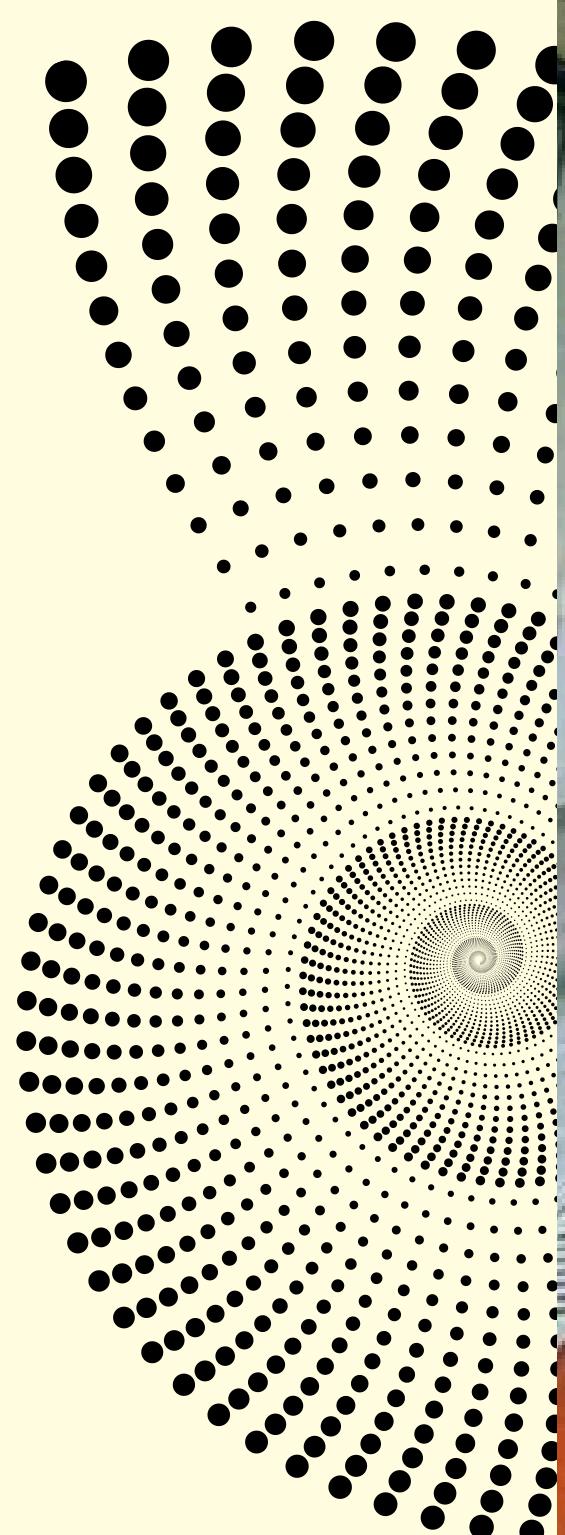


ST. FRANCIS' CANOSSIAN COLLEGE PAST STUDENTS' ASSOCIATION

JANUARY 2026
NEWSLETTER



ADDRESS: ST. FRANCIS' CANOSSIAN COLLEGE
PAST STUDENTS' ASSOCIATION,
9-13 KENNEDY ROAD, WAN CHAI, HONG KONG

EMAIL: PSA@mail.sfcc.edu.hk

In deep remembrance of the Tai Po Fire

Trust in Him at all times, O people:
pour out your heart before him;
God is a refugee for us. Selah

Psalm 62:8



Merciful Lord, we lift up to You
the residents of Wang Fuk Court
in Tai Po, who have been afflicted
by the disastrous fire.

We earnestly beg Your grace;
show mercy to all who have died,
and grant them eternal rest.

We implore You to heal the
injured, that in their suffering
they may find Your comfort.

We ask You to console all who
have been displaced, that after
their mourning they may rise
again with renewed strength.

Before such disaster we are weak
and powerless. Have mercy on us.
Lord, soothe our wounded
hearts, wipe away the tears of all
who grieve, and remain with us as
we wait in darkness for Your
saving help.

In Jesus name we pray
Amen



We Care So We Do

Dear Franciscans,

We hope this message finds you well. We would like to take a moment to reflect on the recent tragedy of the Tai Po fire, which has deeply impacted our community. We extend our heartfelt condolences to the victims and their families, and we encourage everyone to support those affected. Let us pray to God for strength to those in need, that they may face the future with courage and hope. May we come together in a spirit of love and resilience, emphasizing fire safety to protect our communities and honoring the memories of those we have lost.

Following our motto of "Live by the truth in Love", we are delighted to share updates on our ongoing efforts to connect our alumnae with our community. On 13 September 2025, we successfully completed our volunteer service, **"Meal and Mingle: Walking to the Community Kitchen,"** with Caritas (Ngau Tau Kok). This initiative allowed us to unite, contribute, and strengthen our bonds.

On 12 December 2025, we collaborated with the SFCC Career Team to organize a mock interview workshop, where alumnae provided professional advice to our S5-S6 students. This initiative offered valuable experience and constructive feedback, helping students build confidence as they prepare for upcoming university admission interviews.

Looking ahead, we are excited to announce several upcoming events:

1. SFCC Mentorship Program (in partnership with the SFCC Career Team)

We are seeking alumnae volunteers who are passionate about their professional fields and eager to share industry insights and work experience. If you are interested in participating, please complete your registration on [Page 5](#).

2. Franciscans Exclusive Event | Second Quarter of 2026

We cordially invite all Franciscans to join a full-day event featuring exclusive culinary workshops, where you can immerse yourself in the joy of gastronomic crafting and culinary exploration. For further details, please refer to [Page 6](#).

In addition, we are planning to organize a site visit to the Hong Kong Blood Transfusion Service (see [Page 7](#)). More specific arrangements and details will be announced in due course. We appreciate your attention and encourage you to stay tuned for updates.

We sincerely value your involvement and support in our initiatives. Your participation not only enriches our events but also inspires our current students and fellow alumnae. To better serve you, we have prepared a questionnaire on [Page 8](#) to gather your valuable feedback.

Thank you for being an integral part of our journey. We look forward to your continued engagement and support in the exciting activities ahead.

Warm regards,
SFCC PSA Committee

Together We're Strong



Join us!
SFCC PSA Choir



SFCC PSA Choir welcomes you! We sincerely invite Alumnae with ambition to join our vibrant community of singers. Whether you are a seasoned vocalist or a beginner, we would love to have you to join us!

Our Choir Conductor Dr Angelina Au and our Honorable Advisor Mrs Maria Jim are both deeply passionate and highly experienced musicians. The mission of the Choir is to promote lifelong interests in choral music while nurturing strong friendship amongst alumnae and friends.

****Practice Schedule of our Choir:****

January to May 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!!*



SignUp Form

SFCC Mentorship Program 2025-2026

We are thrilled to have received an overwhelming response to the SFCC Mentorship Program (in partnership with the SFCC Career Team) Career Expo, a testament to the incredible enthusiasm and generosity of our alumnae community! Due to this exceptional level of interest, registration for the Career Expo has now closed ahead of schedule. We extend our sincerest gratitude to every alumna who stepped forward to volunteer as a mentor, eager to share invaluable professional insights and industry expertise with our students.

Our other impactful career-engaging initiatives remain open for sign-ups: **DSE Buddies, University Visit, Career Visits, Job Shadowing and Internships!** These programs are a vital bridge connecting our students to real-world experiences. We strive to build up and empower their essential skills, clarify their career aspirations, and prepare themselves more effectively for long-term personal and professional growth.

3. DSE BUDDIES



We're seeking fresh graduates to:

- share their personal experience of choosing degree programs.

Dates: Early to Mid-October
Time: 13:40-14:20
Location: SFCC

Date: 15/7/2026 (Wed)
The day of releasing HKDSE results
Time: 9:00- 11:00
Location: SFCC

SHOULD YOU NEED FURTHER ASSISTANCE, DON'T HESITATE TO CONTACT US BY EMAIL OR PHONE. WE LOOK FORWARD TO SEEING YOU IN OUR EVENT.

4. MENTORS ON UNIVERSITY VISIT



We're seeking alumni who are studying in university to:

- share their university lives and the degree programs they are undertaking.

Date: 24/4/2026 (Fri)
Location: Various universities in HK
Time: 15:00-16:30 (tentative)

SHOULD YOU NEED FURTHER ASSISTANCE, DON'T HESITATE TO CONTACT US BY EMAIL OR PHONE. WE LOOK FORWARD TO SEEING YOU IN OUR EVENT.

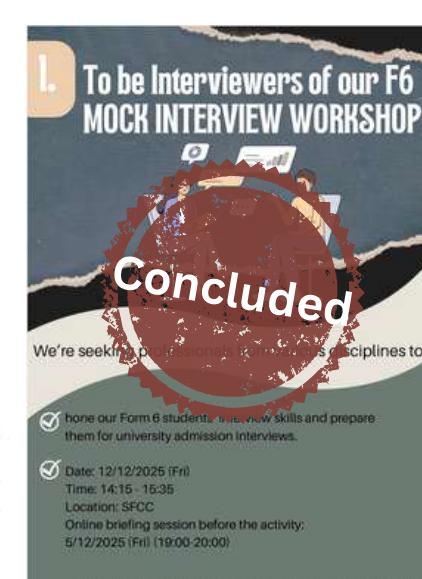
5. CAREER VISITS, JOB SHADOWING, AND INTERNSHIPS



We would like to enrich our students' learning experience by offering multiple career exposure experiences such as company visits, job shadowing, and internships.

We would be most grateful if you or your institution could provide these types of experiential learning opportunities for our students.

If you are interested in contributing,
please click [here](#)
or
scan the QR code to register.



For enquiries, please contact Ms L Lau (SFCC Career Team) at hylau@mail.sfcc.edu.hk
or SFCC PSA at psa@mail.sfcc.edu.hk

FRANCISCANS EVENT

Chef Mrs Yung

Cooking Workshop



MRS YUNG, OUR BELOVED RETIRED HOME ECONOMICS TEACHER WITH DECADES OF TEACHING EXPERIENCE, WILL BE JOINING US TO SHARE HER EXPERT CULINARY TIPS AND HOME-STYLE DELICIOUS RECIPES.

DATE: 18 APRIL 2026 (SAT)

TIME: 2-5PM

VENUE: COOKERY ROOM, SFCC

**MORE DETAILS WILL BE ANNOUNCED SHORTLY.
PLEASE STAY TUNED TO SFCC PSA FACEBOOK/INSTAGRAM**



Happy 67th Enrollment + 70th Anniversary

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

As the first Youth Unit of the Hong Kong Red Cross, it has upheld a proud tradition of service and the spirit of dedication for seven decades- an achievement cherished by all Franciscans

CELEBRATION CEREMONY

**Date: 2 May, 2026 (Saturday)
Venue: St Francis' Canossian College**

All Franciscans are warmly invited to join and support!

May the Red Cross spirit of care and service live on for generations.



SFCC PSA invites you to our exclusive site visit:

Learn About Blood Tour at Headquarters of Hong Kong Red Cross Blood Transfusion Service

Participants will go behind the scene and find out more about the processing journey of donated blood via guided tour to laboratories and donor centre, blood donation experience, as well as fun-filled activities.

Laboratories Visit

Blood Donation In The Old Days

Past Haemoglobin Testing Method

Collecting Blood with Glass Bottles

Find Out more about Blood Products

Red Cells

Plasma

Platelets



Address: 15 King's Park Rise,
Kowloon

HK Red Cross Blood Transfusion Service

Date (TBC)

09:00-
12:00



All alumnae and current students are welcomed to join

**For more information, please contact us at
psa@mail.sfcc.edu.hk**

Share your Ideas

We have been receiving various feedback from our members, suggesting that the PSA could explore the following activities:

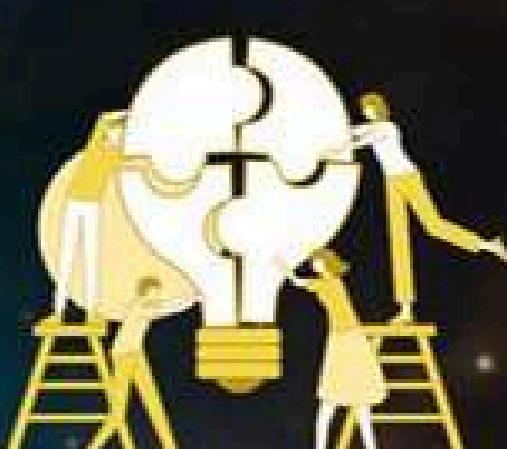
1. **Sports Day:** Options such as badminton, table tennis, and the emerging sport of pickleball.
2. **Interest Workshops:** Activities like Pilates, handcrafts and cooking.
3. **Mentorship Programs:** Opportunities for our alumnae to mentor our juniors.
4. **Short Trips or Site Visits:** Engaging excursions to nearby attractions.
5. **Long Trips:** Reconnecting and team-building experiences.
6. **Regular Gatherings:** Consistent meet-ups to strengthen bonds among members.

We welcome your thoughts and suggestions. The PSA is committed to being a valuable resource for our members, and your input is greatly appreciated.

Share Your Ideas

We would like to invite you to share your ideas and suggestions for creating meaningful activities that benefit our PSA community.

Social Gatherings
Creative Event Ideas
Volunteer Opportunities
Workshops and Skill-Building Sessions
Cultural Celebrations
Educational Series
... and any other ideas you may have ...



Scan the QR code and tell us more



Your Voice Matters
Together, we can make a positive impact!

Thank you for your contributions!

If you have any enquiries, please contact us at psa@mail.sfcc.edu.hk.



SFCC PSA Volunteer Service

On 13 September 2025, a warm breeze welcomed a group of eager volunteers to the Jockey Club Kwun Tong Community Hub. The program focused on the needs of subdivided housing families in terms of physical, mental, and nutritional health, as well as space utilization. This community hub is operated by Caritas Ngau Tau Kok.



Ms Monica Li (alumna, Class of 1989), Senior Social Work Supervisor at Caritas Community Centre- Ngau Tau Kok, introduced the concept of Community Hub to all our volunteers and explained how she and her teammates utilized available community spaces to co-create a platform for communal learning, play and relaxation with local residents.



Our volunteers were divided into two groups:

Group A: Dumpling Delights

The first group headed to the kitchen, where the aroma of fresh ingredients filled the air. Their mission was to work with community women to make dumplings—a traditional dish that carried both cultural significance and a sense of togetherness.

As the community women shared their recipes and techniques, laughter echoed off the walls. The volunteers learned different styles of sealing the dumplings and filling them with a variety of delicious ingredients. They included savory pork, fresh vegetables, and a delightful vegetarian option, ensuring there was something for everyone.

In just one and a half hours, the team worked in perfect harmony, forming an assembly line. One volunteer filled and sealed each dumpling, while others were preparing hot water, steamers and dipping sauces. The camaraderie in the kitchen was palpable; stories were exchanged, and new friendships blossomed over flour-dusted surfaces.

With determination and enthusiasm, the team managed to create an impressive total of over 380 dumplings, each one a labor of love. The process was not without its challenges—some dumplings burst open in the boiling water, leading to playful banter and cheers when others emerged perfectly cooked.





Let's hear what our volunteers say

Anna: I loved every moment of the day! It was great to see everyone working together and having fun. I think we should do this more often because it makes us all feel connected.

Anonymous: After participating in the volunteer service, I felt a deep sense of fulfillment from preparing and cooking dumplings with community women. It was a wonderful opportunity to connect and share in tradition.



DUMPLING DELIGHTS, GROUP A VOLUNTEERS



Group B: Children's Fun and Games

Meanwhile, the second group of volunteers engaged with children in a lively play area, organizing games that ignited excitement and creativity. Activities included traditional favorites such as "Pass the Ball with Actions" (傳波波做動作), "The Merchant Game" (收買佬), "Wordless Communication" (有口難言) and many more.

Storytelling and Switch Games were crafted to bring smiles and laughter, encouraging the children to run around, exercise, and eagerly participate in answering questions.



Balloons of every color floated in the air as volunteers twisted them into various shapes—dogs, swords, and even flowers. Everyone wore bright smiles, their hands filled with balloon animals and a variety of snacks as they played and formed new friendships. The children's laughter filled the space, creating a joyful symphony that resonated within the heart of the community.





CHILDREN'S FUN AND GAMES, GROUP B VOLUNTEERS

Let's hear what our volunteers say

Janet: It was a beautiful way to bring our school's values "Veritas in Charitate" to life. and YES!, we had so much fun - shouting across the tables, working together, and reminiscing about our school days.

Anonymous: Playing games with children opened my eyes to their challenges and brought joy to their day. It was a rewarding experience that highlighted the importance of community engagement.

Anonymous: As a volunteer in the children's group, I felt happiness and fulfillment. Playing games with the kids and seeing their smiles made every effort worthwhile. In those simple interactions, I not only experienced pure joy but also became aware of the challenges they face. This experience deepened my appreciation for my own life and inspired me to continue engaging in community service in the future.

BEHIND THE SCENE

We would like to extend our heartfelt gratitude to all the volunteers for their generous donations of snacks, toys and books for the children.

Your thoughtfulness and kindness made a significant impact, bringing the joy and excitement to the event!



Time truly flies when we're having fun!



As the day progressed, both groups came together to share the fruits of their labor. The Dumpling team presented platters of steaming dumplings, each variety beautifully displayed. The savory pork, fresh vegetable, and vegetarian dumplings were a feast for the eyes and taste buds. Meanwhile, the Children's Fun and Games group showcased their colorful balloons, an assortment of snacks, and gift bags for their parents, adding to the festive atmosphere.

The room was filled with warmth, laughter, and the delicious scent of food, creating a celebratory ambiance. Families gathered to enjoy the dumplings, and everyone took a moment to appreciate the hard work that had gone into making this event a success.



IN ADDITION TO THE DELICIOUS DUMPLINGS, WE ALSO ENJOYED HANDCRAFTED COFFEE MADE BY TRAINEES FROM CARITAS'S BARISTA TRAINING PROGRAM. THEIR TECHNIQUES WERE REMARKABLY PROFESSIONAL, AND THE COFFEE THEY BREWED WAS NOT ONLY EXPERTLY CRAFTED BUT ALSO INCREDIBLY FLAVORFUL. EACH CUP WAS A DELIGHTFUL TREAT TO OUR VOLUNTEERS!



The Volunteer Service debriefing was led by Ms. Pauline Fung (alumna, Class of 1976), Part-time Field Work Supervisor at Saint Francis University. Having served as a Senior Social Work Supervisor at Caritas Hong Kong for many years, she expressed her delight in witnessing the growth of SFCC PSA, the passion of our volunteers, and the connection with the community. It was a wonderful moment as volunteers shared their thoughts and experiences.

Ms. Rebecca Tsang, Chairlady of the SFCC PSA, concluded the Volunteer Service with a heartfelt closing speech. The SFCC PSA committee expressed deep gratitude to Ms. Monica Li and her dedicated team. We wrapped up the event with sincere thanks and a joyful rendition of the school song together.



DEBRIEFING BY MS PAULINE FUNG



SPEECH BY SFCC PSA CHAIRLADY, MS REBECCA TSANG



THANK YOU MS MONICA LI AND HER TEAM FOR ARRANGEMENT OF THIS VOLUNTEER SERVICE FOR SFCC PSA MEMBERS



HEARTFELT APPRECIATION TO THE TWO MOTHER-DAUGHTER PAIRS WHO PARTICIPATED TOGETHER, EMBODYING THE FRANCISCAN SPIRIT OF COMMUNITY AND CONNECTION.



WE WOULD LIKE TO EXTEND OUR HEARTFELT THANKS TO ALL THE VOLUNTEERS FOR THEIR TIME, EFFORT, AND ENTHUSIASM. YOUR WILLINGNESS TO COME OUT AND LEND A HELPING HAND MADE A SIGNIFICANT DIFFERENCE IN THE SUCCESS OF THE DAY. THE IMPACT OF YOUR CONTRIBUTIONS WILL BE FELT BY MANY, AND WE TRULY APPRECIATE YOUR DEDICATION TO SERVING OUR COMMUNITY.

Alumni Column



St. Francis' Canossian College Alumni Association Ontario SFCCAAON

Dear Franciscans,

Hope all is well with you!

On August 16, 2025, a beautiful sunny day, SFCCAAON participated in the annual charity walk organised by Carefirst Seniors and Community Services Association. Our group had raised around CAD4,500.00 for the association. Thank you to all the supporters for making this happen!



On September 7, 2025, we had our AGM and election of committee members. A new Committee was formed:

President : Irene Kwok

Vice-president : Ida Chiu

Secretary : Eva Hung

Treasurer : Lucilla Cheng

Webmaster : Chermaine Yew

Editor : Regina Ko

**Event Co-ordinators : Angela Kwan
Regina Ko**

(Regina also manages the Facebook (SFCCAAON) page; and prepares the news of SFCCAAON for SFCC PSA HK newsletter)

Auditor : Lucia Ng



The annual dinner started after the AGM and the election. We had six tables of past students, family members and friends, and also friends from joint schools. Our speaker, Dr. Jason Kwook, gave us a talk on osteoarthritis, followed by a Q&A session.

The highlight of the evening was the raffle draws. As in the past years, we raised funds for the SFCC Lunch Program. This year, a cheque will be presented to Mr. Law, Principal of SFCC, by our VP, Ida Chiu.

Happy Year of Horse and good health to you all from SFCCAAON.

God Bless!

Please visit our [website](#) for more information

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 Franciscan friends to the PSA, please scan the QR Code of the General Membership Form.

SFCC PSA
General Membership Form



To enhance the bonding of our members, we welcome your contributions to the PSA Newsletter, Facebook and Instagram. Share your news regarding alumni 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: