



# 筲箕灣官立中學 校友會通訊



筲箕灣官立中學  
校友會有限公司  
SGSS Alumni Association Limited  
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## 2015年7月11日 筲箕灣官立中學 校友會有限公司 周年大會暨晚宴 之 愛在筲官

日期: 2015年7月11日  
時間: 晚上六時至十時半  
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### Prizes/Scholarships Sponsored by Alumni/Alumni Association (13-14) for Nov. 28, 2014 Speech Day

	Prize/Scholarship	Sponsor	Amount	No.	Sub-total	Total
1	Service Award (4 House Captains)	Alumni Association	300	4	1200	11800
2	Prefect group leader service Award		150	5	750	
3	President & Vice-president of the Students' Asso.		350 250	1 2	850	
4	S1-4 Most Improved Students and second most improved students		300 200	18 18	5400 3600	
5	Alumni Association: Service Awards for ECA and school service	Alumni Association: Chan Kwok Hei Prize	200	23	4600	6600
6	Students with outstanding performance in ECA		200	10	2000	
7	Annual scholarships from alumni: Chan King Sang, Wan Chi Tin, Leung Ka Wo					

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# 「以歌會友」校友會周年晚宴

撰文：鄺展翔

## 前言

「笑聲笑聲滿載溫馨 快樂發心內」-----  
很耳熟嗎？有看過長篇連續劇「真情」的朋友，就知道這兩句是「真情」主題曲的歌詞。除此之外，這亦是每年校友會晚宴的真實寫照。

回顧自己，加入校友會已經踏入第三個年頭了，過往曾三次出席校友會晚宴，每一次總能令我印象深刻！還記得初次參與晚宴，當時看見很多陌生的面孔，雖知道他們是筲箕校友，又或是曾在校任教的校長和老師，但總是有不自然和「見外」的感覺，就好像後輩看見前輩產生敬畏之心一樣。後來，跟一些校友聊天，發覺他們都很友善，又會很樂意分享自己的生活點滴，社會時事、人生哲理、旅遊趣聞、烹飪心得.....種種話題無所不談。更令我印象深刻的，是每年晚宴總會有一班校友，穿著同一款式的「T-shirt」，老友鬼鬼地大唱大笑、大吃大喝，可見他們之間的友誼非常深厚，對母校筲箕亦有很大的歸屬感。這些見聞和經歷，也使我更加喜愛校友會和筲箕這個大家庭！

## 晚宴情況

一年一度的筲箕校友會晚宴，在 2014 年7 月12日完滿結束。繼去年在警官俱樂部設宴，今年的晚宴又移師回筲箕校園，對很多校友來說都多了一份親切感。今年，能夠在母校舉行晚宴實在來得不易，事緣在晚宴前的一個星期內，因下了連場大雨關係，導致學校禮堂的天花板承受不了雨水的重量跌下來。這件事引起校方關注，曾建議校友會把晚宴改在金文泰中學舉行。後來，袁校長同意封閉受影響範圍，並開放部分禮堂給校友會設宴。雖然地方淺窄了一點，但同時亦拉近校友彼此之間的距離，令當晚氣氛特別熱鬧。感謝天公造美，當日天氣不錯，禮堂的天花再沒有倒塌，令整個晚宴得以順利完成，各位校友亦能盡興而回。

晚宴開始前，校友中樂團為各位來賓演奏多首悅耳樂曲。由於學校禮堂的舞台因天花板問題而被封閉，中樂團需要改在正門大堂進行演奏。雖然地方和音響設備有限，但中樂團仍有高水準和穩定的演出，在場來賓和校友都聽出耳油、拍手叫好呢！





「以歌會友」，又怎少得歌唱環節？  
各組全情投入地演唱，帶來無限的歡呼和歡笑聲。



中樂團的演出相當精彩，為大家送上一首又一首悅耳樂曲。

今年校友會晚宴的主題為「以歌會友」，歌唱環節成為了晚宴主菜。當晚，總共有三組校友為大家獻唱幾首懷舊金曲，有「千個太陽」、「紀念日」、「總有你鼓勵」等。每組校友似乎準備充足，演出時相當投入。而席上觀眾亦看得如癡如醉，有不少更在歌聲樂聲感染下一起拍手、揮手伴唱，有些甚至手舞足蹈起來，把現場熱鬧、熾熱的氣氛推到最高點！晚宴結束前，各位不忘跟相熟校友合照，又會互相慰問、聚舊，場面溫馨感人。

最後，我們校友會感謝各位來賓和校友的蒞臨，還要感謝校友中樂團、張燕老師和幾位學生義工出力，令整個晚宴能夠流暢地完成。下一年度的校友會晚宴，期待再次與各位相聚，亦期望見到更多新面孔，到時候再吃個玩個痛快！



晚宴尾聲，師生們不忘合照留念。



# Run, Run, Teacher Run !!!



Ms Ho 嚮往大自然的高山流水，跑步之外也會到郊外遠足。  
2013年攝於大浪灣海灘。

何慧珠老師，筲官舊生，於 2000 年九月回到母校任教，並一直擔任母校與校友會聯絡老師至 2013 年八月，現為學校企業、會計與財務概論及通識科老師。

「千里之行始於足下」就是坐言起行、萬事從頭開始的道理，跑步也是如此，但對普通人來說，能一口氣跑上 42 公里的全馬聽起來不可思議，究竟如何一步步跑出來的呢？Ms Ho 用自己的經驗回答了：勤練有功，習慣成自然。

筆者與很多同學都知道 Ms Ho 每天堅持晨跑，也是渣打馬拉松的常客，卻不知眼前這纖瘦的「運動健將」原是身子羸弱、小毛病纏身的人，14 年前開始跑步不為興趣，純粹是聽了醫生的勸告。「以前我身體很差，2000 年進了三次醫院。醫生勸我一定要做運動，自己救自己，但我不懂其他運動，有兩條腿就跑步了」。就這樣，Ms Ho 每天晚飯後到樓下公園跑 1000 步，繞着一棵樹小圈小圈地跑，「頭一個月，我跟我媽哭著說太辛苦，不跑了，但第二天還是照樣去了」，Ms Ho 安慰自己：現在跑公園，再來跑海濱，體能好些就可以跑上山，因為她非常喜歡行山，但從前身體太差總不能如願。

從 1000 步到第一個 10 公里，Ms Ho 用了四年時間，沒有特別的訓練計劃，就這樣簡單、平淡地做好每天的跑步課，期間自然有氣餒和犯懶的時候，但身體狀況改善令她克服了停跑的誘惑：「跑了一個多月就感受到好處，身體機能好像活過來一樣重新運轉，一直存在的小毛病都好了」，一跑就是十數年，還越跑越長，終於在 2008 年完成渣打全馬。



Ms Ho 曾任母校與校友會聯絡老師，  
圖為她與校友會會長張佩玲的合照。



### 問：需要甚麼特別的裝備開始跑步嗎？

Ms Ho：不用的，剛開始我是穿一身運動服，套上出街的平底波鞋就跑1000步，那甚至不是正式的跑鞋。後來有個朋友說Mizuno的跑鞋很不錯，就買了這個品牌試試，一直到現在。

### 問：很多人說跑步容易弄傷膝蓋，真的嗎？

Ms Ho：我沒有跟教練學習正確的跑姿，平常跑之前也沒做甚麼熱身，只穿上舒服的跑鞋，跑了十多年也沒有甚麼傷患。只是有一段時間膝蓋有點痛，吃了些葡萄糖胺補充劑就好了。

### 問：每天跑步頗考驗意志力的，很多初學者早上會賴床不想晨跑，或者平日工作太忙了，你怎樣克服這些問題？

Ms Ho：我每朝5點鐘起床跑步，6點鐘左右跑完10公里去上班。有時天氣冷，也會想賴床多睡一會兒，我就同自己講：多睡半小時，全日都混混沌沌；現在起身去跑步，就全日都精神！

剛開始跑步，沒多久就會氣喘吁吁、手腳乏力，覺得自己一步都不能向前了，Ms Ho 說遇到這種情況，沒有其他辦法唯有捱過去，讓身體慢慢適應：「要收獲一些東西，自然要捱過去，跨過那一步，跑步如是，做人亦如是」。雖然抱持著這種信念，但從跑30公里過渡到42公里全馬對Ms Ho來說始終是個難過的關，也讓她嘗到了幾次敗仗，用了三年時間才破關。「2005年後開始挑戰全馬，但連續兩年跑到30公里就不行了，坐在原地，要大會的巴士接我走。」原來跑到30公里，身體儲起的糖原會消耗殆盡，全身的力氣好像抽走了，稱為「撞牆期」。要捱過這最後的10公里，需要特別訓練，Ms Ho 的方法就是每日由跑10公里增加至20公里，另外加跑20層樓梯共七次，訓練大腿肌肉，克服渣馬中海底隧道的「長命斜」路段。回想當時的拚勁，Ms Ho笑著說：「那時候覺得全馬是一個achievement，一生人要跑一次，一次就夠了，再多我也不行。」

經過兩年來屢敗屢戰，Ms Ho在2008年再度挑戰全馬，即使訓練充足，養精蓄銳，但過去失敗的經歷始終成為她的心裡陰影，跑到30公里時「撞牆期」又發作，使她質疑自己：「我心裡想，今年可能又失敗了，這最後的10公里我真的跑不下去了。」令她堅持下去的，竟然是旁邊一直與她訓練、比賽的丈夫的一句話：「你的時間很好，走路也能到終點的，怎麼放棄了？」Ms Ho 轉念一想：是啊！10公里不是自己每天都輕鬆跑完的距離嗎？就這樣重新振作，兩人並肩跑到終點，完成42公里的全馬賽程。

跑步小有成就後，Ms Ho又挑戰其他運動，例如她從小到大最害怕的游水：「我跟自己說，無理由40公里跑到，100米一個直池也游不到？」就這樣咬緊牙關克服了恐懼。運動予人信心，信心又成就其他可能性和潛能。

對未來，Ms Ho沒有籌謀太多，也沒有甚麼宏大的十年計劃，純粹希望見識筲官以外其他學校的文化，保養好一副健康的身體。「其實人生有咩野？我還有兩隻腳可以跑步，已經很好。」



艱苦訓練後，Ms Ho 與丈夫攜手完成 2008 年的渣打全馬。



# Once a SGSSer, always a SGSSer

- Bobby Shum

9th November 2014 was an ordinary Sunday for almost everyone, but for us, 2011 graduates from class 7B, it is a day we'll remember, as this is the first time we came back to SGSS as a group since we left here 3 years ago to continue our next phase of life (Some classmates and I shared the same feeling that we haven't left this second home for 3 years but that's what the calendar told us). We came back to reminisce about our adolescent youth and more importantly, to put our graduation gowns on to pay tribute to our alma mater.



Familiar smiling faces on the basketball court

It is not hard to tell that the school has changed a bit. From the outside you can tell SGSS dons a bluer outfit with the three-dolphin emblem on than before. The garden has also got restructured. Students have a wider passage connecting the covered playground and the basketball court to play some volleyball. And while we were on the first and second floor, it is apparent to us that some classrooms have been re-allocated for other purposes. The old classroom for 7B is designated for some musical instrument classes and the old 6B classroom, once the base for senior students, residing next to the entrance of the school hall has been retired from service probably for more than a year. Additional classrooms sitting on top of the chemistry lab are now the new hub for them.

There are parts of the school that stay the same as they were though. The cordially blue campus still echoes well with the sky. Our school hall, where we had our first Christmas Ball and the Speech Days, still looks classy. The wall painting just next to the fountain remains magnificently vivid and the colour doesn't pale with time. And as cliché as it may sound, the familiarity among my classmates is still there. We may have grown a little bit in terms of physical appearance but I guess some leopards can't really change their spots, um, in a positive sense. After all, the cuteness of one's personality lies in the mutual complements between the 'good's and the 'bad's.



To be honest, it feels sort of reassuring seeing so many people and things that you are familiar with. Over the last 3 years of Uni, it seems that changes are really the only constant. Not only is there an uncertain schedule and location for class that you need to run from one lecture theatre to another within 30 minutes to sit for the class, but there is also no such thing as a fixed group of "classmates" that you can hang out with for the whole Uni life because normally everyone has their own combination of courses, which means you lack a certain classmate sitting next to you throughout Uni sharing all the random stuff happening in class with you. (The concept of having different classmates in one term may be deranging for secondary school students but just imagine now you can only learn one subject in one designated classroom and every student has the opportunity to pick, say 5, subjects to study for one term, so students need to run from classroom to classroom to sit for the correct course and each "class" will have a different composition.) While we always wanted to grow up as a kid, now we can't help but feel like going back to those old days when our lives were so in sync that we shared every moment together (yes, including all the embarrassing ones, and be ready for those awkward funny moments to be dugged out in gatherings) so we can keep each other company through the bitterness and sweetness of growing up (as sad as it sounds, we start to age instead). It is not like I hate new stuff, but it is more about keeping the balance between your past and future.





Fresh Uni graduates throwing their caps in the garden

The hall - where memories of most school functions reside



To my young fellows, I might have sounded like an old man who has lived more than 1000 years but I just want to say the 7-year voyage in SGSS just whished past and there was nothing that I could have done to stop all those enjoyable things happening in front of my eyes simply turning into memories.

And neither can you. The best way to live it is to keep your sense sharp, "let the moment seize you", as quoted from the movie 'Boyhood', an ode to growing up. Let your feeling flow with the moment because this is the time you can grow everything, from friendship to happiness, spontaneously, cost-free and no boundaries. The regularity of school life may be considered "uncool" and numbing for teenagers but think again. This is probably the only time in your life that you could enjoy some regularity with a group of people that you know each of them personally and you can (or must) meet them every single day. Treasure your school friends, because they have liked you without benefits. And yes probably everyone hates someone at school, but at least you hate them because you have known them well enough.

Our graduation certificate of SGSS has put a full-stop to our secondary school life but the recollection still comes around as flashbacks. To germinate our new memories with SGSS, we took some of the photos in the old 7B classroom. We sat as arranged 3 years ago based on the best of our memory. The chalk-dusted blackboard evoked some sense of nostalgia. We also did the classic graduation-caps-throwing in the garden, celebrating the joy of graduation. We wrapped up the day by taking a semi-official class photo in front of the school entrance. (I guess that's the only calm and peaceful moment I have at the school entrance that I wasn't hopping up the stairs sweating all over in an attempt not to be late for class.)

On behalf of our class I would like to thank the full support from SGSSAA for providing assistance in the photo-taking. It would have been impossible for us to come back since quite a few of us needed to work on Saturdays so our only bet was on Sundays and luckily our availability coincided with the Alumni Sunday opening.

The photo-taking lasted only for a morning, memories don't. Although we all have left school and most of us have already been graduated from the Uni, the spirit of "Vincit Veritas" still runs in our blood. As graduates of SGSS, we are so proud to say; Once a SGSSer, always a SGSSer!



Once a SGSSer, always a SGSSer!



# 履多年之約

去年十月，在銅鑼灣警官會所一隅，一羣紫衣人士在談笑風生，好不熱鬧，原來是第十七屆校友跟羅太多年前的「約定」。

撰文：唐榕株

一眾師兄姐畢業後仍定期相約羅太敘舊，羅太一直希望回請他們，多年前便許下了承諾，但學生怎會輕易讓步？！在前年歡送她榮休的聚會中，羅太終於說服同學，讓她在一年後作一次東道主。

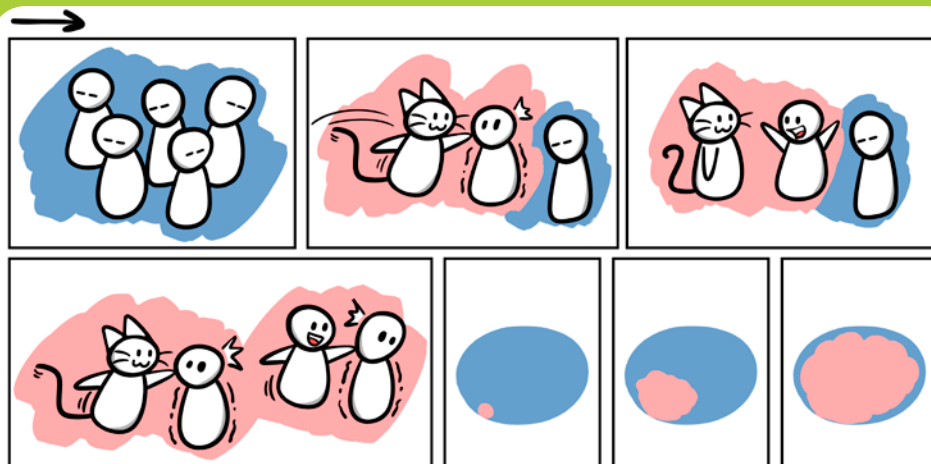
當晚亦是第十七屆畢業生的紫色團體服首次面世的大日子。負責策劃及設計的師兄師姐更為羅太特製了一件釘了水晶文字的團衣。派發團衣時大家都特別興奮，不少更持衣拍照留念。

晚餐是以自助餐形式進行，大家邊吃邊玩邊拍照，十分自在、開心。台上沒有特備節目，大家可以自由發言、分享、表演或被羅太邀請出來細數當年軼事，歡笑聲此起彼落。雖然畢業多年，不少師兄姐亦已為人父母，但一聚頭，大伙兒又變回昔日活潑好動的學生，時間彷彿從沒流走過……



大家度過了一個愉快的晚上

快樂會傳染，你的一個微笑，可能就是別人微笑的理由。



用微笑影響世界  
用生命影響生命



**cliffy-comics**

Cliffy，筲官舊生，漫畫初心者。少時好辯，以筆為劍，以舌為槍。及後偶然執起畫筆，頓覺豁然開朗，從此踏上漫畫之道，探求「以畫為喻」之理。