewhere around the world, Singapore, the UK and the UAE are also vying to become leading hubs for blockchain and virtual assets.

In conclusion, blockchain technology is an important innovation that may become the bedrock of how data is stored, as well as how transactions are executed and recorded in the future. We are at the early stage of the blockchain innovation cycle, and as the technology matures, its use cases expand and the regulatory framework develops. This will unlock massive potential and value for social and economic growth.

#### About Patricia Ho

Patricia has forayed into web3 since 2021 and her interests include web3 business model and strategy development, tokenomics design, token and equity fundraising, as well as legal and regulatory development. She was the Head of Regulatory Compliance of HSBC Private Wealth Solutions, Hong Kong, the Head of Corporate Development and Investor Relations of Welab (a fintech company), and currently the General Counsel of Scroll (a fintech company). To learn more about Patricia and her work, please scan the QR code.





# TRAILBLAZERS OF FUN, WELLNESS AND INNOVATION FROM SPCC TO THE ENTREPRENEURIAL WORLD

Mazing Lee (2004) and Connie Lee (2007)



## The Two Sisters Who Energised SPCC

Get ready to meet Mazing and Connie Lee, the dynamic sisters who brought a whirlwind of excitement to SPCC. With a passion for sports and dancing, the two sisters were the pioneers of SPCC's first-ever dance team. With the ambition to assemble a dance team, they rolled up their sleeves and took charge of finding their own coach, introducing the vibrant art of hip-hop dance and team spirit to the campus. Mazing still remembers it was a dream "come" true moment when the principal and sports teacher approved their dance team proposal. Since then, the school's dancing team has continued to flourish and has won multiple awards over the years!

## SPCC Health Club Pioneers

Mazing and Connie continued to nurture their innovative thinking and sister partnership, demonstrating it through the SPCC Health Club. In a time before digital media dominated, Mazing, as the club chair, launched a monthly newsletter concept aimed at promoting health and wellness and organised the first-ever outdoor pop music concert on the outdoor basketball court for stress relief during the exam period. After Mazing graduated from SPCC, Connie took the baton as club chair and introduced "Wellness Health Day". Picture this: a transformed classroom serving as a stress-relieving haven, filled with balloons ready to

be popped. They even set up a fruit juice corner by the entrance of the school hall during lunch breaks, serving refreshing beverages to the principal, teachers and students. The sisters often mentioned in entrepreneur and media interviews that their passion for wellness and entrepreneurial spirit sprouted during their time at SPCC.

## Chasing Their Passions with Lify Wellness

After graduating from SPCC, Mazing pursued a business career in international brand management, while Connie embarked on a journey to the Netherlands to study industrial design. However, their entrepreneurial spirits couldn't be contained for long. They eventually joined forces to establish Contact Design Group, a design consultancy that collaborated with brands worldwide and opened lifestyle concept stores named "The Contact Store" in Hong Kong and Italy. Their innovative creations for better living include an at-home cold press juicer and a foldable city bike that can be folded up in 10 seconds! One of their latest creations is the development of Lify Wellness, a beverage tech start-up incubated by the Hong Kong Science Park. Inspired by East-meets-West wellness herbal remedies, the sisters invented the world's first smart herbal brewer with multiple patents, as well as proprietary sustainable herbal tea discs, delivering freshly brewed herbal beverages in under one minute. The company's mission is to make a healthier lifestyle accessible to





achieve holistic well-being. Lify Wellness has received multiple recognitions such as the German Design Award, Good Design Award and HKICT Smart Living Gold Award from the Hong Kong government. To date, Lify has evolved into a holistic wellness technology company, providing a personalised sip of wellness for homes, offices and on-the-go. Lify's impact expanded beyond individuals as they began to host corporate wellness workshops on sleep coaching, stress management and women in the workplace. They also created and organised DIY happy hours serving guilt-free wellness cocktails at high-stress

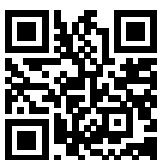
workplaces including law firms and banks. With their latest R&D development, Lify now integrates AI facial scanning technology through a mobile app, originally developed for COVID-19 detection, to recommend personalised food and beverages within 30 seconds. These new innovations have found their place in hotels, spas, wellness centres and offices, providing a reception treat for visitors and guests.

#### Innovators Never Rest

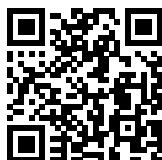
Currently, Connie is actively pursuing a PhD in food and life tech innovations, with a special focus on 3D food printing, in her dedication to enhancing better living through her research. Alongside her academic pursuits, she also works as a parttime lecturer at universities teaching product design. Mazing is a regular speaker at university, corporate and startup events on entrepreneurship. Now as a mother of two, her passion is to bring forward lessons learnt from their successes and failures into children's education to develop the mindset and skills needed to adapt and pivot in the fast-changing world. In recent years, the Lee sisters have been actively involved in design education and have put together a comprehensive curriculum for creativethinking education based on their real-life experiences. They use user-centric design thinking methodologies to impart problem-solving skills and foster an empathetic mindset among students of all ages and connect them with industry experts in the corporate and startup world. As part of their commitment to nurturing the next generation of innovators, they recently collaborated with the Home Affairs Department to organise the first cohort of Sham Shui Po Design Thinking Bootcamp. Over 100 students from primary and secondary schools participated, guided by their teachers, as they tackled pressing community issues. From developing geotechnology for the elderly to addressing neighbourhood hygiene and partitioned housing problems, their projects aimed to improve lives and create a lasting impact.



Mazing and Connie Lee's journey from their SPCC days to their current ventures in future tech, wellness entrepreneurship and education stands as a testament to their determination, passion and commitment to making a positive impact. As they continue to trailblaze the path of better living, they hope their story can serve as an inspiration to the SPCC community.



 Lify Wellness



 Elevatefoods





## 編輯尋寶話當年： 潘鎮球校長給中七畢業同學的公開信

我們很感激潘鎮球校長的來函，慷慨分享他2000年教導即將赴考的中七同學時的一篇文章。編輯當年也是潘校長的學生，現在長大了再細閱文章，感觸良多。找到好物，當然要和一眾校友讀者分享！

各位親愛的中七同學：

花了幾個晚上的時間，批閱了百多份你們交來的文章。近日事務繁忙，所以要抽出時間來完成這項工作，實在不容易。不過，有機會讀到多篇精彩的文章，我感到十分欣慰，批改不但不是苦事，反倒是樂趣。因為是自由題的關係，文章的內容，百花齊放：有經驗分享，有討論「友誼」、「戀愛」、「婚姻」、「道德」、「法律」的問題，亦有就我所講的歷史故事，抒發己見。

閱後有一種強烈的感受：暗嘆我和各位「相見恨晚」。我多渴望我能就你們所提出的問題和意見，逐一回應；但可惜試後只有兩三堂的R.E.課，實在不容許我這麼做。而且手上還有一疊你們交來的問題，沒有為你們解答。「如果我沒有請病假，時間就不會這麼緊張！」——想不到竟會如此自責。

以前上課時，經常會為你們的沉默感到困擾，不知道你們是不明白，抑或是不感興趣。因此每一課R.E.課，對我來說，都是一次重大的挑戰，要絞盡腦汁令到課堂更生動，盡量引起各位的動機。有時花了不少心思，效果卻不理想，也曾感到洩氣，甚至有罪咎感。現在才發現你們原來頭腦是這麼靈活，對人生有如此豐富的體會，叫我十分佩服。我為能有機會教導這一群天才橫溢的學生，感到驕傲、自豪。

離別在即，想到自己可有甚麼未說的話要說；有甚麼從痛苦經歷中領悟到的人生道理，可與大家分享。時間所限，或者就選幾個大家特別關心的題目，和各位一同去探求一下。

1. 「朋友」、「戀愛」、「婚姻」：我朋友不多，知己更少。有幸遇到知心者，亦曾經試過暢談竟夕。我覺得友誼的維繫，最重要是雙方的信任與誠意。但無論是朋友也好、愛人也好，應該是要求自己先對別人好、主動去關心對方。也許你說：「這不是很愚蠢、容易吃虧？」不錯，世事果真如此；但設若別人利用了我們的好意，我覺得起碼自己問心無愧，心靈上光明磊落，這是至真至善的境界。談到戀愛，總是有苦有甜。求學時期，互相愛慕，許多人都經歷過。我會



覺得這是成長過程中無法避免的事。絕大多數校園裏的「初戀」，都只是一段短篇的美麗愛情小說，主人翁大都不會以緣訂終身作結。所以失戀了，不要太傷感，或糾纏於已逝的情意。不要做些傷害自己的事，更不應做出傷害對方的事。就為你當時付出過的一份誠摯，給自己一個一百分吧！最後說到婚姻，那是人生最大的 commitment，所以不要輕易在牧師面前說「我願意」。從基督徒的立場看，婚姻是耶穌基督愛的體現，是一生一世學不完的功課。美滿的婚姻需要無限的犧牲、體諒、忍耐。（注意「無限」兩字。）

2. 失意如何自處？這不是個容易解答的問題。我通常遇到困境，會提醒自己：Either “It can’t be worse” or “It’s not the worst that could have happened.” 前者會令你覺得反彈在即，重新振作；後者則安慰你，你已是幸福，有人比你更差。有一句說話說：“You can’t change the reality; but you can change your attitude towards reality.” 很有道理！
3. 如何可有快樂人生？我的建議（未必適合各位）：多看書，從先知先覺中領悟智慧，特別是哲學、心理學、文學的書。信仰也是非常重要的。我靠賴神，在最困厄時，有力量；在眾叛親離時，有倚靠。人無法自救，細心一想，自會同意。
4. 要有開放的思想，敢創新、嘗試；人生就會如揚帆入海，跟前是一片無際無邊。Life will be an ever-expanding horizon!
5. 最後送上一段說話作結：  
Do all the good you can  
To all the people you can  
In all the ways you can  
While you can

潘鎮球致意  
2000年3月，聖保羅男女中學



# A TRIBUTE TO MS LINA SO

Julie Chan Yik-Yue (陳亦如) (1966) and Marie Chan Siu-Yue (陳少如) (1973)

To the St. Paul's Co-educational College community,

Just a note to let you know that our mother Lina Chan So Man Yue (蘇曼如), whom many of you know endearingly as Miss So, passed away in her sleep on 26 October 2023 in California at the age of 103, two months short of her next birthday.

"Miss So" is survived by her two daughters and their husbands, two grandsons and their spouses, as well as three great-grandchildren.

While we mourn her passing, we also celebrate her long and full life, having touched so many lives along the way. She was born in Guangzhou (Canton) in 1919, moving to Shanghai with her family at the age of six.



Ms So's 95<sup>th</sup> birthday celebration.

During the tumultuous late 1930s, her family sought refuge in Hong Kong where she attended St. Paul's Girls' College, the precursor to our alma mater – St. Paul's Co-educational College. After she graduated in 1938, she matriculated into the University of Hong Kong, with only a handful of female students there at the time, among whom was the future principal, Miss Kotewall!

With the start of World War II, she returned to Shanghai with her family and continued college there and graduated from St. John's University. After the war, she got married in Shanghai to Chan Kwok Koon (陳國冠).

**PEOPLE**

Julie and Marie Love enjoying their visit with Ms So.

### A VISIT WITH MS SO

John and Vivien Lowe (1964)

In February 2015, while on vacation on the US West Coast, we paid a visit to Ms So (蘇曼如) at her home in Oakland, California, thanks to the thoughtful arrangements made by our classmate Julie Chan (陳亦如) (1966), Ms So's daughter, who also taught at SPCC and married a colleague Mr. Edmund Lee (陳國冠). They are indeed a family of SPCC teachers!

Ms So was our Mathematics teacher in the 6th, and was known among us for her dry humour besides of course her astute mastery of the subject. As very well put by one of our classmates – Ms So's comments in marking our homework clearly reflected her care and attention for her students.

We had met with Ms So a few years back but had not delved much into the past, and this time we were keen to find out more. Aged 95, Ms So was lively as ever when we visited her and readily provided us with interesting details of herself and her time at SPCC and after. It was pure delight listening to her vivid account of people and events.

Ms So, often taken to be Shanghaiese, is actually Cantonese, but her father had settled in Shanghai with his family and she went to

Photos of Ms So when she was young.

McTear Girls' School in Shanghai. McTear was an exclusive American school boasting alumnae such as Soong Ching Ling and her sister! She then attended the University of Hong Kong, majoring in Chemistry and Mathematics, but after two years returned to Shanghai due to the Japanese occupation of Hong Kong. She finished her college education at the prestigious St. John's University.

It was at St. John's University that she befriended Mrs. Tao (陶君麗君), who later also taught at SPCC and was sitting right across from Ms So in the 3F Teachers' Room. Ms So clearly relished her memories of Mrs. Tao who had a heavy Shanghai accent. She chuckled when she related to us funny incidents like: Whenever it rained Mrs. Tao would cry "生癩 (頭) 呢", and on one fine day she told Ms So that she was planning to go to Shik O "生仔 (山仔)".

Ms So got married in 1947 and was living in Shanghai, but like many middle class Chinese in that period, moved to Hong Kong with her parents in 1949, to be joined by her husband a year later.

It was quite a coincidence that Ms So became a teacher at SPCC. In 1951 as Ms So vaguely remembered, she took up the job as a temporary teacher at St. Paul's Primary School, to substitute for Mr. Wong (黃君耀) who was pregnant at the time and needed bed rest. After Mr. Wong returned to work, Ms So stayed on to substitute for another teacher who fell ill. Eventually she was invited by then Principal Dr. Catherine Woo, who noted Ms So's teaching ability to join SPCC as a permanent member of staff, and was later transferred to the secondary section. For a while she was teaching English and Translation besides Mathematics!

Dr. R. M. Kotewall, who was a few years more senior and knew Ms So when both were studying in the University of Hong Kong, took over as Principal in 1962. Ms So remembered Dr. Kotewall as a very sensitive educator who commanded a lot of deference from

officials in Hong Kong's Education Department. She was able to set a more vigorous academic curriculum for SPCC which deviated somewhat from the structure specified by the government – for example SPCC had fewer Physical Education but more Mathematics hours! Ms So spoke fondly of Dr. Kotewall who was always supportive of her throughout her years at SPCC.

When asked about her view of SPCC students, as we knew ourselves to be far from model pupils, Ms So smiled and perhaps diplomatically declared that, while some students might be a bit naughty, all students in SPCC were courteous and good-natured, and she enjoyed teaching them. And of course, SPCC students performed very well in public examinations.

Ms So retired from SPCC in 1984 and migrated to the US. For years she had engaged in volunteer work with the "Senior Companion Programme" in the San Francisco area, visiting Chinese immigrants who needed assistance. She enjoyed helping people and continued this service until 2010 when she turned 90.

It was such a delight to visit Ms So and find her healthy and spirited. She remains independent, choosing to live by herself in a Senior Apartment although both her daughters and their families are in the US – Julie is in San Francisco and Marie (陳少如) (1973) in North Carolina, and both are visiting her every year. We take this opportunity to wish Ms So the very best in the years to come!

Read more

22 SPCCAA
SPCCAA 23

"A Visit with Ms So", published in the SPCCAA Newsletter (issue: May 2016).





SPCC teachers' gathering, a photo taken in 1973. Miss So is seated in the first row, first on the right.

In 1949, she returned to Hong Kong and, shortly after, started teaching mostly mathematics at St. Paul's Co-educational College, and embarked on a career that spanned decades until her retirement in 1984. Many of you would remember receiving her excellent math instruction or working beside her.

After moving to California upon retirement, she continued to help others through her volunteer work in the Senior Companionship Program. With her proficiency in English, Cantonese, Mandarin and Shanghainese, she helped countless Chinese immigrants in the Bay Area. She volunteered until she was almost 90, again touching and improving countless lives.

I am sure you will join us in remembering Miss So, and look back fondly at the times when your paths crossed. She was a teacher, a friend, a colleague, and most of all, a mother.



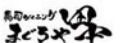
A photo taken in Oakland in 2004.



A photo taken in January 2023.



**NEW**





# 歡迎加入校友會「永久會員」行列

由2023年10月1日至2024年3月20日止共一百八十二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）：

1979 劉芷申 鄭自如	何睿琪 何綽恩 余凱旻	莊凱恩 莊卓熙 莊旭晞
1984 任雅玲 何敏明 陳思源	劉柏希 劉璟漪 劉采諭	葉欣陶 葉汶睿 蘇俊彥
1989 高智聰	吳卓兒 吳淑曦 呂曜匡	袁嘉彤 袁怡臻 許琛楠
1991 胡啟勳	周美妙 唐越 嚴浩晴	謝健朗 譚俊琛 譚子霖
1994 薛若海	姚永進 姚震熹 官有謙	譚澤鈞 賴晉毅 賴煒諾
1997 汪浩然	容書怡 尹芷萊 廖珈惠	趙海妍 郭樂珩 郭綺婧
1998 沈和昆 潘兆鋒 戴上文	張宏浩 張旻哲 張景堯	鄧以晴 鄧凱嫻 鄧君翹
1999 列浩然 吳綽滢 李浩然	張珮寧 張皓欣 戴雋曦	鄭亦均 鄭善灃 鄭若榕
黃志偉	朱駿翹 李俊延 李勇樂	金曉施 錢映彤 鍾岷言
2000 伍少貞 黃家晴	李卓秦 李婧怡 李安瑩	關展文 陳曦 陳俊廷
2001 黃遠超	李昊盈 李曉盈 李熙怡	陳允盈 陳天戌 陳子謙
2002 蔡承強	李瑞恆 李雨澄 杜曼琛	陳心怡 陳恩琳 陳曼琪
2003 胡正忠 陳浩生	林世樂 林思行 林悅穎	陳熙亮 陳盈希 陳紀鈺
2004 任婉彤 蔡尚熹	林汶晴 林沅瑩 林溢懿	陳蔓菲 陸暉璇 韋美樺
2005 方恩恆	林祉攸 林葆茜 林雨齊	顏靖忻 馬凱嵐 馮晴
2006 麥明山 楊思詩	柯樂意 梁汶甄 梁耀駿	馮樂芯 麥鎮麟 黃卓知
2007 何天正 林俊宇	梁諾晴 楊凱璇 楊凱甯	黃哲宇 黃善薇 黃學誠
2008 唐善行 高駿宏 梁宇康	楊卓兒 楊子妍 楊子懿	黃敬滔 黃樂桐 黃樹僊
麥綺婷	楊甯喬 歐陽張維 沈然	黃鎧澄 黎天慧 黎曉揚
2012 李樂康	沈欣瞳 湯卓文 湯棋棋	2026 劉承羲
2013 歐陽雋	潘婧 王榮 王惟浩	2027 蘇柏熙
2020 歐陽柏謙	王梓彤 王沛萱 王穎妍	2028 賀孝暉
2021 何思慧	王靖航 甘政霖 盧慧翹	卓雋明 郭晉熹 龐栢謙
2022 李錫欣 陳佩娜 駱康淇	童靖文 羅祉凝 聞詩欣	2032 龐學臻
2024 伍天佑 伍學禮 伍思瀚	舒宇佳 苗海悅 茅凱淇	

## 郵件無法投遞校友芳名

1970 伍仕明
1980 馮浩山
1992 李詩敏
2002 鍾韶亮
2004 陳霆蔚





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

