



伊利沙伯舊生會 (安省分會) QESOSA (Ontario)

Newsletter - 通訊

November 2003

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George Wong (65)

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Ann Ma (70)

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Membership Officers

Marca Suen (70)

Jerry Liu (68)

Liaison Officers

Law Sin-Hung (67)

Nancy Tang (65)

E-mail

qesosaont@yahoo.ca

Web site

<http://pages.zdnet.com/qesosaont/>

How to join?

Ordinary Membership is FREE! Simply send or email your name, year of graduation (Form 5), address, phone numbers and email address (if available) to us and we will include you in our mailing list. You may also choose to become a Patron Member of the Association by sending a one-time contribution of Can\$50 to us. The money is used to cover our administration costs like printing and mailing etc. Looking forward to including YOU in our contact list!

Dinner & Annual General Meeting 2003

Date: Saturday, November 29, 2003

Time: 6:00 p.m. Reception
7:00 p.m. Dinner and Annual General Meeting

Location: Times Dynasty Chinese Restaurant 金王朝酒樓 (時代廣場)
Times Square, 550 Hwy 7 East, Richmond Hill
Tel: 905-707-8338

Program: Dinner
Annual General Meeting
Board of Directors Election (*Nomination – please see page 8*)
Reports from the Board
“The Amazing Race” (奇異旅程 - 縱橫伊中五十年)
Lucky Draw and Prizes

Cost: Adult - \$35; Student - \$25; Children under 8 - \$25

Registration

& Inquiries: Mak Kai-Sum 416-494-3622, e-mail cdnksmak@netscape.net
Ann Ma 905-509-0246
Jerry Liu 416-496-0271

Dinner Registration Form on page 8.

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A Message from the President

Dear Fellow Alumni,

This year's Annual General Meeting has been scheduled for November 29, 2003 at the Times Dynasty Chinese Restaurant in Richmond Hill. In the shortened ten-month cycle of our association's calendar this year, a lot that affected our lives and our world has happened. We have the Iraq war, SARS, hurricanes, a major power blackout, Mad Cow, West Nile, election, and sadly, the passing away of Chris Lui (81) in June. Chris had been on our Board of Directors between 1994 and 1998, and had been an ardent supporter of our association. We deeply regret the loss of Chris.

In the middle of the changing world and the happenings, one thing that we can always fall back on is the memory of the years that we spent at QES. Those were our youthful and most impressionable years. Friends made then usually last a life time. Before we know it, our school is reaching its fiftieth anniversary next year. The Board has decided to participate fully at the GJC (Golden Jubilee Celebration) in Hong Kong in November 2004. Ms. Marca Suen (70) has been appointed our representative in the GJC Steering Committee organized by QESOSA-HK. (Please see inset and page 3.) Updated information will be posted in our web site.

The buffet lunch event on August 9 this past summer was a great success. We had a record attendance of more than seventy. The speaker's topic 'Alternative Therapy – A Path to Health' turned out to be a hit with the audience. I can't let this pass without mentioning the tremendous effort of Law Sin Hung, Amy Ng and Julie Look for the class of 67, and that of James Tang Siu-Ki, who single handedly brought in the largest group from the class of 64. James also brought to our attention a book entitled "My Teacher", a chronicle of QES teachers over the years. The book was written by Ms. Wu Yin-Ching (73), also a teacher herself at QES. Contact James if you are interested in this book.

I am sure all board members and committee members will continue their good work in organizing the AGM. See you on November 29.

Henry Lee Chung-Wah (61)

Your Form Representatives

56	James Chan	905-273-7166
57	Pun Yip-Kai	416-699-0658
58-60	Au Chi-Sing	416-496-9585
61	Selwyn Chow	416-279-0272
62	Thomas Liu	905-579-9054
63	Cheung Kwok-Hing	905-887-0640
64	Leung Yat-To	416-293-3781
65	Theresa Lai	416-229-0238
66-67	Amy Ng	905-707-0271
68	Tang Fu-Wah	416-321-0326
69	Tang Lui	905-475-2825
70	Tam Ka-Chuen	905-727-6244
78	Roger Kwan	416-250-1385
90s	Milton Chan	416-964-8556

Latest Update on QES GJC Planning

Marca Suen attended the first GJC Steering Committee on October 15 in Hong Kong, and reported that different task forces had been set up to look after the details of every activity being planned. Many of the proposed arrangements have yet to be finalized. The celebration activities will mostly be held within the two weeks Nov 21, 2004 to Dec 4, 2004, as described on page 3. A golf tournament is also being discussed.

In the meantime, Nancy Tang (65) and others are planning the homecoming trip. To facilitate the co-ordination of travel, accommodation and other activities, members planning to go back are urged to touch base with Nancy. She can be reached at 416-515-9919.

HOMECOMING



QES Golden Jubilee Celebrations in 2004

The following is an e-mail sent recently by the QESOSA in Hong Kong, to all overseas chapters.

Dear All,

QES Golden Jubilee Celebration (GJC) Greetings from QESOSA in Hong Kong!

We will be celebrating QES's 50th birthday in 2004. A Steering Committee is being formed to plan and coordinate all celebration activities of this special occasion. We would like to invite your organization to nominate a representative to join our Steering Committee. "Meetings" will be via the internet when members cannot be physically together. Your valued suggestion would be highly appreciated in making this event a success.

Please mark on your calendar and schedule your trip to Hong Kong. Schedules are as follows:

- 1. Nov 28 (Sun) Grand Dinner at HK Convention & Exhibition Centre, Wanchai*
- 2. Celebration activities:*
 - 2.1. Home-coming Day*
 - 2.2. QES School Camp Visit*
 - 2.3. School-based activities organized for old students and friends of QES (e.g. Fund-raising Inter-Form Basketball Matches, QES to School Camp Relay Matches, etc...)*
 - 2.4. Academic/Professional Seminars*

We are now also exploring the possibility of holding academic or professional seminars as part of our Golden Jubilee Celebrations. The idea is to request old students who are in professional/academic fields in HK or overseas to offer lectures/seminars during a specified period next year when they are in HK. This will serve as a recognition of QES old students accomplishments as well as a service to the community.

Programme will be announced later. In the mean time, if you would like to contribute to this, or if you think of some one whom we should try to invite, please let us know.

We will try to offer support to your travel and hotel arrangements as well as organizing side trips (local and nearby regions/countries), plus helping to locate "long-lost" friends, etc. (You name it and we'll do it!)

For your information, one possible accommodation venue will be HK\$200 per room at Polytechnic University (near Kowloon Hung Hom Train Station). Also, if you are interested in contributing to the organizing or running of activities for this celebration, please let us know.

Finally, Mrs. Pang, the Principal of QES, would like to borrow from old students and friends of QES photos or videos which you took with your classmates, teachers and other school personnel or events, or just yourselves when you were in QES; or if you have medals, prizes or trophies, etc. which you acquired when you were at QES, Mrs. Pang would also like to borrow and exhibit at the "QES Home-coming day". These rare photos, videos and medals all contain unforgettable memories which QES would dearly like to make use of on special occasions (such as the coming QES Golden Jubilee Celebration) and to keep copies for reference. If you have photos, videos or medals which we can borrow to make a shared copy of, please contact our Executive Secretary, Miss Emily To, as soon as possible.

We will update you of further details. In the meantime, please share the celebration news with everyone in your region.

Yours sincerely,

*TSOI Heung Sang (59FA)
Convener of Overseas Liaison Task Group
QES Golden Jubilee Celebration*



緬懷往事 — 悼念柏嘉老師!

校友甲

伊中母校的前任音樂老師柏嘉先生(Mr. Dennis Parker), 不幸於去年 10 月 21 日辭世, 享年 78。

柏嘉老師是在創校的第二年, 即 1955 年, 加入 QES 教師行列的。那陣子的柏嘉老師, 正值盛年, 人長得高大英俊, 隆準寬額, 有點兒像荷李活影星洛克遜和格力哥利柏的混合體; 但其言行舉止却是典形英國紳士風範: 氣度高華, 言辭優雅。有同學形容他說話語調像唱歌一樣抑揚有致, 當時大家都有同感, 殊非過譽。

柏嘉老師不但是母校歌的撰曲人, 他還在接任 QES 音樂導師的第一年, 領導校內的合唱團, 參加當年全港校際歌唱比賽, 在芸芸十隊同場參賽隊伍中, 勇奪冠軍, 可謂「一鳴驚人」!

提起這次參賽奪標, 過程充滿傳奇。首先是, 當時母校這隊男女合唱團, 只屬拉雜成軍之流, 全部未經嚴格訓練, 雖未至於「五音不全」, 但連五線譜也看不懂的亦大有人在。他們參加上年度(即創校的第一年)的全港校際歌唱比賽, 「五甲不入」, 落敗得灰頭土臉, 鎩羽而歸。

柏嘉老師接手操練這班寶貝, 端的是出盡渾身解數, 「扭盡六壬」! 他首要從頭培養起隊員的自信心, 不時用輕鬆幽默手法清除各人的心理壓力, 鼓勵他們自動自覺糾正錯誤, 追求完美。等到練習進程上了軌道, 成績達到一定水平, 便開展更高層次的訓練。就在這一連串按部就班的引導下, 學員們輕鬆自信地不斷練習, 竟然進步神速, 唱來「有板有眼」。

除了上述的正常操練, 柏嘉還有以下幾樣「怪招」:

1. 參賽的兩首歌曲, 一首是抒情的; 另一首是輕鬆喜悅的。後者的曲譜中有一小節按原譜是唱低音的; 若依原譜唱出, 便減低了該曲的喜悅本色; 不按原譜, 又怕評判

老爺們不悅。柏嘉心生一計, 把隊員分成兩組; 一組按原譜唱出, 另一組提高半個音階。竟然效果奇佳, 無懈可擊。

2. 參賽前一月, 每日練習三至五次, 到了離開賽期不足七天, 他只每天練習一次。同學怪而問之, 他說但凡集訓達至最高水平, 之後便向下滑, 他是要等到出賽前兩天才加強催谷, 到時便可以最佳狀態演出。
3. 出發比賽之前, 他吩咐隊員們只須集中精神把歌曲唱好, 不必理會台下的觀眾和評判, 因為他們只不過是「不懂而裝懂」的「廢柴(Rubbish)」而已。眾人聽罷不禁為之失笑; 殊不知老師是別有用心的。
4. 我校是眾參賽隊伍中最後上台的一隊, 由柏嘉本人親自指揮。就在全體隊員排好位置, 快將演出之際, 當時的柏嘉是面朝隊員, 背向觀眾的。他忽然向隊員作了一個鬼臉, 暗地裏用手指向台下的評判團和觀眾, 細聲說: 「Rubbish! All Rubbish!」引得眾人哈哈大笑——就在笑聲剛落, 臉部肌肉仍然鬆弛的時候, 柏嘉便示意開腔, 於是歌詞便在隊員們心情輕快的狀態下, 順利唱出。

話說回來, 本來這次參賽是屬於「哀兵出戰」的。原因是所參賽的項目, 歷年都是某著名天主教男女中學的囊中之物, 他們的音樂導師乃是鼎鼎大名的趙梅伯教授; 既是「名師高徒」, 自然「戰無不勝」——徧徧今次冠軍竟然落在我們這班不見經傳的小子手中, 爆了個大冷門, 他們只能屈居亞席。

賽後, 評判團代表在評論賽果時說道, 他們聽過了之前九隊參賽隊伍的演出, 沒有一隊像 QES 團隊唱來那樣輕鬆喜悅, 把原曲的神貌演繹得準確無誤; 名列第一, 實乃眾望所歸云云。

柏嘉老師去了, 同學們緬懷先賢懿範, 不禁唏噓! 謹在此記敘這段往事, 向他老人家致敬!



Alternative Therapy - A Path to Health

QESOSA Ontario Chapter Summer 2003 Lunch 'N Learn

Julie Look (67)

After enjoying a sumptuous lunch at China Buffet King in Scarborough on Saturday, August 9, 2003, more than 70 QESOSA members and their family members were enlightened by a presentation from Mr. William Yau, a pharmacist who has practiced for over 20 years in Ontario.

The crowd listened intently, as Mr. Yau shared his wealth of knowledge across topics as diverse as red blood cells, antioxidants, aspartame, microwaved foods, cell phone usage, hair dyes, homeopathic medicine and the wholistic approach to wellness.

We learnt about blood tests that could reveal red blood cells of healthy individuals versus red blood cells that have developed potentially cancer-producing spores; the test could help detect an individual's pre-cancerous state long before a tumor is present. We were given a refresher on antioxidants, through Vitamins C and E, to Beta carotene - Vitamin C helps to maintain healthy connective tissues (collagen) and integrity of cell walls, Vitamin E helps to strengthen arteries, and Beta carotene can enhance our immune system.

Mr. Yau reminded us to exercise caution when using modern technology, such as microwave ovens for reheating foods, or cell phones that we are increasingly dependent on. He suggested that some plastic food wraps and some plastic food containers could cause chemical or nutritional changes in microwaved foods. Numerous laboratory tests have suggested that aspartame (a non-caloric sweetener) breaks down, after long-term storage, by heating and in the body, into wood alcohol. Some of the literature that Mr. Yau distributed also noted that there has been a rise in brain tumors among animals that are fed aspartame.

Among the stacks of literature that Mr. Yau brought along, there were articles that cited electromagnetic fields (EMF's) and radiation. As cell and cordless phones receive and transmit microwave radiation, it is suggested that cell phone users keep their calls brief, and use land lines for lengthier conversations.

In closing, Mr. Yau emphasized the wholistic approach to health, and stressed that wellness involves the body, mind and spirit. Think positive thoughts, and your nervous system could secrete chemicals that can enhance your immune systems.

The luncheon ended on a high note, with all attendees thanking and applauding Mr. Yau for his informative presentation.



六十年代老師花絮

鄧紹祺 James Tang (64)

多城伊中校友會建議由我寫一篇有關六十年代之老師近況，這頗不容易。雖然在以往十多年經常往來東南亞及美加、澳等各地，但多為商務公幹，來去匆匆。通常是預先電告當地同學，要求盡量召集 64 年畢業的同學及當時執教鞭之一班老師們一同聚餐，從而自閒談中了解其近況，所得資料不多亦不全，故此篇只能說是六十年代之老師點滴或花絮。

在數十次聚餐中、參加的同學有時多達數十人，應邀的老師亦往往有四至五人。其中包括有教中文的章槃、霍寶籃及周公溥，教生物的 Ruth Wong 及 Jimmy Chan，教英文的蘇綺霜 (Miss So) 及 Miss Baptista，教地理的江紹賢，教數理科的陳永照，及教翻譯的 Alfred Ling。

有一位在 73 年畢業的師妹胡燕青曾寫了一部九十多頁的小書“我的老師”。寫的是其中、小學時代眼中的老師，寫得很感性，奇怪的是在她所描述十位伊中老師當中，我所認識的就只有教了我四年中文的章槃，其餘的九位都不認識，果真是十年人事幾番新也。

章槃現居於加州 Oakland 一所近唐人街之柏文，我每次路往三藩市時都設法跟他會面，上一次見他是大約一年前，他年逾八十，身體倒還不錯，腰背直直，說話中氣充沛，相貌超逸清曠，大概與長期修練打坐有關，育有一子一女，俱已成材。



Ruth Wong 現居於多倫多，曾於多大執教，早年以無比信念，戰勝癌魔，數年前曾與夫婿一同返港，由同學梁英傑召集聚餐。數月前亦有參加我們同學在多倫多之聚會，觀其心境開泰，與姓高夫君二人相敬如賓，其樂融融，真神仙伴侶也。

蘇綺霜在退休前曾在香港教育學院任教，退休後一個人居於多倫多北部之

Unionville，一年前也曾參加在多倫多為 Mr. Hinton 舉辦之晚餐聚會，她還是樣子甜甜，溫文婉雅，據說平時深居簡出，在家看書彈琴消遣自娛，其芳鄰為多年好友，互相照應，不愁寂寞。



霍寶籃現居於溫哥華，最近與他見面是一年前，共同聚餐的還有十多位 64 畢業的同學，如陳錦章，張國慶，吳藹琪，趙不才，褚瑞貞，王寶瓊，招麗君，關達文等。他看來身體健康，說話充滿幽默感，他說就是睡眠有問題，不知是否與欠缺運動有關，據說有時由我屆同學相約打打麻章牌以消磨時間。

周公溥於數年前於廣華醫院病逝，生前為參加我們聚餐的中堅份子，他在座時高談闊論，議論頗為精采，尤其述及學校內之見聞，甚有獨特見解，同學梁英傑常相約共飲茶，他死時年逾八十，亦算高壽矣，留彌之際，我與梁英傑亦有前往探望之，記憶中有子啓謀在美工作，女惠娟則仍在香港，俱已成家。

上次見潘偉堂大約是十年前，其時為中學校長，他看來仍是活力充沛，身體健碩，談笑風生，大抵與長期運動有關。

Alfred Ling 在十年前參加我們的同學聚餐，他說話時還是帶有寧波口音，紳仕風度如常，其時已年屆七十，猶熱心於教會活動，實基督徒之典範也。

Miss Baptista 曾移民溫哥華，90 年代回流香港任職於女童軍總會，言談間對加國之重稅頗有微詞，亦訴盡“萬稅”加國子民之心聲也。



最近見 Jimmy Chan 是一年多前，其時他夫婦倆前往澳洲墨爾本開會，我適逢亦前往旅遊，遂邀之與程本燦同學夫婦共聚午餐，陳博士為香港大學心理學教授，今年初四月時擬來多倫多參加國際會議，但因 SARS 問題而最後取消。其學術交流活動，遍盡全球，誠權威人仕也。

江紹賢於退休後轉任青衣一所學校校長，大約在十年前已移民澳洲。

在 70 年曾於加拿大 Kingston 見過教物理的李耀等，他其時在 Queens University 修讀碩士，當時以逾四十之齡，猶好學不倦，實難能可貴，不讓古之蘇老泉也。

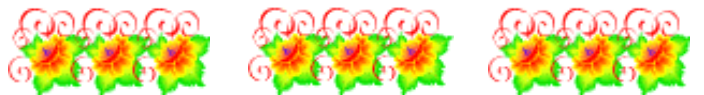


聽說朱家輝及教中文的周師奶分別定居於多倫多與 Sault Ste Marie，未知近況如何，據聞朱家輝在 Mr. Hinton 兩年前訪加時，亦有參加聚餐，回想當年他教學時，能無須觀讀教材而口授化學課程筆記，且鮮有遺漏，對學生功課及考試之要求甚為嚴格，苟有錯誤則分數全無，務求學生之答案能絕對正確，令我輩學子對之既敬且畏。聞說其因中風而不良於行，祝其能早日康復。

數十年前教過我的老師還有很多，印象較深的包括有教美術的陳炳添，教普通科的高羨梅 (Miss Ko)，教地理科的譚煥文與 Alice Yau，教英語的 Mrs. 張及 Walter Ng 等，均未知其近況，教化學的廖景文及教西洋史的李心安 (Betty Lee)，據說因癌病去世，二人皆良師也，惜天妒英才，慨嘆天道無常，人生每多憾事，細思我屆同學大多已近退休之齡，順此奉勸諸君應以健康為重，行樂及時，保持心境開朗，工作時若遇有未遂心之事亦設法以平常心視之，無須因「催眉折腰事權貴」而導致「不得開心顏」也。

我自兩年前退休後，久未執筆，寫作此文每有詞不達意，恐有以管窺豹，不盡不實之處，自思與胡燕青之“我的老師”比較，頗有狗尾續貂之感，然嘗聞一日為師，終身為父，故寫此“六十年代老師花絮”予伊中同學分享，各校友若得悉其它老師之狀況或近況，亦可投稿予黃健邦同學 (george.wong@rogers.com)，則不失筆者拋磚引玉之愿意也。

鄧紹祺 2003 年 10 月寫於多倫多。



November 29 Annual Dinner at Times Dynasty 時代金王朝

Registration Form (over)



QESOSA (Ontario) Board of Directors Nomination, 2004

At the last AGM (January 18, 2003), the following Directors were elected to serve on a two-year term. They will serve their second year in 2004.

Henry Lee (61), President

James Tang (64), Vice-President

Erica Fong (81), Vice-President

Nancy Tang (65), Liaison Officer

Ann Ma (70), Social Convenor

Daniel Chow (70), Newsletter Editor

At this upcoming AGM we need to elect 8 Directors to make up the committee of 14 to serve the OSA. Please consider volunteering yourself to serve on the Board.

[] I volunteer to be the Form Representative for my year.



[] I cannot attend the AGM on November 29th,
and hereby submit this as my proxy for the meeting.

I hereby nominate the following members to the 2004 Board of Directors: (Please indicate year of Form 5 after name).

1. _____ Year (F.5) _____ 2. _____ Year (F.5) _____

3. _____ Year (F.5) _____ 4. _____ Year (F.5) _____

5. _____ Year (F.5) _____ 6. _____ Year (F.5) _____

7. _____ Year (F.5) _____ 8. _____ Year (F.5) _____

Nominated by: _____ Grad Year (Form 5): _____

Signature: _____ Date: _____

Please send nominations to QESOSA, c/o Mak Kai-Sum, 21 Francine Drive, Willowdale, ON, M2H 2G5

Dinner Registration

Please confirm your attendance no later than November 17, and mail cheque to:
QESOSA (Ontario), c/o Mak Kai-Sum, 21 Francine Drive, Willowdale, ON, M2H 2G5
**** Please make cheque payable to QESOSA (Ontario). Thanks****

Name: _____ Chinese: _____

Grad Year (Form 5): _____ House (East/South/West/North): _____

Tel: _____ E-mail: _____

Number in Party: _____ x \$35, plus _____ x \$25 = Total amount remitted: \$ _____

