The good news is, our new annex is finally finished and is now ready for use by our teachers and students. What an honor it was to have Bishop Zen bless it for us! You can read about the details inside.

The students must have noticed some newcomers to our school - ones that weren't in our school uniform. They were exchange students and have spoken to us about their experiences in our school and in Hong Kong.

We always like to find out about past students and what they are doing with their lives. In this issue, Catherine Cheng tells us about her career as a lawyer.

We hope you find all of these and other articles interesting and informative.

Chief Editors
Vicky Chow, Helen Lee
The long-awaited Art and Needlework Exhibition was held in the school Hall, from January 14th to 17th. We were honored to have Mr. Yu Shu Tak, Subject Officer (Art & Music) of HK Examinations and Assessment Authority, and Mrs. Maria Lee, Senior Curriculum Development Officer (Technology Education) of Curriculum Development Institute of EMB, to officiate the opening ceremony.

The exhibition displayed all the art and craft works produced by our students over the past few years. When visitors walked into the Hall, they were met by a most impressive mural entitled 'Illusion', created by the Form 4 Art class. A large variety of art works were on display, including some graphic designs, paintings, ceramics, paper clay figurines, papier-mâché creations and calligraphy.

For the needlework section, different types of needlework techniques such as dressmaking and restyling, ribbon embroidery, weaving, quilting, appliqué, quilt making, patchwork, and shadow work were on display for the passing onlookers. There were also many items that had a practical aspect to them. They included Chinese blessings banners, neck pillows, pencil cases, pincushions, tissue boxes and key holders.

Two workshops were set up at the back of the Hall for visitors to try their hand at some art techniques. ‘Rosy Elegance’ allowed visitors to make ribbon roses, while ‘Block Printing’ gave visitors the chance to make block prints themselves. Visitors could take an active role in the exhibition, and the best part was they could take their creations home with them!

Ms. V. Chu and Ms T Cheng, who organized the exhibition with our needlework and art teachers and students talked to us about the 4-day event.

Some feel that such an exhibition should be a more regular feature of the school. What do you think?
Ms Chu: Well, I think once every 3 years is enough. As you can see it takes a long time for us to collect such a large number of creative works. It also requires a large amount of time, effort and support to make it a success.

HP: What was the most difficult part of the exhibition for you?
Ms Cheng: The schedule was really tight! In these few months, besides the many school functions, teachers and students were all busy with the exams which were held earlier than usual this year. We had to get everything ready in a short period of time.

HP: What was the easiest part of the exhibition?
Ms Cheng: Our principal Mr. K Wong was very supportive. The school had to buy close to 100 display boards. And, of course, without the dedication from all Home Economics and Art teachers, the exhibition would not have been such a success. All the teachers and Forms 4 and 6 students came back to school during the weekend to help out. I would also like to give special thanks to our janitor, Mr. Lee, for his hard work in setting up all the display boards.

HP: What did you want visitors to take away with them?
Ms Cheng: This exhibition was only open to our alumni, parents, and students. The displays allowed students to gain exposure to the many aspects in visual arts. It provided parents an opportunity to understand what their girls learn in school and to appreciate their creations.

HP: Why is holding an exhibition like this so important to students?
Ms Cheng: Every academic year, a large number of functions are held so that students can fully develop their potential in disciplines like music and sport. The Art and Craft Exhibition does this for visual arts.

Comments from visitors

"Last year, my daughter wanted to study Art in her certificate level but I stopped her. After visiting this exhibition, I regret my decision. I may consider letting her study this subject in Form 6, if she's still interested," Mrs. Tang, a parent of a Form 4 girl.

"These Fai Chuns are creative. What an entertaining activity! We also noticed how much effort the girls have put into their doll-making. If my daughter ever shows an interest in studying Art, we won't get in her way,’ Mr. and Mrs. Tsui
35th Anniversary Mass

On 20th January 2005, all the students and teachers gathered together in the Hall for the two-fold celebration of our school’s 35th Anniversary and the opening of our New Wing.

The programme started with a thanksgiving mass delivered by Bishop Joseph Zen, Ze-Kun, Bishop of Hong Kong. It was the first time he had come to our school since taking up the position of Bishop of Hong Kong. During the mass, the students and teachers listened attentively to his message.

After the mass, Bishop Zen, accompanied by Sr Joanna, Sr Juliet, Mr K Wong, Mr YM Tang and Sr Winnie, made his way to the New Wing where he gave his blessing to the new building. Simultaneously, the whole school was able to watch the process of blessing of the New Wing as it was being projected on two walls of the Hall.

Bishop Zen received a souvenir from the school

Upon their return to the Hall, Mr K Wong gave a welcoming speech to start off the prize presentation. But first, Bishop Zen and Sister Jacqueline Ho, Provincial Superior of the Sisters of St. Paul de Chartres, were presented with souvenirs from the school. Following that, our Supervisor, Sister Joanna Cheung, presented teachers who have taught at our school 10 or more years with Long Service Awards. Students showed their appreciation by applauding their teachers.

After the awards were handed out, Sister Joanna addressed the school with her words of encouragement. The school and visitors were then treated to some performances which included a piano solo of “Sonate in G Major, 1st movement” by Anna Chui of F.4A, a folk dance performance of “Sicilian Tarantella” by Form 3B and songs by the school’s senior choir. The programme ended with the whole school singing the School Hymn.

Bishop Joseph Zen was blessing all of us!
A Successful Ending to Student Exchange

On 17th and 18th March 2005, four students from Valtorta College in Tai Po came to our school to study with our Form 6 girls as a part of a student exchange programme. Lily Lau(F.6A), Eva Chan(F.6B), Sharon Lee (F.6C), and Katherine Tsoi (F.6C) all spent two days in Valtorta College. This being the first time such an activity was held, students were excited. Our reporters interviewed two of the visitors, Polly and Iris, and our school ambassadors, Eva and Sharon, to share their stories with us.

Did you enjoy the two days of your exchange?

P: Yes, very much! Students were friendly. The SA Committee members accompanied us wherever we went.

I: It couldn't have been more enjoyable. I had great fun.

E: Oh, yeah. Teachers were amiable, too. The atmosphere in the lessons was the most pleasant.

S: I did enjoy it. Students of Valtorta College were nice and welcomed us. There was lots of interaction, especially in the Biology lesson. Students raised their hands quite willingly when questioned and spoke up in their seats, totally getting involved in the lesson.

What was your most unforgettable experience?

P: I was very surprised when I learnt that students here have to queue up all the time, no matter whether it's assembly, lunch or even after recess!

And also, we were warmly received by the Student Association and the Form 6 students.

I: I liked the Physics lessons. The Physics teacher, Mr E Wong, was quite humorous and he demonstrated several experiments to the whole class. And of course, I won’t forget all the students of Form 6. I hope that we'll keep in touch.

E: I was most impressed by the students’ learning attitude. They were so enthusiastic. Teachers and students freely discussed any problems. Besides, students were talkative. They seemed to possess more common sense than we did.
During the Biology lesson, the teacher led us to the top floor of the school to examine the morphology of the plants. The gardener there gave each of us a cherry potato that he had grown. The fruit was ripe and juicy!

I think SPSLT has got strict rules. Students here aren’t allowed to wear any accessories such as earrings or bracelets. And they’re not allowed to bring a mobile phone or to gel the hair. Also, the singing in the morning assembly by the whole school was amazing! The students have beautiful voices.

I was most impressed by their passion for sports. I noticed that quite a few students are keen on badminton. Others were playing volleyball and netball. I was surprised to see so many students remaining behind after school to participate in sports. I could feel the strong bond among senior and junior students, too.

I made a large number of new friends. I could see that your students have a strong sense of belonging to your school, along with great school spirit.

The programme broadened my perceptions. I learnt about how you learn here. You seem to be very serious with your studies. I also learned about how to get along well others and how to adapt to a new environment.

I made lots of friends. It made a difference to me. I attended a Liberal Studies lesson, which was completely new to me. It looks like an interesting subject. After meeting so many talented students, I’ve decided to put in a little extra effort into my work.

I realised that I should be more actively involved in the lessons, raising my hand more often. Definitely my communication skills have improved through my interaction with the Valtorta College students. I’ve seen a little more of Hong Kong and have met new people.

Absolutely! It’s an invaluable opportunity for students to experience a different kind of school life and to come to understand the culture of other local secondary schools.

Sure! I learned a lot. I believe that it’d be even more fun if more students could be involved.

Definitely! Such programmes provide a valuable opportunity for students to improve their communication skills.
The annual Fund Raising Day was held on the 25th February. This year, funds were raised specifically for the IT facilities. The students were treated to game booths, snacks stalls, and other activities.

A well-received activity every year is the Water Bomb Passing Competition. This year was no exception. "It was definitely the activity I liked most," said Kathy Ng of 6A. In this competition, teachers and students form into groups who have to pass the "water bomb" from one member of the group to another. Form 6A, with the help of Ms. W. Wong, won with a total of 12 bombs successfully transferred.

Over a hundred students sat in the School Hall enjoying the film "The Miracle Box", a film based on the real-life story of Joanna Tse Yuen-Man, one of the casualties among the medical staff in the outbreak of SARS. "This movie moved me deeply," commented Vicky Chow of 6C.

At 11 am, all the teachers and students gathered in the hall for the lucky draw, but before it got started, the SA committee played a game that tested how well students knew the school. A number of photos were displayed and students had to tell the places around the school where the pictures were taken. "Though I’ve been studying here for six years, I still couldn’t get many of the photos right. Now I know that I have to pay more attention to the environment I’m studying in!" said Helen Lee of 6C.

"I think the game booths as well as the counters in the Covered Playground were the most successful," said Carmen Yeung, the SA president. "Personally, I liked the hall functions most because it was the few times that everybody could enjoy at the same time," she added.
There are so many things in our everyday life that we take for granted. We think it doesn’t take much to produce something. A newspaper is a case in point. In many people’s minds, a newspaper is a very ordinary, normal necessity in our daily life. Each issue is important only for that one day. When it becomes outdated, it means nothing to us anymore. However, can we live without newspapers? Although old newspapers are of no more use, I still think that they are worth more to us than waste paper, because I now understand how much effort it takes to publish a daily newspaper. It came about from my visit to the SCMP plant in Quarry Bay.

Last November, I, together with some schoolmates from F.3 and F.6, joined the student reporters programme organized by SCMP. After a training camp, we were required to produce an 8-page newspaper all on our own. To tell the truth, I was not too keen on this at first because I worried I might need to write loads of articles. The prospect scared me. However, when I thought of how rare and precious a chance it was, I decided to go for it.

Upon arriving at the entrance of the building, I really didn’t think I’d have much fun there. My expectations were that the camp would be lesson-orientated training. However, I was proved wrong. We were warmly welcomed. It seemed as if I had come for a holiday instead of for training.

The first day of the training was very easy. It was basically a chance for us to get to know one another. The “real training” started on the second day. We were given lectures about how to ‘produce’ a newspaper. Quite the contrary to what I had thought, the lectures were not at all boring. I learnt about the formatting of newspapers through interesting demonstrations and activities. I came to understand that producing a newspaper wasn’t even half as easy as I had imagined. It involves a complicated process.

With a newspaper opening its doors to students like me, I was able to gain a full appreciation for a simple but important thing in our daily lives.
On the Path to Happiness

Professor Ruut Reenhoven, the world's only professor of Social Conditions for Human Happiness, has been investigating what makes people happy for 20 years. He says he has found the secret of happiness.

Professor Reenhoven points out that the first step that ensures a happy life is to 'live in the right place'. He says that happy countries are usually rich, typically countries with freedom and democracy. It seems to be practical but it's generally true as rich people can enjoy more and have less worries. In countries where more people suffer from illnesses related to poverty, people tend to be more unhappy.

Reenhoven has found that people living in conditions of moderate weather are happier than those living in warm ones. He thinks it's related to the culture. In old times, males and females worked together more on cool days but on warm days, only the women worked. Reenhoven surmises that people will be happier if they are living in equal and non-hierarchical conditions.

The most interesting secret of happiness is related to one's age. Reenhoven says that young women aged 15 to 30 are happier than young men. Women in this age group are generally interested in older men, which is why the men in this age group are less happy. However, once the men grow older, they become happier than the women, as they are now older and in more control of their lives.

MAKE YOURSELF HAPPY!

- Going out to a movie is better than watching a DVD at home, as getting out provides more of a chance to meet more people.

- Marriage works. Though children may bring unhappiness to young parents, they can make them happy as their parents get older.

- Whatever you enjoy, whatever makes you happy, DO IT, so long as it doesn't hurt you or someone else.

- Helping others who may be experiencing the same problems as you can make them happy and in turn, can give you happiness.

- Compile a list of things you enjoy doing and then list them in priority. Try not to do too many things at once and fit them into your daily routine of events.
From time to time Ms Catherine Cheng, the President of the school alumni association, comes to functions both inside and outside of our school. After leaving the school some years ago, she took up her studies at the Hong Kong University. Today she is a practicing lawyer in a firm in Wan Chai. We interviewed her about different aspects of her career.

Why did you choose to be a lawyer?

Catherine answers: I chose law only in my 2nd degree after graduating from the Faculty of Arts at HKU. At that time, I considered myself inadequate, so I decided to further my studies in a professional degree instead of just a general degree.

What do you have to do in your job as a lawyer?

Catherine answers: Problem solving and servicing everything you can think of which requires legal advice. My major areas of practice include property-related transactions (sale & purchase, financing, tenancy matters); civil and criminal litigation; commercial-related matters, wills & probate practice. To sum up, I have to serve clients, individual and corporate, in all different aspects.

What do you think are the qualities of a great lawyer?

Catherine answers: I will not equate “great” with “excellent”, but the following qualities are what are generally required from a lawyer.

a. Legal knowledge—a pre-requisite, you can’t practice law without it
b. Both a legal sense and a common sense

c. Integrity—otherwise there’ll be no respect and trust from others
d. An understanding of your clients’ needs and how to advise them appropriately
e. Proficiency in languages for effective and efficient communication

What is the worst part of your job?

Catherine answers: To confront dilemma (not only in the legal but also in the moral aspect). To face all sorts of frustration like meeting deadlines, and ways of finding the most appropriate (if not the best) options to solve the clients’ problems. Whenever I’m down, I just cheer myself up with “I can because I think I can”.

For any of the students in our school who are interested in studying law in future, what advice would you give them?

Catherine answers: Understand that it’s a tough and challenging life. You have to be smart enough to communicate issues in lawman’s...
When you walk out of the Tak Tin Shopping Arcade on On Tin Street, you will see a long, colorful mural on the wall bordering Sing Yin School. This mural, commissioned by the Housing Authority, is the work of the Hong Kong Mural Society.

Joel Ferraris, a Filipino artist living in Hong Kong, helped work on this creation, which used "old and new buildings" as its theme.

Joel Ferraris hails from a family of talented artists. Joel and two of his brothers studied architecture and paint murals simply out of a passion for art. One now does mural work at theme parks like Ripley's Believe-it-or-not, two do animation and some studio painting, and a sister does paintings out of her garage in the States.

When asked why he became a mural painter, Joel's answer was, "It started when an apparel company, GUESS?, commissioned me to do a mural in the early 90's. It was their third GUESS? mural and the first outside America. Actually, I only did the large scale model for a 100-foot-long outdoor mural. The design was then photo-enlarged on vinyl." Here in Hong Kong Joel paints murals almost continuously through his association with the Hong Kong Mural Society. He has set up his own company, Ferraris Art Studio, which specializes in murals and pieces of art.

There are so many types of visual arts, so we asked Joel why he chose mural painting. "Well, maybe it's because that is what was available when I arrived in Hong Kong. I felt I wanted to do something else besides babysitting my baby boy. An artist friend of mine invited me to join them, and that was the start of it."
When asked why he continued it today, eight years later, Joel answered, “I do smaller work in my studio, on my own. Murals, on the other hand, are a form of collaborative work and there’s lots of compromise involved. The large scale work is a sort of ‘breaking loose and free’ from the confines and limitations of smaller canvasses.

Creating a mural is no easy task. Joel explains the process. “Before anything else it is the idea that is very important. You’re either given a freehand with this by the client, or the client provides a specific idea. Next is the wall where the mural is to be painted. The shape of the wall also influence the final design. The shape dictates the mural’s final appearance.” There was a technical process that followed, Joel says. The mural has to be enlarged, so a technique called ‘grating’ enables artists to duplicate the design onto a bigger scale. Once the wall sketch is ready, painting follows. A few weeks of dedicated hard work will ensure a good finished product. Since the mural will be exposed to all kinds of elements like rain and sun, there has to be a protective coating applied.

So how does one become good at painting murals? Does one practice on the wall directly? Joel says that he practices first by doing small paintings. “The only difference, really, is the size of the brushes. And there are different ways of painting murals: Some clients want them on canvasses or wallpaper which is added to the wall later, while others want them painted on the wall directly.”

If anyone wants to get into mural painting, Joel has some advice. “First there’s the visual impact which includes all the elements of the design and its relationship to the surrounding environment. A dark mural in dark surroundings won’t get much attention. Second, consider the message. The mural is effective when the message sticks with you for a long time, and it touches your innermost self. It’s not like an advertisement that you want to forget!”

As far as his talents as a mural artist are concerned, Joel thinks humility and his religious beliefs play a strong part in his success. “First and foremost, one has to recognize that this talent is a gift from the Almighty Father. With this strong foundation, one will be protected from obstacles like pride, greed, anxiety and depression.”

You will be able to view Joel’s work on the 70 murals all over Hong Kong. Joel says that the latest creation is their biggest – a mural in Ching Yi which is 7 metres high and 128 metres long!
熟讀唐詩樂趣多

本年三月一日至四日，中文科暨中文學會合辦「熟讀唐詩樂趣多」，同學的反應非常熱烈。其中以中三丁班最為踊躍，全班悉數參予。而中一丙丶中一戊及中三戊均有過半數同學參予。本報記者很高興能訪問中一戊及中三丁班的同學，藉此分享她的參賽的收獲。

＊參加比賽的收穫

中一戊及中三丁班的同學同時表示，參加是次比賽有助了解中國文化和唐詩的特色。而中一戊班的同學認為比賽令他們全班團結，因爲在比賽期間的小息丶午膳時間，他們總會聚在一起背誦唐詩，團結精神在不知不觉間凝聚，這實在是獲取知識以外十分可貴的地方。

＊老師的鼓勵

中三丁班的同學表示他們全班悉數參予，幸得中文科謝老師的極力支持和鼓勵，而本報記者特地訪問了謝老師對這次活動的意見。

謝老師說：「我覺得現在一般同學平日很少接觸唐詩，若在學時期錯過了認識唐詩的機會，實在非常可惜。而且，我們理解同學學習唐詩是不容易的，所以身為老師的我唯一能做的就是鼓勵他們踏出第一步丶然後繼續學習的動力就要靠他們自己了。」

＊狀元探花姐妹

此外，本報記者更訪問了身為七組組員七組狀元的中四戊班的曾安如同學，以及她的妹妹丶中冠組的探花曾安玲同學。

當問及曾安如有何秘訣時，她說並沒有什麼秘訣，只因她對中國文學有濃厚的興趣，加上平日閱讀小說時都會抄錄背誦一些優美的句子和背誦唐詩的習慣，所以她才在比賽中得獎。妹妹曾安玲亦因小學時曾經背誦過《唐詩三百首》，及自少受姐姐的影響而有背誦唐詩的習慣，所以參加比賽時外得心應手。
投稿園地

一部家庭電腦的自述

「呀...」那是發自我內心最慘烈的尖叫，但，從來沒有人留意過。就在那一瞬間，我的世界變得黑暗，刺目的光明給帶走了，留下我被視為廢物的空殼。

無可否認，我是一部電腦，一部最普通的家庭電腦，一部放置在一戶不善於珍重電腦的人家內的家庭電腦。笨重、灰暗，全不吸引。我明白任憑我再努力，我只是在電腦群中最不突出的一個，我永遠不可能和我在研究學，其軍事重地的同輩作比較。為什麼？我和它們都在同一所工場誕生，怎麼作一部電腦，我會是如此的失敗？

錯，並不在於。是人類的錯誤！是他們刻意把我們歸納分類，是他們剝奪我們活得精彩的權利，是他們不教我服務，貢獻的機會。我每天待在這裡。惟一的作用只是供孩子塗鴉，供人們玩電腦遊戲，根本沒有人在乎我內裡精巧的程式。孩子的母親每天咒罵，嫌棄我表面的骯髒，說我加重了她的負擔，但，這又是我的錯嗎？是他們的不珍愛，讓我原本光鮮的外表蒙上灰塵。

我討厭這樣的生活！每天，每夜，即使沒有人坐在我面前跟我作伴，電源總不被關上。難道他們不知道長時間不休息是在磨損我的生命嗎？電力從來是我最要好的朋友，他們都在為我暗暗叫苦。紅、黃、白...一切一切刺傷我眼，刺傷我心的色彩盡在這裏，很痛，更痛的是，他們的手指，從來不如專職文員那樣輕柔的撫摸著，參差的力度，在我身上作出一下又一下鞭打。我不發紅，不流血，不代表我沒有受傷。我的傷是不為任何人所發現的，即使是最優秀的電腦專家，都不可能體會我身心的痛。

最難受的，是偶然的刀傷。我自問沒錯幹了些什麼，但他們無理的、狠狠的一刀，切斷了我的電源，迫我無節操下的一刻，瞪我最傷絕人寰的嘯叫。我承認，我的確得罪了的敵我，故意行動得緩慢一點，故意拖延整取檔案的時間。但，這也罪不至死吧。真有必要如此忍心的掌懾我，迫我跌倒最險象的深谷嗎？我討厭突然而來的黑暗，可有人知道，我私自作每一動作的原意？那是因爲我不怕，從我懂事，懂得自己的一刻開始，我害怕，電腦就是這樣一件新奇的玩意，可存在數萬年的驅魔，有資格發光的日子卻不出數年。尤其像我這守候於無人珍愛的人家，毫無作爲的電腦，沒有多少歲月便要給年輕小巧的新一代淘汰。我撒嬌，只是為了喚醒人們的注意，開時替我維修一下，清理我身心的廢物，好讓我
多在這凌亂的房子裡，多坐數年。

我始終不甘心，為什麼我沒有自由，沒有生命？為什麼從來只有我服務人類，但他們卻從不關心我？我想過，我要報復，但我居然連報復的能力也沒有。我想删除他們最重要的檔案，但沒有他們的命令，我辦不到……我想破壞他們的磁碟，但他們卻連一隻小軟碟也沒有，更不論我破壞的餘地。我唯一可以做的，是容許自己的動作再放慢一點，驅逐他們。然後換取那一下狠心的關機，用我最脆弱的心，欣然接受那最刺激，最觸目之痛。

夜深了，由我被斷電那一刻開始，房子一片的暗，一片的靜。也好，讓我暫時休息一下，看不到殘舊的外殼，看不到四圍凌亂不堪的居所，忘記我尚在滴血的心。

張昀書

莫老師投稿

隨緣

晨興邁步啄木鳥(一)
前往聖保祿

雨蝕赴藍田

梯度進平原(二)

師友喜重逢

舊雨新知(三)

教學相長互啟蒙

德性學問笑語中(四)

訂：
一、啄木鳥啄木著著緊湊，上學步伐形之。
二、藍田地鐵上平田街，電梯既高且長。
三、二度代課，不同班別，不同師友。
四、尊德性，進學問，師友愉快之校園生活。
"Learn to see, and then you'll know there is no end To the new worlds of our vision."
Carlos Castaneda

"If you are seeking creative ideas,
Go out walking. Angels whisper to a man
When he goes for a walk."
Raymond Jiran

"My soul can find no staircase to heaven
unless it be through earth's loveliness."
Michelangelo

"The more you know, the less you understand"
Tan-Ta Ching

"Good gave us a memory so that we could have roses in December."
Anonymous