



# 北美風沙

## The North American LaSallians

MARCH 2019



轉載傳媒報道喇沙田徑隊  
為師弟打打氣 (pg 10)



*Happy Chinese  
New Year  
of the Pig!*

February was a very active  
month for Vancouver Chapter.  
(pg 2)



## Interschool Athletics Meet

La Salle is something more

Day 1: February 27

Day 2: March 5

Day 3: March 8

Please support our si-dai through [livestream](#)

## A Tribute to Nick Domingo

Richard Choo (77)

Victor Leung (77)



Mr. Nick Domingo ('63), the current president of the LSCOB Vancouver Chapter, has announced that he will step down in May after the AGM. During his two terms at the helm as President and one term as Vice-President of the chapter, many successful events were held and numerous important initiatives were taken.

Events such as the New Year's Eve party, annual summer barbeques, annual prime rib dinners, dim-sum lunches, wine and cheese gatherings, and charity fundraisers enjoyed a lot of support from both old and new members.

Some of the many initiatives taken under Nick's leadership included giving back to the local community through donations and voluntary service, helping grads or continuing students from LSC to settle down in Vancouver and join the chapter, recruiting new board directors, enhancing the LSCOBVAN website and updating its contents regularly, and improving communication both within the board and with the general membership through social media and other means.



Food serving at a prime rib dinner





Nick has done so much for the association and the Lasallian family in his 6 years as president in spite of having to undergo chemotherapy treatment during his tenure. His genuine passion for doing something good for the chapter and his tireless efforts to promote the interests of the association deserve our gratitude and admiration.

Every year, the prime rib dinner held at Nick's house is so popular that it is always overbooked. This year was no exception. Every attendee enjoyed a marvelous evening of excellent food, wine and musical entertainment and of course the life-long friendship as sons of La Salle.

To ensure his guests will receive the best treatment, Nick always paid extra time to prepare for the events. As Nick realized that this recent prime rib dinner was going to be his last hosted dinner as President, he had prepared most of the food by himself and with help from his beloved wife, Lolani. Preparing 34 pounds of prime rib and food to feast a crowd of 39 people is certainly no easy task. But Nick and Lolani managed to execute their cooking and delivered a gourmet dinner to a professional standard level!



As part of his dinner traditions, Nick managed to harmonize the wonderful dinner with professional standard music performance with help from his talented band members, who had also performed for Vancouver Chapter at many different occasions.

(Please visit the Vancouver Chapter [Photo Gallery](#) to recap some of the past events spearheaded by Nick et al).



With gourmet food, wonderful music, good wine, and, most important of all, good company, members are always grateful for the great events organized by our President. **On behalf of members of the Vancouver Chapter, we would like to say “thank you” to Nick for his contributions to our Chapter!**



*2019 Jan 17 - LSC Class 81' Gathering at Club De Recreio*

Class 81' (37.5 years) gathering with a superb turnout of almost 90 young lads in Hong Kong! Great to meet old and new faces, some flew back specially for the event! Thanks to our Bobby Yue in his meticulous organization of the dinner. (Hermann Chu)



## Celebrating Lunar New Year with Joint School Community (Toronto)



A group of La Salle old boys and family members celebrated the 2019 Chinese New Year of the Pig on Sat February 23, with friends in the joint school community.

Singing enthusiasts from each school came early for on-stage karaoke before the dinner. We are quite happy with the new venue, both the audio setup and the menu.

It was a fun-filled evening with sumptuous food, games, performance and lucky-draw prizes.

# 豬年開年 聚餐

## Class of 60s Bay Area LaSallians



Shing Chi Kwok '63; Joshua Law '63; Samuel Chan '68; Charles Au '63; Phillip Leung '64; Ephrem Fung '76; Frank Hon '66. (L to R - Sitting) George Law '66; Raymond Hung '64; Sharky Mok '85)

George Law (66) organized a New Year Dim Sum Lunch with his class of 60s classmates in Burlingame on Feb 11th.

Thank you George for organizing and sharing the joy with us!

Yours in La Salle,  
LSCOBAS SF Bay Area Chapter  
Our official Facebook webpage: <http://www.facebook.com/lscobasf>





恭喜發財! 三藩市喇沙舊生會仝人 祝大家豬年大展鴻圖, 萬事勝意!

Yours in La Salle,  
LSCOBASFC Bay Area Chapter  
Our official Facebook webpage: <http://www.facebook.com/lscobasf>



溫哥華喇沙舊生會仝人 向各位拜個遲年!  
祝各位身體健康!

*From the Board of Directors Vancouver Chapter*

# Vancouver Chapter Karaoke Dinner Party

Victor Leung (77)



February was a very active month for Vancouver Chapter. Continuing with the momentum of an earlier Chinese New Year Prime Rib Dinner celebration, Vancouver Chapter also hosted a karaoke dinner gathering in February 23, 2019 at one of our member's place. The party was extremely successful with a total of 38 La Salle Boys, spouses and guests.





The karaoke singing/ 春茗 gathering, organized by Patrick and Sally Li, was made easy with help from our hosts John and Irene Law, who offered their house to our members. John and Irene are obviously BIG karaoke fans for they have the necessary setup at his house for karaoke singing and big-size party, including two professional standard karaoke machines, a big dance floor, and professional dance lightings. John even invited two of their friends to serve as karaoke DJs.

With no shortage of good music, wine and Chinese take out foods, everyone was having a wonderful time that night. Judging by the great turnout and many very positive feedbacks, I'm sure we'll have more karaoke singing events in near future.



On behalf of the attendances, we wish to thank Irene and John Law for hosting the karaoke dinner at their place. We also like to thank Sally and Patrick Li for organizing such a wonderful event. Lastly, we wish to thank Vancouver Chapter for sponsoring the event.

(Additional photos of this event are available on the Vancouver Chapter [Photo Gallery](#).)



## 【D1 田徑．喇沙．陳政鋒】「跑癡」的最後探戈 誓領喇沙重奪冠軍

編按：一年一度的學界田徑比賽如箭在弦，每間學校的代表摩拳擦掌。

傳媒報道亦越來越多，不能盡錄，這裏只選其中一篇，希望各校友為師弟打打氣！Source: [HK01.com](http://HK01.com)

與全場總冠軍  
睽違六屆，今  
年喇沙田徑隊  
志在重奪王  
座。

去年三金得主  
陳政鋒將今屆  
學界 D1 田徑  
賽視為最後機  
會。

到底喇沙書院  
能否一破對手  
壟斷，奪回榮  
耀？



喇沙運動場對陳政鋒的重要  
性，就如他的家一樣。

香港 01



從小愛上跑步，陳政  
鋒至今熱情未減。

香港 01

「田徑從小便佔據我生命的一大部份。」與絕大部份運動員一樣，陳政鋒（Michael）的田徑路始於幼年時，由單純玩樂性質，到小學開始參加校隊作正式訓練，Michael 慶幸自己能夠升讀喇沙，「與其他學校不同，喇沙有一個自家的運動場。作為一名非常熱衷跑步的運動員，在這裡訓練能夠給予我家的感覺，在喇沙運動場跑步，就像回到家，做自己最愛的事。」



陳政鋒有多熱衷跑步？從他這次經歷可知一二，「有一段時間我受到傷患困擾，不能跑步，故當時非常不快樂。直至傷癒後第一次穿上釘鞋，當刻感覺異常興奮。」現時陳政鋒已經做到「一日不跑步，便覺語言無味，面目可憎」的境界，「跑癡」之名捨他其誰？



去年陳政鋒一跑成名成為三金得主，三面金牌當中以 400 米欄決賽最難忘，「賽前沒有預想過自己能夠贏得金牌，因為自己主項不是跨欄，而對手（梁承傑）則是跨欄好手。還記得跑完頭 300 米後，已經被他『放甩』約 10 米。然而跨完最後一個欄後我用盡全力壓線，最終以 0.01 秒之微奪金。」

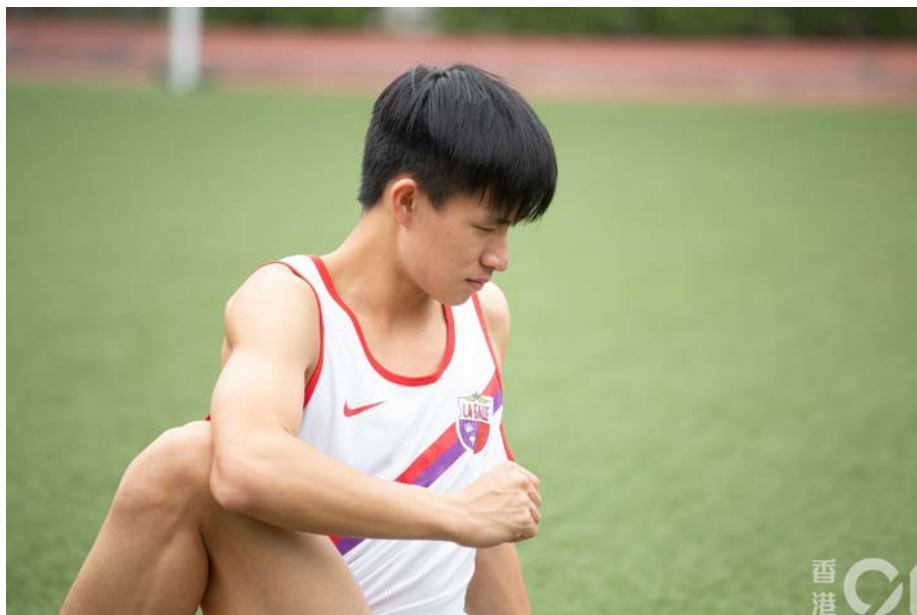
場上英姿颯颯，但 Michael 去年首次成為喇沙田徑隊隊長，場外要領導隊友卻不輕鬆，「做隊長需要叫喊口號，又要公開講話，起初確實有點怯場，但能夠成為這一支高水平田徑隊的隊長，絕對是我的榮幸。」來到中學生涯最後一年，陳政鋒每次叫喊口號都像倒數一樣。

對比之前五年，陳政鋒自言今年是喇沙田徑隊最有野心的一年，「今年 A Grade 運動員的能力非常高，100 米有馬景揚、200 米有馬志輝，400 米有我，而且今年我們知道如何將分數拉開較遠。」



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喇沙上一次奪得全場總冠軍已經是 2012 年，近年都只能排第二，Michael 當然心有不甘，「每年都想拿到團體第一這個榮譽，雖然每年都盡了自己能力，但往往與冠軍都是失諸交臂。來到最後一年，希望我們能夠把持對勝利的渴望，力爭全場總冠軍的殊榮。」全隊上下一心，兄弟班挑戰冠軍，正正體現出「喇沙精神，不死靈魂」。



多名喇沙田徑主力，包括陳政鋒都會於今屆學界 D1 田徑賽後畢業，換言之今年將會是他們最接近全場總冠軍的一年。

登上王位，還是繼續屈居第二，或許只在幾分之差，且看陳政鋒能否帶領喇沙田徑一破壟斷。



About this newsletter	Upcoming events
<p>This newsletter is aimed at providing an electronic platform for communication &amp; sharing among La Salle old boys in North America. It is not meant to be used as an instrument for promoting any personal agenda.</p> <p>The editorial board reserves the rights to oversee and edit all submissions, to ensure all contents shall meet our publication standards, as well as appropriate for the newsletter's intended audience &amp; global circulation. Our editorial board has the exclusive right to reject submissions deemed to be not in line, or incompatible with the purpose or spirit of this newsletter at our sole discretion.</p> <p>Please forward all your correspondence &amp; submissions to: <a href="mailto:editors@lscobaedm.org">editors@lscobaedm.org</a>.</p> <p>To subscribe to this newsletter, please e-mail (with a subject line "subscribe") to <a href="mailto:newsletter-lscobaedm.org-subscribe@lscobaedm.org">newsletter-lscobaedm.org-subscribe@lscobaedm.org</a>.</p> <p>The Chief editors appreciate Richard Choo (77) for his contribution to this issue.</p>	<p><b>Toronto</b></p> <p>Louis Pomeroy Memorial Cup - Mahjong Tournament / Spring Dinner Date: March 17 Location: NKS Banquet Hall 帝豪名宴 8360 Kennedy Rd, Unionville Cost: \$50 (Full event); \$45 (Dinner only) Contact: Kevin Kwok (647 928 5880)</p> <p><b>East Coast (USA)</b></p> <p>Sunday Dim Sum Lunch Date: Every Sunday@noon Venue: Asian Jewels Seafood Restaurant Contact: <a href="mailto:dimsum@nylscoba.org">dimsum@nylscoba.org</a></p> <p><b>Edmonton</b></p> <p>Monthly Dim Sum Gathering Date: First Friday of each month @noon Venue: Urban China Restaurant 潮樓大酒樓 Contact: <a href="mailto:billshwong@shaw.ca">billshwong@shaw.ca</a></p> <p><b>Vancouver</b></p> <p>Table Tennis Drop-in Date: Every Wednesday@3 pm Venue: 6111 River Road, Richmond RSVP: Frankie Au, <a href="mailto:au4728@gmail.com">au4728@gmail.com</a></p>
<p>Chief Editors</p> <p>Honorary Consultant</p>	<p>John Jean (76) Victor Leung (77) Kevin Kwok (88) Chris Fong (94)</p> <p>Calvin Chan (71)</p>