



ST. FRANCIS' CANOSSIAN COLLEGE  
PAST STUDENTS' ASSOCIATION

AUGUST 2023  
NEWSLETTER

## 155th Anniversary Open Day & Poon Choi Lunch Gathering

Our alma mater will mark its 155th anniversary in 2024. To mark this historical milestone, School Open Days will be held on 9 and 10 December 2023. Alumni, particularly those who missed the last Open Day, may wish to see the current look of our alma mater.

To double the joy, PSA will hold a lunch gathering at 1:00pm on 10 December 2023 (Sunday) at the air-conditioned school canteen. Alumni are welcome to join and form their own tables. The tentative menu is as follows:

1. Poon Choi (chicken, shrimp, fish meatball, pork, squid, mushroom, pork skin, soybean stick, radish, oyster.)
  2. Stew duck soup with tangerine peel
  3. Pork belly chinese water chestnut braised abalone
  4. Fried fresh eel
  5. Pickled young ginger and pineapple
1. 盆菜 (雞、海蝦、魚肉丸、南乳炆豬肉、魷魚、花菇、豬皮、枝竹、蘿蔔、金蠔。)
  2. 燉陳皮鴨湯
  3. 豬肚馬蹄燴鮑魚
  4. 炸鮮門鱈
  5. 子薑菠蘿



# 155th Anniversary Poon Choi Lunch Gathering

Date: 10 December 2023 (Sunday)  
Time: 1:00 p.m.  
Venue: St. Francis' Canossian College, 9-13 Kennedy Road, Wanchai, Hong Kong.  
Dress Code: Casual

## CONTACT DETAILS

Name (Prof. / Dr. / Mr. / Mrs. / Ms.) \_\_\_\_\_ (Family Name) \_\_\_\_\_ (Given Name)

Organization / Company Name \_\_\_\_\_

Correspondence Address \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

## SPONSORSHIP FOR THE LUNCH

Cash Sponsor HK\$ \_\_\_\_\_

Table Prize Sponsor \_\_\_\_\_

Lucky Draw Sponsor \_\_\_\_\_

## REGISTRATION OF THE LUNCH

No. of Table(s): \_\_\_\_\_ (HK\$4,200 per table of 12)

No. of Individual Participant(s) \_\_\_\_\_ (HK\$400 per head)

Please provide the name(s) and contact details of participant(s) as set out in the attached Names and Contact Details of Participants. For those who have already registered for the lunch before, this registration form need not be completed.

## PAYMENT OF SPONSORSHIP FOR THE LUNCH AND REGISTRATION OF THE LUNCH

Payment of Sponsorship for the Lunch HK\$ \_\_\_\_\_

Payment of Registration for the Lunch HK\$ \_\_\_\_\_

Enclosed please find a paid-in slip or cheque no. \_\_\_\_\_ in the total sum of HK\$ \_\_\_\_\_

## TERMS & CONDITIONS

1. This 155th Anniversary Poon Choi Lunch Gathering will only be held if we receive booking of at least 10 tables.
2. Payment method:
  - By Cheque: Crossed cheque payable to "St. Francis' Canossian College Past Students' Association"
  - By Bank Deposit: In the name of "St. Francis' Canossian College Past Students' Association" and direct to Bank of China account no. 012-595-0-005035-0
3. Please send the completed form and cheque / paid-in slip to St. Francis' Canossian College Past Students' Association, c/o St. Francis' Canossian College, 9-13 Kennedy Road, Hong Kong. Completed form and paid-in slip can also be sent by email to [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk).
4. Unless the lunch is cancelled due to no. 1 of Terms & Conditions above, all payments made are non-refundable. St. Francis' Canossian College Past Students' Association ("SFCCPSA") reserves the right to decide on the menu, the usage of any excess sponsorship amount and the final allocation of tables and seats.
5. For those who are interested to attend the lunch, please note that the deadline for registration of the lunch will be **10 November 2023 (Friday)**.
6. We will confirm your registration by email or by telephone.
7. SFCCPSA reserves the final decision in all disputes and the right to amend/change the Terms & Conditions without prior notice.
8. For any enquiries, please contact June Sieh at 9283 2325 or email at [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk).





## Alumni Choir

We are recruiting interested SFCC alumni to join our alumni choir! We are very pleased that our previous school's music teacher Mrs. Maria Jim will be the advisor and our alumna Ms. Angelina Au will be the conductor of the alumni choir with the near-term goal of a mini-performance on one of the Open Days of 155th School Anniversary (tentatively scheduled for **12:30pm on 10 December 2023 (Sunday)**).

The basic logistics for the preparation of the mini-performance during the 155th School Anniversary are as follows:

1. 6 to 8 rehearsals of 1.5 to 2 hours' duration to be held once a week with date and time to be confirmed;
2. minimal participation in 4 rehearsals; and
3. required payment for scores to be paid by the interested alumna who has passed the audition (if applicable) and confirmed her acceptance as a member of alumni choir is approximately \$100 per person with the assumption that 3 songs will be performed during the 155th School Anniversary.

## Contact Details of Interested Parties

Interested alumni please provide the following information and email to [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk) on or before **15 September 2023**:

Name (Prof. / Dr. / Mr. / Mrs. / Ms.) \_\_\_\_\_ (Family Name) \_\_\_\_\_ (Given Name)

Tel: \_\_\_\_\_ Email: \_\_\_\_\_ \*Year of Graduation: \_\_\_\_\_

Previous participation in school choir or any other choir: \_\_\_\_\_

Voice part: \_\_\_\_\_

\* Year of Form 5 / Form 6 graduation under HKCEE / HKDSE system.

For any enquiries, please contact June Sieh at 9283 2325 or email at [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk).

We look forward to hear your voice!

### Disclaimer

The personal data collected will be used by St. Francis' Canossian College Past Students' Association and the authorized personnel for processing captioned purposes only. All personal data you provided will not be disclosed to any third parties without your prior consent.

## A walk down Memory Lane – A happy tour to SFCC Memory Gallery



Fifteen alumni joined the tour to the School Memory Gallery organized by PSA on 29 April 2023 (Sat).

The tour to SFCC Memory Gallery gave a precious opportunity to alumni to savor and revisit the precious people and moments of SFCC. This gallery is full of shared memories and footprints left in various times. It's really worth a visit for every Franciscan.



The weather was sunny and hot on 29 April, but it did not dampen the enthusiasm of the alumni. Principal Kenneth Law gave all of us a very warm welcome and led us to visit the gallery with an incredibly detailed introduction. He even prepared headsets for us to facilitate us with a pleasant listening. Thank you very much for Principal Law's hospitality and support to alumni activities.



The alumni enjoyed this immersive tour to SFCC Memory Gallery very much, and the richness of the tour showed Principal Law's efforts and dedication in this project of setting up the SFCC Memory Gallery. Together with the interaction and communication with the alumni, the participation and enthusiasm of all the alumni made the more than 2-hour tour remarkably successful.





## 2024 Table Tennis Competition

After a long break, we are happy to hold table tennis competition at our school. The key dates are as follows:

First Round: **13 January 2024 (Saturday)** subject to the number of participants.

Final Round: **20 January 2024 (Saturday)**

Required payment of participation: \$100 per person

Please indicate your interest by sending email to [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk) or contact Miss June Sieh at 9283 2325 before **15 December 2023**.

## IMC Alumni Manager

The candidate registration and nomination of the 2023-2025 SFCC Alumni Manager Election ended on 10 June 2023. Only one alumnus, Miss Sieh, Shih Pei June registered as a candidate of the election. She left St. Francis' in 1994 (Form 4). For more details of the candidate, please refer to the following link:

[https://drive.google.com/file/d/1Bud56jcTeG06VEH\\_rAgJvzknnX-FUiwI/view](https://drive.google.com/file/d/1Bud56jcTeG06VEH_rAgJvzknnX-FUiwI/view)

According to Chapter V of the amended PSA Constitution about Alumni Manager Election, "if only one valid registration for election is received on or before the expiration of the registration period, that candidate will automatically be elected as the Alumni Manager."

As Miss Sieh was the only candidate who registered for the Election, she was nominated by the PSA to be the Alumni Manager of the Incorporated Management Committee of SFCC.

## Annual Graduation Ceremony 2023

The graduation ceremony for Form six graduates was held in the afternoon of 8 July 2023. Our alumnus, Dr. Amelia Wong Wai Yu, Specialist in Obstetrics and Gynecology, M.B., B.S. (H.K.), F.R.C.O.G. (ENG), F.H.K.A.M. (Obstetrics and Gynecology) was the guest of honour. Her enlightening speech is reproduced below.

After the presentation of certificates and prizes, the audience enjoyed the performance by the Orchestra Band and the School Choir before singing the School Song together to mark the end of the programme.





Sister Agnes, Principal Law, School Managers, Sisters, Teachers, Students, Parents, and Ladies & Gentlemen,

Thank you for inviting me to attend this great celebration of yours. I feel very honored to be able to address you all at my Alma Mater. I am also very touched to stand in this hall, which is named after my late mother - Maria Chu. Without my mother, I would not have studied at St. Francis', let alone standing here today.

I would, first of all, congratulate all the graduates. Today is your important milestone in life. I was in the same position as yours but it was 46 years ago. I left school then, but St. Francis' has never left my heart. I would say, I owe everything to St. Francis'. Besides learning all the academic knowledge, St. Francis' trained me to be a all-rounded person. My school never stressed on getting good grades per se. Rather St. Francis' concentrated on character development & a strong moral foundation. It also encouraged participation in all sorts of extra-curricular activities. And most importantly, St. Francis' was able to arouse our interests to learn. This is extremely important because we developed a sense of curiosity & take learning as a life-long process. We grew up in a nurturing environment. I am very lucky that St. Francis' has shaped my value system, and my outlook in life. Good seeds were planted in my heart and they became wisdom as I sail through life. I shall be forever grateful.

So today, with your indulgence, I would like to take the liberty of offering some advice on the things I learnt and I used to handle difficult situations all these years with my life.

First & foremost, stick to our motto - live by the truth in love. I have always drawn strength from this motto in times of need. As I said, I left school 46 years ago but I always remember our school motto. It has offered me a great sense of empowerment. When you are in doubt - follow our motto: In a nutshell, live by the truth in love means that you have to be true to yourselves and others. Accept painful truth with a loving heart. If you are able to share difficult truth with a humble, patient, kind, and loving manner & with the intention of doing good to yourselves and others, you won't be far too wrong.





The second thing that I would like to mention is - Facing challenges. I can ensure you that life is not going to be rosy all the time. You may fail, you may be ill, you may commit mistakes & have setback in career. You may be betrayed; you may have family problem. Challenges are gifts from God so that we can learn, reflect, and grow. Your character will be defined by how you react to challenges and the decision you make. Hardship can make us humble. Think, for a moment, what life would be, without challenges. Life without challenges is not a good life at all, nor a sweet dream come true. Would we ever make any progress without challenges? Would we ever improve? Would we ever experience the joy of overcoming hardships? In short, challenges help us to become better people.

The third principle I stick to is maintaining hope. Whatever circumstances you find yourself in, do not lose hope, even at the most desperate of moments. Be humble enough to seek help when it is needed. When you feel hopeless, just look around and appreciate the wonders of existence. The complexity of life in all its forms and the miracles in every living being. Our mind and body are so complicated that even scientists, up to today, cannot grasp how our brain works exactly. Sit back and observe - and you will see beautiful things around you. Have faith in God that you are a loving child of God & things will become better. There will be light at the end of the tunnel.

The fourth word for today is Gratefulness - A grateful heart is a blessed heart. Although you are still young, you must have met a lot of people who have helped you along the way. Have you ever thanked your parents for all the sacrifice they make? All the sweats and tears they shed in order to bring you up? Your teachers who educated you? The drivers who drove you to school everyday? And your Alma Mater which helped your character development and moral judgement? A grateful heart is also a happy heart.

The fifth thing I want to mention is - stick to your principles. When you step into society, there will be lots of distractions & temptations. Try not to be distracted. Please stay focused on your principles. Do not be tempted by selfish motivations or materialistic gain. Your integrity is sacred! Nothing can be traded for your most valuable integrity.





The last and the most important thing is Kindness. I learned from all the teachers and sisters about Kindness, through their examples. I'd share with you a personal experience at SFCC. I was a primary 5 pupil and our headmistress, Sister Tsim came to me one day and asked me if I could give free tutorial to a P.1 pupil whose parents were illiterate and could not help with her schoolwork.

This was my first volunteer job. I remember we sat on the store benches in our upper playground everyday before school assembly and I helped this little girl with her homework. Looking back, I can now understand why I am happy to be of help to others. In fact, having kindness is the greatest gift for the one who is kind and who gives. As our Lord said - the least you do to your brothers, you do unto me!

Finally, I would like to conclude by mentioning happiness. You will be happy only if you can develop your potential to the full and have a simple life. Do not judge your self-worth based on how the materialistic world defines success. Trying to reach other's materialistic expectation is the main source of unhappiness. Do not succumb to this worldly trap. Choose a career that you are passionate about. So I hope you try to stick to all these i.e. - stick to our school motto when you sail through life. Be brave when you face challenges & maintain hope. Resist temptation and be grateful and be kind & loving all the time.

I hereby wish you happiness for many many years to come. Thank you.



## 2023 is our Celebration Year

We, a small group of 1973 F5. Graduates, are celebrating our 50th Anniversary of graduation in SFCC throughout 2023 in Hong Kong. We kicked off our celebration by joining the first PSA activity held on 29.4.2023 after the end of the lengthy COVID period. With thankful hearts, we went back to our Alma Mater for a tour visit at the SFCC Memory Gallery that date. We were warmly welcomed by Mr. Law, our School Principal and Ms. June Sieh, the PSA Chairlady. During the tour, one of our group members happily found herself in an exhibited photograph which showed our visually disabled classmate Ann Eng playing on a piano and she was the one standing by her side to give her assistance. So many other happy memory moments were found in the SFCC Memory Gallery.



We wish that we would keep on our celebration by bi-monthly reunion gatherings. On 9.6.2023, we had lunch with celebration cake cutting at Chinese Culinary Institute. We were so blessed that Sr. Maria Remedios, our past teacher and School Principal joined us and shared our joy as our honourable guest.

On 9.8.2023, we had lunch at Senior Common Room of HKU and are planning further lunch gatherings in October and December.

We wish that more of our 1973 graduates particularly those staying overseas would join our celebration. We wonder if we could meet as many of us as possible at our Alma Mater on 10.12.2023 which will be an Open Day of our School. Our 1973 F5 graduates, please contact us to join our 50th Anniversary celebration. Looking forward to seeing You again after 50 years.



## Election of New Executive Committee Members

The current term of the Executive Committee has been extended due to the outbreak of COVID-19. A new Committee will take office as soon as we can arrange the next Annual General Meeting to be held after the pandemic. Alumni are invited to form a Committee. Your alma mater looks to you for continual support. Interested parties please contact us by sending an email to [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk) or contact Miss June Sieh at 9283 2325.

## Keeping in Touch

To allow us to serve you better, we love to be connected with you. To ensure our communications reach you, please send your current email / contact address to [psa@mail.sfcc.edu.hk](mailto:psa@mail.sfcc.edu.hk) so that we can check it against our database and update it accordingly, if required. Don't forget to put down your year of graduation (F5 / F6) for proper record purpose.

To keep abreast of the latest PSA activities, you can browse the PSA web page <https://www.sfcc.edu.hk/template?series=32> under St. Francis' Canossian College, 'Like' and 'Follow' the SFCC PSA page on Facebook <https://www.facebook.com/sfcc.psa> or 'Follow' SFCCPSA on Instagram.

## Contributions to PSA Newsletter

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](mailto:psanews@mail.sfcc.edu.hk).

## PSA Membership

PSA endeavours to promote friendship between alumni and Franciscans' bonding with the school. All alumni are welcome to join as members of the PSA.

Membership fees should be paid by cheque payable to "St. Francis' Canossian College Past Students' Association" or by depositing to Bank of China account no. 012-595-0-005035-0. Please mail the cheque/paid-in slip together with the completed Form of Membership Application / Change of Information (as attached) to SFCC Past Students' Association, c/o St. Francis' Canossian College, 9-13 Kennedy Road, Wanchai, Hong Kong.



**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](mailto: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](mailto:psa@mail.sfcc.edu.hk)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_