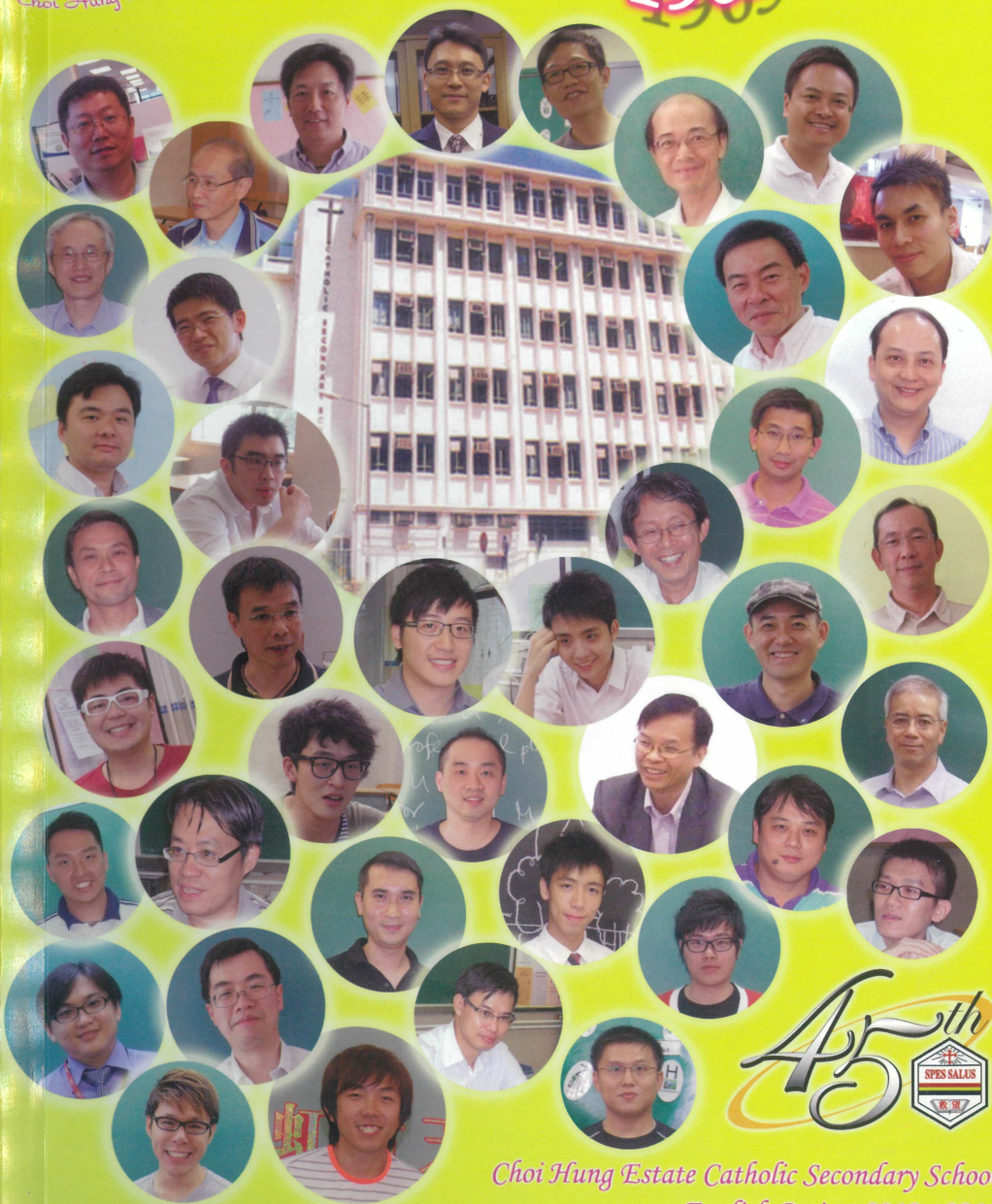


Choi Hung Estate Catholic Secondary School

The Way We Were III 1965 - 2010



Choi Hung Estate Catholic Secondary School
English Project 2010 - 2011



The Way We Were III
45th Anniversary
Old Boys Interview Project
December, 2010

By

Choi Hung Estate Catholic Secondary School



Teacher advisors, Ms. Leila Weston & Ms. P.K. Tsang with the student interviewers.

Message from the Supervisor

In the “Parable of the Sower”, we heard Jesus, saying: “A sower went out to sow. And as he sowed, some seed fell on the path, and birds came and ate it up. Some fell on rocky ground, where it had little soil. It sprang up at once because the soil was not deep, and when the sun rose it was scorched, and it withered for lack of roots. Some seed fell among thorns, and the thorns grew up and choked it. But some seed fell on rich soil, and produced fruit, a hundred or sixty or thirtyfold.” (Mt.13:3-8)



Rev. Plateros Charlton Garay

The successful stories of our former students compiled and shared in this booklet is an affirmation that our beloved school CHECSS, is likened to a good and fertile soil that has produced exemplary individuals who have excelled in the different fields and became catalysts and agents of change in our society.

I would like to extend my heartfelt gratitude to our teachers, especially the Principal, Ms. Leila Weston and Ms. Tsang P.K., and students who had worked hard to make this booklet available to us. I am convinced that these inspiring stories of our “old boys” will always serve as an encouragement to our young students and will eventually give them the strength and confidence to develop their God-given gifts and potentials.

I hope and pray that we continue to set good examples to each other not just in words but in deeds. I believe that through our “witnessing”, we may somehow touch and change the lives of other people, motivate them to grow and bear more fruits and become courageous witnesses of Jesus Christ to all people.

God bless us all!

Rev. Plateros Charlton Garay
1-12-2010



Our supervisor is an SVD priest. The SVD – Divine Word Missionaries – was founded by St. Arnold Janssen in 1874 in Germany. The SVD priests and brothers dedicate their entire lives to preaching the Gospel and making present the love of God among all peoples. Today, the community of Divine Word Missionaries numbers 6,000 professed members and it is the 7th largest community of men religious in the Catholic Church.

Message from Native English – Speaking Teacher

The Way We Were III is the third book in the series. Ms. Ernestine Arnold, the previous NET, began this project back on 2005 to celebrate the 40th anniversary of Choi Hung Estate Catholic Secondary School. It is only fitting that we continue with The Way We Were III to celebrate the 45th anniversary of CHECSS.



Ms. Leila Weston

When I was asked to organize the students to produce The Way We Were III, I wanted to make it a real English learning experience for the students. I chose students from Form 2 to Form 7 based on their ability to speak, to listen to and to write English. By pairing up a junior student with a senior student, the senior students became the mentors to the junior students. The project required that they utilize their speaking, listening and writing skills. This was a huge challenge for our boys, especially the younger students who do not have much experienced at speaking English. Their second challenge was to listen to their recordings and transcribe what they heard into written English. Finally, using their transcriptions, they wrote their articles. It was a challenging task for our boys.

As the facilitator of this project, I attended many of the interviews with the Old Boys. I have only been at CHECSS for two and a half years and did not know much of the history of the school. By listening to the stories the Old Boys had to tell, I learnt a lot. I listened to the Old Boys speak with pride and fondness about CHECSS in the past. There were those who excelled in academics and those who excelled in athletics. There were those who became doctors and lawyers and there were those who became businessmen or university professors and teachers. There were those who became professional athletes. All of these Old Boys had great stories to share and they all spoke with pride about their days at CHECSS. What really impressed me was how they held their teachers in such high regard. Each Old Boy had a valuable lesson to give our CHECSS students. Some of our boys learnt that they might not be great at academics but they might be great at athletics. Either way, if they work hard, they can achieve their goals.

I am proud of what our students have accomplished. This was a difficult project for some of them. It was difficult for them to overcome their fear of speaking English with a successful CHECSS Old Boy but they did an excellent job and they are very proud of their achievements. The CHECSS Old Boys have made a difference in the lives of our young students today.

I want to take this opportunity to thank our CHECSS students for giving their time to take part in this project. I also want to thank my colleagues for their help to complete this task. Finally, I want to thank all the Old Boys who agreed to take part in this project. They represent all the best that Choi Hung Estate Catholic Secondary School has to offer its students.



12-2010

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擴建校舍祝聖典禮
及揭幕儀式(1999)



湯漢輔理主教為彩虹邨
天主教英文中學祝賀及揭幕



彩天多媒體學生自學中心(2000)

獲優質教育基金撥款
設立「互動圖書館」
(1998)



彩虹邨天主教英文中學多媒體學生自學中心一角



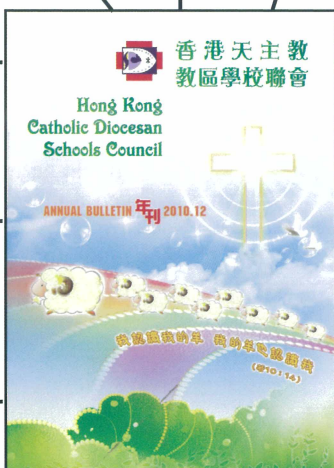
家長推廣輔導計劃(2002)



彩天歷史戲劇創作比賽(2004)



彩天主辦小六升中模擬面試(2007)



彩天同學生活體驗多姿彩(2003)



響應福傳新文化(2005)



四十周年校慶(2006)



彩天出版「祥仔特刊」及
「全方位宗教體驗活動薈萃」
(2010)

台灣文化交流之旅(2009)



攝於台灣嘉義輔仁中學



迎奧運——奧運教育推廣設計比賽獲獎
區際迎奧運田徑比賽大勝
出版田徑成就特刊
(2008)

The HK Catholic Diocesan Schools Council publishes its reports annually. The contributions from CHECSS do reflect some of the important activities in these years.

Tse Chin Ying, William

1966 –1971

Engineer

Mr. William C.Y Tse enrolled in Choi Hung Estate Catholic Secondary School in 1966. He studied here for five years. Mr. Joseph Liu was the principal. In Mr. Tse's opinion, Mr. Liu was a very fair, sincere person. Mr. Peter Wong was the discipline master. He became the principal after Mr. Liu had suddenly passed away in 1979. Mr. Tse feels that he was a very good teacher and he was always friendly to the students.

Mr. Tse loved Mathematics because he found that it made him think and Mathematics was always a challenge for him. Normally, Mr. Tse hated History. He did not like to memorize events, or names, or dates. He also found it quite boring. He would often fall asleep during his History lessons. However, he never slept in his English lessons because he was interested in English and knew that it was important. Mr. Tse's favorite teacher was his English teacher, Mr. Michael Chan. He taught him English from Form 1 to Form 3. To him, Mr. Chan was a fantastic teacher.



*William Tse was interviewed by
Hui Wai Hong and Cheng Hei Chun*

Mathematics and Physics are necessary in order to understand the concepts of engineering. However, English is just as important to his job. Mr. Tse always uses English to write letters, documents, e-mails, etc. He feels that knowing how to speak English is more important than graduating from university. Although Chinese is becoming more and more important in the workplace, he knows that you cannot live without English. He is very proud of his ability to speak good English. He advises us to learn as much English as we can. It is very important if we want to be successful.

We enjoyed our interview with Mr. William Tse. He was easy to talk to and he



While he was a student at CHECSS, he achieved a number of awards. When he was in Form 2, he won first place in an essay competition. He also earned a silver medal in the first Inter-Diocesan Secondary School Athletic Competition. He is very proud of his silver medal. Outside of the classroom, he always played basketball on the playground next to the school where the car park is now.

Mr. Tse is an engineer now. His advice to anyone who wants to be an engineer is to study Mathematics, Physics and English.

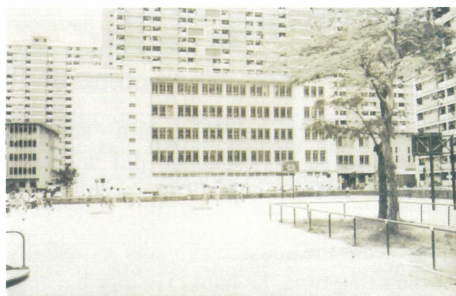


*Hui Wai Hong, William Tse and
Cheng Hei Chun*

told us a lot about CHECSS when he was a student here. We are very happy to have met him.

Written by Cheng Hei Chun Leo (5B) and Hui Wai Hong Benny (3A)

Scenes of Choihung in the 70's



Playground in the past



Car park at present

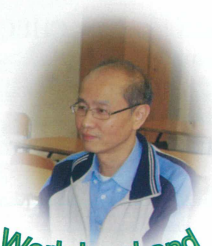


Mr. Michael Chan (2nd left)

Lee Wai Lim, William

1966-1973

Retired Deputy Principal, CHECSS



Work hard and
wonder would come along

Mr. Lee Wai Lim first attended Choi Hung Estate Catholic Secondary School in 1966 and graduated in 1973. During the time, Mr. Joseph Liu was the principal and Mr. Tam was in charge of discipline.

At that time, the rules which students had to obey were quite common and Mr. Lee agreed to most of them. However, there was one rule that Mr. Lee felt very helpful to him - students had to wear the school uniform every day. He was so poor that he did not have enough money to buy other clothes, so the school uniform solved this problem for many students.

At Choi Hung, Mr. Lee's favourite subjects were the science subjects, especially Mathematics since he was quite good at it. At the same time, he hated History because he had to memorize the years and the names of the people involved in the historic events. However, he did add that History prepared him well for his future. His favourite teacher was Mr. P.C. Chan who taught him Maths. Besides teaching him Maths, he also taught Mr. Lee some life lessons, which were very useful to him later in his life.

Many students have a special place in the school where they like to go during recess or their lunchtime. Mr. Lee was no exception. His favourite place was not the basketball courts or the table tennis area. Instead, he would go to the library because it provided a quiet environment for him to study. He would spend about five hours per week in the library, usually during his lunchtime.

Mr. Lee was quite involved in extra-curricular activities. Not only did he belong to the Library Club, but he also joined the Business Club and the Maths Club, and was the chairperson of the Maths Club in form 6.



Mr. Lee Wai Lim and So Tsz Chung Tom

CHECSS provided Mr. Lee with many memorable times. Mr. Lee could not take part in sports because he had Polio, a disease that attacks the muscles in legs. Nevertheless, he enjoyed watching his classmates playing basketball and table tennis during PE lessons.

He thought that they were very skillful. The school masses were also memorable to him. He remembers that nearly a quarter of the students at that time in Choi Hung were Catholics and they would attend masses monthly with girls from other Catholic schools.

Mr. Lee agreed that it is never easy to be a student. He studied at a primary school in Ma On Shan and all his subjects were taught in Chinese. When he entered CHECSS, all his subjects were taught in English, except Chinese and Chinese History. The teachers spoke in English for all the lessons. They never spoke a word in Chinese.

Therefore, he had difficulties in learning when he first came to CHECSS in 1966. He remembered that he had to write the translation beside nearly every English word in the textbooks during the first year, but eventually, by the second year, he got used to it. At CHECSS, there were four examinations per year and six monthly tests, so the study atmosphere was very good. He worked extremely hard in order to be one of the top two students in the form. The top two students were given scholarships and they did not have to pay the school fees. Because of all of his efforts, he successfully received a few academic awards at the Speech Day held at the end of every school year. Receiving those awards made him feel very proud and happy.

After graduating from CHECSS, Mr. Lee went to Hong Kong University and then, for one year, he worked at a computer company (Cable Wireless). Later, he became our school teacher and the Deputy Principal at Choi Hung in 1994 until moving to Australia in 2000. When he was a teacher in CHECSS, two students impressed him most. One was paralysed in a car accident at the age of just nineteen. He could only move his hands but he never gave up. Today, this student has three degrees. Another student was very good at sports but had no interest in his studies initially. However, as a result of his hard work, he received the 'Hard-working Award' three years later. He believes that these two touching stories can inspire all of us to work hard even when things are difficult for us.

As a student of CHECSS, Mr. Lee had many good experiences. His teachers and fellow classmates helped him to develop proper attitude towards his studies. This attitude prepared him for his university life. If he could live his days at CHECSS over again, he would talk to his teachers more as they could share their life experiences with him.

It was a pleasure to interview Mr. Lee Wai Lim William. He is a very interesting gentleman and I learnt a lot about CHECSS from him. He believes that the students of Choi Hung are friendlier today even though some of them come from poor families or from Mainland China. He advises us to work hard and then wonder would come along.

Written by So Tsz Chung Tom (7B)



*Mr. Lee telling the student interviewers
the history of CHECSS*



彩虹邨天主教英文中學 95 - 96 年度
CHOI HUNG ESTATE CATHOLIC SECONDARY SCHOOL STAFF



*Mr. Lee (5th left, 1st row) with
Other teaching staff*

Lau Chong Yuen, Antonio

1970-1975

Principal of Tung Chung Catholic Secondary School

Mr. Lau Chun Yuen, one of the old boys of our school, is now the principal of Tung Chung Catholic School, a Diocesan Catholic Secondary School. He was a student at our school from 1970 to 1975.

35 years ago, when Mr. Lau was still a student of CHECSS, Mr. Joseph Liu was the principal and he was a very serious man. He spoke very loudly and he always spoke English in the morning assembly. The discipline master at that time was Mr. Peter Wong. Mr. Wong, who later became the 2nd Principal of our school, was very kind. He also taught him Religious Studies.

The fondest memory of Mr. Lau was the friendships made. His friends were the boys who were in the Boys Scouts with him. They always gathered everyday after school in the Scout Room located on the 4th floor at that time. Besides the Boy Scouts, he also played sports and his favorite sport activity was football. He always played football on the playground opposite our school.

As students, we always have difficulties that we need to work hard to overcome. Mr. Lau was no different. His difficulty was his laziness. Because of his laziness, he had to repeat Form 4. Although Mr. Lau was lazy at that time, he became quite a diligent student later on and, as a result, his marks improved. He was even awarded with a prize for the most improved. His prize was a ballpoint pen. He was very happy to have won it as it showed his hard work. He said that if he had one more chance to do it again, he would study more and work even harder. He also felt that science was fun. If he had one more chance, he would spend more time on science.

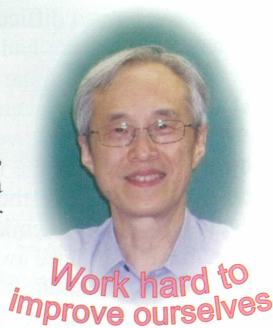


Edmund Tam, Mr. Antonio Lau and
Nicholas Lee

His favorite teacher, Mr. David Leung, changed his life. Mr. Leung was Mr. Lau's class teacher and History teacher. Mr. Leung was an excellent teacher who made him fall in love with History.

After university, Mr. Lau became a teacher. In 2003, he became the principal. He said the most important skills to have as a good teacher are communication skills. Teachers need to communicate with their students and English is also important because one thing that a principal needs to do is to communicate with the NET.

Mr. Lau reminds us that our school is a great school. CHECSS is still well known for excelling in sports. He is happy to see that our campus has expanded because he believes that a big, good campus can help us to improve even more in sports. He has also noticed that the facility has improved. Mr. Lau believes that our school prepared him well academically by teaching him critical thinking skills, which



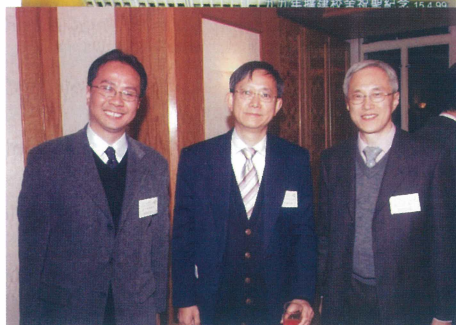
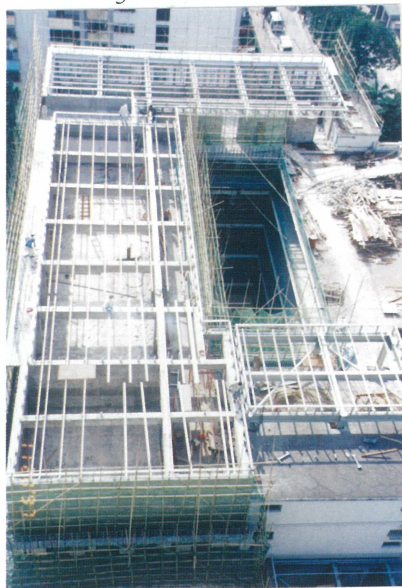
helped him in his studies at university.

Finally, Mr. Lau advises that Other Learning Experiences (OLE) is very important and we need to strike a balance between academics and OLE. We must work hard to improve ourselves.

Talking to Mr. Lau was a wonderful experience. During the interview, we found Mr. Lau to be very kind and friendly. It was really the best interview we have ever conducted and we did learn a lot about CHECSS.

Written by Tam Yik Cheuk Edmund (4B) and Lee Ming Yau Nicholas (4B)

Choi Hung undergoing School Improvement Programme, 1997-1998 ,



Mr. Lau and our Principal, Mr. Li, at a DSC gathering



Lau Pui Kan, Peter

1971-1975

Loans Manager with The Royal Bank of Canada



Treasure your friendships
Follow your dreams

Mr. Peter Lau attended Choi Hung Estate Catholic Secondary School in 1971. He left the school in 1975 after Form 4 to study in Canada. Mr. Joseph Liu was the principal at this time and Mr. Wong was the discipline master.

Mr. Lau's father was Mr. Joseph Liu, the first principal of our school. He is proud of his father who was a hard-working man and as strict at home as he was at school. That is why he has so much respect for him.

Mr. Lau had a lot of fun at school. He was a member of the school's basketball team and they would have many matches with other schools. After the matches, their coach would give them all free drinks.

He also had his difficulties. According to Mr. Lau, he did not like to study Mathematics or Physics because he was weak in both subjects. His Mathematics teacher would just keep talking and writing on the blackboard. He did not understand what he was talking about and he could not solve any of the mathematical problems. Mr. Lau wanted to go to Canada to study. His father told him that if he failed, he would not send him to Canada. During his last year at CHECSS, he worked very hard in both Mathematics and Physics and achieved the highest overall mark. He did go to Canada to study and he found that he was ahead of the Canadian students in both Mathematics and Physics.

Mr. Lau's Form 2 class teacher, Mr. P.W. Lam, was his favourite teacher. He taught him how to study. If he could meet Mr. Lam today, he would thank him and tell him that the discipline he taught him is very useful to him today. He told us that, as students, we might not like teachers who are very strict and rigorous. However, when we grow up, we will know how important self-discipline is to our lives.



Peter Lau interviewed by Tsang Tsz Sin and
Sze Shui Ching on the internet.

Mr. Lau is currently working for The Royal Bank of Canada as a loans manager. His responsibility is to create reports for the bank. For example, if there is a campaign that needs to be executed, his department must research the information to see if the campaign is feasible and then write the report. He has three staff members who generate five to ten reports each. He delivers at least five hundred reports in a month. It is a heavy job. He must be sure that all the reports get to the clients on time and if there are any problems or errors, he must correct them in a very short period of time. Therefore, it is important to maintain communications with his team members. His team members do not speak Cantonese, so English is very important in his job.

Mr. Lau feels that the school has prepared him well by providing him with the



Mr. Lau holding an Olympic Torch in his office

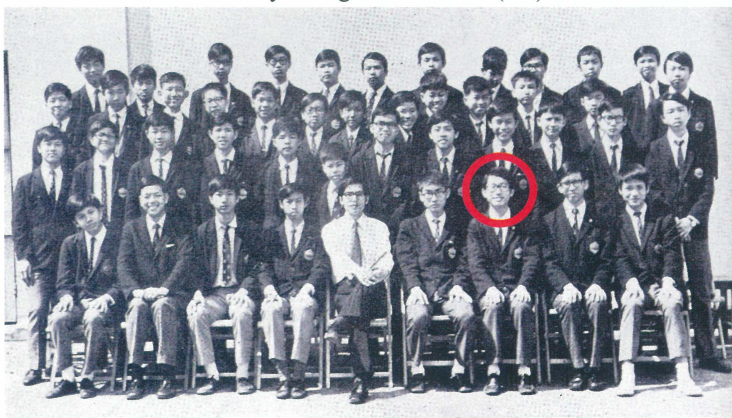
remembers all the friends he had back then, their names and their faces. He remembers the corner of the school where they used to hang out. Unfortunately, he has lost contact with the friends he made during his school years and he can only see them if he can find them on the school web site.

We enjoyed our time with Mr. Lau. He is a very interesting man to speak to. Mr. Lau left us with two pieces of advice. First, students of CHECSS should treasure their friendships and they should keep them forever. Second, if we follow our dreams, we will have no regrets.

basic knowledge of the subjects. This was important when it came time to choosing his major in university. The self-discipline that he learnt as a student is a definite asset to him today, not only in his current job but in his daily family life as well.

He misses his school life. However, thanks to advance technology, he can now visit the school via the Internet. His life at CHECSS has always been part of his memories. He still

Written by Tsang Tsz Sin Tom (5A) and Sze Shut Ching (3A)



Form 2 Class photo, 1973



Supervisor & Principal at Mr. Joseph Liu's tomb



Mr. Lau and his family

Li Po Hang, Philip

1972-1977

Businessman

Mr. Philip Li, who first attended Choi Hung Estate Catholic Secondary School in 1971 and graduated in 1976 after completing Form 5, is now a successful businessman who owns his company. At the time he was a student here, Mr. Joseph Liu was the first principal of the school.

Mr. Li always had fun as a student. His favourite teacher is his History teacher, Mr. David Leung. Mr. Leung was a very special teacher who taught him how to think and how to write well. Even though Mr. Li was not very keen on History, he still enjoyed his lessons.



Mr. Cheung Yick Yee

Even though Mr. Leung was his favourite teacher, Mr. Li's favourite subject was not History. His favourite subject was actually Economics. He did very well in this subject and believes it was Economics that set him down the path he is now on.



Mr. David Leung

After Mr. Li graduated from Form 5, he completed Form 6 and 7 at another school as we do not have Arts classes in F.6 & F.7. After graduating from Form 7, he worked with his elder brother to open up a factory. They ran the business very well. However, when China announced that they would take over Hong Kong, his brother was worried and moved to another country. The factory closed, so Mr. Li began to work with a trading company. After two years, he moved to the United States.

Today, Mr. Li is a successful businessman who owns his company. He is in the export business. He exports goods to other countries. Mr. Li has also invested in solar energy. The skills he learned while he was a student at CHECSS have served well in his career. "This school gave me the foundation to build my life," he said.

For students who want to choose his type of career, Mr. Li has this advice.

"Work hard, learn hard and stop complaining." He believes that complaining does not help anything and will only put you in a very bad situation. Also, he advises all the students to know themselves more clearly before they choose a career. Otherwise, they will not know what they can do and what they cannot do.



*Yuen Ka Kit, Mr. Li Po Hang and
Chin Man Chun*

It was a pleasant experience to interview Mr. Li. It was interesting to share with an old boy and to hear something about our school. I have learned a lot from doing this interview. The most



To see the big picture

impressive question that I asked Mr. Li was “What was the greatest difficulty you have to overcome when you were a student?” I was impressed with his response, “To see the big picture. All I did when I was a student was to study and study but I didn’t actually understand what was in it at that time.” Mr. Li’s answer has inspired me to think about the purpose of studying in school. I never thought about the “big picture” that Mr. Li talked about.

Written by Chin Man Chun David (5A) and Yuen Ka Kit Jack (3A)



CHECSS students joining activities in Mainland China, New Zealand & Taiwan



English activities with Mr. Yang T.L. →
(ex-Chief Justice in HK)



Long Distance Learning Room could further open eyes of Choichung boys

Lai Hon Chung, Harry

1971-1978

*Chief Engineer, Electrical and Mechanical Service
Department*



*Concentrate on the present
That is what is important.*

It is our honour to be a part of “The Way We Were III” for the 45th anniversary of Choi Hung Estate Catholic Secondary School and we are pleased that Mr. Harry Lai Hon Chung accepted our invitation to be featured in this book. He is the Chief Engineer of the Hong Kong Government’s Electrical and Mechanical Services Department. Mr. Lai studied at CHECSS from Form 1 to Form 7 from 1971 to 1978. After he had graduated from Form 7, he enrolled in the Hong Kong University where he studied and received his degree in electrical engineering.

During the interview, Mr. Lai mentioned that Mr. Peter Wong was the principal at that time. Mr. Wong was very friendly and always shared his life experiences with the students.

Like any student, Mr. Lai had his favourite subject. He enjoyed History in Form 3. His history teacher, Mr. David Leung, would draw maps to teach the boys about the places they were studying in History. Mr. Lai remembered that he enjoyed listening to the stories that Mr. Leung told. He also remembered the class photo. Some of the students had longer hair and wore bell-bottom trousers, even though the school did not allow this.

Mr. Lai shared his study experiences with us. He said that he liked to organize study groups with other classmates in the activity room. He believed that it was more efficient to study with a small group than to study alone. His favourite subject was Mathematics because Mathematics is a subject that requires thinking and not just memorizing facts.

Mr. Lai and his classmates were successful in setting up the very first Student Union for the school. It was an impressive achievement. At first, there were problems and barriers, of course, but they were able to overcome them and the Student Union has been an influential club in CHECSS ever since 1978.



Nicolas Li, Harry Lai and Ryan Lau

Looking back, Mr. Lai said that his success started in 1977. The study group and organizing different kinds of school activities helped to develop his leadership skills, as well as his communication skills.

We asked him what he would do differently if he could go back to school now. He said he would work hard to develop good communication between himself and his teachers. ‘Students are afraid of their teachers and the principal when they are young.’ Mr. Lai said with a smile.

What a great opportunity it was for us to meet and talk to Mr. Lai. He was patient and encouraging. Finally, his advice to all our students is “Concentrate on the present. That is what is important.”

Written by Lau Chun Ting Ryan (5A) and Li Tik Hoi Nicolas (5D)



Ryan Lau and Nicolas Li was interviewing Mr. Lai



Previous CHECSS magazine & newspaper



Student Union organizes lots of activities every year



Chinese project presentation – a small group activity

Yuen Kwok Kit, Richard

1971-1978

Engineer and Associate Professor of City University of Hong Kong



Mr. Richard Yuen Kwok Kit attended Choi Hung Catholic Secondary School in 1971 and graduated in 1978. He is now an engineer and an associate professor at the City University of Hong Kong. While he was a student here, Mr. Joseph Liu was the principal and Mr. Peter Wong was the discipline master.

CHECSS is surrounded by housing estates. Because of this, Mr. Yuen feels that the Choi Hung boys did not really have much exposure to the rest of Hong Kong. In a way, it was good for them because it kept them pure. However, it did isolate them.

Like many students, he had his favourite subject, which was Mathematics. All the boys did very well in Mathematics and they were proud of their results. Even though Mathematics was his favourite subject, his favourite teacher was his history teacher, Mr. David Leung. He did not just teach students history. He would also encourage his students to do better and achieve more. Mr. Yuen said that he owed Mr. Leung a great deal of gratitude.

Mr. Yuen was once given a warning about his behaviour. Looking back now, it was not a big issue but at the time, Mr. Yuen took it very seriously. One time, after the sports practice, they had their mathematics lesson. One of his classmates told him to touch his legs because his muscles were twitching. The mathematics teacher saw the boys laughing and playing around. He thought they were not behaving well and he gave them a warning to behave or they would lose conduct marks.

Mr. Yuen took part in many sports activities. He was a 100m sprinter, and a high jumper. He won medals for the 100m races and his teammates won the silver medal in the 4X100m relay when he was Form 2. He also played basketball, football, and volleyball.



*Kelvin Tai and Alvin Chan
was interviewing Richard Yuen*

Besides sports, he and his classmates organized and ran the first Student Union for the school. The Student Union would organize charity activities and various competitions among schools. He enjoyed organizing these activities because he knew how very important it was for the school. However, the school authority was quite worried because it was the first Student Union. The students had to work very hard to gain their confidence.

Mr. Yuen believes that the basic skills of Mathematics, Science and language that he acquired as a student prepared him for his future studies. He studied mechanical engineering at university and today he is a mechanical engineer and an associate

professor at the City University of Hong Kong. As an associate professor, he has to manage a research team and set the direction for the programs. He also has to look after students and manage the development of the programs. Mr. Yuen meets many international professionals and researchers of engineering. Therefore, English is absolutely vital to his job.

When he was asked how he feels about CHECSS today, he said that the school is still small but it is still warm and energetic. If he got a chance to live his school life over again, he would not change anything because he is quite satisfied with the path he took. His advice to us is to work hard to develop our strengths.

It was a pleasure to meet and talk with Mr. Yuen. He is a very gentle, casual Old Boy and we can learn a lot from him. Even though our school is small, all of us can have many memorable times here. Mr. Yuen advises us to keep in touch with our Old Boys because they are the history and foundation of the school and when we leave CHECSS, we will also become part of CHECSS brilliant history.

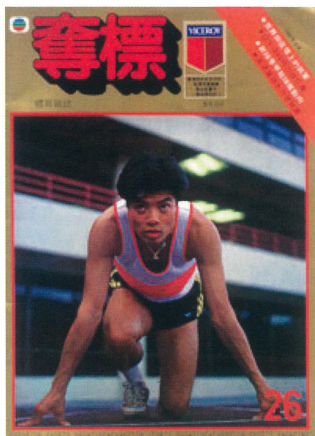
Written by Tai Wai Tat Kelvin (4A) and Chan Ho Yin Alvin (3A)



Kelvin Tai, Richard Yuen and Alvin Chan



Boys joining activities
in annual
Mathematics Week



Our athletics tradition well-kept: 陳家超's long jump HK record in the 1980's and 于子猷's javelin HK record in the 2000's, followed by 徐志豪's 100m HK record, 2010 (see p.80)

Tong Kwok Keung

1972-1978

Professor at Baptist University

Mr. Tong Kwok Keung started his studies at Choi Hung Estate Catholic Secondary School in 1972 and graduated in 1978 after completing Form 6. At that time, Mr. Joseph Liu was the principal of our school and Mr. Peter Wong was the discipline master.

Mr. Tong regarded the rules of the school as general rules rather than specific rules. The rules were just the same as any another school. For example, students had to line up before going to the lessons and to keep quiet in the lessons. Of course, CHECSS was a boys' school and the students were relatively energetic. They would sometimes play around in the classrooms. Mr. Tong did not worry too much about the rules because he knew how to control himself. He knew there were rules that they just could not break. For example, he knew that he could not touch drugs.

In his first two years, Mr. Tong was weak in his studies and he had no great performance in athletic competitions or swimming galas. When he reached Form 3, he became stronger and started performing well in the field events on Sports Days, as well as in volleyball. Soon, he became a member of the CHECSS athletic team. He became a runner and a volleyball player.

Mr. Tong believes that it is quite easy to be a student. He told us that, when we are finished being students and we begin working, we will realize that being a student is the easiest job ever. Of course, when he studied in high school, he had his stressful moments as well. He had to face the public examinations but when he compared the stress in his life after he had left school, he realized that it was not that difficult to be a student.

Mr. Tong liked the science subjects and his favorite was Biology. His performance in English was not the best. According to Mr. Tong, while he was at CHECSS, there was no one who received a distinction in English in HKCEE. Mr. Michael Chan was his English teacher and he really appreciated what Mr. Chan tried to teach him.

After he graduated from university, he became a PE teacher at Shun Lee Catholic Secondary School. He taught there for eleven years, after which he returned to the university.

He continued his studies at the Chinese University, where he met a researcher from the United States, whose area of studies was in respiratory physiology. Mr. Tong was very interested in researching the effects exercising has on the human respiratory system. After completing his Master

Degree in this area, he began his Ph.D at the Baptist University, where he continued to



Mr. Tong Kwok Keung, Law Ka Wai and Eric Chau

do his research and he became a professor.

Mr. Tong has completed more than ten projects in respiratory physiology in the last few years and some of his research has been published. As a result of this research, he has developed better training procedures so that the performance of the respiratory muscles of athletes would be improved and in turn the whole body of the athletics could be also be improved.

Two of Hong Kong's top runners, who ran the Standard Chartered Hong Kong Marathon last year after receiving his training, improved their performance in the race. Before the marathon, research was carried out only in the laboratory. That marathon was the first time that Mr. Tong applied his research to a real situation and the result was encouraging. When Mr. Tong reported the results to his colleagues in the UK, he realized that western countries have been doing this kind of training of athletes for many years. Mr. Tong would like the students to know that the development of sports science in Hong Kong is very far behind compared with that in the Western countries.

If any student is interested in this field of research, Mr. Tong advises him to study overseas in order to broaden his horizons. He should study in either North America or in Europe because sports science is much more advanced than it is here in Hong Kong.

Mr. Tong admitted that doing research is quite boring but it is the final results that motivate him to continue his research. He likes sports and he likes to see the improvement in athletes. Mr. Tong said, "Of course, researching is very lonely and boring. There are no holidays, no family life, so it is not something everyone would want to do." Before getting married, he practically lived at the university. He would go home just to sleep. After he married though, he had a family and a son to look after, so he started leaving the laboratory at about nine o'clock each night.

The communication skills that he learnt from teachers at CHECSS are very important to him. His teachers also taught him to be virtuous. These skills and traits help him in his life and his career.

If he could live his days at CHECSS over again, he thinks that he could be an excellent student. According to Mr. Tong, he was not a good student in secondary school because he did not pay much attention to the lessons or the teachers and he found that he had wasted a lot of time. If he could do it over again, he would pay more attention to the lessons and the teachers because the teachers only wanted to pass on good things to their students. They provided us with knowledge to learn and created a good environment for us to grow.

Mr. Tong does not think that his job as a professor is exhausting because he believes that exercising is the best way to relieve stress and he exercises regularly. Nowadays, it is much easier to get into university than it was when he was a student. At that time, there were only two universities in Hong Kong and now there are eight universities as well as other colleges that provide various undergraduate programs to



*Mr. Tong was our Guest of Honour
in 41st Speech Day*

students. He said, if students pay more attention to their studies, they can easily get accepted into university. Of course, they need to put efforts to study. His motto is "Play hard and work hard".

Finally, it is obvious that Mr. Tong is an excellent example of virtue. He never shrinks away from a challenge nor falters when he encounters difficulties. We should follow Mr. Tong as a role model and overcome difficulties we meet in life. We can surprise our seniors with our success.

Written by Law Ka Wai (5A) and Chau Shang De Eric (2B)



虹輝光耀四十載
桃李潛能放異彩

香港浸會大學社會科學院體育系助理教授
湯國強博士
(七九年畢業生)

彩虹邨天主教英文中學
彩天迎奧運四十載田徑成就特刊誌慶

6



What a gathering of Choihung athletes in December 2007!

Inter Diocesan Catholic Secondary School Athletic Meet

The third inter diocesan catholic secondary athletic meet was held on 19th December and 20th December, 1973 at South China Association Stadium. This reminds us of the proverb, "All work and no play makes Jack a dull boy." Therefore this meeting, is held every two years. Representatives from fourteen different Catholic schools joined the competitions.

On these two days of the meeting, the weather was quite fine and the sun was shining on the stadium throughout the whole meeting. Although the days were quite windy and clouds of sand often whirled around the stadium, athletes were not discouraged at all. In many events, the athletes set new records over the previous meetings.

During the two days of various competitions, all the athletes tried their best for their own schools. Those strong fellows made their effort to throw the lead ball in the "shot put" event. The runners showed their technique in the track events. Most of the athletes were experienced because they joined more than one events. After athletes finished the one hundred meter racing, they were preparing for the other racing events. Their speed was always maintained very high and I wondered how they could acquire so much energy. Those who were capable of jumping joined the "long jump" and "high jump" competitions. The athletes, in one accord, tried and showed their skill according to their capacity. The most exciting one of all was the four times one hundred meter relay. In this event, the team work, the co-operation among athletes rather than personal technique was the most important. Thus the points acquired from this event was doubled.

All the events were carried out successfully as scheduled. Results of the schools were announced in the closing ceremony. Our school, Choi Hung Estate Catholic Secondary School, was found to be the over-all champion for the third time.

Besides the competitions for the prizes, two equally important purposes were also carried by this meeting. First of all, through the meeting, fourteen schools with their students were present together in the same small space. In this way, we have a chance to contact and make friends with one another from different schools. Gradually the relationship among schools and schools, and students and students of different schools will be cemented. Secondary, the meeting, as it was called athletic meets, stresses mainly on the sports' competition. The glory of being a winner has directly and indirectly encouraged students to pay more attention to sports. The meeting itself, is actually used to arouse the attention of students to physical education. Undeniably, if one does not possess a healthy body and mind, how can we have the capacity to house so many different subjects? Furthermore, the participating of such activity is quite essential and helpful to body and mind. It also makes us relax and refresh ourselves after a long period of study at school. In other words, it is useful in striking a balance between physical and mental health of a person.

We think some of the students have neglected these important objectives while joining the meeting. However, the above two aims have been achieved to a certain extent in this meeting. Realizing its importance, we hope that this kind of meeting will be held in the year after next.

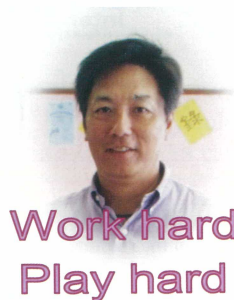
F.6B Cheung Kwok Foo

(摘自1973年-74年校刊)

Lai Siu Lun, Benny

1972 - 1979

Engineer



Mr. Benny Lai first attended Choi Hung Estate Catholic Secondary School in 1972. At that time, Mr. Peter Wong was the principal. As for all schools, there were rules that had to be obeyed and the students had to listen to their teachers. Mr. Lai obeyed them all but he did think the uniform rule was extremely strict.

Taking part in extra-curricular activities is very much a part of our school life. As he liked sports so much, Mr. Benny Lai was a member of the Football Team, the Basketball Team and the Volleyball Team. He also represented our school to take part in the inter-schools 4x400m relay race and won many awards for the relays.

During those years as a student, he had the myriad of memorable times and a lot of fun. His fondest memories were of the school's Sports Days and the inter-school competitions. These were very important days for the students.



Tung Pui Ho and Benny Lai Siu Lun

Traditionally, most of the boys studied Science subjects. His favorite subjects were Physics, Chemistry and Mathematics. He got good results in his public examinations in these subjects. However, the most difficult subject for him and for most of the students was English. Most students could not achieve a high mark in the public English examination. They all found English difficult.

Even though he struggled with English, he had a lot of respect to Mr. Michael Chan who stands out in his mind as being a special teacher. Mr. Chan taught him English. What he liked about Mr. Chan that he had a good relationship with his students and he created a good learning atmosphere in his classroom. Mr. Lai respected all his teachers but he had high respect for Mr. Chan. It was because of his efforts the students became more confident to speak English. When Mr. Lai's confidence increased, he began to enjoy English. Mr. Lai was proud to say, "Mr. Michael Chan is my teacher."

After Mr. Lai left CHECSS, he studied Civil Engineering at university. He explained that Civil Engineering is a combination of Physics, Chemistry and Mathematics. He learnt the basic knowledge of these subjects while he was a student here at CHECSS. Consequently, he credits this school for preparing him for university life.

At present, Mr. Benny Lai is an engineer. His present job is a supervisor of an engineering company based in Hong Kong, Macau and China.

His advice for CHECSS boys who wants to be an engineer is to study Mathematics and Physics hard. An engineer needs to understand Mathematics and Physics well in order to understand how to make the structure of a building stable.

Mathematics and Physics are important in this career.

Finally, he believes that sports and extra-curricular activities are both essential to students but we also need to concentrate on our academics. He encourages students to keep academics and extra-curricular activities in balance. His motto is “Work hard, Play hard.”

It was a joy to interview Mr. Benny Lai Siu Lun. I realized that our school has a history worth sharing. After completing the interview with Mr. Lai, my impression is that our school life is very short. Therefore, we all should value the time we have with our teachers and our classmates at present.

Written by Tung Pui Ho (5A)



Eng Week activity



Mathematics Champion, DSC, 2008



*4 senior retired teachers home coming to tell History students the history of Chioihung, 2010.
They are Mr. Chan W.O. (1st left), Mr. Lam P.W. (4th left), Mr. Law D.P. (middle) & Mr. Lee W.L. (3rd right)*

Pong Hei Ming, David

1972 - 1979

Chief Operating Officer, Hop Lun (HK) Limited

Mr. David Pong, who attended Choi Hung Estate Catholic Secondary School in 1972, is now a Chief Operating Officer of Hop Lun (Hong Kong) Limited. While he was a student at CHECSS, Mr. Joseph Liu was the principal and Mr. Peter Wong was the discipline master.

While Mr. Pong was in Form 2 or 3, the school implemented an 'English only' rule during all lessons and recesses. Everyone had to speak English in the classroom and recesses. Students and teachers had to ask questions and give answers in English only. Of course, this rule did not apply to Chinese and Chinese History lessons. At first, the students were frustrated and afraid to speak English. As a result, the recesses were very quiet. Thinking back, Mr. Pong feels that this rule was good for the students. The school is the most forgiving place to learn English. It does not matter if you make mistakes. Our grammar and our spelling do not have to be perfect. If we can speak English in a school atmosphere, then we will not have difficulties speaking English later in life. The most important skills for any career are communication skills. As adults, we will

have to deal with many different people, not only Chinese. That means that we need to be able to communicate in Cantonese, Mandarin and English.

While Mr. Pong was at CHECSS, he spent a lot of time playing football in the Estate's playground that is now the car park right across from the school. Each morning, recess, lunchtime and after school, he and his classmates would run out there and play football. They would work up such a sweat that

they would be soaking wet by the time they went back to their classrooms. Not one of them would have a dry shirt!

Mr. Pong believes that there are three basic elements that one needs to be successful. His formula of success includes diligence, patience and luck. Success depends on 70% diligence, 20% patience and 10% luck. In everyone's life, there are times when luck is a factor in being successful. That said, luck will only get you so far. He believes that we must be prepared for success by being patient and diligent. He said that we should be able to think independently and not to believe in everything that our teachers tell us. Students need the basic knowledge and school gives them that foundation. Students must continue to think for themselves.

When Mr. Pong graduated from university, he had a degree in Business Administration. He started working as an IT management consultant with a major consulting firm. After six years, he switched to banking and later became Head of IT



Think about tomorrow



Wong Chin Sing, Mr. Pong and Yau Wing Tang

department at a bank. Today, he is the Chief Operating Officer of Hop Lun (Hong Kong) Limited. The company employs 17,000 people worldwide and is one of the largest garment manufacturing companies in Hong Kong.

His advice to any student who wants to pursue a career is to know what you want to do and once you make up your mind, commit to it. He encourages us to pursue our dreams. "If it is what you want to do, it can be your career. If you believe in it strongly enough and are interested enough in it, then go for it."

Mr. Pong is a very interesting man and it was our pleasure to interview him. The advice he wants to leave us with is, "Don't think about the past. Think about tomorrow. Can we change the past? Of course not! But we can change tomorrow."

Written by Yau Wing Tang Steve (4A) and Wong Chin Sing Peter (4A)

Scenes at / around Choi Hung in the 70's



Lee Chi Hung, Andrew

1973-1980

Senior Professional Development Officer, EDB

Andrew Lee Chi Hung, who is a CHECSS Old Boy, is now a senior professional development officer with the Education Bureau.

Mr. Lee started at CHECSS in 1973 and graduated in 1980 after completing Form 7.

During these years, Mr. Joseph Liu was the principal. He was also the first principal of our school. Mr. Peter Wong was the discipline master. According to Mr. Lee, Mr. Wong was a very serious discipline master but, as a teacher, he had a humorous side. Mr. Wong became the second principal of the school later.

Mr. Lee said he was not the most outstanding student. He didn't have an excellent memory, so he was a bit afraid of subjects requiring memorization. In junior forms, he needed to spend extra time on preparing for English dictation. To overcome the challenge, he would wake up early in the morning to memorize the passages.

Mathematics was much easier for him to learn than English. He did not have much to memorize. He liked working with figures and he was so good at calculating that he would calculate the bills for his mother when she bought food from the market. It is not surprising that his favorite teacher happened to be his Form 3 Mathematics teacher, Mr. Li Kwok Sang. Mr. Lee praised him for his precise notes, clear explanations, and his willingness to answer Physics questions even though Mr. Li was not his Physics teacher. Luckily, the next year he did teach him physics and Mr. Lee was delighted. Should he meet Mr. Li again, he would like to say, "Thank you for your guidance and influence."

Mr. Lee had many happy memories. He remembered the film shows that the Biology Club would organize. As the club members showed films on the human reproductive organs, many students joined this club. The films were shown in the school hall, which was always packed with viewers. Mr. Lee was one of them. Another story that he recalled occurred when he was in Form 1. Some of Mr. Lee's classmates brought adult books to school. A classmate reported this incident to his teacher during a Mathematics lesson. Needless to say, the irresponsible boys were scared to death. One of the students threw the books out the window onto the road below. The boy and the class monitor



Che Tsz Fung Jack and Andrew Lee

were sent to look for the books, but, fortunately or unfortunately, the books were not found. After that, no such books were ever seen in the class again.

Things changed over the years. In his first two years at CHECSS, students were not allowed to stay in the classrooms during recess, so he would spend his recess time



Serve, rather than to be served

by watching others play table tennis. By Form 3, the rule changed and he would stay in his classroom and chat with his classmates. Another big change he noticed was the addition of the 5th floor. According to Mr. Lee, the school now looks better than ever. All in all, he treasures the communication opportunities and friendships that CHECSS provided.

After graduating from Form 7, Mr. Lee studied accounting and finance at the Chinese University of Hong Kong. He had no problems adjusting to the learning atmosphere because CHECSS prepared him well for university. After he had graduated, he taught for a few years before joining the Education Bureau. Today he is a senior professional development officer. He oversees a computer system that facilitates teachers and principals who enroll in professional training courses and workshops online. He suggested that students who would like to follow similar paths should obtain suitable educational qualifications and relevant teaching experience first. He also stated that problem solving skills and interpersonal and analytical skills are very important. These skills should be built into the school curriculum.

To our students, Mr. Lee would like to say the following. The current CHECSS boys are as energetic as the former ones and they have better facilities and equipment than before. He understands that it is natural for students to dislike certain school rules, but he advises students that the school rules are for their best interest and they should always follow them. He hopes that they can actively learn new information and have new experiences that will widen their horizons. He also points out that English is an important language to learn, if students want to effectively communicate with their local and foreign colleagues. Finally, he encourages students to make use of their knowledge, maintain suitable moral standards and become servants to society to make it a better world. As the present Chairperson of the Holy Family Parish Council, Mr. Lee ended the interview with this quote from the Bible. *“Even as the Son of man did not come to have servants, but to be a servant...”*

Written by Che Tsz Fung Jack (7B)



Award of 10,000 hours for volunteer service of CHECSS



All F.3 boys have to learn how to serve in their Religious and Moral Education lessons.

Lau Hong Kwong, Vincent

1975-1980

CEO and Executive Director, ITE Holding Ltd.

Mr. Lau Hong Kwong, Vincent, was one of the old boys of our school from 1975 to 1980. Now, he is a CEO and executive director of ITE Holding Ltd. He and his brother have recently donated \$200,000 to the school.

Mr. Joseph Liu was the principal at the time Mr. Lau was a student here. He thinks that Principal Liu was a serious person but a great principal. Everyone remembers and appreciates him a lot. The discipline masters were Mr. Au Yeung and Mr. Peter Wong, who were both good men. According to Mr. Lau, Mr. Peter Wong was a professional discipline master who took care of the students in all the different forms. His favourite teacher was Mr. David Leung, who was his Art teacher. He was a well-liked and respectable teacher. Mr. Lau maintained a good relationship with Mr. Leung even though he only taught him for one year.

As students, maybe we would disagree to some of the school rules. However, Mr. Lau agreed to all of the rules and had no problems following them because he believed the rules were necessary for their development.

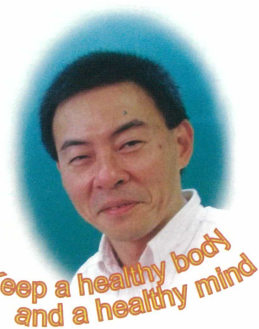
Many of our boys love to go to the basketball courts or to the table tennis area for fun but Vincent Lau didn't spend his time there. He wasn't good at ball games. Instead, he chose to spend most of his spare time reading in the school library. It was very clear to him that he came to school to study and that was what he did. When he had time, he would study by himself at home or in the library. He worked hard to try to get into university and so he sacrificed many extracurricular activities. As a result, he achieved good results in the HKCEE and received an award and a scholarship for his good results.

After graduation, Vincent Lau studied for a degree in mechanical engineering at Hong Kong Polytechnic University. Before he graduated, he enrolled at the Hong

Kong University to continue his mechanical engineering degree. Today, Vincent Lau feels that it was the training that he received at CHECSS that helped prepare him for university.

Today, he is working for ITE Holding Ltd, which is a company that was established twelve years ago by four students who graduated from CHECSS in 1997. They offer IT development and IT projects for their customers. The skills that he developed as a student at CHECSS and that have helped him

in his career are communication skills and English is a very important medium in his job. It is very important to his job that he communicates with others in English. Most



Chan Chun Ho, Yau Ming Yin and Mr. Lau

of time he needs to write e-mails, letters and proposals in English. He needs to write documents of hundreds pages all in English.

Finally, Mr. Lau has plenty of advice for our students. He advises all to work hard and read more newspapers in order to understand the world better. He said, "You cannot be lazy and then want to go to university. Working hard is the one thing that you can control. Also, you must know about the world. I recommend that all of you spend time reading newspapers. Last but not least, you need to keep a healthy body and a healthy mind by playing sports and finding an interest in your life."

After talking with Mr. Vincent Lau, I learnt more about CHECSS. It was an unforgettable experience. He is a kind and generous person and we most thank him as \$100,000 of his recent donated would be used as scholarships for us in memory of his late mother Miss Lau Chu Sui Ying.

Written by Yau Ming Yin Ronnie (5A) and Chan Chun Ho (3A)



Mr. Lau Hong Kwong and his brother Mr. Lau Hoi Wah recently donated \$200,000 to school



*Mr. Lau with Choi Hung boys
at Dr. Sun Yat Sen Historical Trail*

QEF digital library

Yip Wai Yuen

1976-1981

Senior Government Health Inspector



Take every opportunity to learn

Mr. Yip Wai Yuen attended Choi Hung Estate Catholic Secondary School in 1976. He graduated after Form 5 in 1981. Mr. Peter Wong was the principal at that time.

Like any student, Mr. Yip had to obey the school rules. He had to wear the school uniform and he had to be punctual. One rule that he did not particularly like to follow was not to associate with the students from the girls' school. He, like all the other boys, wanted to make friends with the girls.

Mr. Yip enjoyed his days at CHECSS. His favorite subjects were Geography and Biology. However, he hated History because he had to do a lot of reading and a lot of memorizing. For example, when he studied World War I and II, he had to remember so many names, dates and events. Mr. Yip's favorite teacher was his Physics teacher, Mr. Ho Wai To. He never gave up on the bad students. He would even go to their homes to give them lessons. He inspired his students to take an interest in learning. If he could meet Mr. Ho today, he would thank him for inspiring him to work hard.

One of Mr. Yip's favourite extra curricular activities was photography. He was a member of the photography club and he enjoyed developing films. At that time, the school had a dark room and Mr. Yip would spend a lot of time there each week developing films. He was also a member of the Geography Club. It was Mr. Yip who designed the logo for the Geography Club.



Jason Ho, Mr. Yip Wai Yuen and
Chan Kwai Lun

Mr. Yip told us that he remembered one year, his classmates spent so much time in the swimming pool practising for the swimming gala that their hair was bleached white because of the chlorine in the water. They were the only students in the school with white hair.

After he graduated from CHECSS, he studied to be a male nurse. As a student nurse, he had to learn the practical skills of nursing as well as the theory of nursing. He was a male nurse at Queen Elizabeth Hospital for three years. He then trained for another two and a half years to be a government health inspector. Today, he is a senior government health inspector for the Food and Environmental Hygiene Department.

Mr. Yip enjoyed his years as a student at CHECSS. We thank Mr. Yip for taking part in this project. We enjoyed talking with him. He told us a lot about CHECSS when he was a student here. He hopes that the school can move to a bigger place. He also hopes that CHECSS students will continue to do well in sports. His advice to our students is to work hard and to take every opportunity to learn.

Written by Ho Tsui Pan Jason (4A) and Chan Kwai Lun (3A)

去開來，攜向全樓。

為校訓，意思是「懷著希望，超越教訓；培養同學，救渡他人」。互相呼應。校園下面的書本代表聖經——生命之書，書上寫著「SPES SALUS」，即英文「Hope and Salvation」。



重視兩文三語豐富語文學習國際推廣

[illegible]

主權教團專業發展

注重教師專業發展

[illegible]

2017年12月17日

舉辦活動包括「藝墟」、「YES! 2010 SCHOOL TOUR巡迴藝品」音樂會、由梁國賢先生主講之「面對逆境、自強不息」講座、「七都舞陣」舞蹈欣賞、「歌喉技巧工作坊」、參觀「教育及職業博覽」、為區內小六學生舉辦模擬面試、

[illegible]

創校四十五年來，學田徑運動非常出色，除培育出多位香港田徑紀錄保持者外，在校際田徑最高水準的第一組比賽中一直表現優異，二十年來一直

紀錄保持者	最佳成績
愛護教育基金	10.28秒 (香港紀錄)
奧運教育推廣計劃設計比賽中獎獎、師生	39.42秒 (香港紀錄)
	37.25米 (香港紀錄及香港青年紀錄)
	4.49米 (香港紀錄)

學校資料
校名：彩虹華天主教英文中學、劉學禮紀念、香港天主教教區、學校類別：天主教學校
校址：原香港神父、紀念：李寶蓮先生
地址：九龍彩虹邨榮華閣1號、電話：2320 3594、傳真：2326 6405
網址：www.chofhung.edu.hk、電郵：office@chofhung.edu.hk

[illegible]

45週年校慶慶祝活動

[illegible]

四十五週年校慶舊生聚賢

日期：二〇一〇年十二月十八日（星期六）
時間：晚上六時正
地點：九龍新城市廣場國際展貿中心展覽廳1地下

費用：每位港幣五百五十元 正

報名及查詢電話：張志強先生：010-2950-0071
（地址：新嘉坡政府行政及市政發展局，郵行附屬大廈）
（匯豐銀行客戶服務熱線：010-2950-0071）收據
一經發出即奉送，亦可逕向郵寄部索取 (cheesoffice@yahoo.com.hk)

和歌山縣紀田美車名高知

年份	選手姓名	項目	最佳成績
2003-2007	徐志豪	100米	10.28秒 (香港紀錄)
		4 x 100米接力	39.42秒 (香港紀錄)
1999-2006	于子誠	標槍600g	57.25米 (香港紀錄及香港青年紀錄)
1981-1987	陳家駒	鐵錘	7.49米 (香港紀錄)

Siu Wai Lim

1976-1982

Manager, Construction Company



**Time management
is important**

It has been twenty-eight years since Mr. Siu Wai Lim graduated from Choi Hung Estate Catholic Secondary School. He first attended CHECSS in 1976 and he graduated from Form 5 in 1982. In the beginning, Mr. Joseph Liu was the principal but he passed away in 1979. Mr. Peter Wong was the Discipline Master and later he was promoted to be the principal. Mr. Siu remembers the school had a very welcoming atmosphere. The teachers were friendly and students were motivated to study.

Mr. Siu was a member of school Swimming Team and of the Photography Club in Form 1. He and his classmates liked to play table tennis and volleyball during the recesses and at lunchtime because it helped them to relieve the stress from studying. The games also helped them develop strong friendships with each other. After he graduated from Form 5, Mr. Siu started to work.

When Mr. Siu was a student at CHECSS, the school was not a “band 1 school” but that did not matter. He feels that CHECSS taught the students to work hard and to study hard. His exam results were not good but he believes that is just a small part of our total lives. According to Mr. Siu, “You may lose at some point in your life but you will not lose forever. Life is long. Most importantly, you need to do the best for yourself.”

After 28 years, Mr. Siu came back to CHECSS for the first time to do this interview. He said there are many, many changes to our school, especially with the playground and to the school environment. The playground and the school facilities are more adequate now. For example, all of the classrooms have air conditioning. There was no air conditioning when he was a student here!



Mr. Siu was interviewed by Lam Ka Kin
and Paul Tung

Finally, Mr. Siu reminded us that we should balance our studies and our extra-curricular activities. The most important skill to have is time management. We should first decide what is

the most important and then spend our time on that. CHECSS has taught him to work hard and to study hard, and not to give up.

It was a pleasure to meet Mr. Siu. His advice to our students is to do our best and then the opportunities will come.

Written by Lam Ka Kin(6B) and Tung Pui Ho Paul(5A)



Friendly volleyball match between staff and Choing boys, 1994

「而立」之年

壁畫創作



壁畫全景



壁畫：跨越彩虹——師生的希望



壁畫：耶穌的故事



壁畫：做個盡責中學生



校監戴華地神父主持壁畫祝聖儀式

Changes to our school are many. The mural is one of them. This picture is taken from our 30th Anniversary Magazine, 1995

To Sai Kai

1975-1983

Businessman



Be proud to be a CHECSS Boy

Stepping back into Choi Hung Estate Catholic Secondary School, Mr. To Sai Kai recalled many memories of when he was a student here. He is a CHECSS old boy who graduated in 1983. During his school life, he was an obedient and hardworking student. However, not everything was easy for him.

At that time, Choi Hung Estate Catholic Secondary School, like the other majority Hong Kong secondary schools, was an English Medium Instruction School. In Form One, he admitted to having some difficulties in understanding English since he came from a Chinese primary school. He struggled hard with the new English environment at the beginning and he gradually overcame this hurdle. Mr. To appreciates Mr. Lee and Mr. Chui for helping him throughout his school life at CHECSS.

Apart from his studies, he was also a good swimmer. Mr. To took part in many of the swimming competitions and he won the championships five times at the swimming galas.

After his graduation from CHECSS, Mr. To went on to further his studies at the Hong Kong Polytechnic University where he took Industrial Engineering as his major. Now, he sells plastic resins. In his job, he has to meet different people and visit new places all the time. He explained that he had to be adaptive and accommodative to people of different backgrounds and be ready to travel to unfamiliar places, including rural places in China, Asia and the Middle East. From this experience, he reminds students that when they pursue any career in the future, they have to first be well equipped and prepared to confront new environments. He also emphasized the need for English in his work. It is extremely important and essential to his job since he has to communicate in English with his clients in order to do business with them.



Mr. To, Tommy Ip and Thomas Fung

Last but not least, Mr. To would like to encourage every Choi Hung boy to study hard to prepare for the future. He also hopes that CHECSS will continue to educate more and more students in the future and to help make their dreams come true. Most importantly, he hopes that our Choi Hung boys will feel proud of being a Choi Hung Estate Catholic Secondary School student and will go on to make great contributions to the society.

Written by Ip Chun Wai Tommy(4A) and Fung Kin Wah Thomas(7B)

彩虹邨天主教英文中學
擴建校舍祝聖典禮
及揭幕儀式



天主教香港教區輔理主教 湯 漢
黃大仙及西貢區高級教育主任 蔡偉文先生
主禮

日期：一九九九年四月十五日（星期四）
時間：下午三時正
地點：本校天台花園

*Editor's note: Mr. Choi Wai Man is
also an old boy of Choihung*



Photos taken in our Opening Ceremony, School Improvement Programme, 1999

Dr. Leung Yu Hung

1980-1985

Assistant Dean (Research),
School of Medicine, HKU



Dr. Leung Yu Hung attended Choi Hung Estate Catholic Secondary School in 1980 to 1985. He is now a specialist of lung disease at Queen Mary Hospital and also teaches medical students in Hong Kong University. He treats patients with lung cancer.

Strike a balance in your life

During Dr. Leung's school life at CHECSS, Mr. Peter Wong was the principal and Mr. David Leung was the discipline master. Dr. Leung remembers clearly that Mr. Peter Wong was a good principal. He was friendly to the students and pretty open. The students were able to speak to him in person. Generally, he was very supportive of the student activities, especially in sports. CHECSS had a strong history in sports. He could remember some of his friends at that time did very well in sports. In the years that followed, many CHECSS students excelled in sports. The discipline master, Mr. David Leung was Dr. Leung's class teacher. He taught him English. English was one of his favourite subjects, partly due to the fact that Mr. Leung did a very good job at that time. He was able to arouse the interests of the students in English. He did not just teach from the textbook but he also shared many of his personal experiences with his students.

While Dr. Leung was a student at CHECSS, there were a number of teachers that Dr. Leung appreciated. Besides Mr. David Leung, he also enjoyed Mr. Chan, his Mathematics teachers, and Mr. Ng, his Physical Education teacher. If Dr. Leung could meet those teachers today, he would want them to know how he turned out. He would like to share about his life, his career and his family with his teachers.

During those years, Dr. Leung had many memorable times. What he remembers fondly is the time he spent in sports. He was a member of the School Athletic Team and participated in not only the internal school competitions but also the inter-schools competitions. They would train at least twice a day on the top floor of the car park next to the school. He also took part in basketball matches and the school swimming gala. He enjoyed sports event very much.



Lau Ka Hei, Alfred Sin and Dr. Leung

What did Dr. Leung do after school? At that time, the students would go almost everywhere. Some would go to the playground to meet up with their friends; others would go to the library to study. Many students, including Dr. Leung, would

go to the car park next to the school. It was their favourite sports ground. Before competitions, they would train themselves by running around the car park at least twice a day, once in the early morning and once in the evening. It was great fun for the boys. Many of the boys loved to go to the basketball courts or to the table tennis area during

recess.

Sometimes it is difficult for him to be a good student. I asked Dr. Leung what difficulties, if any, he had. Dr. Leung smiled and said it is never easy to be a student because it is difficult to strike a balance between extra-curricular activities and studies. However, Dr. Leung was successful in sports and in academics. He received a couple of prizes and awards for his academic studies and for his performance in sports, specifically for long distance running. He was very proud of his accomplishments.

After Dr. Leung graduated in 1985, he spent a year at another school before he went on to university where he studied medicine. CHECSS prepared him by teaching him how to cooperate and how to get along with his fellow students. He also learnt how to manage his time for studying and for sports. Dr. Leung pointed out that these are very important skills to obtain when we enter university.

It has been a number of years since Dr. Leung have left CHECSS. Other than returning a couple of years ago to attend an Old Boys meeting, he has not been back to school for some time. He doesn't see that the school building has changed all that much, but most of the teachers he remembered working here when he was a student have retired. He does think that our students today have done very well in sports. CHECSS holds a lot of records.

If Dr. Leung could live his years at CHECSS over again, he would try to achieve a wider exposure to as many different things as possible. He would like to do some volunteer work, to meet people from other cultures and backgrounds, and to do some electives or study trips. He strongly encourages students to visit other places in order to have a wider exposure. "You don't need to spend years in different places, but at least a couple of days or weeks, so you can meet students from different places, other countries or other regions. That would also help you to practice your Mandarin and your English." Both Mandarin and English are very important in his job.

In the end, Dr. Leung advises us to widen our scope of thinking and to widen our exposures. We should try to experience as much as we can while we are in a secondary school. These years are very precious. We can study hard but we should also play hard. He would advise us to travel more in order to experience different cultures.



*Dr. Leung receiving a souvenir
(from 彩天迎奧運特刊, P.66)*



Rainbow Scholarship recipients, 2010

It was a pleasure to spend time with Dr. Leung. He helped us to get to know CHECSS better. I appreciate his words of wisdom and of encouragement.

Written by Siu Kwing Yiu Alfred (4A) and Lau Ka Hei (3A)

Chan Sau Yin, Jason

1982 – 1986

Media and Television Consultant



Take advantage of every learning opportunity

Mr. Jason Chan attended Choi Hung Estate Catholic Secondary School in 1982 and graduated in 1986 after completing Form 4. During that time, Mr. Peter Wong was the principal and Mr. C.W. Kong was the discipline master.

Mr. Chan was a good student who obeyed the school rules and respected teachers. This was the norm for CHECSS. However, he did say that boys could be naughty and they had to work hard to discipline themselves. There were many temptations to distract them from their studies. Sometimes it could be difficult to resist these temptations and to control themselves. Even Mr. Chan would do naughty things at times. He remembers changing the lyrics of the school hymn and then singing it loudly during the morning assembly.

While Mr. Chan was a student, his fondest memories were of his Physical Education lessons. He never forgot the smell or the laughter that filled the school dressing room.

His favourite subjects were Integrated Science and Chinese. He liked doing experiments and chatting with his friends about science in the laboratory. He also loved writing Chinese characters because he was good at Chinese. However, his weaker subjects were Mathematics and History. He had no interest in numbers or in memorizing things.

His favourite teacher was Miss Hau Ying Chi, who taught him Chinese and Art. He appreciated Miss Hau very much as she taught from her heart. He appreciated what Miss Hau did for him. She always encouraged him to try his best and to never give up his faith and hope.



Mr. Jason Chan and Ng Ka Ming

While being a student here, Mr. Chan would take part in all the Sports Days. He even won a silver medal for the 110-metres hurdle once. He was so proud of his accomplishment. He regrets that he did

not join any other extra-curricular activities.

When Mr. Chan left CHECSS, he went to a university in Canada to study marketing. Then he returned to Hong Kong and he now works as a consultant in the media and television industry. If students want to pursue this career, they should be creative thinkers. They must also have good Chinese and English standards.

If Mr. Chan could go back in time to his secondary school years, he would participate in more extracurricular activities. He believes that the extracurricular activities the school offers to students are important to their development as students.

Mr. Chan left this school a number of years ago, but he still remembers the time he spent here as a student. He was pleased to share his happy memories of CHECSS with us and he encouraged us to take advantage of the learning opportunities

CHECSS is offering. According to Mr. Chan, it is hard to find a place as harmonious as this school. His advice to our students is to treasure our time at this school!

By Ng Ka Ming Frankie (5B)

Winning entries of School Hymn Translation Contest

- (1) 至聖我皇 尊貴寶座
榮彩照耀 射發神光
彩天生 昂首聚集
圍繞侍奉 歡欣喜躍
- # 齊跨越彩虹 以勇毅
和真誠 手牽手 赴主前
心中充滿信望愛
- (2) 天國在望 永生泉源
三色光彩 輝煌燦爛
歡樂滿途 載歌載舞
救贖真光 破曉除暗 #
- (3) 祂的壯臂 常展大能
彩光照耀 面上慈顏
追隨善牧 步武基督
勇敢戰勝 撒旦邪魔 #

Junior Section: Lee Ming Yau (3A)

- (1) 嚴父天上聽相
互愛挽手盡自豪
- (副歌)
「勇越鴻關攀更高
信報真主依聖道」
- (2) 盼若伊甸歡聚首
紅階黃梯藍光柔
佳音遠報穹蒼奏
天曙聖輝照萬畝
- (3) 仰主襟廣比山水
展臂相迎未言累
願隨祥容三色裏
共克邪風歪柳垂

Senior Section: Lau Chi Tak (5A)



Staff taking part in annual sports day, 1995

Dedicated middle managers of school taking part in a staff development programme, 2002



Tsui Hoi Yuen, Paul

1980-1987

Managing Director of ESRI China Limited



Never give up

Mr. Paul Tsui studied at Choi Hung Estate Catholic Secondary in 1980. He left in 1987 after Form 7. He is now a managing director of a world leading geographic information systems (GIS) and mapping software company.

During his school life, there were many rules for students to obey. According to Mr. Tsui, it is not only students who need to obey rules. Everyone in the society must obey rules. While in school, students have to obey some basic rules such as wearing the school uniform, not dying our hair or wearing it too long. He never found those rules difficult to follow. If we behave in a normal and proper way, it is not hard to follow the rules.



Yiu Tsz Long and Mr. Tsui Hoi Yuen

During his years at CHECSS, his fondest memories were the times spent with his classmates. They learnt together and took classes together. During the lunchtime, they had lunch together and they played table tennis. They all got along well. Those are the memories that he holds dear.

As students, there are many difficulties we must work hard at to overcome. Mr. Tsui's most difficult time was his first year at CHECSS because CHECSS, like most Hong Kong schools, taught in English. When he came from the primary school where he spoke Cantonese, he suddenly discovered that all his textbooks were in English. Only Chinese History and Chinese Language were taught in Chinese. He had to overcome another barrier – to study subjects he never had before in his primary school life. He needed to spend more time studying the textbooks and memorizing a lot of information and he had to learn how to read the words phonetically. There was a lot of new vocabulary he had to memorize.

While Mr. Tsui was a student at CHECSS, he loved Chemistry and Mathematics because he loved the teachers. His interest in these subjects is closely related to the teachers who taught the subjects. He found that they could capture his interest. The way they taught helped him to discover his interest in these subjects. His favourite teacher was Mr. William Lee Wai Lim (*see p.8 for Mr. Lee's interview*). He taught Maths and Computer Skills. Mr. Tsui said, "I would like to say thank you to these teachers and I would like to tell them what they taught me is very useful to me even now in my career."

CHECSS will celebrate its 45th anniversary in 2011. CHECSS has changed somewhat since Mr. Tsui was a student here. Many of the teachers he knew when he was a student, are now retired or have left the school. However, as far as the physical

structure of the school, he did not notice too many changes to the building. Of course, the biggest change is that soon there will be only one public examination for secondary students in Hong Kong.

After graduating from CHECSS, Mr. Tsui went to Hong Kong Polytechnic University to complete a degree. He was one of the first to do research in geographic information systems while he was a student at university. He discovered that he was very interested in GIS. He had the opportunity to go to the UK to do research for a Ph.D. As it was, he did not finish the Ph.D because he had a chance to work for the British government. When he came back to Hong Kong, he started working at ESRI China Limited (Hong Kong). It is the world leading GIS company. He started in this company as the sales manager leading seventy staff members. His main job was selling software to other companies. Now, he is the managing director of the company.

If there are any students who would like to pursue the same career, Mr. Tsui advised them to continue learning even after they finish school because software changes very quickly. It is important to know and understand the latest software. When his company announces a new version of the software, they all must learn how to use it. They cannot sell the software without knowing how to use it. If you are a salesperson, you need to know how to use the software so that you can demonstrate it to the customers. Also, English is very important in his job. He advised us to have strong language skills. The headquarters of his company is in the United States and he must communicate with them frequently either by email or face-to-face in English.

It has been a number of years since Mr. Tsui was a student here at CHECSS. He is happy to know that his mother school has been educating students for so long. It is quite difficult to run a school this long. He is happy that his school has such a long history.

Finally, Mr. Tsui would like to tell us not to give up no matter what difficult problems there are. He wants the students of CHECSS to understand that no matter what difficulties we encounter, we can be successful if we work hard. We need to catch the chances when they come along and not to let them go. Opportunities only come to those who are prepared for them.

It was a pleasure to spend time with Mr. Tsui. He is a very interesting man. He told us a lot about himself when he was a student here at CHECSS and also about himself as a successful businessman. We thank him for giving us this opportunity to learn more about him and our school.

Written by Tam Ka Hing John(5A) and Yiu Tsz Long Silver(5A)



Mr. Peter Wong, 2nd Principal, CHECSS



Chow Kwok Fung, Brian

1982-1987

*Disk jockey and administrator of RTHK
Puntonghua Channel*



Mr. Brian Chow, one of the old boys of our school, is now a disk jockey and the administrator of RTHK Puntonghua channel. He was a student at CHECSS from 1982 to 1987.

Mr. Chow was a well-behaved and self-discipline student. As he thought that the school rules were fair to the students. He did not have any trouble following them. Although he was well behaved, he was a bit clumsy. He remembers that he broke eight pairs of glasses in one year. Mr. Chow was also a quiet, hard-working student. “I seldom took part in extra-curricular activities, mainly because I spent all my time on my studies,” he said. He put a lot of effort into his schoolwork.

Be yourselves

Express yourselves

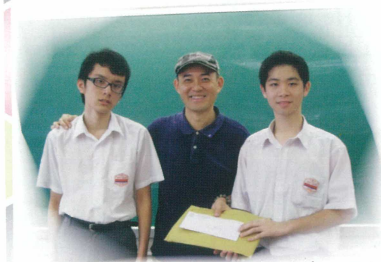
Communicate!

As a student, he received some awards for story telling. He was not worried in competitions. Additionally, his favorite subject was Economics because he loved money, but he had no interest in Chemistry.

During his five years at CHECSS, his fondest memory was when he was in Form 3. He spent a lot of time with his classmates and teachers. He learnt a lot from communicating with people. This is what he enjoyed the most in Form 3.

The principal at that time was Mr. Peter Wong, who according to Mr. Chow, appeared to be a serious and strict person but, actually, was friendly to students. He added that Mr. Wong always chatted with students and gave them advice and encouragement.

Like many students, Mr. Chow had his favourite teacher - Mr. Cheung Yick Yee, his Economics teacher. Not only did Mr. Chow appreciate Mr. Cheung's effective teaching skills, he also felt that Mr. Cheung was able to lessen the gap between teachers and students. If he met Mr. Cheung today, he would like to thank him for all his efforts.



Yau Ting Kwan, Mr. Chow and Ho Chun Wai

After he graduated from CHECSS, he continued his studies at another school. Then, he entered Polytechnic University to study business administration. Mr. Chow learnt to communicate with others when he was a student at CHECSS, which prepared him for university. Mr. Chow stressed, “Communication is very important.”

As a disk jockey and the administrator of Radio Television Hong Kong, Mr.

Chow is responsible for running the radio station. He also has to be in charge of the operation of the Putonghua channel. He finds English important to his job. He often uses English to write reports, official documents and letters. However, it is not only English. Putonghua is also essential in Hong Kong.

Finally, Mr. Chow advises us to be ourselves, to express ourselves more, and to communicate with our schoolmates and teachers more. He also encourages us to learn more about ourselves during our secondary school lives, both our strengths and weaknesses. He suggests that we should find something we are interested in because these interests may be our future careers.

It was an honour for us to talk to Mr. Chow. We enjoyed doing this interview because Mr. Chow shared many of his valuable experiences and gave us inspirational and useful advice. We agreed that communication and languages are important to our futures because we have to communicate with people, especially in English and Putonghua when we grow up. Therefore, we have learnt to value every learning opportunity at CHECSS.

Written by Ho Chun Wai (5A) and Yau Ting Kwan (2A)



Mr. Chow always returns for school activities



Form 4 Class photo, 1985



Students introducing history of School in Putonghua at morning assembly.

Ho Tat, William

1982-1987

Director of Cisco Systems HK Ltd.



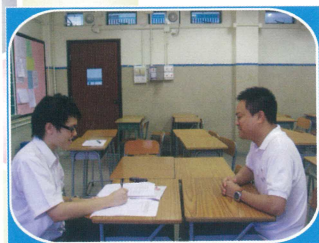
Learn how to learn

William Ho Tat, one of the old boys of our school, is now the managing director of Cisco Systems HK Ltd. He was a student at CHECSS from 1982 to 1987. At that time, Mr. Peter Wong was the principal.

His best memories are the five years that he spent with his teachers and classmates at CHECSS. Mr. Ho would like to thank his teachers, especially Mr. Kong C.W., Michael Chan and Mr. Wong. They were so enthusiastic about their teaching and they were outstanding teachers. Their efforts changed his life and they are very important to him. For example, Mr. Kong, who was also the discipline master, would post the South China Morning Post at the back of the classroom each day at 7:00 a.m. for the students to read. Mr. Wong would come back to school early each summer to teach the students English from Monday to Friday. Mr. Ho was very impressed by his teachers' dedication. With their help, he achieved high marks in his English examination. They helped to change his perception of teachers and he changed his outlook on his life. He really appreciated all the efforts of his teachers.

Did Mr. Tat ever get into trouble at school? When he was in Form 1, he got into a fight with one of his classmates over a chess game. He was sent to the principal, who lowered his conduct grade to C+. That was the worst conduct mark he had ever received in his five years at school.

His favorite subject was Chinese since it was so easy for him. He really did not have to study that much. However, Mathematics was a different story. He hated the subject. His Mathematics teacher, Mr. Chan, always gave him tough questions to make him think. It was the most challenging subject for him.



William Ho was interviewed by
Chan Yik Yeung

Mr. Ho was a member of the Chess Club and he won the Chinese chess competition every year from Form 3 to Form 5. He was also a member of school's debating team, which was number one among the Kowloon schools. Debating really helped him to present his ideas with confidence. It helped him to develop his communication skills. Chess helped him to develop his complex thinking skills, which are necessary for his present job.

After graduating from CHECSS, he went to Canada to continue his studies and then attended University of Calgary where he studied computer engineering and electrical engineering. The opportunities to participate in extracurricular activities at CHECSS helped him to develop his social skills, which helped him to adjust to his new environment. He had to deal with many difficulties in Canada such as language and cultural differences. He also had to learn to live alone.

Now he is a managing director of the Ciso Systems HK Ltd. In 1994 to 2000, he was promoted almost every year. He went from a junior engineer, to engineer, to senior engineer, to engineer manager and then to director. He thinks there were three things about him that was noticeably different from his other colleagues. Firstly, he was very hard working. In other words, he was willing to put in a lot of time without pay. Secondly, he was a risk-taker and thirdly, he got along well with his colleagues.

Mr. Ho can not express enough how important English is in his career. It is one of the most important languages for communication, especially if you live and work in Hong Kong in the future.

Mr. Ho advises our students to focus on understanding how to learn rather than on getting the high marks because, later on, we will realize that what we learned in the classroom does not really matter. The most important thing is exploring new things. He advises us to enjoy our school life and take part in as many extra-curricular activities as possible. We should understand what we are interested in and what we are good at. Moreover, we need to understand our deficiencies and spend time developing our strengths. Furthermore, Mr. Ho strongly encourages us to spend time improving our English. He is sure that we will use it in our future. Finally, it is also important for us to learn about ourselves.



William Ho and Chan Yick Yeung

We asked Mr. Ho how our school has changed since he was a student here. To him, the school seems smaller now, but the one noticeable change is the installation of air conditioning. In addition, he thinks that CHECSS offers students a good balance between academics and extra-curricular activities. He would like to see the school provide the students with more exposure outside the school. He would like the school to offer more resources for the students, and teachers to be patient with the students they teach. These are the key elements for a successful school.

It was a pleasure to spend time with Mr. Ho and to interview him. I learnt a lot about our school and he gave me good advice for studying but also for living my life. He was just like a mirror letting me foresee my future. 'Students have to learn how to learn.' said Mr. Ho. This, really inspires me and changes my way of thinking. I hope all students can learn from this Old Boy and become successful people.

Written by Chan Yick Yeung (6B)



Debating at CHECSS



Chess Club activity

Law Koon Hung, Andy

1985-1987

Senior Manager of Sun Hung Kai Wealth Management



Mr. Law Koon Hung Andy, one of the old boys of Choi Hung Estate Catholic Secondary School, is now the senior manager of Sun Hung Kai Wealth Management. He was a student at CHECSS from 1985 to 1987. At that time, Mr. Peter Wong was the principal.

Students are expected to obey the school rules and Mr. Law was no exception. During his school days, there were many school rules he had to obey. He thinks the people who set the rules have a deep understanding as to why we need the rules. Therefore, he thinks we should obey all the school rules.

There were a wide variety of clubs for students to participate in but the one Mr. Law chose was the Boys Scouts. As a scout, he learned how to be more self-disciplined and how to develop his social life.

While Mr. Law was a student at CHECSS, there were lots of funny things that happened to him and his classmates. His classmates always joked around and played in the classroom. He cherishes all of the memorable moments at CHECSS.

When he was a student at CHECSS, he would go to the library to study after school. He also loved to go to the playground to play basketball at recesses.

Students often do well in a certain subject because they like the teacher. Mr. Law was no exception. One teacher stands out in his mind as being very special. It was his Mathematics teacher, Mr. Lee, who was very talkative and energetic. Mr. Lee taught him how to maintain friendships. What Mr. Lee taught him was that in the future, his



Chan Chi Chung, Mr. Law Koon Hung and
Yau Wing Tat

best friends would be his classmates. Mr. Law's advice to our students is that we should nurture our friendship because the friends we make in the future will not be as pure as the ones we make during our secondary school years.

After graduating from our school, Mr. Law went to the University of Toronto and majored in finance. He is now a senior manager of Sun Hung Kai Wealth Management. He gives financial advice to clients, which is very difficult to do since he has to build trust with the clients. He said that he had to show the clients his knowledge and his experience if he wanted his clients to trust him.

English is very important to him because he had to speak English all the time he was studying in Canada. Finally, Mr. Law advises us to "work hard, play hard". We should set a well-organized timetable and manage our time well.

Mr. Law is a very interesting person to talk to. It was obvious that he is very proud of CHECSS. What we learnt from Mr. Law is to appreciate and cherish the friendships that we have at CHECSS. We are grateful to have the opportunity to meet

Mr. Law.

Written by Yau Wing Tat Chris(4A) and Chan Chi Chung Dennis(4A)



*Community lives at Choi Hung
are memorable*



Form 6 class photo in 1985

Chan Chor Fai, Alan

1985-1989

Secretary of the Old Boys' Union of CHECSS

Mr. Alan Chan studied at Choi Hung Estate Catholic Secondary School from 1985 to 1989. Now, he is the secretary of the Old Boys' Union of CHECSS.

Mr. Chan found that CHECSS has changed a lot in twenty years time. Today, we have a foreign teacher to teach students English. The school also has a website. There are computers for students to access the Internet. Finally, he noticed that there are many new teachers now.

Mr. Chan has a lot of good memories of his time here at CHECSS, especially in Form 3. That year, he won three gold medals on Sport Day for the 100m and 200m races and long jump. That is not all. He also set a new school record in both the 100m and the 200m races.

Because of his athletic accomplishments, he loved Physical Education very much. He was a member of the Football Club and the Basketball Club. To help himself improve, he spent countless time on the basketball court. He was very enthusiastic about athletics.

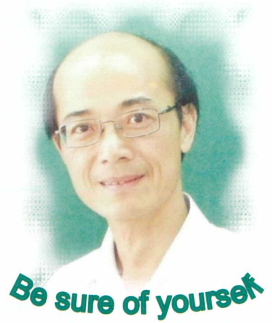
No one would deny that we all have our favorite subjects and for Mr. Chan, English was his favorite. He said that English is absolutely important because we need to use English both at school and at work. He worked hard on English so that he could improve. He also had his least favourite subject - Chinese History. He did not really like to study Chinese History because it took a lot of time to memorize the names of places, people and dates.

Being a student can be very easy but to be a good student is extremely difficult. "Students must follow all the school rules." Mr. Chan said seriously. He reminded us that we represent our school all the time and even

on those occasions when we are not wearing our school uniform.

After Mr. Chan left CHECSS, he worked in a shop for one year. Then, he enrolled in a language school to study English and Mandarin. He got his MBA and MSc degrees later. Now, he is the Senior Executive Officer of VTC. As he is required to sell goods abroad in India, English is very important in his job.

"You need to be confident about yourself." Mr. Chan said when he told us about his job. If anyone wants to be a manager of human resources, first and foremost, he needs to be interested in the job. He needs to be able to communicate in both English and Mandarin because, as Mr. Chan told us, he has to read English documents and communicate with clients in English.



Be sure of yourself



Griffith Lam, Mr. Alan Chan and Benson Liu

Mr. Chan had some good advice for the students of CHECSS. Young people today rely heavily on the Internet and many use it to make friends. His advice is that we should not depend too much on the Internet, especially making friends. You can make friends on the Internet but you cannot really see the person and you do not know what he is really like. It is better to meet real people in person.

It was a pleasure to have an opportunity to meet and talk with Mr. Chan. We learnt a lot about him and about what our school was like twenty years ago.

Written by Liu Chi Hoi Benson(5A) and Lam Sek Yeung Griffith (2A)



Alan Chan always comes back to join the school's activities and to give us support!



Representing the Old Boy Association, Mr. Chan cheered us up at our 45th Anniversary Fund Raising Walkathon. The lady besides Rev. Charlton, our Supervisor, is Ms. Tammy Yan, the PTA Chairperson.

So Cheun Chor, Raymond

1985-1989

Business Manager

Mr. Raymond So Cheun Chor attended Choi Hung Estate Catholic Secondary School from 1985-1989. He is proud to be an Old Boy of CHECSS. Today, he is a manager of an electronics company.

One thing that Mr. So believes in is the school uniform. The school uniform is important to the students and to the school. He believes that students should wear their school uniform with pride. The uniform tells the public that you are a student of this school. Students should never do anything to bring shame to their uniform.

Extra-curricular activities have always been an important part of our schooling. Mr. So was a member of the school's Basketball Club. He enjoyed playing in the basketball competitions. He was also the champion of the school's Sports Days. He won the 100m and the 200m races and he also won the long jump competition. He was very proud of his accomplishments in sports. Therefore, seven years ago, he returned to CHECSS's Sports Days to take part in the Old Boys relay race!

Students often have a favourite teacher and so did Mr. So. His favourite teacher was Mr. Leung who taught English. Mr. So did not do very well in English and was placed in a remedial class for his English lessons. Mr. Leung was very kind and very encouraging to those students. He worked hard to help them learn English.

Mr. So has noticed that CHECSS has really changed over the years. The biggest change is that today the school is a CMI school. If it had been a CMI school when he attended here, he would have done better in his academics. He checked out the website of the school and found that there were many more clubs and activities for students. Another change is that the school now has a foreign teacher, which they did not have

when he was a student here. He never had many opportunities to speak to foreigners. He feels that the students today are very fortunate to have a foreign teacher working in the school and we should take the opportunity to speak English. If we make a mistake, the teachers are here to correct us so that we can learn.

He did not graduate from CHECSS, but he still thinks of CHECSS as his school. He left CHECSS after Form 4 and went to work in a



*Johnny Wai, Mr. Raymond So and
Liu Kwok Keung*

camera shop as a salesperson. After about a year, he realized that he had to learn more English in order to advance, so he enrolled in a language school to learn English. He also studied electronics and today he has his own company, which supplies the electronic components for all electronic devices. He has had his own business in Hong Kong for 10 years. He also has an electronic factory in China where he employs about 60 employees. Both Mandarin and English are important to his job because he has



**Wear your school uniform
with pride**

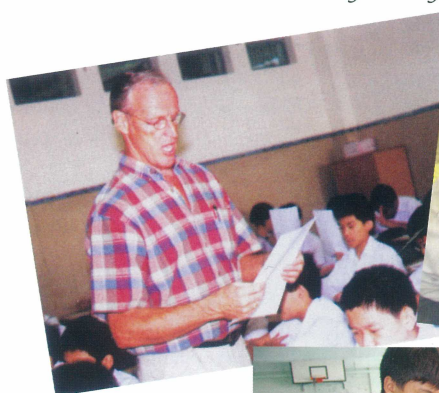
many clients from overseas who cannot speak Cantonese or Mandarin. They speak only English.

Mr. So believes that we should cultivate our communication skills. His advice to our students is to learn how to concentrate and to learn how to take notes. If we can learn that, we will have success. It was a pleasure to spend time with Mr. So and to talk to him. He was a very interesting gentleman and he told us much about CHECSS when he was a student here.

Written by Wai Chun Yin Johnny (4A) and Liu Kwok Keung (3A)



Old Boys' Relay (2010 Sports Day)



Mr. Lynwood Jay



*Ms. Ernestine
Arnold*



Ms. Leifa Weston

Some of our Native English-speaking Teachers

Yip Tsz Leung

1983 -1990

Lecturer, Polytechnic University



put time and effort into
learning English now.

Mr. Yip Tsz Leung attended Choi Hung Estate Catholic Secondary School in 1983. He left in 1990 after Form 7. During his time, Mr. Peter Wong was the principal and Mr. Kong C.W was the discipline master. Most students did not know much about their principal but the students were impressed by Mr. Wong. He was patient and kind to the students and he led by his example.

The school gave the students a lot of freedom. However, there were times when the boys would do naughty things. For example, the boys would throw the duster around in the classroom. One time they threw a duster out the window to the street below. They had to create an excuse to leave the school through the main gate so that they could look for the duster. According to Mr. Yip, he could be a very naughty student as well. Usually, he would be scolded for talking during the lessons and then he would be assigned to sit along the windows. There was no air-conditioning in the school at that time. He remembers that it would get so hot that he could hardly concentrate on his lessons. Luckily, the teachers were tolerant of Mr. Yip.

As he mentioned, he was a very naughty student and as a result, his examination results were not very good. However, his teachers were willing to spend extra time on him. They offered him some extra tutoring so that he could improve his academic results. He thought that English was a very difficult subject at that time because Cantonese was the medium of instruction in his primary school and he only spoke Cantonese. Hence, he needed to spend extra time studying English. He would do some extra reading in English during his lunchtime to help him improve.

Mathematics was Mr. Yip's favourite subject. He enjoyed Mathematics because



Mr. Yip and Li Chun Sing

he understood it. In contrast, he really did not like Geography. He did not see a reason for having to know where in the world all those remote countries were. However, Mr. Yip discovered that knowing something about Geography was very useful later in his career.

When asked if he had a favourite teacher, his answer was Mr. Pai, his Chemistry teacher and his Form 7 class master. Mr. Yip recalled that he was a serious man. He was always very careful about the procedures for an experiment.

Mr. Pai did not want any accidents in the Chemistry Laboratory. Mr. Pai provided him with private tutorial lessons before school. Mr. Yip would arrive at school half an hour earlier for extra classes. Mr. Pai taught him nearly the whole Chemistry syllabus. He was extremely grateful to Mr. Pai for giving him a strong foundation in Chemistry. Mr. Yip feels that all his teachers at CHECSS gave their students a solid foundation for their

future studies. CHECSS had the feeling of being one big family.

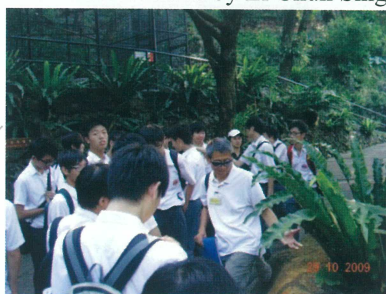
Mathematics and Chemistry were not his only interest. He was a prefect for the school and the vice-chairman of the Student Union. He was also a member of the Art Club, which was organized by Miss Hau. Miss Hau taught him how to create a variety of art, such as name stamps and lanterns. It was a meaningful way for him to learn more about the Chinese culture through art.

By the time he got to Form 7, Mr. Yip was a serious student. He received several first places in the school examinations. He was overjoyed at his accomplishments. After graduating from Form 7, he enrolled at the University of Hong Kong and studied mechanical engineering.

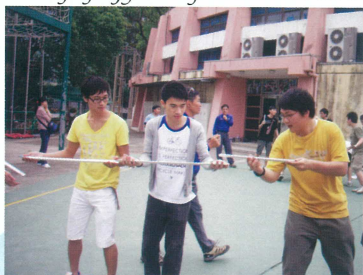
Today, Mr. Yip is an assistant professor of logistics. He teaches subjects related to logistics and to shipping as well. Students who are interested in a career in logistics, should like to be outdoors rather than sitting in an office. Mr. Yip advises students who are interested in this field to visit different venues like the airport or shipping yards. Logistics deals with the global markets, and even though Mr. Yip hated Geography when he was a student here, he realized how important it was to his job. Therefore, students should also have some knowledge of Geography as well.

We enjoyed the time spent with Mr. Yip and we enjoyed hearing his stories of CHECSS. He encourages our boys to spend time learning English. English is necessary if you are going to study at university because the textbooks are all in English. Unless we make the effort now, we will find it very frustrating and difficult later on. This is very sound advice for all our boys.

Written by Li Chun Sing (6B)



Geography field trip to Kadoorie Farm and Botanic Garden (嘉道理農場暨植物園)



Prefect's Club activities

Lam Yick Lung

1988 – 1995

Physics teacher

Mr. Lam Yick Lung, one of the old boys of Choi Hung Estate Catholic Secondary School, is now a Physics teacher. He was a student at our school from 1988 to 1995. When he studied at CHECSS, Mr. Peter Wong had already retired as principal and Mr. Li Po Hung became the principal. Mr. Law S.F. was the discipline master.

Mr. Lam has many memories of his school life. He joined many clubs. He was a student librarian in Form 2, the chairperson of the Cross-Country Club in Form 4 and the chairperson of English Society. He enjoyed taking part in the Cross-Country Club the most, especially, training for the competitions with the other members. As they trained together, they would talk to each other and they got to know more about each other. Mr. Lam enjoyed the practices and the competitions. He also loved playing basketball with his classmates. He would play five days a week for three to four hours a day.



Kwan Chin Kiu, Mr. Lam and
Jim Ho Kuen

When he became a Form six student, he had to study all his subjects in English. It was a great change because he learnt in Chinese for the first five years of his secondary school life. Then, he had to learn all of his subjects in English and he had to answer the questions in English. Fortunately, he got help from his teachers. The teachers were willing to answer any question and to help him if he had problems. Mr. Lam also took advantage of the oral English practices to help him improve his speaking. His advice to us is to practise speaking English whenever we can. Only through practice will we develop the confidence to speak English.

Mr. Lam's favourite subjects were Physics and Mathematics. He liked Maths because he found it a challenge. "Maths depends on logic and you have to solve the questions by yourself." He found Physics interesting because there were a lot of experiments for



Passion and a positive attitude
will lead to success

As students, we are expected to know and to obey all the school rules. Mr. Lam was no exception. He had to follow all the rules even if he did not agree with them. One rule that he did not agree with was the length of the students' hair. It could not be too long. He did not agree with this rule because he feels that one cannot distinguish a good student from a bad student based on their appearance. However, he understood that the school actually wants the student to learn how to be self-disciplined.



Joint School Oral Practice

the students to conduct. According to Mr. Lam, “You cannot learn about Physics just from the book. You also learn from the experiments you do.” He needed to design his own experiments, which required him to apply the knowledge he obtained from the textbook.

His favourite teachers were Mr. Keith Chan and Miss S.L. Tsai who were his English teachers. He liked them, not only because they were enthusiastic about English but also because they always took care of their students. Sometimes, they would have lunch with their students so that they could get to know more about them. They would give them advice or some suggestions, or they would simply cheer them up because they knew that the students were facing a great deal of pressure with the public exams. Mr. Lam would like to thank Mr. Chan and Miss Tsai for all their encouragement. Because of the efforts of all of his teachers, Mr. Lam believes he was well prepared for university. It was the organization and communication skills that he learnt while a CHECSS student that helped Mr. Lam succeed at university.



Miss. S.L. Tsai

After graduating from CHECSS, Mr. Lam went on to study Electronics and Electrical Engineering at University of Hong Kong. His studies dealt mostly with mobile communications, programming and electronic devices. Today, he is a Physics teacher at an EMI school. He said that being a teacher is not an easy job. To be a good teacher, you have to have the heart to teach and to care about the students. He tells us that if we want to be a good student, we must have a positive attitude. We must have passion. If we have a passion and a positive attitude, then success will not be too far behind. As students, he advises us to spend time talking and sharing with our classmates.

Meeting Mr. Lam was a very good experience for us. It was a pleasure to interview him. He told us stories, which helped us to understand more about our school. It was also a great opportunity to practise speaking English.

Written by Kwan Chin Kiu Justin(5A) and Jim Ho Kuen Jackie(5A)



Friendly football match between staff and students (2001)



Staff singing carols to boys at X'mas

Dr. Lau Kin Wai, David

1988 - 1995

Medical Doctor

David Lau Kin Wai, who was a student at CHECSS from 1988 to 1995, is now a medical doctor.

Mr. Li P.H. was the principal at that time and he is still our principal today. Dr. Lau remembers Mr. Li speaking to the students at the morning assemblies. He explained to the boys what the words of the school hymn mean. He also shared his experiences with students. Although the morning assemblies were quite long, the students did not mind because they liked to listen to Mr. Li. Mr. Li's sharing helped them to develop good morals and taught them the history of the school.

Dr. Lau was a good student and, like all good students, he obeyed all the school rules. He feels that these rules are there for the betterment of the students. They help the students to become self-disciplined and they help to prepare students to be on their own once they enter university.

He was a well-rounded student. He enjoyed the extra-curricular activities, as well as his academics. He liked being a member of the Student Union and was responsible for organizing activities for the student body. He learnt how to cooperate and work with others and how to gain the trust of the students. It provided him with the opportunity to solve problems. He compared the school to a miniature society where everyone had to work together. Dr. Lau was also very studious and hard working. He loved learning about interesting and amazing things, so he joined the Chemistry Club and Computer Club. Although Dr. Lau won many academic awards, he was never arrogant. He appreciated his awards and thought of them as his reward for being diligent.

After Dr. Lau graduated from CHECSS, he entered the Chinese University of Hong Kong and studied medicine. Today, he is a successful medical doctor and he practises at his clinic in Kwun Tong.

English was a challenge for Dr. Lau. Like all secondary schools at that time, all subjects were taught in English. However, when Dr. Lau entered university he still had to struggle with English. All the books, reports and medical materials were in English.

We can imagine how tough the English requirement is at the university level. Therefore, Dr. Lau reminds us to work hard to learn as much English as we can. "Remember, the pot of gold is at the end of a winding road."

It has been a number of years since Dr. Lau left CHECSS. He was very happy to see that the school now has an MMLC and air conditioning. All the improvements to the school provide the students with a better learning environment.

The interview with Dr. Lau has given us a very valuable lesson. Not only did it help us overcome our fear of speaking to a CHECSS Old Boy in English, we also learnt



The pot of gold is at the end of a winding road!



George Kwok, Dr. Lau and Samson Lin

more about our school. Dr. Lau encourages all our students to continue to work hard on our studies and not to give up. He is an excellent model of success. CHECSS cultivates a lot of potential talents. We are very proud of our school.

Written by Kwok Tsz Wai George (4A) and Lin Tat Nam Samson (4A)



Our Principal at Jerusalem, Israel



Mr. Li with Catholic staff at 鹽田梓, Sai Kung



Besides the MMLC, we have the Fitness centre from QEF as well



優質教育基金秘書處
QUALITY EDUCATION FUND SECRETARIAT

香港灣仔皇后大道中
華利中心九樓

EMB/QEF/6/3

電話: 2921 8940
傳真: 2530 4451

12 October 1998

Mr Li Po Hung
The Principal
Choi Hung Estate Catholic Secondary School
Choi Hung Estate
1 Tse Wai Avenue, Wong Tai Sin
Kowloon, Hong Kong

Dear Mr Li,

Setting Up of a Gymnasium for Enhancement of Students' Performance in Field and Track Events
(Project No.: 1998/0946)

Thank you for your application to the Quality Education Fund.

I take great pleasure to inform you that, on the advice of the Quality Education Fund Steering Committee, the Director of Education Incorporated, Trustee of the Quality Education Fund, has approved a grant of Hong Kong \$525,800 for you to launch the worthy project named above.

We shall be in touch with you shortly to work out the agreement for the disbursement of funds.

Yours sincerely,

(S.A.A. Gafoor)
Secretary

Quality Education Fund Steering Committee

香港灣仔皇后大道中九樓華利中心
秘書處
電話: (852) 2921 8940
傳真: (852) 2530 4451
E-mail: qef@qef.hk

Yeung Chi Ho

1991-1996

Duty Manager of the Conrad International Hotel



Mr. Yeung Chi Ho attended Choi Hung Estate Catholic Secondary School in 1991. He graduated from Form 5 in 1996. Mr. Li Po Hung was the principal at the time and Mr. Ip and Mr. Law were the disciple masters.

During the first year that he was a student here, our school had no air conditioning. In summer, the classrooms were very hot with little air. It made learning very difficult. The school decided to work hard to install air conditioning in the classrooms. They had to hold a few fund raising activities to pay for air conditioning. Parents were willing to donate money to pay for it. Air conditioning changed the learning environment for the students at CHECSS in 1992.

Mr. Yeung had to learn how to balance his studies and his personal time. Like all young students, he liked to play but he knew he also had to focus on his academics. Government and public affairs (GPA) was his favourite subject. He appreciated his teacher, Ms. Y.Y. Chan who is now the Deputy Principal of our school. Ms. Chan was the first teacher to treat him more like a friend, rather than a student. He thanks Ms Y.Y. Chan for being his teacher. He owes his success today to her guidance.

It has been thirteen years since Mr. Yeung has left CHECSS. He feels that the school has a better learning environment now. In the past, they had no gymnasium and no digital library.

As with most students, he loved to go to the basketball courts or to the table tennis area at recess to play basketball or table tennis with his friends. Extra curricular activities were very much a part of students' lives, as it is today. He enjoyed basketball because basketball is a team sport. Playing basketball with his friends help to improve their relationships.

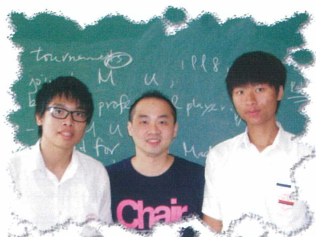


Mr. Yeung interviewed by Anson Ho and Edward Au

After he graduated from Form 7 in another school, he attended Hong Kong Polytechnic University where he studied hotel and catering management. He credits CHECSS for giving him the basic knowledge he needed to continue his studies at a higher level. CHECSS taught him how to cooperate with other people and prepared him for university life.

Today, Mr. Yeung is the duty manager for the Conrad International Hotel. He is in charge of the day to day running of the hotel. He must oversee the daily operations of the hotel and deal with any complaints from the customers. If a student wants to pursue this career, he must like to talk with foreigners. If not, it would be very difficult to be a duty manager of an international hotel.

As a student, he learnt how to communicate with others in English. Today,



Edward Au, Mr. Yeung and Anson Ho

English is very important to his job. "You can imagine having a foreigner come and ask you some questions and if you do not understand him, then there is nothing you can do."

Mr. Yeung had one piece of advice for us, "Never give up. If you try, you are 50% closer to success. If you never try, you will not succeed."

I enjoyed conducting this interview with Mr. Yeung. It is interesting to share with an Old Boy and listen to stories about our school. I agree with Mr. Yeung when he said, "Our school is small, but I love this school." We also love this school because we have the opportunity to learn many things here. The teachers and classmates are like our family members. CHECSS is our family!

Written by Ho Tsui Yung Anson(4A) and Au Sai Hin Edward(4A)

第十七版

廳

一九九四年六月

安裝冷氣機籌款活動正式結束

本校歷時三年為課室及特別室安裝冷氣機而舉辦的多項籌款活動終於順利完成。本校能成功地安裝冷氣機，改善學習環境，實有賴各同學、家長、老師、商戶、舊生及其他人士共同努力，慷慨贊助。本校全人謹此向有關人士衷心致謝。有關裝置冷氣機的財政情況，請參閱以下報告。

安裝冷氣機籌款小組
五月十五日



The installation of air conditioners
in library and school hall

安裝冷氣機財政報告 (1991-1994)

總支出	862,850.00
收入	
1991-92 籌款	303,642.50
1992 累積堂費	200,000.00
1992 教會免息貸款	359,207.50 (註)
(註)	共862,850.00
償還貸款	
1992-93 商戶捐款及其他	59,207.50
1993 抽獎券籌款	187,360.00
1994 商戶及其他捐款	33,700.00
學生家長捐款	23,379.00
堂費	55,361.00
	共359,207.50



工人正吊起重型冷氣機

News on raising funds for installation of
air conditioning, students newspaper,
"颯", 1994

校園版

Chu Ka Chun

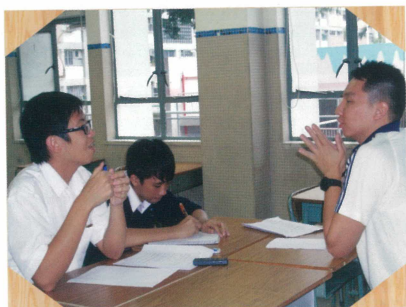
1990-1997

Physical Education Teacher

It has been a long time since Mr. Chu Ka Chun graduated from Choi Hung Estate Catholic Secondary School. He first came to our big family in 1990. Mr. Li Po Hung was the principal at that time and he is still our principal today. He remembers that Mr. Li was a very energetic principal. He joined the volleyball matches with students and he sang songs during the assemblies. Mr. Law S.F. was the discipline master and he could remember all the students' names. Mr. Law also loved to tell stories. He was so friendly, which made him different from the other discipline masters.

School rules never change. Mr. Chu was a disciplined student. He always tried his best to follow the rules. However, he and his classmates would sometimes eat candy during lessons and, of course, if they got caught, they would be punished.

Mr. Chu was a gifted basketball player and totally obsessed with the sport. One could always find him on the basketball court. He said "Every morning, I was the first one to arrive at the school and I would start playing basketball." It did not matter if it was recess, lunchtime or even after school, one could always find him playing basketball with his friends. Each year he would wait for the inter-class competition. He wanted to be the champion all the time. Given that there were not many students in his class who loved playing basketball, his dream of being the basketball champion usually came true.



Lai Chung Man, Leung Chung Hin and Mr. Chu

his form in Physical Education several times. He also won the basketball competition in Form 6. This motivated him to be the best in sports. It was why he became a Physical Education teacher.

As much as he loved sports, he realized that he had to focus on his studies. He wanted a balance between his sports and his studies. He worked hard to achieve his academic goals. Therefore, he would stop all extra-curricular activities one week before his examinations.

The teacher that had the greatest influence on Mr. Chu was his Form 2 and 3 class teacher, Ms. Hau. She told her students stories of her life. He feels that he learnt a lot from her and he is greatly indebted to her. Even now, Mr. Chu and his classmates visit Ms. Hau every Lunar New Year.



**Study hard,
play hard**

After Mr. Chu graduated from CHECSS, he studied at the Hong Kong Institute of Education for three years to become a primary school Physical Education teacher. He did not stop there. He went on to study for another two years and now he is a Physical Education teacher at a secondary school in Tsuen Wan.

We asked Mr. Chu what he thought about being a teacher. He said, "Being a Physical Education teacher is rewarding in itself. Mainly, I teach students ways to be healthy. I push them to exercise frequently and regularly. Today, the job requires teachers to do more. Today's teachers must be able to solve many problems and, at the same time, they need to continue to learn new things. It is important for teachers to behave well in order to be good role models for our students."

CHECSS helped Mr. Chu to be a good man and also a good teacher. 'I have learnt many things here. As I am a Physical Education teacher, the sports skills I learnt at CHECSS are very useful to me now. CHECSS also helped me to learn English, which is also very important. Sometimes I have to communicate with the NET (Native speaking teacher) at my school.'

Mr. Chu encourages students to join different clubs because students can learn many different things. His advice to students is to lead a varied life and not to just do one thing. He believes we should set goals for ourselves and we should try our best to achieve them. His advice to today's students is to focus on the present. Live every moment consciously.

We enjoyed having the opportunity to interview Mr. Chu. He is a very interesting man and easy to talk to. His maxim is, 'study hard, play hard'. We think this is very good advice for our CHECSS boys.

Lai Chung Man (6A) and Leung Chung Hin (3A)

Staff Development Programme could equip teachers better to help students solve teenagers' problems.



The S.U. organizes many activities and blood donation is one of them.

To Kwok Wai

1991-1997

Account Manager

To Kwok Wai, one of the old boys of Choi Hung Estate Catholic Secondary School, is now an account manager of a finance company. He was a student at our school for six years. He entered the school in 1991 and graduated in 1997. During this time, Mr. P.H. Li was the principal.

Mr. To has many good memories of his school life. He enjoyed athletics. He was a member of the cross-country team, and he was good at basketball. Mr. To loved to play basketball on the court with his classmates during recesses and after school. This helped him to develop close friendships with his classmates.

He also enjoyed his academics. His most interesting subject was Biology. He found the structure of body fascinating. His Biology teacher was Ms. W.C. Lee. He remembers her as very professional. She encouraged her students to broaden their thinking. Ms. Y.Y. Chan was another of his favourite teachers. She was friendly towards her students. There was never a gap between her and her students. Mr. To would like to say, "Thank you so much." to Ms. Chan.

After graduated from CHECSS, he eventually continued his education at Hong Kong Polytechnic University, where he studied manufacturing. What he learnt at CHECSS helped prepare him for his university life. One important skill he learnt was how to get along with others. "It is important to know how to get along with others

and how to communicate with them. You cannot learn this from books," Mr. To said.

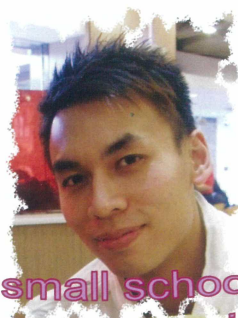
Mr. To regards CHECSS as a big family. Students are close and work hard on their studies. He advises us to learn more English. There is no denying that English will be useful in our lives and knowing English will help us compete in the job market. He uses English in his job regularly.

He must send, check and update documents all in English. His advice is not to throw

away our chance to learn English. Even though many years have passed, Mr. To thinks that CHECSS is a good school and he is glad to be a student of CHECSS.

We enjoyed doing the interview with Mr. To. It was interesting to share with an old boy and to hear something about our school. I agree with Mr. To when he said, "A small school but a big family!" Although this school is small in size, we love it because we can learn here. We all grow up here. The teachers and classmates are like our family members. CHECSS gives us many happy memories!

Written by To Pok To David(4A) and Lam Chun Tat Marco(4A)



**A small school
but a big family**



David To and Mr. To Kwok Wai

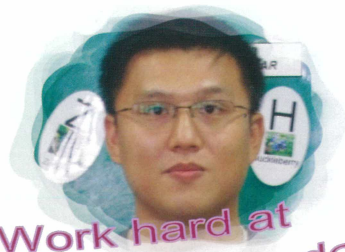


There are lots of class activities in CHECSS!

Ho Kwun Chung

1995-1998

Aircraft Engineer



Ho Kwun Chung was a student at Choi Hung Estate Catholic Secondary School for two years. He entered the school in 1995 and graduated in 1998. During that time, Mr. Li Po Hung was the principal. Mr. Ho remembers him as a gentleman.

Mr. Ho's most memorable time during his secondary years was when he worked with his classmates and teachers to set up the English language laboratory. He also helped plan the opening ceremony for the English lab.

It is not easy to be a student. Students have to obey the school rules at all times even if they do not agree to them. That is what Mr. Ho had to learn. He did not think it was necessary to wear the school blazer in the winter months if it was not cold. However, that was the rule and he had to follow it. Mr. Ho found that time management was the most difficult part of being a student because there were many temptations. Nevertheless, he learnt how to be organized and how to deal with unexpected situations.

Biology was Mr. Ho's favorite subject because Biology is about all forms of life and he knows that life is miraculous. He disliked Chinese language since his Chinese teacher only read directly from the book. He could not understand the passages in the book very well and he thought that learning Chinese was quite boring. He liked his English teacher Ms. Chan Yuk Yee and Biology teacher Mr. Chan Kwok Ming. They taught from the heart. He enjoyed the discussions he had with his teachers and his classmates after each lesson because he could share his opinions and, hence develop a better understanding of the topics.

When asked if CHECSS has changed much from the time he was a student here, Mr. Ho commented that there is now a fifth floor and the school has more up-to-date equipment. Also, the Form 6 and Form 7 students today, do not have to rotate between classrooms. When he was a student, they had to pack up and go to another classroom to continue the next lesson.



Ngai Chun Ho, Mr. Ho and Chan Po Hung

After his graduation from CHECSS, he continued his studies in the field of electronic engineering. Today, he is an aircraft engineer. English is important to his career. He needs to use English to communicate with his associates since there are many foreign

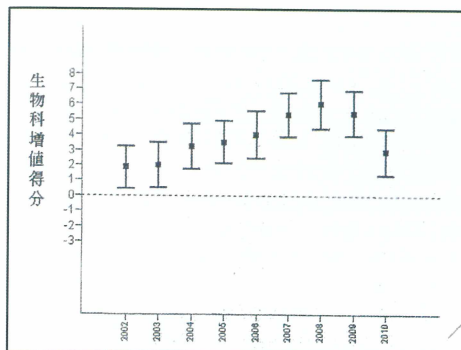
pilots. If any student wants to pursue this career, he needs to learn English.

According to Mr. Ho, the teachers of CHECSS are good and the school is fabulous. He believes that, "It is essential to work hard when doing anything." We agree with Mr. Ho. If we focus more on our studies and avoid temptations, we have an excellent chance of being successful in our examinations.

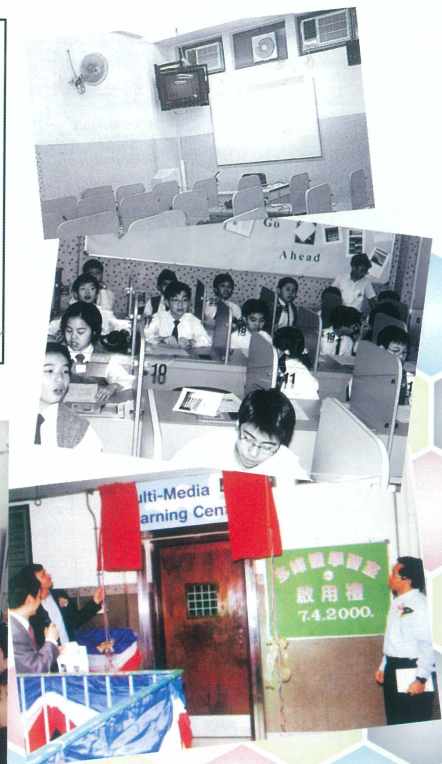
Written by Ngai Chun Ho (6B) and Chan Po Hung (2A)



Air Cadet activities for CHECSS boys



Good CE Biology results

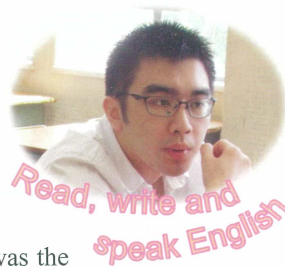


The MMLC has replaced the Language Laboratory where we have the Long Distance Learning Centre / Parents Resources Centre now.

Lo Sin Hang, Gilbert

2001–2003

Immigration Officer, HKSAR



Mr. Lo Sin Hang studied at Choi Hung Estate Catholic Secondary School from 2001 until 2003 when he graduated after completing his HKALE. Today, Mr. Lo is an immigration officer with the Hong Kong Government.

At the time he was a student here, Mr. Li Po Hung was the principal. Mr. Lo remembers that Mr. Li would always share interesting and inspiring stories during the morning assemblies. Ms. M.Y. Li was the discipline mistress. She organized the Prefect Club and Mr. Lo was one of the prefects in the school. He was also a member of the Badminton Club. Even though he was not a good player, he enjoyed playing with his friends.

His favorite subject was Physics and his favourite teacher was, of course, Mr. K.S. Cheung, his Physics teacher. He remembers Mr. Cheung helping him to choose books from the school library so that he could further his studies in Physics.

When we asked Mr. Lo if he had any funny stories that he could share with us, he told us that he remembered he had a funny PE lesson when he was in Form 6. Mr. Chui was his teacher. Mr. Chui let the boys play any ball game they wanted as long as they played safely. Two of his classmates were opponents in a game of football. One student, who was much stronger than the other one, accidentally kicked another student in the leg when he went for the ball. It was the boy who tried to kick the ball who was hurt. He was immediately sent to hospital for X-rays and he did indeed break his foot. Mr. Chui could not understand how that was possible. The other student explained that he had been drinking milk from the time he was born, so his bones were as strong as steel.

After Mr. Lo graduated from CHECSS, he eventually completed a degree affiliated with a university in the UK. He then joined the Immigration Department of the Hong Kong Government. He is now working as an immigration officer.

English is essential to his career. He uses English everyday to communicate with others in his job. He said that many students feel that they do not need English and that they only need to speak Cantonese. But when you begin to work, you will discover how important English really is to your future. When he deals with foreign people who come to the immigration office, English is the most common language. Therefore, it is very important to know how to read and write and speak English.



Kenny Lam, Mr. Lo and Anson Wong

It was our pleasure to speak to Mr. Lo and to interview him. He is an interesting man who is easy to talk to. Mr. Lo had some advice for our students. He said, “If you get into a difficulty, you should not focus too much on what went wrong. You should not think of why you couldn’t do it correctly or why it is so difficult to deal with. Instead, you should stay calm, have a cup of tea and relax. Then find out what went wrong and go back and fix it.” This is very good advice for all of us.

Written by Wong Sai Kit Anson(5A) and Lam Kit Kenny(4A)

彩虹邨天主教英文中學 45周年校慶

繼往開來 邁向金禧



彩虹邨天主教英文中學 45周年校慶紀念照

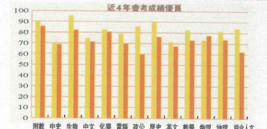
彩虹邨天主教英文中學（下稱彩英）秉承天主教教育宗旨，培養學生完人品格，普通學生認識、體驗和實踐基督的精神，以達至全人教育。香港天主教教區於1965年創立彩英，學校開辦至今已閱歷逾45年，不斷追求卓越，公認校及課程皆獲肯定，校風優良，深受家長歡迎。

公開試成績良好

彩英公開試成績近年不斷進步，多項重要科目成績均超越目標。2007及2008年全級90%科目成績高於全港平均，2010年全級90%科目成績高於全港平均，中國語文及文化科目，數學基礎科更達100%合格。

校長張錦輝之語

近45年來成績良好，多項重要科目成績均超越目標。2007及2008年全級90%科目成績高於全港平均，2010年全級90%科目成績高於全港平均，中國語文及文化科目，數學基礎科更達100%合格。



中國語文課程

彩英中國語文課程發展小組，為學生設計合適教材，強化課堂上之互動學習。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：中國語文比賽、中國語文講座、中國語文夏令營等。

發展中學數學的支援

彩英中學數學發展小組，為學生設計合適教材，強化課堂上之互動學習。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：數學比賽、數學講座、數學夏令營等。

加強學生與社會的聯繫

彩英中學與社會各界保持密切聯繫，如：參加社會服務、義工活動、參觀訪問等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：社會服務、義工活動、參觀訪問等。

加強學生與家長的聯繫

彩英中學與家長保持密切聯繫，如：參加家長會、家長講座、家長義工等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：家長會、家長講座、家長義工等。

順利推行新課程

彩英中學順利推行新課程，如：新課程發展委員會、課程發展委員會、課程發展委員會等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：新課程發展委員會、課程發展委員會、課程發展委員會等。

課程發展

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教師

彩英中學教師發展委員會，為教師提供專業發展機會，如：教師培訓、教師講座、教師義工等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：教師培訓、教師講座、教師義工等。

學生

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發展天主教辦學精神

彩英一向致力塑造學生的「完人」品格，使他們能以良好精神面貌面對生活。為此，彩英又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：完人教育、完人講座、完人義工等。

在國際學界方面

彩英在國際學界方面，全職中三級同學均獲安排為國際學生。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：國際學生、國際講座、國際義工等。

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45周年校慶舊生聚餐

日期：2010年12月18日（周六）晚上6時
地點：九龍灣麗寶樓「饕餮閣」展覽中心展覽廳（地下）
報名辦法：請於學校網頁下載及填妥報名表，並連同支票（抬頭：彩虹邨天主教英文中學）或銀行過戶（匯豐銀行戶口號碼：010-002590-001）收據一併寄回學校，亦可逕寄電郵（chessoffice@yahoo.com.hk）報名。
聯絡電話：2320 3591

注重教師專業發展

教職專業發展部致力推動學校教職專業發展，如：教師培訓、教師講座、教師義工等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：教師培訓、教師講座、教師義工等。

香港田徑紀錄運動員的搖籃

彩英田徑隊45年來，一直致力推動田徑運動發展，如：田徑比賽、田徑講座、田徑義工等。此外又編製有關課外200多萬元課外輔導教材，舉辦多元化的活動，如：田徑比賽、田徑講座、田徑義工等。

彩英田徑隊的香港田徑紀錄保持者

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Yiu Cheung To, David

1997 – 2004

Officer, EA Bank

Mr. David Yiu Cheung To was a student at Choi Hung Estate Catholic Secondary School from 1997 to 2004. Today he works in the Property Loans Department of the East Asian Bank.

Mr. Yiu was a good student. He was well behaved and always followed the school rules. He usually obtained good results in his studies and received an award for being the top student in his Form. The subjects he liked the most were Mathematics and Physics because he was good at these two subjects. On the other hand, he did not really like Chinese because he had to memorize a lot of information and he was not good at memorizing.

His favourite teacher was Miss Y. Y. Chan. She did more than just teach the contents of the subject. She taught the boys about life and especially about girls. If he ever had the chance to talk to Miss Chan today, he would have a lot to tell her. Most importantly he would thank her. If he could live his days at CHECSS over again, he would work harder and play harder because, looking back, he realizes that there is room to improve.

Mr. Yiu enjoyed the various clubs that he joined as a student. He was a member of the Library Club, Mathematics Club and the GPA Club. He enjoyed the GPA Club the most. As his favourite place in school was the school library, where he spent much time, he became a student librarian. He also enjoyed the activities held by his class such as the class picnic.

Like any student, he had difficulties to overcome. For example, he had to face the public examinations. He and his classmates had to be well prepared. They had a lot of extra lessons and a lot of tests. It was a stressful time for him.

We students today are lucky because there are many activities to help us prepare for our lives after CHECSS. When Mr. Yiu was a student here, there were not many talks to help prepare the students for university and for a career like there are today. Even still, Mr. Yiu did go to the Chinese University of Hong Kong where he studied business and economics, and now he works

for the Bank of East Asia in the Property Loans Department. He is responsible for approving loans to people who wish to purchase homes and other things.

Mr. Yiu told us why he feels that English is very important. He had to do well in English, not only to pass the English examination but because he needed to use it in university as well. Today, he uses a lot of English in his career. There are many



Take advantage of every
learning opportunity



Chan Kam Cheung, Mr. Yiu and Chan Lap Kei

English documents that he must read and understand. Also the reports he makes must also be in English. To be successful at any career, he believes we must study and work hard to achieve success. All students need a general knowledge of how society works to prepare them for their futures.

When we asked Mr. Yiu how CHECSS has changed since he was a student here, he said the school has improved a lot. It is more beautiful and colourful than it was in the past. The plants that decorate the school make it much greener. Another change to the school is that there are a lot more activities offered to students. We agree with Mr. Yiu. We are lucky to be studying at CHECSS today.

Mr. Yiu has given us good advice. That is to work hard on all our subjects and to take advantage of every opportunity that comes our way. We enjoyed meeting Mr. Yiu and having the opportunity to interview him. We now have a good understanding of what CHECSS means to our Old Boys.

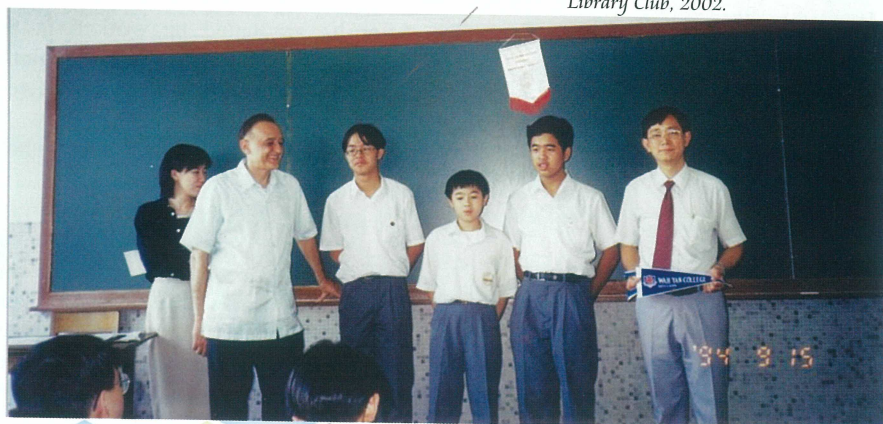
Written by Chan Kam Cheung Jason(5A) and Chan Lap Kei(3A)



Mr. Yiu was the Chairman of Library Club, 2000.



Mr. Yiu joined the Christmas Party held by Library Club, 2002.



*F3 boys having an Ethics interflow with boys at Wah Yeh College, Kowloon, 1994.
Ms. Y.Y. Chan, the Principal and Rev. Naylor (WYK teacher) were in the photo.*

Cheung Lai Yin, Andy

1997-2005

Teacher, Hong Kong Polytechnic University

Mr. Andy Cheung Lai Yin was a student at Choi Hung Estate Catholic Secondary School for eight years. He entered the school in 1997 and he graduated in 2005. During that time, Mr. Li Po Hung was the principal. Mr. Cheung remembers that Mr. Li was a very smart and quiet man who liked to share current events with the students. He would also share his own experiences. Mr. K.S.Yip and Mr. W.T.Li were the discipline masters and Ms. M.Y.Li was the discipline mistress.

Mr. Cheung has many memories of his school life. His favourite times were the Sports Days. As a school track and field team member, he loved everything about Sports Day. He loved meeting up with all his friends, all the running events and all the field events. Another favourite time was the training sessions after school. As a representative of the school, he took part in many competitions and therefore he had many training sessions. He would train with his twin brother who was also a team member.

Our interview was not just about athletics. Mr. Cheung also had his academic side. Even though he really enjoyed Physical Education, he also enjoyed Chemistry and Physics. He remembers the times he spent in the laboratories doing either Chemistry or Physics experiments. His favourite teacher was his Form 6 and 7 Chemistry teacher, Mr. Y. K. Chan. He also enjoyed Mr. W.T. Li and Ms. Y.C. Hau very much. "I would like to say thank you to all of them."

After Mr. Cheung left CHECSS, he went to the Hong Kong Polytechnic University where he studied radiography. After he graduated he worked in the hospital as a licenced radiographer. After a few years, he went to England to complete a master degree in practical physics. Now, he is a teacher at the Hong Kong Polytechnic University.

I asked him what advice he would give a student who wants to pursue this career. He said that first you need to pass the HKAL and be accepted to university. You should work hard on your studies and once you graduate, you should consider doing a master's degree.

Mr. Cheung also told me a little bit about teaching at the university. When he first started to teach, he found that half of his students would be sleeping. He recalled his days as a student when he would sometimes sleep during the lessons. Now the scene has changed. He is the teacher giving the lessons and his students are sleeping. He questioned why his students slept



**Work hard on all
your subjects !**



Mr. Cheung and Chan Ching Hin

during his lessons. Was it because his teaching was boring? At the beginning, this upset him and he questioned whether or not he was a good teacher. His advice to the CHECSS boys is, "Don't sleep during the lessons!"

As a teacher at Hong Kong Polytechnic University, he appreciates the importance of English. As he needs to express himself in English, he is still working to improve his fluency. He advises students to take the opportunities to speak more and to listen to more English. Watching an English movie or an English television programme is a good way to learn English.

Finally, Mr. Cheung advice is, "Although Choi Hung boys are really good at sports, don't only focus on athletics. Work hard on all your subjects."

I enjoyed doing this interview with Mr. Cheung. It was interesting to share with an old boy and to listen to the stories of our school. I enjoyed listening to his interesting experiences. I have learnt a lot from this old boy and I know CHECSS has given us what we need to succeed in our future. Thanks a lot, Andy Cheung, and thank you CHECSS!

Written by Chan Ching Hin Cookie(6B)



Mr. Li receiving a trophy from the late Cardinal Wu with the Vicar General Rev. Dominic Chan in sports wear on the right.



The Principal congratulating on the success of our athletes at the Joint Diocesan Catholic Secondary Schools Athletic meet, 1998



Mr. Chan Y.K. (1st right, 2nd row) in the PTA AGM, 2000

Choi Koon Hin

2000 to 2005

Research Officer

Mr. Stanley Choi Koon Hin, one of the old boys of our school, is now a research officer. He was a student at CHECSS from 2000 to 2005. While he was studying here, he was a quiet and well-behaved student. He did not do anything naughty to break the school rules or to interfere with lessons. The principal, Mr. Li Po Hung, and the discipline mistress, Ms. Li Mei Yi, really appreciated these well-behaved students.

Balance academics with
extra-curricular activities

Mr. Choi did not just have one fond memory but many. He enjoyed the school life here. However, his fondest memory would be the time he spent in the Art Room because Ms. Y.C. Hau was one of his favourite teachers. He would always look for her during the recesses, lunchtime or even after school. There was a group of students



Ms. Y.C. Hau and Art Room

from different classes who would gather in the Art Room. They shared stories or did their homework together. It was also his leisure time.

Mr. Choi enjoyed most of the subjects he studied, except Mathematics. He hated Mathematics because he had no talent for this subject. He could spend one hour studying and achieving good results in every subject, except Mathematics. The poor results he received affected his confidence. It beat him down.

Rather, he preferred GPA, Government and Public Affairs, which was taught by Ms. Y.Y. Chan. It was a subject similar to Liberal Studies, which focuses on issues in society.

Mr. Choi was a fortunate student. Many of teachers gave him opportunities to go out and join different competitions. Ms. Y.Y. Chan, Miss Hau, Miss Chu and Miss Lo taught the Arts classes and encourage him to get involved with other activities. "If I had to pick only one teacher whom I admire, it would be Y.Y. Chan. She not only focused on the academics, but she also helped me to develop my attitude and my behaviour. She meant a lot to me." he said.



Ms. Y.Y. Chan

He thought his school life quite enjoyable. If there could be a time machine that could carry him back to his secondary school life, there would be a lot that he would change. He would take part in more school competitions to enrich his profile. His suggestion for our students is, "Have a good balance in both academics and extra-curricular activities."

He learnt a lot while he was a student. His school life helped him to develop his personality and his positive attitude towards life. He believes in handling things

himself and being responsible for himself. This positive attitude has helped him to push himself to graduate from the City University with a degree in Psychology.

Presently, Mr. Choi is a research officer. He does not really consider it a career.



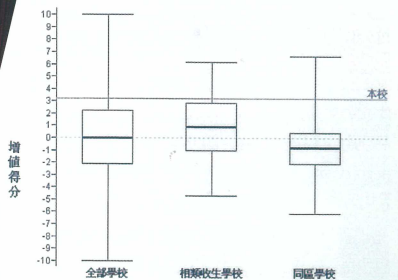
*Jim Ho Kuen, Mr. Choi Koon Hin and
Chu Ho Ming*

According to him, being a research officer is not a great job because you will not make a good fortune. Nevertheless, he admitted that English is important in his present job. He added that English is really important to everyone, especially if you want to be successful in the future.

He feels that CHECSS is now becoming more ambitious. He believes that our academics are better and better. He thinks the students should take part in more activities in order to broaden their learning. Finally, he quoted one of his past teachers, "If you graduate from your school as a responsible student, you have already achieved success."

It is a memorable experience to speak with Mr. Choi Koon Hin. We found him to be kind and humorous. It was our honour to interview him.

Written by Chu Ho Ming Sam(4A) and Jim Ho Kuen Jackie(5A)



Schools Athletic Meet, History drama, OLE gathering etc do strike a balance to our outstanding CE best 6 performance.

Ho Sze Cham, Amos

1999 – 2007

Student, Academy of Performing Arts



**strive for your goals
and ambitions**

Mr. Ho Sze Cham studied in Choi Hung Estate Catholic Secondary School between 1999 and 2007. During this time, Mr. Li Po Hung was the principal and Mr. Li Wai Ting Li was the discipline master.

Mr. Ho loved Chemistry. He achieved high marks in his Chemistry examination. He usually studied with his friends after school. However, there was one subject that Mr. Ho found very difficult and that was Physics. He put a lot of effort into learning Physics but he found it difficult to understand the concepts. Even though Physics was not his favourite subject, his favourite teacher was his Physics teacher, Mr. Chan Kin Wing. He always encouraged Mr. Ho to never give up studying Physics. He is very grateful to Mr. Chan for his dedication to his students.

Mr. Ho was a very good piano player. He loved music and he loved to play so much that he formed a band with his classmates. The Principal invited Mr. Ho to play the piano at the morning assemblies. He enjoyed playing at the morning assemblies very much even though he would occasionally play in the wrong key. As a matter of fact the present sports songs, 勇往直前跑, was produced by Mr. Ho's band. They preformed it at the 16th CDSAM in front of 27 DSC school!



Marcus Mok, Mr. Amos Ho and Edwin Lee

After he graduated, Mr. Ho enrolled in the Hong Kong Academy of Performing Arts to study film production. He wanted to learn how to shoot films, as he wants to be a director. He enjoyed making films. This was his way of reaching his dream. Mr. Ho encourages our boys to strive for our goals and our ambitions even if we have a lot of difficulties to overcome in our lives.

English language is very important in his career. He must be able communicate with foreign directors and crews. He finds foreign languages interesting and he realizes that learning a foreign language broadens his horizons. He is now working hard to learn Spanish.

Mr. Ho is a very friendly and interesting gentleman. We were glad to have the opportunity to interview him. His advice to all CHECSS students is to work hard and to follow our dreams.

Written by Mok Tsz Chung Marcus(5B) and Lee Kwan Ming Edwin (3A)



We have been singing this meaningful song since the 16th Catholic Diocesan Schools Athletics Meet, 2004

勇往直前跑

$\text{♩} = 100$

B Em B Em

1. 再 踏 上 跑 道， 難 免 憶 記 起 昔 日， 曾 在 此 會
2. 告 別 了 跑 道， 對 正 路 與 歪 路， 常 常 會

4 Am D G B Em

失 手 兼 失 去 信 心！ 那 啲 喊 的 人 聲， 再 度 見 了 此
選 錯 真 知 點 算 好！ 那 要 明 白 這 人 生， 失 敗 了 可

7 B Em Am F#

情 景， 重 過 這 挑 戰， 今 天 不 再 畏 懼，
重 生， 回 顧 這 改 過， 主 必 寬 恕 我 罪，

10 D G B

並 且 要 忘 盡 背 後 的 事 努力 向 前 面 奔 馳
為 此 我 忘 盡 背 後 的 事

14 B7 Em C

一 向 着 標 桿 D 誓 要 得 到 預 留 給
Am D G

17 Am D G

我 那 最 佳 的 賞 報， 勇 往 直 前 跑，
我 那 永 生 的 賞 報， 勇 往 直 前 跑，

20 Bm Em G

沒 有 怕 退 縮 苦， 這 個 步 力 驟 敗 過 要 重 人
莫 有 怕 退 縮 苦， 這 個 步 力 驟 敗 過 要 重 人

23 C Am D1.

生， 全 力 發 奮， 望 取 得 冠 軍！
生， 全 行 善 避 惡， 望 取 得 永 勝

26 2.D D.S. G

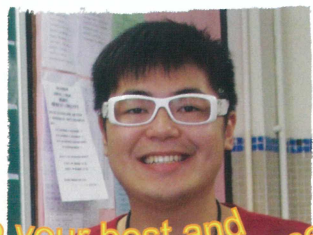
生！ 忘 盡 背 生！

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Kan Chi Chung, Oswald

2000-2007

Law Student



Do your best and believe in yourself

Mr. Kan Chi Chung attended Choi Hung Estate Catholic Secondary School in 2000 and graduated in 2007. It is always interesting to interview Mr. Kan, as he is my elder brother! Through this interview, I gained a new perspective of him, which is somehow slightly different from how I understand my brother. He inspires me; I hope that all of you will be as well.

During his time at CHECSS, Mr. Li Po Hung, Job, was the principal. Mr. Kan describes Mr. Li as a very welcoming man who was more like a grandfather. Miss Lee, his class teacher in his fourth and fifth form, also left an unusual impression on him. 'She has a straight face and could be intimidating at times but she was definitely one of the most supportive teachers'. Apart from Miss Lee, he would also like to take the chance to thank a lot of other teachers who played a major role in his adolescent life, such as Miss Leung, Miss O.Y. Wong and Miss Ernestine Arnold, who are always his teachers and friends.

Schools have always had their set of rules. Mr. Kan was the occasional minor rule-breaker. 'It was always the usual stuff - hair style, being late and forgetting about homework- but it was normally not something big'. He reckoned that most teenagers do share the same mistake to a certain extent since, after all, we go through the same awkward and maybe self-centered phase in secondary school.

When asked about his most unforgettable day at CHECSS, he did not hesitate to say his last day of school. For him, it was the last day before he entered the next chapter of his life, where people will no longer tolerate his childishness and

recklessness. He and his classmates did cherish this very special day. 'This was the day we childishly thought that we rule the school. Ha! Ha! We dyed our hair a bit red and walked around shouting and taking pictures. I'm not suggesting you to do the same. But it was fun,' he recalled.

When Mr. Kan was in school, Biology, Chemistry and English were his favorite subjects. Surprisingly, he disliked most of the other subjects, especially Chinese, Maths

and Physics. He said, 'Now, when I think of it, there is a very limited number of people who are naturally good at something. I thought I was one of them but then I realized that we could all get to the top with constant practice. I wish I had been more motivated to study other weaker subjects. All I needed was to get a start.'

Academics aside, Mr. Kan was very active in school and participated in many activities such as drama and public speaking. He described these extra-curricular



Kan Chi Ho and Mr. Kan Chi Chung

activities as challenging and fun. In his sixth form, he was the president of Drama Club and vice-president of English Society. He was willing to shoulder the responsibility and found it rewarding in other ways. These activities help to better develop his interpersonal skills and his friendships.

Time flies, now he is in his final year of his law degree at Durham University in the UK which is famous for law education. It was not an easy start for him. As he studied AL science subjects, his results were not good enough for the best local law school. He needed a better start. Meanwhile, he accepted an offer from University of Edinburgh, to do other courses and he privately sat for a local exam equivalent to the UK A-level. 'I went a different way, but I was eventually admitted to the Durham Law School'. Everyone thought that he wasted a year, but he did not share the same view. 'Changes are scary, but once you accept them, they may bring in new perspectives and something unexpected'.

CHECSS played a significant role in shaping Mr. Kan into who he is now. It is not just a place where he absorbed knowledge, but it was also the place that allowed him to experiment. Unlike the real world, there were no major ramifications; teachers were highly tolerant with their students. Therefore, he was always allowed to make mistakes and to grow from them. CHECSS has offered him a close relationship with his teachers and with other students. This relationship made him feel welcome.

Finally, he would like to share his views with the fellow students of CHECSS. There is always the best in society, the most talented and intelligent. There will always be the most wanted and they will quickly find their places in life. But bear this in mind: their number is close to minimal. You will be surprised to find that most people in the middle of the spectrum are not too much different from one and other. All we need to do is not be deterred by how well others seem to be doing, but do our best and believe in ourselves. 'If we try, we can be like them'.

Written by Kan Chi Ho (5B)



Mr. Kan was one of the MC at our
40th Anniversary Open Day!



Mr. Kan was one of the writers in
The Way We Were II

Tsui Chi Ho

2002-2007

Professional athlete

100M HK Record Holder, 10.28"

Mr. Tsui Chi Ho who was a student at Choi Hung Estate Catholic Secondary School for 5 years entered the school in 2002 and graduated in 2007. Mr. Li Po Hung was the principal during those years.

Like all students, Mr. Tsui was expected to follow all the rules, which he did. However, he wished that he could be allowed to bring his cell phone to school without handing it over to his teacher.

As a student and an athlete, it was not easy for him to balance his academics and his athletics. He had to attend training after school until late three times a week. He had to finish his homework before he went to training because he had to go to sleep when he got home. Otherwise, he could not concentrate on the lessons.

While Mr. Tsui was a student at CHECSS, he would go to the tuck shop everyday to chat with his friends and had fun. He was a member of the athletic team

and he won many medals on sports days and on inter-school sports days. Each medal and award that he won made him work harder to improve for the next race. He enjoyed the training because it helped him to develop his running skills and to prepare for the next race.

All the teachers were very nice to him and understood him. He was quite often away from school to attend competitions and races but they never blamed him. Nor did they ignore him. They

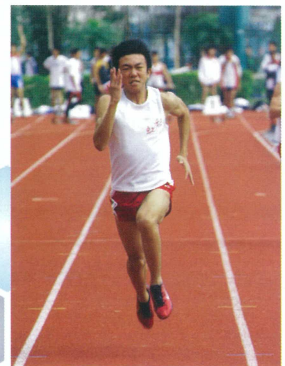
offered to help him catch up on what he had missed in class. He thanks them for the support they gave him, especially Mr. Sun K.Y. who helped him a lot to develop his athletic career.

After Mr. Tsui left CHECSS, he became a full-time athlete, representing Hong Kong. He has to attend training nearly everyday and he has to prepare himself, both psychologically and physically. The weeks before a competition, he usually has to attend an intensive training programme in China so that he can perform his best in the competition. He is used to waking up and going to bed early because a good sleep is crucial to an athlete's performance.

The self-discipline that he developed as a student here at CHECSS helped him in his career as an athlete. He had to be self-disciplined enough to attend the training sessions. He had to be self-disciplined enough to



Unlock your potential



prepare himself for the different competitions and challenges he had to face.

‘The more you work, the more you get.’ His advice for students who want to excel at athletics is to be disciplined and to work hard at their daily training and their daily life because a consistent and long-term training can lead to success. As an athlete, you may come across many difficult moments and times when you feel tired and you will want to give up. This is when you have to tell yourself to work even harder if you want to achieve your target.

Mr. Tsui knows that English is important to his present career. It is important for him to communicate with other athletes so he can learn from them in order to improve. If he can not use English to communicate with others, he will be stuck in his own world.

Finally, Mr. Tsui advises us to work hard because continuous effort can help unlocking our potentials. Sometimes we do not know how far we can go unless we try a thousand times. So no matter what, we should try our best to unlock our potentials.

Written by Ho Chak Wa Kelvin(4A)



■徐志豪(左)日前重返母校接受嘉許。 金雯攝

港百米飛人返母校領獎

剛在五月勇破男子百米跑港績的徐志豪，日前重返母校接受嘉許，與「伯樂」兼昔日體育老師申錦耀及師生分享喜悅。由「足球小將」變身「百米飛人」，徐志豪坦言對申Sir的知遇之恩無言感激。

徐志豪以廿歲之齡刷新十年未被打破的香港百米紀錄，回想當初在彩虹村天主教英文中學捨棄「舊愛」足球，走上田徑場，

笑言全是「被逼」。他表示：「我中一是踢足球的，但申Sir看中我的跑步天賦後，堅持要我轉練田徑。」自中三起接受專業訓練後，他終領略田徑之樂，更於去年轉為全職運動員。

下月，徐志豪將隨港隊赴美國集訓三周，為年底廣州亞運重點鍛煉四乘一百米接力，期望能奪牌而回。談及個人目標，他指：「若能改善起跑技術，有望衝擊十秒一的成績。」 記者 金雯

15-7-2010《星島日報》

‘We await your 10.1” new HK 100m record, Mr. Tsui!’

Yuen Ho Yin

2004-2008

DBS student



*Train hard and you will succeed.
You reap what you sow.*

Mr. Yuen Ho Yin was a student at Choi Hung Estate Catholic Secondary School from 2004 to 2008. While he was a student here, he was one of the top long distance runners. Because of his outstanding performance in athletics, he is presently studying in DBS.

He had many chances to join various competitions. Not only did these competitions enrich his school life, they also broadened his horizons, and what he learnt was useful to his future. Mr. Yuen has an outgoing personality. When he was a CHECSS boy, he loved to talk to the staff. He always had good relationships with his teachers.

English had an enormous impact on his daily life. When he had to participate in overseas sports competitions, he had to use English to communicate with others who were English speaking. He believes that it is essential to learn English if we want to get ahead.

No one could deny the fact that Mr. Yuen is a good long-distance runner. While he was a student here, he was the champion of the school in the 1500km and the 3000km races. Today, Mr. Yuen ranks 4th in the Hong Kong Junior 1500m race, 3rd in the 5000m race, 2nd in the half-marathon and 1st in the steeple race. He was also 1st in the Inter-School Cross Country Division One Competition held in October 2010 and 1st in the Hong Kong School Jing Ying Cross Country Tournament held in November 2010. This November 28th, Mr. Yuen competed in the 2010 UNICEF Half Marathon. He broke the old record of 1:16:9 by 53 second and he is now the new champion of the 2010 UNICEF Half Marathon. His time was 1:15:13. He is also 4th overall in the open grade.



Why is he so successful today? The answer is simple. First, before he knew he had the potential to be a long distance runner, he lacked confidence in himself and he thought he had no special talents. His PE teacher, Mr. Sun, invited him to join the school's athletic team. The school encouraged him to be more confident and to have the courage to

face different situations. Second, Mr. Yuen is extremely dedicated. He continuously trains everyday. This is why he is such a successful athlete today.

Mr. Yuen does not want to pursue sports as a life-long career because of the lack of resources for athletes in Hong Kong. Instead, he would like to continue to study in order to enroll in university to study interior design or architecture.

He is grateful that CHECSS supports the development of athletics by offering students room to find their interests and to develop their potentials, and by providing scholarships to athletes. He hopes that the school could continue to achieve success in



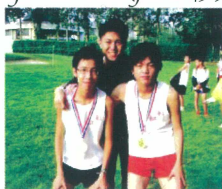
Mr. Yuen interviewed by George Kwok
and Samson Liu

athletics and still maintain a balance between academics and athletics.

Mr. Yuen is a good role model for all our students. He is both determined and dedicated to his running. It was a pleasure to interview him. His advice to us is to work hard and put forth the effort. I agree with Mr. Yuen when he says, "You reap what you sow. If you train hard, you will succeed."

Written by Au Wing Sang Kelvin(5A)

A promising Mr. Yuen (p.98 彩天迎奧運)



2. 中四乙班 袁浩然

成績	800米 (2分11秒)
	1500米 (4分30秒)
	3000米 (10分03秒)
	2007-08年度香港青少年3000米障礙賽最佳成績 排名第四名

Mr. Yuen's various outstanding performances



Ng Cheuk Hang, Henry

2006 – 2008

Student, HKU

Mr. Henry Ng Cheuk Hang is a student at the University of Hong Kong studying risk management. He attended CHECSS in 2006 and graduated in 2008. Even though he studied at CHECSS for only two years, he enjoyed his school life here.

Students often have favourite subjects and Mr. Ng was no exception. He enjoyed Pure Mathematics and Chemistry because of the teachers who taught him. His Mathematics teacher, Mr. W.K. Lai, was a very competent teacher. All Mr. Ng's classmates loved him. He was the main reason why Mr. Ng did well in Mathematics. He was not only good at Mathematics but he was also proficient in most of his subjects. Mr. Ng was very happy to be the recipient of the Mr. Chan Wing On scholarship. (Mr. Chan is a retired Physics Panel Chairperson of CHECSS) It is obvious that he is proud of his accomplishments.

Even though Mr. Ng worked hard on his studies, he made time to enjoy his school life with his classmates. He enjoyed playing the drums, which was his favourite extra curricular activity. Mr. Ng had lots of friends in school. He and his classmates were at times naughty. They would play jokes on their teachers and would play games during the lessons. However, what he remembers the most were the times he spent with his classmates.

Mr. Ng remembers how the teachers of CHECSS helped him to prepare for the public examinations. Each week, his teachers would give the students extra exercises and quizzes to help them to revise what they had learnt. They would run extra lessons for the students. This motivated him to strive for excellence and helped him to improve his examination results.

He is now a student at the University of Hong Kong studying risk management. He believes that it is so important for him and for all CHECSS boys to learn English. If we

do not know English, we will not be competitive enough in this society. Mr. Ng recommends that we work as hard as we can to get great academic results, especially in English. If we can achieve good results, then we will have a greater variety of subjects to choose in university. In addition, if we choose subjects that we are interested in, we will enjoy the lessons more and we will have a greater chance of success.

We enjoyed interviewing Mr. Ng. We found him to be interesting and easy to talk



Henry Ng was interviewed by David Ng and Ken Ho

to. His advice to the students of CHECSS is to learn English because English is essential to our success in the future.

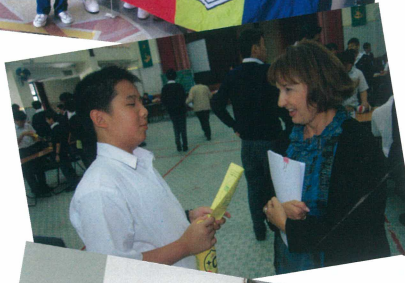
Written by Ng Tsz Fung David(6B) and Ho Chun Hang Ken(6A)



Henry Ng receiving an award



Mr. W.K. Lai



There are numerous English activities in our school!

Lam Tsz Cheung

2003-2010

Civil engineering student

Mr. Lam Tsz Cheung, is now studying civil engineering at Hong Kong University of Science and Technology. He was a student at CHECSS from 2003-2010.

When Mr. Lam was in Form 6 and 7, his favourite teacher was Mr. Keith Chan, his class teacher and English teacher. Mr. Lam liked him very much not only because he was enthusiastic about teaching, but also because he always took care of his students. Sometimes, he had lunch with his students so that he could simply cheer them up because he knew that they were facing a great deal of pressure with the public exams.

Although his favourite teacher taught him English, his favourite subjects were Maths and Physics. He thinks that Maths is challenging and it depends on logic. You have to solve the questions by yourself. As for Physics, he was interested in applying the knowledge he learnt from the textbook to the experiments he would conduct.



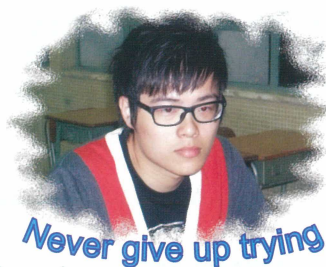
Hung Man Chi, Mr. Lam and
Fong Ka Lok

many teachers. They tried to translate the meanings into Chinese and were willing to answer any of his questions if he had problems.

Even after school, Mr. Lam always studied hard in his favourite place in the school – his classroom. It was the only place in the school that he could focus on his studies since no one would come in and bother him.

Apart from the academic memories, Mr. Lam was a member of many clubs. For example, he was a student librarian in Form 2, the chairperson of the Cross-country Club in Form 4, the chairperson of English Society in Form 6 and he also took part in the publication of the very first, “The Way We WERE I” in Form 3.

These were all very good experiences for him. Taking part in “The Way We WERE I” gave him the opportunity to meet with the old boys



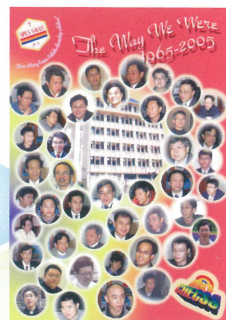
Never give up trying



Mr. Keith Chan

Mr. Lam is studying civil engineering at university now. He believes that CHECSS prepared him for university and the teachers at CHECSS really helped him to become mature and further develop his potentials.

When he became a Form 6 student, he had to study all his subjects in English. It was a great change and this challenged him because he had learnt in Chinese for the first five years of his secondary school life. Fortunately, he got help from



and to understand more about his school. The project helped him to improve his English. However, of all the activities he took part in, the one he enjoyed the most was the Cross-country Club.

No doubt the physical training for cross-country competitions was tough for most of the boys, but Mr. Lam enjoyed it and he enjoyed training with the other members. He would talk to his fellow teammates and they would get to know more about each other. The end result was their team was the first runner-up in the competition.

Taking part in extracurricular activities gave Mr. Lam a lot of valuable experiences. If he could live his days at CHECSS over again, he would join more extracurricular activities to gain more experiences and make more friends. When asked which ones he would join and why, he answered that he would like to be a head prefect because he would be able to control many things at school.

To be honest, I enjoyed doing the interview with Mr. Lam. He was friendly and willing to share his stories of himself. All in all, I learnt that this interview was not only about the school, but also about overcoming the difficulties you meet. Studying in English is a great challenge for Mr. Lam and also for us, but he was never dejected and he never gave up trying. Neither should we.

Written by Hung Man Chi Raymond(5A) and Fong Ka Lok (3B)



Mr. Lam Tsz Cheung visiting Beijing Olympic Games
with Principal 袁浩英 Mr. Yuen Ho Yin



Mr. Lam Tsz Cheung receiving PTA Scholarship



Winning Logo Designs of these 15 years

[illegible]

文心采筆

彩虹 天主教英文中學學生作品集

二零零五年至二零零七年

88



School Hymn

(1) State - ly sits the King of Hea - ven, in co - lours
 ra - dant He is clad; Ga - thered round in joy - ful
 num-bers, Are Choi Hung boys so proud and glad, (Ref.) O - ver the
 rain-bow, we will climb, e - ver da - ring, e - ver true, to the
 King, to the King of love and hope

- (2) Hope transcends the arch of heaven, (3) See, His arms are always open,
 Bidding all be gay and joyful, Mid rainbow hues He gently smiles;
 Salvation's dawn true light has spread. We shall follow Christ our leader,
 (Ref.) And proudly conquer satan's wiles.
 (Ref.)



Choi Hung Estate Catholic Secondary School

The Way We Were III 1965 - 2010



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