ST. FRANCIS' CANOSSIAN COLLEGE PAST STUDENTS' ASSOCIATION

AUGUST 2026 NEWSLETTER

ADDRESS: ST. FRANCIS' CANOSSIAN COLLEGE
PAST STUDENTS' ASSOCIATION,
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SFCC PAST STUDENTS' ASSOCIATION

薪火相傳，情繫校園
舊生會因你，更溫暖更閃亮

PASSING THE TORCH,
BONDING OUR ALMA MATER
WITH YOU,
SFCC PSA SHINES BRIGHTER



舊生會委員會 2024-2026屆
任期即將屆滿。
本屆委員會謹向各位校友致以
衷心感謝，多謝大家一直以來的
支持、協助與關心。

現誠邀熱心服務母校之校友加入新一屆
委員會，以心連心，以愛傳承

THE TERM OF THE 2024–2026 SFCC PSA COMMITTEE IS COMING TO AN END. THE COMMITTEE WOULD LIKE TO EXPRESS OUR SINCERE GRATITUDE TO ALL ALUMNAE FOR YOUR CONTINUED SUPPORT AND CARE.

WE SINCERELY INVITE ENTHUSIASTIC ALUMNAE WHO ARE WILLING TO SERVE OUR ALMA MATER TO JOIN THE NEXT COMMITTEE.

CONNECTING HEARTS,
PASSING ON LOVE WITH CARE.
BOND ALUMNAE,
AND KEEP OUR SCHOOL SPIRIT ALIVE

期待有你，接力這份溫柔與力量
WE LOOK FORWARD TO HAVING YOU CARRY ON THIS WARMTH AND STRENGTH

PLEASE FEEL FREE TO CONTACT US AT PSA@MAIL.SFCC.EDU.HK

We Care so We Do

Dear Franciscans,

It is with a mix of nostalgia and gratitude that we pen this letter to you as our term of office draws to a close.

Time truly flies when one is filled with passion and purpose. Over the past two years, it has been an immense honor and privilege to serve alongside you, our beloved alumnae, as members of the Past Students' Association Committee. Looking back, we are filled with a profound sense of appreciation for the trust you placed in us, and equally, for the unwavering support you have shown throughout our tenure.

First and foremost, a heartfelt thank you to each and every one of you. Whether it was attending our regular gatherings, participating actively in our events, or simply lending an ear to our updates, your presence has been the cornerstone of our success over the last two years. The energy and the camaraderie we felt during our reunions and workshops were truly the highlights of our journey. It is because of your dedication to our alma mater that our community remains so strong, vibrant, and connected.

We also wish to extend our thanks to the outgoing team members who stood beside us during these two years. The late nights spent planning, the shared laughter during preparations, and the collective effort to bring meaningful activities to our sisterhood are memories we will always cherish.

As we approach the end of October 2026, we will officially complete our term and pass the baton to the incoming committee. While we are sad to step down from our official roles, we are incredibly optimistic and excited for the future of our alumni family.

Once again, thank you for the memories, the friendships, and the trust. May our alma spirit continue to bind us together.

Wishing you all the very best for the years to come!

With warmest regards and sincere appreciation,
SFCC PSA Committee



Join us, SFCC PSA Choir

Got a voice, a love for music, or even just a secret shower-singing talent? Come join our cheerful community of singers! Whether you're a seasoned solo star or still finding your tune, we'd love to welcome you into the choir.

Under the expert and inspiring guidance of our Choir Conductor, Dr. Angelina Au, and our Honorable Advisor, Mrs. Maria Jim — both passionate and highly experienced musicians — the SFCC PSA Choir is the perfect place to sing your heart out, enjoy beautiful music, and make wonderful friendships with fellow alumnae and friends.

PRACTICE SCHEDULE OF SFCC PSA CHOIR

19 September to 28 November 2026

Every Alternate Saturday

3pm - 5pm







Please feel free to contact us
at psa@mail.sfcc.edu.hk or Ms Rebecca Tsang 9304 0714 (WhatsApp) for details.

Let's discover the joy of singing
with alumnae and friends!!

Cookery Workshop

A Trip Down Memory Lane: Reuniting with Mrs. Yung in the Cookery Room

On the afternoon of 18 April, we returned to our school's Cookery Room for a delightful cooking session with Mrs. Yung. We were also very pleased to welcome Mrs. Jim, our retired music teacher, to this special gathering. Both Mrs. Yung and Mrs. Jim have given so much of their time, care, and devotion to nurturing generations of Franciscans over the years. Seeing these two beloved former teacherstogether again was a truly heartwarming moment.

As we entered the familiar room, the aroma of freshly prepared food immediately brought back memories of our school days. It is hard to believe that Mrs. Yung has already been retired for ten years, yet time seems to have passed just as quickly for all of us. Once energetic schoolgirls, we have now entered a new chapter of life, but in Mrs. Yung's warm presence, it felt as though no time had passed at all.



















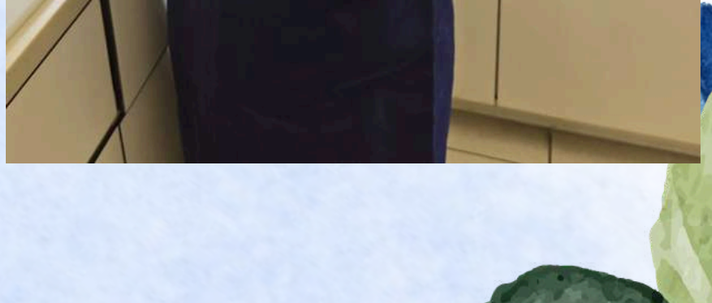






Under Mrs. Yung's patient guidance, we cooked up a storm, preparing four delicious dishes that brought both challenge and joy to our hearts. Our first creation was Cream of Tomato Soup. The rich red tomatoes simmered with velvety cream, filling the room with a comforting sweet-savory aroma. Sipping the soup felt like wrapping our stomachs and hearts in a warm blanket. Next, we made the classic Prawn Toast. We spread a generous layer of minced prawn onto thick slices of bread, topped each with a whole prawn, and fried them to golden perfection. Each bite offered a satisfying crunch and a burst of freshness, reminding us of the simple, delicious treats we used to enjoy.












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For something a little more elegant, we crafted the Pomegranate-shaped Shrimp Balls. Rolling the smooth shrimp paste into little orbs, coated with bread cubes and frying them until they glistened golden, they indeed looked like precious pomegranate seeds. These bite-sized morsels were crispy on the outside and tender on the inside, bursting with fresh seafood flavor.

To conclude our feast, we baked a Fruity Loaf Cake. Packed with different dried fruits and crunchy walnuts, the cake was moist and full of natural sweetness. It was the perfect ending to our meal, a comforting finish to our culinary adventure.













Cooking alongside Mrs. Yung was a truly special experience. She still taught us with the same patience and enthusiasm as before, sharing tips and stories as we worked. We laughed as we chopped, stirred, and baked, reminiscing about our school days and catching up on each other's lives.

This day was not just about cooking; it was a heartfelt reunion. We spent the afternoon creating new memories amidst the familiar smells and sounds of the Cookery Room. Though time has changed our appearances and moved us along different life paths, the bond we share with our school family, and the warmth of Mrs. Yung's teaching, will always remain with us.



Please scan for more Event Highlights

SFCC TRAM 2026

Fueled by creativity, our SFCC students have made the whole school community proud. Upholding our Franciscan legacy, they designed a custom commemorative tram that cruises across the city as a symbol of their outstanding work.

A team of Form 5 pupils took part in the "BuilDING OUR FUTURE GRAND CHALLENGE" with their project 森・軌道. Centered on urban tree safety and biodiversity conservation, they built an intelligent system to safeguard the city's greenery, reflecting their strong sense of social responsibility. Their remarkable efforts earned them the championship in the Chinese Division [叮叮創科大賽 中文組冠軍], and they travelled to Singapore in March 2026 to collect their awards.

To mark this milestone, Principal Mr Law brought the award-winning students, their families, and the chairs of the IMC, PTA and PSA for a group photo beside the tram on 8 April.













SFCC MENTORSHIP PROGRAM 2026

On 12 December 2025, we collaborated with the SFCC Career Team to serve as interviewers for the SFCC **Form 6 Mock Interview Workshop**. Our Alumnae and industry professionals from various fields were assigned to 18 interview booths, providing valuable guidance and support to over 100 participating students.













The **2026 Careers Expo** was held on 30 April 2026. The School Hall was filled with a vibrant and encouraging atmosphere. Our alumnae patiently guided our younger students, offering thoughtful and practical advice as they explored their future aspirations and addressed their concerns and uncertainties.





The SFCC PSA Committee would like to thank all alumnae for your assistance and participation, which made the entire Career Mentorship Program a resounding success. We have invited several guest speakers from the event to share their thoughts with everyone：

SFCC PSA Mock Interviews/Careers Expo – Reflections and Feedback



By Jenny Tam (1992)
Head of Retail Banking and Wealth Risk, Hang Seng Bank

As a proud PSA alumnus, returning to the April 30 Careers Expo as an industry professional was a heartfelt and memorable experience. It was wonderful to be back on campus and share my career journey. Standing on the other side of the table, I had the privilege of sharing my career journey — from the uncertainties I faced as a student to the lessons learned through real-world challenges and opportunities.

Interacting with current students during the expo was equally rewarding. Their eagerness, thoughtful questions, and ambition reminded me of my younger self. These conversations reinforced the importance of mentorship and giving back to the community that shaped us.

Another special highlight was joining a short school tour. Walking through familiar corridors and newly upgraded facilities brought back fond memories while showing me how much PSA has evolved. It was inspiring to see the modern learning environments now available.

Thank you, PSA, for organizing this meaningful event that bridges alumni and students. I'm grateful for the opportunity to contribute and look forward to more such impactful gatherings in the future.

SFCC PSA Mock Interviews/Careers Expo – Reflections and Feedback

By Joling Wong (2005)
Executive Officer HKSAR/ Hong Kong Auxillary Police Force



It was my pleasure to share my experiences again with my c muis in the careers expo. With a change in the format, our c muis became more proactive, seeking answers to their task sheets and even asked follow up questions in the aspects they were intestered in. I was happy to share my experience, from failing the public exam, to completing a masters degree, to working for different departments in the goverment and chasing my dream as an auxiliary police. Hope my experience provided some motivations for my c muis while they are facing challenges or chasing their dreams. Graduated Franciscans from all walks of life and every occupation are welcomed to join us. Don't hesitate to contact PSA if you wish to join this meaningful event!

Inspiring the Next Generation

By *Leanne Lau
Teacher, SFCC

On 30 April 2026, St. Francis' Canossian College hosted its annual Careers Expo, a cornerstone event designed to help students navigate the transition from classroom to career. The afternoon featured a group of dedicated alumnae who returned to their alma mater to serve as mentors.

Representing a diverse range of professions, these graduates shared workplace insights that provided S3 to S5 students with a realistic look into the "daily realities" of various industries. Each alumna shared a personal journey which helped clarify the often-confusing path of career planning.

The day was a resounding success, fostering vital connections between students and our successful alumnae network. By engaging with mentors whose expertise is grounded in the same halls they now walk, students left feeling more prepared and confident about their future goals. We extend our deepest gratitude to the alumnae who volunteered their time to guide the next generation of Franciscans.

(* same article was also published on the school website)

帶著害羞、快樂去發掘將來

By Jenny Leung (1990)
Lecturer (CUHK, Lingnan University), Founder of World Kitchen Club



我和師妹們在禮堂食朱古力!

這聽起來不守規矩，多少反映了我帶點反叛的性格，也許這份特質造就了我的「非傳統職涯」。坦白說，剛收到邀請我回母校參加 Careers Expo時，我感到有點意外，畢竟從我那份迂迴多元的履歷，涵蓋廣告、市場推廣、旅遊、持續發展、大學講師、義工、創業以致 slasher 來看，並非那種「標準成功模範」，細想下又為母校抱住開放的態度對待「非傳統職涯」而開心，讓師妹可以探求不一樣的發展願景。

當知道要回禮堂參加 Careers Expo，我就泛起一個反叛的念頭 - 帶朱古力請師妹一齊食！當然，我也希望在嚴肅的禮堂討論職業規劃這正經話題時，師妹們可以輕鬆點，不必如上堂時認真寫筆記，而是進行一場快樂對話。

活動當天，同學可以自由選擇由多位舊生站崗的攤位。師妹們果然被朱古力吸引過來，但面上又流露一點不好意思，望望朱古力又看看我。直到我主動邀請，她們很禮貌微笑地問:「真係請我哋食架?」當緊繃的氣氛被朱古力溶化後，她們變得主動和投入，拋開機械式詢問就業前景、準備功夫，反而對我不同領域的遭遇感到興趣，例如在山區和老鼠一齊開會、如何用食物推廣持續發展和旅遊，甚至聊到尋找一個對生命有意義、能讓自己感到快樂的未來等重要課題。

她們從害羞到熱烈討論的模樣，令我不禁想起多年來，校長、老師們，校友，多數視我們為「文靜」、「內斂」，甚至「害羞」的一群，也勾起了我對另一場活動——模擬面試的回憶。活動當天，同學分成小組，在不同課室與舊生進行「模擬面試」和討論。開始時，她們大都是帶著一絲絲害羞，細細聲去表達自己的看法，反而熱身後，在「指定活動」將近結束時，她們變得放膽發問，分享自己的看法、擔心和盼望，熱烈討論直到超時。

在兩次活動中，比起技巧，我更注重分享一種心態：不妨帶住我們這份特質 - 絲絲害羞、不安和擔心，卻同時懷住樂觀、隨意和毅力去發掘多變未知的將來。只要肯嘗試，途中也會有精彩的事情發生。

我們不是華麗的糖果，燦爛奪目，或許更像朱古力，平實、低調，內裡存在無限潛力， 帶著快樂去探索未來!

SFCC PSA Mock Interviews/Careers Expo – Reflections and Feedback



By Yvette To (1992)
Assistant Professor, The Hong Kong Polytechnic University

This is my first time joining the school's careers fair. I brought along two of my published books, hoping to give the students a sense of what academic research is about. It was incredibly rewarding, and one student's question truly stood out. She asked, 'How do you decide what to research – is it driven by your interest?'

What a 'billionaire question'! My answer was that while passion is the ideal engine for research, reality often means navigating compromises. We have to consider what's important to funders and the practical impact our work can achieve. In sharing this, I also stressed that academia offers incredible opportunities to travel for research and conferences, which certainly raised a few eyebrows amongst the students!

This conversation really highlighted how valuable events like this are. They offer those practical, behind-the-scenes details that are often disguised when perception becomes reality. I hope sharing these real-world aspects of a profession inspires the girls to keep asking questions and explore further, no matter what field they choose.

[Highlights of the event]

***Photos credited to SFCC**







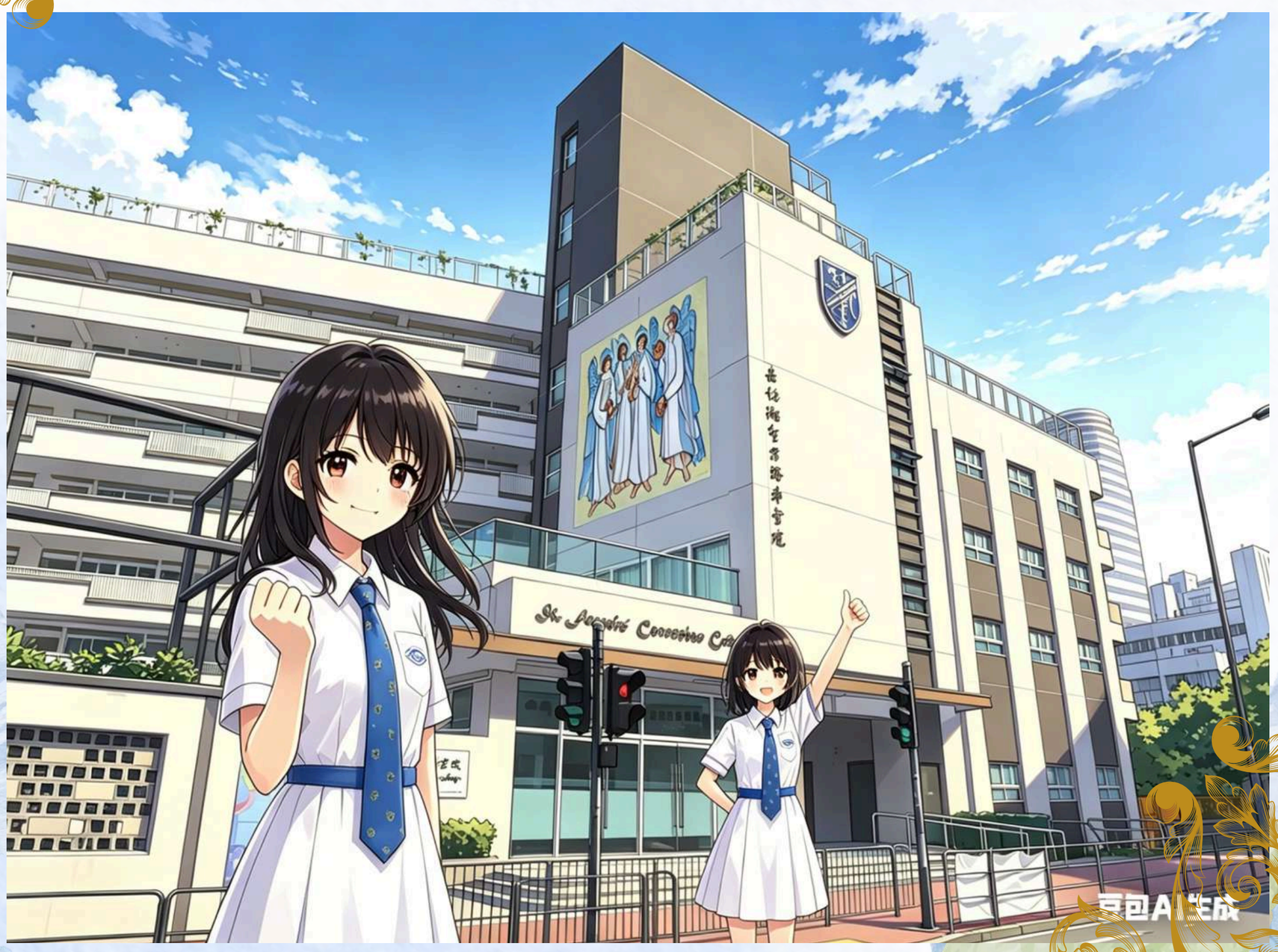








Warm wishes from SFCC PSA (St. Francis' Canossian College Past Students' Association) to all DSE candidates for a brilliant and promising future



SFCC Red Cross Youth Unit One



Warm Congratulations to Red Cross Youth Unit One on its 67th Enrolment and 70th Anniversary

On 2 May 2026, the SFCC campus was enveloped in a warm, joyful yet solemn atmosphere, as members of the Red Cross Youth Unit One from across different generations gathered on campus to celebrate 70th anniversary.

Alumni members who had served the Unit in various eras, current student members, as well as our dedicated teachers and school advisors, all attended this meaningful celebration. Attendees of different ages sat together, sharing precious memories of their time in the Red Cross Youth Unit One, discussing the timeless values of humanity, impartiality and voluntary service that the Unit has long upheld, and witnessing the new generation of members take their solemn oath of office.

The event was vibrant yet well-organised throughout. On this memorable day, the long-standing history and glorious traditions of SFCC Red Cross Youth Unit One were fully showcased. Generations of members have passed down the noble Red Cross spirit, bound together by their deep affection for our alma mater and unwavering commitment to public welfare, filling this anniversary celebration with heartfelt warmth and a strong sense of ritual. Guided by the spirit of "Together with YOUTH, Live out Humanity", we extend our sincere gratitude to the school leaders for their relentless guidance and nurturing support over the years. This precious cross-generational bond and collective strength will remain our most cherished legacy.

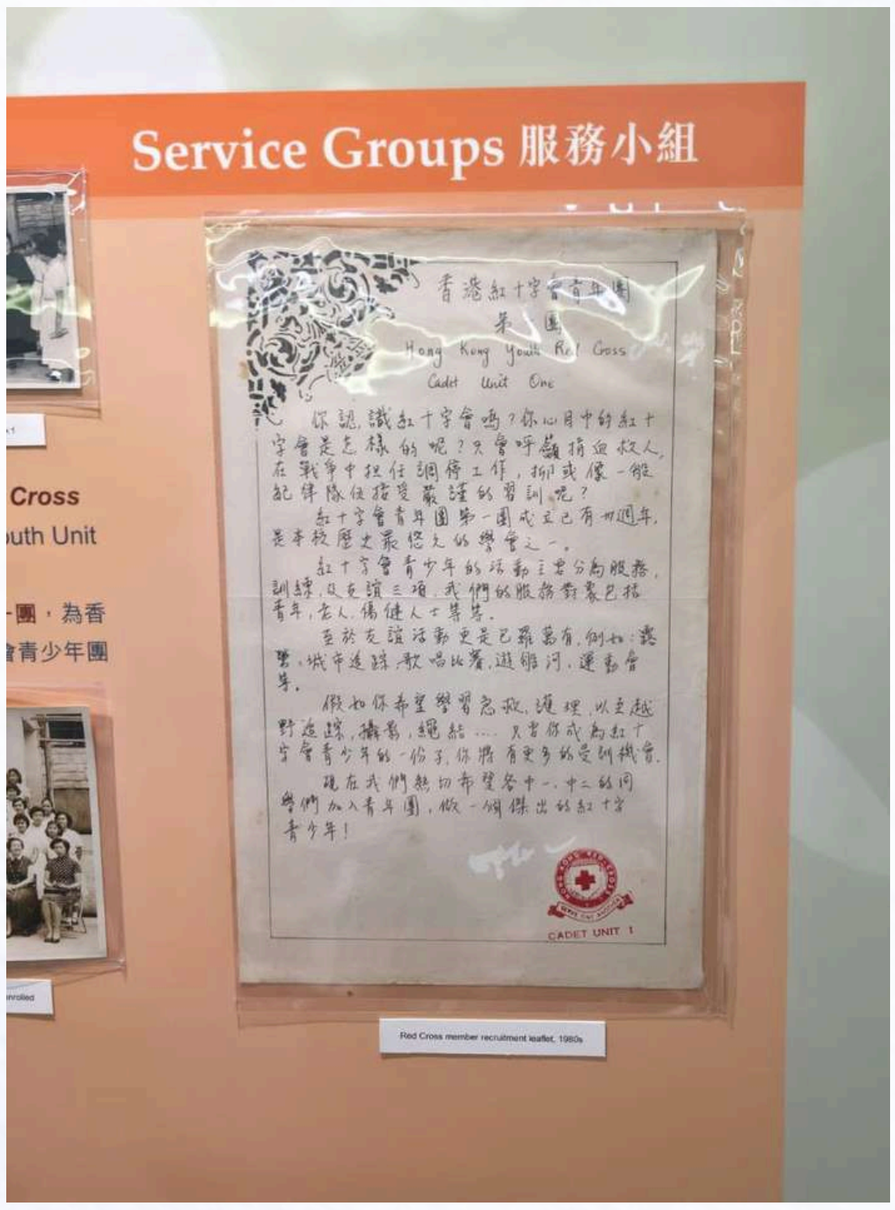
Photos credited to Alumna, Cindy Lau







[Memory Corner]



The Ceremony was gracefully officiated by Mr Jimmy Yuen (Deputy Chairperson of HKRC) and Mr Wallace Chow (Youth Affairs Superintendent of HKRC)





***Photos credited to SFCC**

The SFCC PSA Committee is not only delighted for the Red Cross Youth Unit 1 members, but we have also specially invited Mr MF Li, our former teacher who was Cadet Officer back when the unit was still known as Cadet Unit One, together with our distinguished alumnae Gabriel (Class of 1988) and Vivian (Class of 1991) for sharing.

Mr Li has generously presented a precious **hand-drawn group caricature** he created himself, which carries immense sentimental value.

Congratulations to Hong Kong Red Cross Youth Unit One 67th Enrolment and 70th Anniversary



By Mr Li Man Fai

I was delighted to attend the 67th Enrolment Ceremony cum 70th Anniversary Celebration of the Hong Kong Red Cross Youth Unit 1. It is the very first Red Cross youth unit in Hong Kong celebrating its 70th Anniversary — does it not deserve special recognition? More meaningful for me was the honour of having been part of the Unit myself, decades ago.

It was a joy to see the new generation of young members stepping forward in their smart uniforms. Their enthusiasm and sense of purpose took me back to my own days as a secondary school student in the Red Cross. The Ceremony vividly revived memories of the solemn pledge I took at my own enrolment — to join with others all over the world to help the sick and suffering.

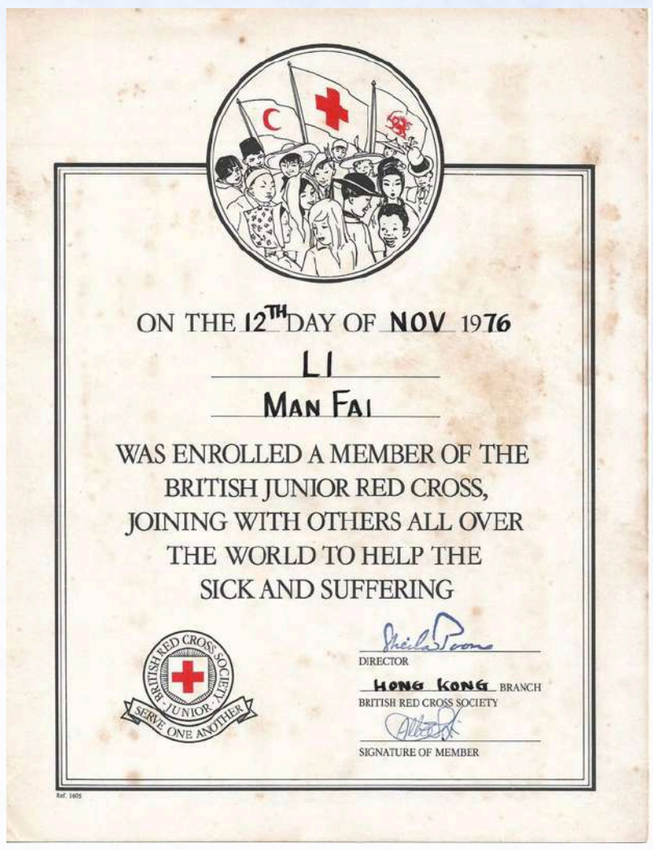
To be honest, beyond hospital visiting services during my school years, for all reasons, I have never engaged in any organized relief efforts helping the sick and suffering as I had pledged. Having said that, the spirit of "helping" has remained with me throughout my life and quietly shaped the way I live. For me, helping means extending a hand not only to the sick and suffering, but also to the disadvantaged and underprivileged in our community.

My belief is that embracing this spirit gives us strength and purpose — allowing us, in the words of the Red Cross Song, to "be a light to shine over all mankind". I am grateful to have had the chance to reflect on these values, and I extend my warmest wishes to all members of Hong Kong Red Cross Youth Unit 1, both old and new.

***All photos credited to Mr Li**



Mr Li and CU1, 1988



ON THE 12TH DAY OF NOV 1976

LI

MAN FAI

WAS ENROLLED A MEMBER OF THE BRITISH JUNIOR RED CROSS, JOINING WITH OTHERS ALL OVER THE WORLD TO HELP THE SICK AND SUFFERING

DIRECTOR

HONG KONG BRANCH

BRITISH RED CROSS SOCIETY

SIGNATURE OF MEMBER



Mr Li in Red Cross uniform



Enrolment - Mr Li and Ms Woo

A late greeting to you. Happy reunion with the CU1 girls on the 67th enrolment ceremony and the 70th anniversary celebration.



Hand-drawn group caricature by Mr Li

We are the CU1 girls!

Coleta Wong, Alice Chow, Maria Lau

Hedy Tam

Cindy Lau, Maggie Lee, Eva Ho, Kitty Yu

Vivian Lui, Kiddy To, Gabriel Kwan, Leta Yuen

「初心的繼承者」 - 第一團70周年團慶後感

By Gabriel Kwan (1988)

近年為了照顧年邁的父母，輾轉又住進堅尼地道的舊居。對這個成長的地方當然不會陌生，但兜了一圈回到原點，既不是中學年代十分鐘跑回學校的興奮；又不是初出茅廬要離開父母外闖的雄心壯志，反而是對初心的一種尋找和反思。

「尋回初心」是這些年很常聽的說法，究竟初心是如何形成、如何培植？初心是很個人的還是可以很集體？尋回初心又有何意義？

正當這個疑問在腦海徘徊之際，收到母校紅十字會青年團第一團的七十周年團慶邀請。標題為《世壹·一世》的邀請函寫著以下幾段文字：

- 「世」係一世光陰，係朝暮更替。。。我地追求嘅，只係一份執著。
- 「壹」係獨一無二，係我地嘅偏愛同堅守。。。用初心，奔赴我地想去嘅地方。
- 「世壹」，係呢個世界入面獨此一份，係萬里挑一嘅遇見同埋珍貴；一世，係將我地嘅珍貴回憶永遠留存喺心入面，守護住少年時帶住初心嘅承諾。

很像以前寫過的東西，卻又久違了很久很久。當日的那團心火，今日無論形狀與顏色都不一樣，但一被召喚，我們橫跨五十年的團友、老師、義務職員還是浩浩蕩蕩的前來參與。

面對著出土的照片、襟章、刊物、獎座，是興奮、是懷緬，是混沌。。。新團員步操進場，我們這些老鬼還是慣性地指指點點。短劇似曾相識，嚷著「我真係好鍾意Red Cross，但阿媽又唔明，驚我唔讀書...」這個跨世代的議題沒有答案，只有用行動證明一切。

這片土壤孕育了我們的初心，不是因為我們曾經拿過獎耀武揚威過，而是我們在同一信念下不斷學習、重覆訓練、互相扶持；在磨練中精進，在挫敗中覺悟，在比拼中謙卑，在團結中堅強。

團慶後的一個月到了意大利旅行，米蘭下機後途經Verona (會祖歌中的韋羅那)，到訪了會祖聖瑪大肋納嘉諾撒的故居。行近大門時與兩名少女對望，對方先開口問我會不會也是嘉諾撒會的舊生，說他們畢業於嘉諾撒聖瑪利書院，特意來尋根。

這個前後不到十分鐘的偶遇令我想到會祖的仁愛和慈悲，令二百年後有受她啟蒙和施教的人前來致敬。也正如紅十字會始創人亨利·杜南，是他對人道的堅持和執著，吸引了後世人的追隨，開墾了一片土壤，栽種著無數人的心田。

我們是無數初心的繼承者，從家庭、學校和團體中吸收了成長的養份，在往後的日子也關顧著很多幼苗的成長，為他們護航和倡導 - 這正是初心的承傳和互相效力，讓我們一同走得更遠。

Reflections on the Red Cross Youth Unit One 67th Enrolment Ceremony and 70th Anniversary Celebration

By Vivian Lui (1991)

There are some experiences in life that never truly fade with time.

I still vividly remember the day I was formally enrolled as a member of Red Cross Cadet Unit One, now renamed Youth Unit One, many years ago. That was our 31st Enrolment Ceremony. Becoming part of the Red Cross Cadet Unit One family has always been one of the most memorable and wonderful moments of my school life. The Red Cross Youth Unit One 67th Enrolment Ceremony and 70th Anniversary Celebration held at our school on 2 May 2026 brought all these heartfelt memories back to me.

Throughout my school years, I devoted countless hours to a great variety of Red Cross activities and competitions alongside my teammates. From inter-school marching, first-aid and nursing competitions, to volunteer services at elderly homes, hospitals and centres for children with special needs, as well as campfire gatherings and other events, our weekends and holidays were often filled with meaningful Red Cross duties and activities. Striking a balance between intensive extracurricular commitments and academic studies was never easy. Yet, driven by our passion, sense of responsibility and dedication for Cadet Unit One, every one of us strived to do our best in both our studies and service work.

Beyond all the valuable experiences I gained, the greatest treasure Cadet Unit One has given me is the lifelong friendship I have developed with my fellow unit members.

Returning to my alma mater for the enrolment ceremony and anniversary celebration filled my heart with warmth and gratitude. It was such a joy to see so many good friends, our respectable principal and teachers, and to meet the vibrant new generations of Red Cross members. I felt a strong sense of belonging standing in the school hall and singing our school song and Red Cross anthem together.

The new generations of young members are bright, lovely, energetic and full of enthusiasm. Their wonderful performances demonstrated their dedication and passion for being Red Cross members. I know they, just like us in the past, face the challenge of balancing Red Cross activities with academic work. Yet, guided by their perseverance and selfless service and their devotion for Red Cross Youth Unit One, they will surely overcome all difficulties and carry forward the glorious spirit of our unit. I sincerely wish them all the best!

Photos credited to SFCC Red Cross CU1/ YU1 Alumnae









Esteemed former Teacher Advisors Ms Rebecca Li,
Mr MF Li and Ms Helen Woo
(left to right)











Former Teacher Advisor Ms Helen Woo and CU1 (in White)



Ms Helen Woo and Mrs Nancy Wu (Current SFCC IMC chairlady)



Transition from CU1 to YU1

Please scan for more Event Highlights

Speech Day 2026

SFCC held its annual Graduation Ceremony on 4 July, filled with a warm, gentle and joyful atmosphere. It was a precious occasion for the whole school community to celebrate students' hard work and achievements throughout the academic year.

The school invited our distinguished alumna Ms Marina Tong as Guest of Honour. She generously shared her inspiring stories, precious insights and rich life experience, encouraging the young graduates to stay true to themselves, keep learning bravely and embrace future challenges with courage and kindness.

(Excerpts attached on page 26)











The chairperson of the SFCC PSA, Ms Rebecca Tsang presented special awards to four outstanding students on behalf of PSA, recognising their efforts and excellent performance.

We were also very pleased to meet the two Head Girls. They have chosen to join the SFCC PSA immediately after the ceremony, setting a fantastic role model for everyone. They promise to keep supporting junior schoolmates after graduation and pass on the school spirit continuously.

SFCC PSA strengthens the bond between the school, teachers, current students and alumnae. It is a beautiful reminder that we are always part of the big SFCC family.













Guest of honour

Ms Marina Tong
(Class of 1996)

Chief Operating Officer, HSBC



Good afternoon Sister Veronica, Mr Law, teachers, parents, families, friends, and most importantly, the graduating class of St. Francis' Canossian College.

I am really excited to be here to share this day with you all, and it made me remember how full of anticipation I was when I was sitting in your chairs for what's to come. Before I go any further, I feel I should answer two questions that are probably on most of your minds. First: what happened to your leg? And second: who is this person, and I hope they won't be too boring.

On the first question, I wish I had a dramatic story involving saving a small child, escaping danger, or doing something really impressive in sports. The truth is less glamorous —I was doing very mundane housework, my mind probably wandered for a moment, and with one mis-step, I have 2 broken bones in my leg, and enough metal that will probably set off airport security for the rest of my life.

As I was lying in the hospital waiting for surgery, I was joking with my brother. My mother looked at me and asked, "How can you still laugh lying there?" And I told her, "the legs already broken, so it's either laugh or cry, and I would much rather laugh"

That, in a way, is one of the lessons I would like to leave with you today: there are many things in life that we cannot control or undo, but we can choose how we react, and we can choose what we do next.

As for the second question — who am I, and am I going to be boring? — I should start by being honest. I do not remember who spoke at my own Speech Day, and I definitely do not remember what they said. So if, a few years from now, none of you remember this speech, I promise I will not be offended.

I graduated from St. Francis, and as Mr. Emond mentioned, I have fond memories of being a part of student organisations and of teachers including Mr. Law and Ms. Yan. SFCC taught us so much more than lessons; they taught us about community, responsibility, friendship, and how to treat people with care.

However, I do have slightly less fond memories of climbing seven flights of stairs multiple times a day for morning assembly or biology lab. Do they still do that — put senior students on the lowest floor so we get enough exercise every day?

After St. Francis, I went to study Law in HKU, and after the first year, I received an exchange scholarship to the University of Chicago, and got a degree from economics there.

I then joined HSBC's International Manager programme, a graduate-style programme with international rotations. Through HSBC, I worked in Hong Kong, Taipei, Shanghai, Shenzhen, London, Kuwait, Chicago, and Mexico City – and when I sat in our chairs, I never imagined I would end up living in that many places. And before you ask, I do not travel light, I am quite well practiced in moving, but I still don't like it.

Today, I have the privilege of being the COO – Chief Operating Officer of HSBC in HK. I manage services for customers of HSBC, transactions processing, branch and other customer channels etc, I also manage services for staff members of HSBC, eg around office space, catering, etc and quite literally keep the lights on in the building, including the light show you see in central at night.

I do not have the answers to life, universe or anything else. But I would like to offer three thoughts to you all — hopefully one will resonate, or give you food for thought as you go forth.

First, embrace unexpected opportunities.

When opportunities come your way, especially unexpected ones, try thinking "Why not?" before giving yourself ten sensible reasons not to do something. I do not mean saying yes to everything, but sometimes the door that opens is not the one you planned for — and it may still lead somewhere meaningful.

During my second year in University, I got a call from the principal of St Francis, Sister Susanna Yu, she asked if I would be interesting in joining a month-long trip to Italy. It would be 3 weeks traveling with the Canossian family, along with a delegation of about 20 from HK. The month would end with volunteering at the world youth day in Rome.

I remember thinking a month is a long time, I didn't know anyone who was going, and it doesn't seem to help me find a job when I graduate, but then I thought, when am I ever going to get this opportunity again, and with the support of my parents, I went to Italy for a month. I remembered it as an amazing month of adventure, exploring Italy and making new friends.

During my time at HSBC, I got a call about a job in the Middle East, and I was thinking Dubai, I will go there, but it turns out the job is to run corporate banking for our Kuwait office, I knew very little about Kuwait, very little about muslim culture and wasn't sure I could do the job well as a Chinese woman. I discussed my concerns with my manager, and after he accepted all of them, I thought 'why not' and went on a 2 year adventure where I learned loads about the region, the religion and met lots of wonderful people, and was a very positive step for career.

Second, do what you enjoy.

As you think about studies, careers, and life, pay attention to what you enjoy. What makes you happy doing it? What makes time pass quickly?

Here is a practical test: if you have ten pieces of homework all due tomorrow, which one do you do first? Chances are, the one you choose is something you enjoy and probably also your best subject. Your interests are clues. They point to your strengths and motivation. As you go forward, think about how to leverage what you enjoy.

I was part of the basketball team and was the captain for one of the years I was at SFCC, as I think back, it wasn't the basketball that I was very good at or enjoyed, but I enjoyed building relationships, getting everything organized for practice and tournaments. I think this was a hint to what I will end up doing today.

Third, be kind to yourselves.

Very often, we are our own worst critics. At many points later today, I will probably think, "I should have said that differently," "Was everyone falling asleep?" "Did I use too many ums?" and, very possibly, "These wheelchair photos are going to look horrible."

But we must learn to be kind to ourselves. Think about after a test, if a friend tells u they didn't do well,, u would tell them, "am sure it's not bad, u did really well in the last one, just study harder for the next one", but if u think u did very badly, in ur head, "u would think "my life is over, j will fail, i wont get into the university subject i want" Self-kindness does not mean pretending everything was perfect. It means speaking to ourselves, the same way we may counsel a friend, it means giving ourselves a balance commentary. So tonight, I will give myself a pat on the back for making it here in a wheelchair, tell myself I definitely got a few laughs, and still take away lessons for next time.

You may not feel perfectly ready for what comes next. That is fine. None of us ever really are. You are ready enough to begin.

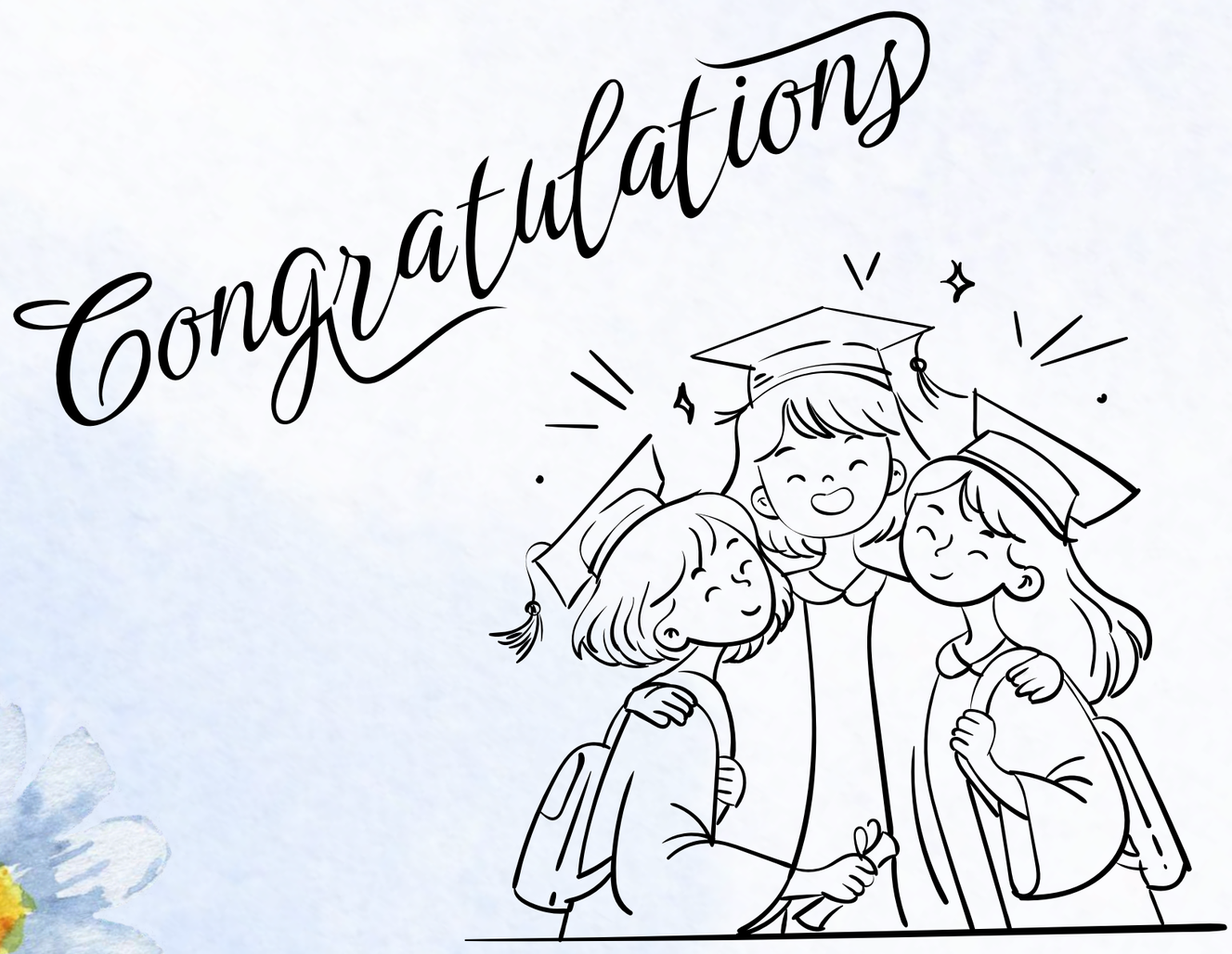
So go forward with three thoughts: embrace unexpected opportunities, do what you enjoy, and be kind to yourselves.

No matter where your path takes you from here, St. Francis is a place you can always come back to. I was not a very active alumna while I was outside Hong Kong, but since returning three years ago, I have reconnected with many. I am here today because I ran into Mr. Law at a government function. Even if I am not up to date on every old classmate's life, the friendships, memories, and connection to St. Francis still bind us together.

Carry St. Francis with you — not as a place you have left behind, but as a place you can always come back to.

Congratulations, graduates. May your next chapter be full of laughter, purpose, friendship, and joy. We will always be part of the St. Francis family.

Thank you, and congratulations once again.



Alumnae Corner

St. Francis' Canossian College
Alumni Association Ontario SFCCAAON





22 May 2026 marked a wonderful meetup between SFCC PSA (Hong Kong) and the Alumni Association Ontario of SFCC (SFCCAAON)

Attendees (left to right in the photo) included Anna Chik, Regina Ko , Cindy Lau and Winnie Yang. We enjoyed a delicious Teochew lunch together, catching up on recent news and updates from both Hong Kong and Canada. We also exchanged views on alumni association matters over the meal. It was a joyful afternoon filled with warm sharing and great company!

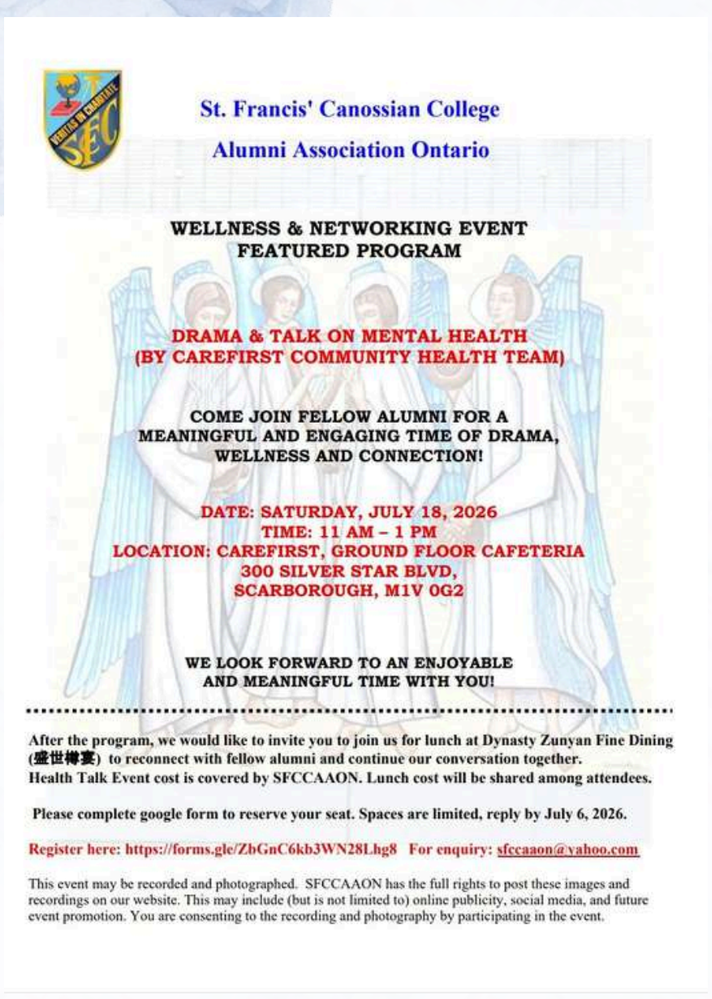
SFCCAAON events in July 2026:

18 July:
Drama & Talk on Mental Health presented by the CareFirst Community Health Team

26 July:
Golf Tournament hosted by the Hong Kong Joint Schools Alumni Association

PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION

Highlights of
Drama & Talk on Mental Health on 18 July



St. Francis' Canossian College

Alumni Association Ontario

WELLNESS & NETWORKING EVENT
FEATURED PROGRAM

DRAMA & TALK ON MENTAL HEALTH
(BY CAREFIRST COMMUNITY HEALTH TEAM)

COME JOIN FELLOW ALUMNI FOR A MEANINGFUL AND ENGAGING TIME OF DRAMA, WELLNESS AND CONNECTION!

DATE: SATURDAY, JULY 18, 2026
TIME: 11 AM – 1 PM
LOCATION: CAREFIRST, GROUND FLOOR CAFETERIA
300 SILVER STAR BLVD,
SCARBOROUGH, M1V 0G2

WE LOOK FORWARD TO AN ENJOYABLE AND MEANINGFUL TIME WITH YOU!

After the program, we would like to invite you to join us for lunch at Dynasty Zunyan Fine Dining (盛世樽宴) to reconnect with fellow alumni and continue our conversation together.
Health Talk Event cost is covered by SFCCAAON. Lunch cost will be shared among attendees.

Please complete google form to reserve your seat. Spaces are limited, reply by July 6, 2026.

Register here: https://forms.gle/ZbGnC6kb3WN28Lhg8 For enquiry: sfccaaon@yahoo.com

This event may be recorded and photographed. SFCCAAON has the full rights to post these images and recordings on our website. This may include (but is not limited to) online publicity, social media, and future event promotion. You are consenting to the recording and photography by participating in the event.

The event was represented by the CareFirst Community Health Team



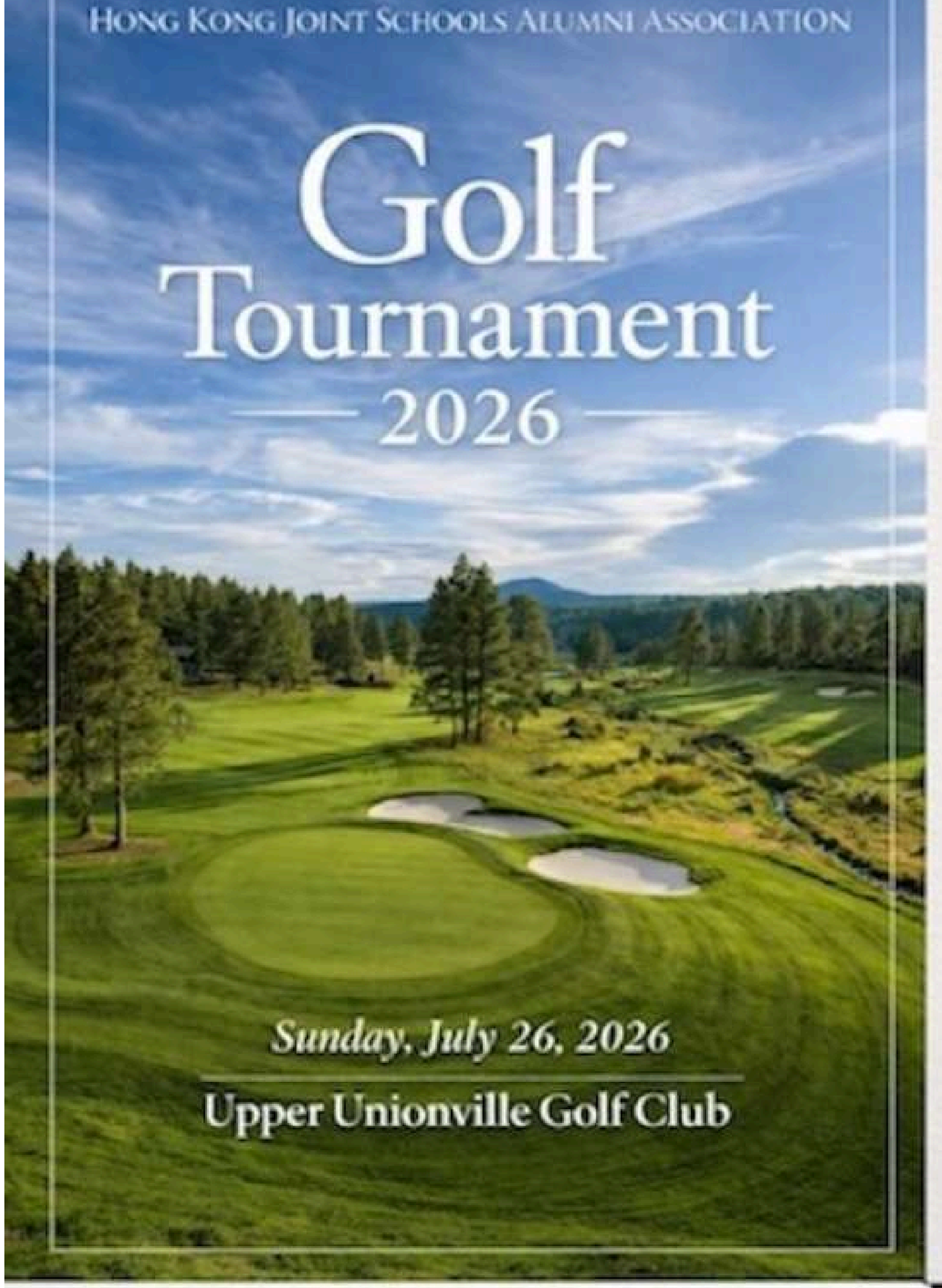
The talk on mental health on July 18, 2026 at Carefirst Seniors and Community Services Association was attended by 30+ participants.



Thanks to the drama group to make the Talk more interesting !

HONG KONG JOINT SCHOOLS ALUMNI ASSOCIATION

Golf Tournament 2026



The Event

Sunday, July 26, 2026

Upper Unionville Golf Club

11207 Kennedy Rd, Markham

- Registration 10:00 AM
- Group Photo 11:15 AM
- Tee Time 11:30 AM





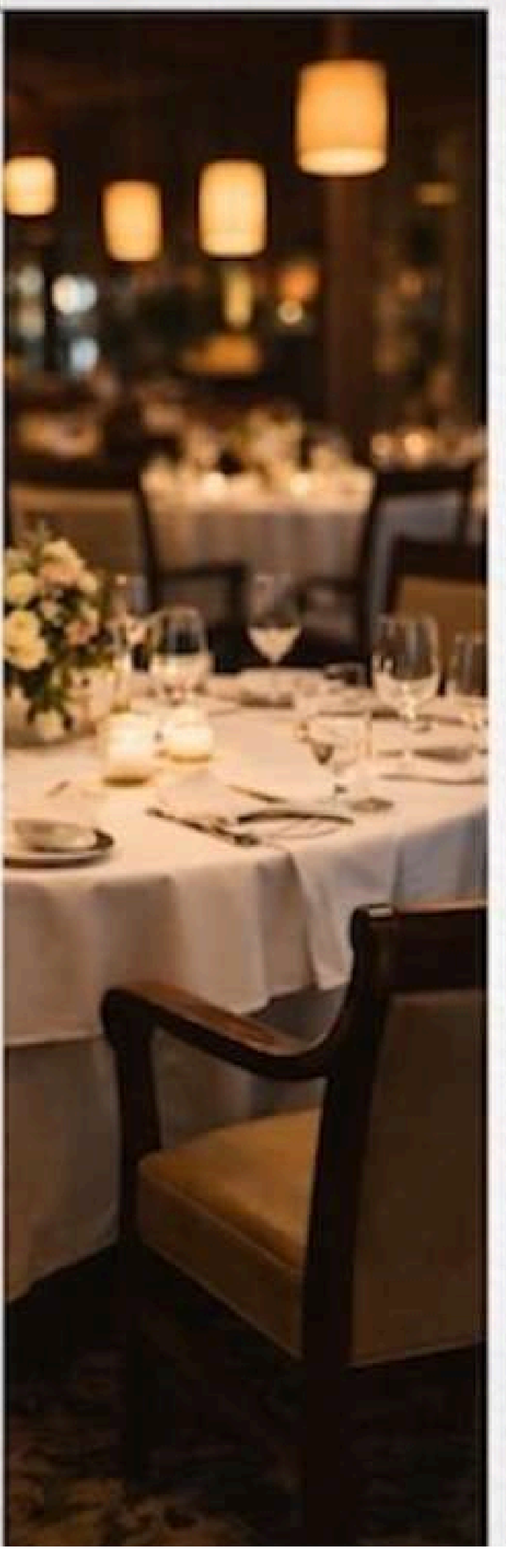
Participation

Golf & Dinner — $220

Includes:

- Round of golf
- Golf cart
- Registration gift
- Light lunch
- Dinner
  - Awards Presentation & Lucky Draw

Dinner only — $65



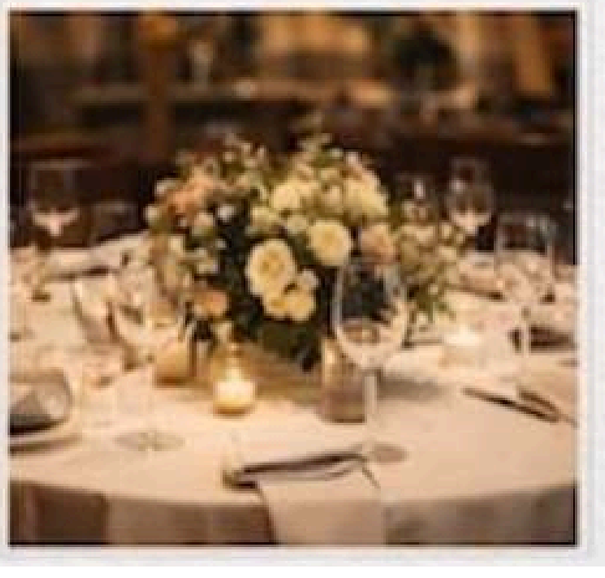
Dinner Gathering

An opportunity to reconnect with fellow alumni

Purple Orchard 紫蘭軒

270 West Beaver Creek Rd
Richmond Hill

- Registration 6:00 PM
- Dinner 7:30 PM



Stay Connected

To keep abreast of the latest PSA activities, you can browse the PSA web page under St. Francis' Canossian College
(https://www.sfcc.edu.hk/ > Our Partners > Past Students' Association).

"Like" and "Follow"the SFCC PSA page on:

Facebook : https://www.facebook.com/sfcc.psa

Instagram: https://www.instagram.com/sfccpsa?igsh=bjJ4bmpxcjZncno4

SFCC PSA
Facebook

SFCC PSA
Instagram

If you want to update your personal information, or refer your fellow Franciscans to the PSA, please scan the QR Code of the General Membership Form.

SFCC PSA
General Memberships Form

To enhance the bonding of our members, we welcome your contributions to the PSA Newsletter, Facebook and Instagram. Share your news regarding alumnae gatherings by sending photos or articles to us at psanews@mail.sfcc.edu.hk.

St. Francis' Canossian College Past Students' Association
c/o St. Francis' Canossian College,
9-13 Kennedy Road, Wanchai, Hong Kong
Website: http://www.sfcc.edu.hk/psa/ Email: psa@mail.sfcc.edu.hk

Membership No.

(For official use only)

Form of Membership Application / Change of Information

Please fill in the following in BLOCK LETTERS and return the completed form to the above address or by email for our processing.

A. Membership *(please tick as appropriate)*

☐ I enclose HK$300 being payment of Life Membership fee.
Paid by ☐ CASH or ☐ CROSSED CHEQUE (No. _____)
*(Payable to "**St. Francis' Canossian College Past Students' Association**".)*

☐ I am an existing member and I would like to update my personal information.

B. Personal Particulars

Name in English: _____ Name in Chinese: _____

Correspondence Address: _____

Mobile: _____ Home Tel.: _____ Office Tel.: _____

(To help protect the environment, our newsletter will be distributed via email.)

Email Address: _____ Fax: _____

Profession: _____ Position Held: _____

Company Name: _____

C. Year of Graduation *(please tick as appropriate)*

☐ I graduated under HKCEE system — Form 5: _____ Form 7: _____

☐ I graduated under HKDSE system starting in 2012 — Form 6: _____

☐ I left school before Form 5 under HKCEE or Form 6 under HKDSE — Year & Form leaving school: _____

D. Statement on Collection of Personal Data

(i) Your supply of personal data to St. Francis' Canossian College Past Students' Association ("**SFCC PSA**") is on a voluntary basis but we may not be able to process your application with incomplete information. (ii) The information provided by you to SFCC PSA will be used for administration and management; membership admission, registration, maintenance and administration; promoting and soliciting contributions for the affairs of the SFCC PSA, St. Francis' Canossian College and other related organization of SFCC PSA (collectively, "**SFCC Family**"); and furtherance of the objectives under the Constitution of SFCC PSA. (iii) By submitting this form, you are giving SFCC PSA your consent that the information provided by you herein may be made available to the SFCC Family as may be necessary for any of the above purposes. (iv) Apart from the purposes stated above, your personal information will not be transferred to any other parties, unless such parties are authorized by law and request the information. (v) You may at any time choose not to receive any promotion material from us or change your personal data by writing to St. Francis' Canossian College Past Students' Association, c/o St. Francis' Canossian College, 9-13 Kennedy Road, Wanchai, Hong Kong or by email to psa@mail.sfcc.edu.hk

_____

Signature: _____ Date: _____