



Founded 1939

THE OBSESSION

LA SALLE COLLEGE OLD BOYS' ASSOCIATION



La Salle College

Old Boys' Association

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 Old Boys' Association

Dear fellow Old Boys

It is my honour and privilege to serve as the LSCOBA President and together with my cabinet, we are committed to use our best endeavours to carry out the mission of the LSCOBA.

The primary objective of the LSCOBA is to promote fraternity and this is exactly what we are going to concentrate our efforts on this year. In the past, the activities organized by the OBA have been mostly sports related or "wine and dine" related. Of course we will continue to organize these fun and meaningful events, but what we would like to try to do this year is bring together more Old Boys. As such, we are planning to organize activities that are more heritage and cultural related, more family oriented, in order to bring out more Old Boys who might not otherwise be interested in sports or "wine and dine" functions.

While we are on the topic of "wine and dine" functions, our Annual Ball will be held on December 13, 2014 (121314) at the Hong Kong Convention & Exhibition Centre. The theme for this year is "The Good Old Days", so do come with your glamorous ladies to catch up with your fellow Old Boys to reminisce about the good old days, cherishing the memories of the good times that we had in La Salle, with fellow schoolmates and old friends, as we approach Christmas time.

To promote fraternity, we are also planning to expand the Professional Network with committee members in the legal, medical and finance/accounting professions acting as convenors of the professional network groups in their respective professions, so that Old Boys can share and support each other in their field of work. All in all, we simply want more Old Boys to meet each other and encourage their active interaction. We have set up separate Facebook groups for these professional networks and will be organizing gatherings for Old Boys to meet up. Do join in and connect with fellow Old Boys in your

respective professions.

Another one of our priorities this year is to connect Old Boys globally and to strengthen the communication within the Overseas Network Group. I attended the Global Reunion 2014 in Los Angeles in August, a very meaningful event organized every other year. This was the third consecutive Global Reunion that I attended overseas to meet with Old Boys residing in North America. I also plan to visit the overseas chapters in the UK, Singapore and Shanghai during my term. There is simply no replacement for a handshake and a smile and I look forward to meeting as many Old Boys as possible as we work together to connect Old Boys globally.

The Global Reunion, hosted by the LSCOBA Southern California Chapter, was a great success with over 300 Old Boys and guests attending. The theme for the 2014 Global Reunion was "Advancing Leadership, Accepting Challenges, and Achieving Excellence" with Bro Steve Hogan, principal of La Salle College, as the Guest of Honour. La Salle College has as its vision "To inspire and challenge students to achieve excellence in all things". Ask any College student and he will be able to tell you that the school motto for the year is "Strive to be the best you can be". On the opening day of the conference, Bro Steve gave us an update on what the School is doing to provide a quality education in the context of a global education community, and what the School is doing in terms of developing leadership. Finally, Bro Steve shared with us the challenges faced by LSC, mainly arising from the transition from HKCEE to HKDSE as the public exam in the new 3-3-4 education system and the financial disadvantage of a government-aided school versus a Direct Subsidy Scheme (DSS) school.

On the latter point, Bro Steve shared with us that there were two immediate Property Upgrade projects for which the School required funding, namely

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Editor
 Dr Gordon Fong (1976)

(a) Multimedia Mac Lab; and (b) Audio Video System upgrade for the Gymnasium, Theatre and Lecture Hall. The response and generous support from the six overseas chapters in North America was overwhelming. Within 72 hours after Bro Steve expressed the needs of our mother school, we successfully secured funding for the Mac Lab project. Each iMac donation was equivalent to CAD1,200, or USD1,100, or HKD8,500. Thank you very much for the generosity from the Toronto, Edmonton and Vancouver chapters in Canada and New York, San Francisco and South California chapters in the USA. Upon returning to Hong Kong, more donations were received from fellow Lasallians, including but not limited to the Singapore chapter and the Classes of 1966, 1981 and 1989. As a whole, we have helped the School and La Salle Foundation raise approximately HKD480,000 in this initiative. Any excess amount collected will roll over to the Audio Video System upgrade project. Once again, thank you all for your generous support and love of our alma mater.

My team and I are committed to doing all we can to support the School and La Salle Foundation in fund raising and other initiatives. Following the Wireless Infrastructure upgrade earlier, the School has decided to provide each teacher with a Macbook Air. The LSCOPA has committed to sponsoring one third of the cost of project, ie, HKD100,000 per year for 3 years. The teachers have all received their laptops at the beginning of the 2014-2015 school year. We hope that you will all support La Salle College as it continues to reinvent itself as a leading educational institution internationally.

Yours in de La Salle



Leonard Chu (1983)
President LSCOPA 2014-2015
[Email: president@lscoba.com]

❁ 2014-2015 COMMITTEE OF THE LA SALLE COLLEGE OLD BOYS' ASSOCIATION LTD



Not in the photo are our Immediate Past President Mr Willie WONG, Treasurer Mr Herman BO and Member Dr Thomas FUNG

❁ 2014 SUMMER GOLF TOURNAMENT



This event was held on Friday 20 June 2014 at Garbotax Golf & Country Club (惠州嘉寶田高爾夫球會). 31 old boys managed to sneak away from work and join this event. Debutants included David Louie (1979), James Mok (1983), Alan Yung (2000) and Adrian Chan (2003), and they received a warm welcome by other fellow old-boy golfers both on the coach and during lunch time after the round.



It was always fun playing at mountain courses, but we were so worried when it started pouring shortly after tee-off. Fortunately the heavy rain did not last long and in fact just helped to keep the temperature down, otherwise we would have melted under the scorching heat of the hottest June in Hong Kong since records began in 1884. After the round, we all enjoyed the cold beer and the nice food, good laughs and camaraderie over lunch.

The winners were as follows:

Champion	Anthony Lam (1984)
Second	Warren Wong (1978)
Third	Henry Lam (1983)
Best Score	Robert Cheng (1976)
Best Front 9	Leonard Chu (1983)
Best Back 9	Clarence Yau (2001)
Longest Drive	George Chan (1978)
Nearest Pin	Frankie Lam (1978)
	Warren Wong (1978)
	Henry Lam (1983)
	Clarence Yeung (1977) David Louie (1979)

This event marked the 50th round of old boy golf tournaments organized by the LSCOBA since the first one held in 1994. All of our tournaments were played at different golf courses, including 34 in China, 9 in Thailand, 2 in Indonesia, 2 in Malaysia, 1 in HK, 1 in Macau and 1 in Singapore. On this occasion, I also formally announced my retirement as the golf convener of LSCOBA after organizing these tournaments over the past 20 years.

To celebrate our 20th anniversary, I proposed to donate the entire balance of the “golfers’ funds” from the previous donations collected according to the “La Salle golfers local rules” to LSCOBA, which was met with unanimous approval from the golfers present at the event. This amount of HK\$16,705.70 will be placed in the “Sports Reserve” of the accounts of the LSCOBA, to be donated to our Alma Mater towards its sports development in due course.

I have to thank my organizing committee members Thomas Tung (1977) and Henry Lam (1983) for their kind assistance in this event, and all the participants and other Old Boys for their kind support over the past 20 years. Happy golfing and please continue to support future golf events!

Roger Wong (1975)



Over 300 old boys and their families from all over the world gathered at Los Angeles from 7 to 10 August 2014 to participate in the 2014 LSCOBAGlobal Reunion. This was the second time since 2005 that the Southern California Chapter of LSCOBAGlobal Reunion at the Pacific Palms Hotel and Resort in the City of Industry, California. The theme for this year’s event was “Advance leadership, accept challenges, and achieve excellence” (引領向前、逆難而上、同臻卓越、成就未來)。



The majority of the participants arrived on Thursday and were greeted by the local hosts. We formally kicked off the event on Friday morning with the World Conference at the hotel meeting room – a perfect opportunity for the overseas Old Boys to learn the latest about our alma mater. Bro Steve Hogan, the current school principal, provided a lot of updates about the school to the audience and shared with them the foreseeable challenges that our school is facing under the new education system; while Mr Leonard Chu (1983), the incoming OBA President, and Mr Lester Huang (1977), the current Chairman of La Salle Foundation, also took the opportunity to share with the audience about their visions, upcoming work plans and projects of OBA and LSF. At the Conference, Leonard also announced the formation of Overseas Network Group, a new subcommittee of LSCOBAGlobal Reunion, to strengthen the bond and linkage among all overseas chapters.

We started the Saturday morning at the soccer field as usual – old boys from Bay Area, New York/East Coast, Toronto, Vancouver and Hong Kong got together for a series of fun-filled soccer games. Bro Steve, along with two retired LSC teachers, Mr Randy Woo Ho Wai and Mr Victor Lo Si Tak, presented the medals to all players after the game. There were a few Old Boys who managed to recharge a lot faster - they spent the afternoon at a nearby badminton court for a round of badminton game before sunset. Lasallians never say die!

Sunday was the busiest day throughout the whole Reunion – 20 golfers gathered at the LPGA Eisenhower Course inside the Resort to have their last round of golf game before departure. Another group of about 40 old boys went with Bro. Steve to attend the Sunday Mass at the Cathedral of Our Lady of the Angels in downtown Los Angeles. They were greeted by Archbishop Jose Horacio Gomez. Lasallians always try to do something more – this year, we added bowling challenge to the programme. Thirteen bowlers played bowling with Bro Steve after the Sunday Mass.



We concluded the reunion with a grand finale dinner on Sunday evening filled

with wine, music and dance. This year, we were fortunate to have LAM Che Ho (2008) playing violin solo. He is currently a professional violinist performing in New York. It happened that was the day of his birthday so that Bro Steve led us in singing “Happy Birthday” to the birthday boy. It was not often to have the honour of having one’s school principal to sing happy birthday to you, right? Two other Southern California



Old Boys also performed for us that evening: Mr Robert Lee (1966) brought his band group and volunteered to sing a lot of oldies throughout the evening whilst Mr Ronny Mok (2003), a saxophone instructor in California, played a few songs with Robert as well.



The organizing committee would like to thank all those who participated and contributed to the success of Global Reunion 2014. We are looking forward to seeing you all again in 2016 in Toronto, Canada. For pictures of the Global Reunion 2014, please visit:

<https://www.flickr.com/photos/lscobasc/collections/72157647449256257/>

❁ ANNUAL BALL 2014

The Annual Ball 2014 of the LSCOBA will be held on Saturday 13 December 2014 in Hall N101 at the Hong Kong Convention and Exhibition Centre. The Annual Ball is always one of the biggest events in the LSCOBA’s social calendar. This year, we have set a special theme of “The Good Old Days” for our fellow Lasallians to share their experience and memories of our Alma Mater with Old Boys from different generations. Over the years, your continuing support and generosity have helped LSC to remain as one of the elite schools in Hong Kong. We are appealing for your patronage in this event in one or more of the following ways:

- (1) Sponsor a prize or prizes for lucky draw;
- (2) Place an advertisement or compliment message in the LSCOBA Annual Ball 2014 Programme Book;
- (3) Book a table to celebrate the Christmas joy with your family, friends and fellow Lasallians.

The surplus generated from the Annual Ball goes a long way in supporting the regular meaningful extra-curricular activities run by the LSCOBA or the College. To name a few, the job shadowing programme, Young Old Boys’ gatherings, Professional Networking activities, a variety of sporting events, Interview Workshops, and the Talent Quest. Please continue to nurture the College’s tradition and heritage and to promote fraternity among our fellow Old Boys.

For inquiries, please email howardwong1995@lscoba.com. Details of the event can be found at www.lscoba.com. We look forward to seeing you and your guests at our Annual Ball on 13 December 2014.

Annual Ball 2014 Organizing Committee

☼ HAPPY HOUR GATHERINGS



The August Happy Hour gathering was jointly organized by the MCS Former Students Association (MCSFSA) and the LSC Old Boys' Association (LSCOBA) at ILLUSION LOUNGE in Lan Kwai Fong, a karaoke lounge/bar with darts machine and beer pong, operated by a Lasallian and a Maryknoller. The November Happy Hour gathering was held on Friday 7 November 2014 at STREET MEAT, also in Lan Kwai Fong.

The LSCOBA Happy Hour events need no introduction as they always attract many LSC Old Boys (and occasionally MCS ladies) to attend. Going forward we are delighted to announce that the happy hour gatherings will be held on a monthly basis on the first Friday of each month, except on special occasions (eg public holidays or other LSCOBA events) for which further announcement will be made in advance, so that our Old Boys can regularly meet each other in a relaxed atmosphere! The dates for the next two happy hour gatherings are 5 December 2014 and 9 January 2015, both being Fridays.



Recreation Subcommittee



☼ CLASS OF 1999 15TH ANNIVERSARY REUNION

Because of the unavailability of the school hall on Sunday 17 August 2014 (which was the first choice for many of us), the attendance rate was not that satisfactory, only 50 of us attended. We regarded it as a great step for LSCOBA to email and ask people from different years to organize 5 years gathering. We believe that we should not be limited to 5th, 10th, 15th year anniversary reunions, many of us would like such gathering be held annually. The Young Members subcommittee of the OBA may build up a network of active Old Boys and perhaps organize some intra-year gatherings for the young old boys.

Organizing Committee
Class of 1999 15th Anniversary Reunion



♣ OLD BOYS' CONCERT 2014

The second Old Boys' Concert was successfully held on Sunday 31 August 2014 in the Tsuen Wan Town Hall Auditorium with the theme “Soundscape of Folk Cultures” (民俗音樂綺想). Lasallian musicians, senior and junior, gladly took the audience on a stroll across cultural borders.

The Old Boys Wind Orchestra started off the concert with James Barnes's passionate Spanish tune *Danza Sinfonica*. They then performed Arturo Márquez's *Danzón No 2*, a very lively piece of Mexican dance music. Afterwards, the Old Boys Chinese Orchestra performed 3 pieces of Chinese folk music centred on the people living on Huangtu Plateau and their culture. In Jing Jianshu's *Watching Yang-ge* (看秧歌),



Suona (嗩吶) soloists Kwan Lok Tin (2009) and Ng Ka Ming (2013) dazzled the crowd with their fascinating skills and technique. In addition, the Old Boys Chinese Orchestra also played the famous local tune *Below the Lion Rock* (獅子山下) in memory of our Old Boy Dr James Wong (黃霑) (1958), who passed away 10 years ago. The Old Boys Percussion Ensemble took the stage and performed an exciting Japanese piece *Snow/Byakko*, which describes the mystical beast Byakko (white tiger) dashing across the snow among the flickering lights of snow lanterns. Lastly, our Old Boys Symphony Orchestra played Antonin Dvorak's bucolic and idyllic *Symphony No 8 in G Major* featuring the cultures and landscape of the scenic Bohemia region.



Our heartfelt gratitude must go to the invaluable contribution and unremitting support from Brother Steve, our two conductors Mr Kelvin NGAI Lung Shing and Mr NG Chiu Shing, teachers and staff of our Alma Mater, all the Old Boys and student players, helpers, sponsors and guests. We are convinced that there are always higher heights to reach and Old Boys across generations are grateful for making music together once again especially given their tight work schedules. What a touching moment

it was towards the end of the concert when everyone sang our school song with the accompaniment of our Old Boys Symphony Orchestra - all our wonderful memories were brought back to life once more. May we always remember, “When the old boys get together, they will always sing this song !”



Photos of the concert can now be found at mblscoba.wix.com. Video and audio recordings of the full concert will also be available soon. For those who are interested in joining our Old Boys orchestras for any future performances, please feel free to contact us at mblscoba@gmail.com.

Martin So (2004) Lyon You (2009)
Music Board LSCOPA

LSC MUSIC TEAMS - MUSIC INTERFLOWS 2014

In recent years, our La Salle College Music Teams have made significant achievements in various competitions and students are particularly proud to be part of “La Salle Music”. Our music teams have not only won the hearts of the adjudicators, they also won acclaim for our Alma Mater. This year, with our new student leaders in each music team, they are prepared to strive for the best in the upcoming 2014 Hong Kong Youth Music Interflows. Details as follows and our boys need your support! (By the time of publication, our LSC Symphony Orchestra has won the Gold Prize.)



Orchestra	Entry	Date & Time	Venue	Name of Competition Piece	Name of Composer of Competition Piece	Conductor
LSC Chinese Orchestra	Secondary School Class C	11 December 2014 10:15	Tuen Mun Town Hall Auditorium	隴上春潮	劉文金	Mr Ng Chiu Shing
LSC String Orchestra	Secondary School Class A	25 November 2014 15:00	Hong Kong City Hall Concert Hall	Divertimento III K.138 - 1st movement - Allegro 2nd movement - Andante	Wolfgang Amadeus Mozart	N/A
LSC Symphony Orchestra	Secondary School Class B	11 November 2014 14:00	Tsuen Wan Town Hall Auditorium	Symphony No. 9 - 4th movement - Allegro con fuoco	Antonin Dvorak	Mr Ngai Lung Shing, Kelvin
LSC Wind Orchestra	Secondary School Senior Class	03 December 2014 19:00	Queen Elizabeth Stadium	1)Danzón No. 2 2)With Heart and Voice	1) Arturo Márquez 2) David R. Gillingham	Mr Ngai Lung Shing, Kelvin

Martin So (2004) Ryan Chan (2013)
Music Board LSCOPA



❁ LSC VS DBS OLD BOYS HERITAGE CUP GOLF TOURNAMENT

The second Heritage Cup golf tournament between La Salle College Old Boys' Association (LSCOPA) and the Diocesan School Old Boys' Association (DSOBA) was held on Friday 26 September 2014. As the defending champions, we had to submit our team list to DSOBA 48 hours prior to the match. We put together the strongest team possible and yet DSOBA responded a day later with an astoundingly strong team as well. Team LSCOPA 2014 consisted of:

Tony Cheung (1977), John Ribeiro (1978), George Chan (1978), Warren Wong (1978), Gilbert Lau (1981), But Mui Sum (1982), Caesar To (1983), Henry Lam (1983), Leonard Chu (1983), Anthony Lam (1984), Wallace Hu (1985), Alvin Choi (1997), Lionel Chan (1909) and Anthony Tam (2013).

We had 7 flights this year, with 3 flights playing the Best Ball format and 4 flights playing the Scramble format. At around noon, 28 gentlemen, all in neat and tidy team shirts, gathered on the first tee box of the New Course, at the Hong Kong Golf Club, to kick off what would turn out to be a nail-biting match. We were down 0:1 from the first flight. Our Wallace Hu (1985) played his personal best of 77, but the team was gracious in defeat, having been outplayed by Wilson Choi, the professional who had qualified to play in the Hong Kong Open this year. But Team LSCOPA never gave up. Even though we knew from the outset that it was going to be a very tough match this year, still, when the scores came in one flight after another, our hearts got heavier and heavier.



LSCOPA vs DSOBA 0:1, 0:2, 1:2, 1:3, 2:3, 2.5:3.5, 3.5:3.5

Since we tied the match, we decided that each OBA should keep the trophy for six months. As the

defending champions, LSCOBA gets to keep it for the first six months. Tony Cheung (1977), the most senior old boy on our team, received the Heritage Cup trophy on behalf of Team LSCOBA. We are grateful to Henry Lam (1983) for sponsoring HK\$5,000 towards Team LSCOBA this year. I would like to thank all the players for once again playing their best under pressure and competing against our rival school in a gentlemanly manner. We remain the defending champion, and I look forward to retaining the Heritage Cup trophy for a whole year next year. Let's all start practising!



Leonard Chu (1983)
 Captain of Team LSCOBA

❁ JOB SHADOWING FOR LSC STUDENTS

The LSCOBA has organized a series of Job Shadowing (1-day internship) programme in the summer holidays during July and August 2014 for our F5 students. A total of 95 students paid visits to companies that they are interested in, to see the real working lives of their C-Hings and gain Other Learning Experiences (Career-Related) hours required under the New Senior Secondary Curriculum. With the keen support of many Old Boys, we solicited 15 companies of diversified professions/industries to host the programme, which includes accounting, dental, engineering, legal, medical, physiotherapy, IT & telecom, marketing & distribution, pharmaceutical and also an international social enterprise, Dialogue in the Dark.

On behalf of the School, we would like to thank the Old Boys and their companies mentioned below for their tremendous effort and time spent in organizing and being the mentors of this marvelous learning programme for our students.

Café de Coral - Dr Michael Chan (1972)

Nine students visited their corporate office in Fotan, Shatin. Besides learning about the company's retail operations and management philosophy, part of the programme was to let the students to work as "mystery customer" while having lunch at some of the fast food outlets. They also sat in some of the real training classes for the branch managers.



Caleb Dental Clinic - Dr Clement Tang (1996)

On three different dates, a total of nine students with keen interest in dental studies visited the clinic of Dr Clement Tang to see his full day's work. There were cases of oral treatments as well as surgical works for the patients. They experienced the treatments from the angle of a dentist and learned that good communications skills and patience are important qualities of a good dentist.

CATALO Natural Health Foods Ltd - Calvin Chan (1992)

Two students spent the day at the company's sales & promotion booth in Food Expo 2014 held at the Hong Kong Convention & Exhibition Centre. After learning the company's wide range of health supplements and food products, they had hands-on experience in product promoting and communicating with customers.



Compuscreen Medical Diagnostic Centre - Dr Stephen Ng (1965)

Six students visited this medical research and diagnostic centre specially engaged in the testing of cervical cancer. They learned about lab testing procedures and the job responsibilities of the medical technicians. Stephen explained the operations of the centre and shared his study, working, and teaching experience in medical fields, both in the US and in Hong Kong.

CWCC - Thomas Wong (1977)

A total of ten students visited the company on two different dates. They learned about the diversified business operations of a well established accounting firm, which covers general accounting services, auditing, corporate advisory, corporate secretarial services and taxation. The mentors also shared their experience and advice in taking professional exams to become a qualified accountant.



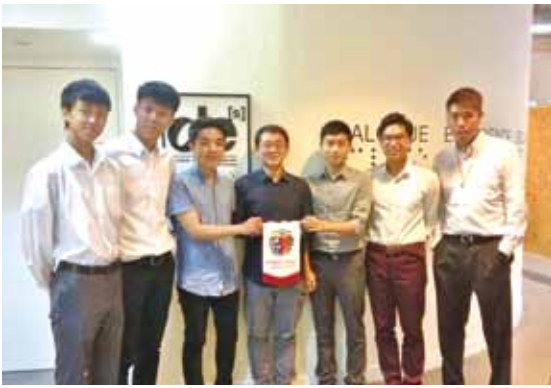
Davis Polk & Wardwell - Paul Chow (1989)

Six students visited this international law firm and learned about the many different aspects of the legal profession. Part of their programme was to visit the High Court and the Hong Kong Stock Exchange as the firm works on a lot of Initial Public Offering deals. During lunch at the office, they had the chance to talk to the partners and solicitors and trainees who shared their study and working experiences.

Deloitte Touche Tohmatsu - Eric Tong (1980), Thomas Chung (1982), Freddie Chui (1987), Peter Koo (1987), Robert Lui (1995), Edward Hui (1998) and Ricky Fung (2001)

Nine students visited one of the Big4 accounting firms. Not only did they learn about the organization structure and job responsibilities of various divisions and departments, the HR personnel led them through a game of self assessment to help them understand more about their own personalities and career orientation. A case study was given and the students worked to provide solutions to a company's management. Throughout the day, the seven Old Boys shared their study and career experiences with their C-Dais.





Dialogue in the Dark - Antony Pang Woon Kei (1988), Sam Tam (1991) and Carlos Yap (2004)

Three students visited the corporate office of Dialogue in the Dark (HK), an international social enterprise engaged in fostering the career potentials of visually impaired persons. They worked with two Old Boy mentors in preparing for an upcoming corporate training event. They also observed how visually impaired employees were actively involved in a corporate training workshop.

HAR International - Ir KC Ng (1970)

Three students went to this engineering consultancy firm to see the daily work of an engineer who specializes in energy products. KC also took them out for a field trip to Green Island Cement Works in Tap Shek Kok.

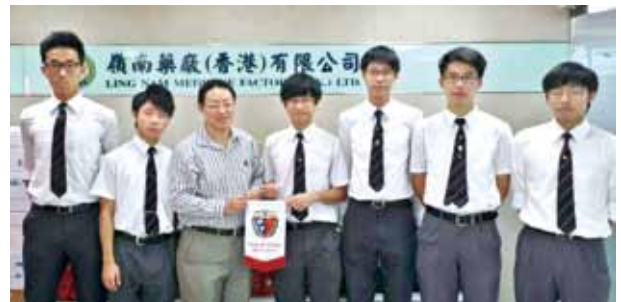


iPhysio Exercise & Manual Therapy Centre - Ivan Ho (1998)

Two students visited Ivan's clinic to see his daily work as a physiotherapist. They learned that a physiotherapist's job can be very interesting and diversified. Besides traditional manual physiotherapy treatments; acupuncture, yoga & pilates exercise and physical training are applied to help the patients to recover from injuries as well as to strengthen the body.

Ling Nam Medicine - Timothy Tam (1994)

Six students visited the manufacturing and R&D facilities of this Chinese medicine factory in Tuen Mun. Besides seeing the whole manufacturing process of pharmaceutical products, they learned about the importance of GMP (Good Manufacturing Practice) - production and testing practice that helps to ensure a quality product. They also had a chance to perform some laboratory work in a real business environment.



PuraPharm - Abraham Chan (1977)

Five students visited the head office and the Chinese medicine clinic located in the Hong Kong Science Park to learn about modernized manufacturing and development of concentrated Chinese medicine granules as well as other health products. There was a side tour of the Science Park to see the infrastructure facilities of various technology clusters, namely biotechnology, electronics, green technology, IT & telecommunications and precision engineering.

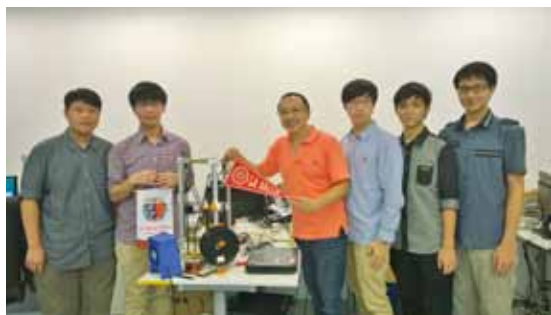


Shun Hing Group - David Mong (1979)

Six students visited the head office of the Shun Hing Group, the sole agent of Panasonic, JVC and other branded products for both retail and corporate customers. They learned about the company's organization structure, diversified business operations, management philosophy and corporate culture. The students were then assigned to the departments of marketing, engineering services, and logistics to observe the daily duties of their mentors.

Telecom Digital - Alex Cheung (1970), Billy Cheung (1978), Bobby Cheung (1978), Sunny Cheung (1985) and Ian Cheung (2013)

Twelve students visited the head office of this listed company to learn about their diversified businesses of mobile network and financial data provider, logistics, and mobile phones maintenance. A side trip was made to one of the group's iPhone customer service centre. They had the chance to hear the latest development and technology of the mobile communication business.



Ximplar - Paul Lee (1989)

Five students visited this IT incubatee company at the Hong Kong Science Park. Paul shared with them his visions and experience in the Silicon Valley and why he started his business here. The students got an update of the IT industry and learnt about the fast growing mobile app market. They saw the demonstration of the company's award winning product - ACEHearing, a technology that optimize the user's hearing capability

while using mobile audio devices including smart phones. Paul also took them out for a tour of the Science Park's facilities.

Stanley Shum (1979)

Student Affairs Subcommittee

DR JEFFREY KONG YAU-PAK (1977) OBITUARY

The education sector was saddened by the sudden death of Chu Hai College of Higher Education vice president Dr Kong Yau-pak (1977). Dr Kong had been tirelessly working for the upgrading of Chu Hai into a university and his efforts were just a step away from bearing fruit. To prepare for upgrading, Kong had been overseeing new campus construction and academic accreditation matters, highly demanding tasks that came with their usual share of complications. For example, the new campus at Castle Peak Road, designed by the famous architect Rocco Yim, had been beset by labour shortages and soaring costs as have other local projects. He is survived by his wife, Annie, and a 2 years old daughter.

Excerpted from *The Standard*, Friday 24 October 2014

Our Past President Lester Huang (1977) were classmates with Jeffrey even back in primary school, so was Past President Charles Chan (1977). Charles remembered that Jeffrey "would give him rides home ... always a gentleman, an academic and an educator in his later years. He was a very low profiled and private man."



For the third year, the Heritage Subcommittee of the LSCOPA was invited to lead a Heritage Walk for Primary 4 boys of La Salle Primary School to learn about our school's war time history and about those Lasallians who fought and died in defending Hong Kong. This year the school changed the event date from March to Friday 7 November 2014 in the hope



of drier weather. In the end, there was still some intermittent rain, but not enough to dampen the spirits of the boys or the Old Boy guides, parent helpers or teachers. 6 classes were split into 8 groups, and as usual we showed the boys a video and slides in the school hall to offer them the historic background, and then we set off on coaches to Wong Nai Chung Gap and Stanley Military Cemetery, ending with prayers

for our War Dead. The date of the outing was close to the Hong Kong Remembrance Day service, and Old Boy guides all wore poppies and we explained to them the meaning behind the tradition. Through this annual function, we hope that more and more of our younger generation will appreciate the sacrifice borne by our predecessors.



Mark Huang (1985)
Heritage Subcommittee

✿ 2014 SPRING DINNER OF THE 17TH KOWLOON (LA SALLE) SCOUT GROUP

Chairman James Chiu (1969) hosted the function with the two Vice Chairmen - Karl Ng (1964) and Dr Lau Sai Lai on 9 March 2014 at Kum Tao Heen Restaurant in the Scout Association Headquarters. The event was attended by over 110 people, including members / their spouses, scout leaders, ex-principals of LSPS and VIPs:

Bro Steve	- Principal of LSC & Sponsoring Authority of the Committee
Bro Thomas	- Hon Advisor
Dr Steven WONG	- LSC PTA Chairman
Mr Leonard CHU	- LSPS PTA Chairman
Mr LAI Kwok Wing	- District Commissioner of the Kowloon City District, Scout Association

In his welcoming speech James Chiu wished everyone a healthy and prosperous Year of the Horse. He remarked that the Committee had strong financial support from members with over HK\$300,000 in contribution which had broken all records in the past. He thanked Chow Loi (1962) for his 32 years of service to the Committee with the warmest blessings to his future. He encouraged all scout leaders to make use of the resources to provide better equipment and to organize more local / overseas activities for the scouts.

Bro Steve thanked all committee members, scout leaders and teachers for their contribution to the Committee. He emphasized "All Lasallians should never under estimate our contribution by our presence. Our presence generates mateship which is the bond that is spiritual, loyal and unbreakable". He was grateful for the Committee for financing many projects toward LSC in the past years. He then wished NG Siu Wing, our GSL, happy retirement in July. Bro Thomas recalled he first meeting with NG Siu Wing in 1980. At that time there was "a little school" inside LSC for slow learners and NG Sir was one of the very few persons with special skills and qualifications to aid those learners. He sincerely thanked NG Sir for having dedicated his life work to LSC.

Certificates and souvenirs were presented by Bro Steve and Bro Thomas to committee members and by Mr Lai Kwok Wing, District Commissioner of the Kowloon City District of the Scout Association of Hong Kong, to the scout leaders:





- A. Volunteer service certificates by the Social Welfare Department to members having served a specified number of hours of service in attending meetings and scout activities of the Committee; and
- B. Long service awards (certificates for each and every 5 years; souvenirs for each and every 10 years) to recognize the long and dedicated service of members and scout leaders in the Committee / Group are listed below:

Years of Service	Committee Member	Scouter
5	Dr Ernest FOO Tai Chuen Mr Howard WAI King Hang Mr Albert CHENG Chak Wa Mr William WONG Wai Tong	Mr CHAN Man Sum Mr Bart YIP Ysz Chung Mr Kelvin LEE Chun Hei Ms Yvonne TAM Yan Wing Ms Jowe CHEUNG So Kwan Mr Brian MAK Chun Wai Mr Raymond YU Tai Chuen Ms Winnie CHU Wai Man
10	Dr Steven LI Siu Lung	N/A
15	Mr Edwin CHEUNG Yik Kuen Mr LI Ping Lap	Mr Stephen LAM Wai Kit Mr Trevor LEE King Chung
20	Mr CHU Yee Kong Mr LAM Kam Kong	Ms Mary CHOW Pak See
30	N/A	Dr Ernest FOO Tai Chuen
32	Mr CHOW Loi	N/A

James Chiu together with Nelson Lee (1958), our ex-Chairman, presented the 32-years long service award to Chow Loi, as the Hon Secretary (1981-2013). Nelson Lee praised Chow Loi for his detailed presentation of meeting minutes, his sound advice and reminders to him for Committee events. He recalled that when he joined the Committee with Chow Loi in 1981 they were appointed Vice-Chairman and Hon Secretary respectively at the first meeting by Bro Henry.

Chow Loi thanked Nelson Lee's kind words. He had dedicated his services to show his memory and gratitude to Bro Cassian Brigant, the then Bro Director (Principal) of LSC. On knowing that Chow Loi was a new immigrant from China starting to learn English in a hard way, Bro Cassian accepted him to Primary 5 in 1955 (by then, Primary 5 was the lowest class in LSC) though the former could

have taken another boy who achieved better results in the Primary 5 entrance exam. Bro Cassian was the man whose door he knocked and the door was opened to him. He had changed Chow Loi's life by given him this opportunity. When Bro Henry invited him to join the Committee in 1981, he had no hesitation in serving the Committee for 32 years.

Oswald Lim (1954), the Instructor of the Committee, added that Bro Cassian was interested in scouting and was the GSM (Group Scout Master, same ranking as GSL today) by then in the Group.



This historical picture was provided by Mr James LI, the former VSL of the Group. Bro Cassian was standing in the right hand side of the picture. The picture was taken on 23 April 1949 where Bro Cassian was an active GSM of the 17th Kowloon (La Salle) Group.

Before the event ended, Karl Ng, the Vice Chairman, gave a vote of thanks to express his appreciation to members, scout leaders and instructors, the executive committee, and to Chow Loi for his contribution throughout the years. He welcomed Davis Cheung (1993) as the new Hon Secretary of the Committee; thanked Alan Cheung (1993) and Philip Yeung (1993) for the detailed arrangement of the event; and thanked Clement Hau (1997) as the Master of Ceremony; and all guests of honour attending the Spring Dinner.

Davis Cheung (1993)
Honorary Secretary
The 17th Kowloon (La Salle) Group Committee

✿ HONG KONG REMEMBRANCE DAY 2014



On Sunday 9 November 2014 Bro Steve Hogan, students, 17th Scout Group and representatives from the LSCOPA laid wreaths at the City Hall Cenotaph to honour Lasallians who have sacrificed themselves to protect Hong Kong during World War II. 2014 also marks the 100th anniversary of the start of World War I, as the Austrian heir to the throne, Archduke Franz Ferdinand, was assassinated in Sarajevo 薩拉熱窩 on 28 June 1914.



❖ CLASS OF 1974 40TH ANNIVERSARY REUNION

40 years of anything makes it old. But after 40 years of being out in the world, and away from La Salle, about 80 La Salle old boys from the year of 1974 felt young again. For the 40th Anniversary Reunion of the Class of 1974, it was a special, spirited moment as soon as we land our feet on the grounds of our alma mater, the homecoming visit which kicked off the Reunion activities on Friday 17 October 2014. The tour of LSC, where the group was received by Brother Steve Hogan, gave the Old Boys a glimpse into the latest developments of the school. As many were also alumni of La Salle Primary School, a tour of LSC was followed by a homecoming visit to LSPS. We were warmly received by Mrs Betty Ho, the Principal, and the two Vice Principals Mrs Mandy Catlin and Mrs Wendy Wong. It was a heartwarming tour for many of the Old Boys, who roamed the same school grounds as a little boy in their primary school red jackets.



The school tour during the day was followed by an evening Gala Dinner with a “school uniform” dress code at the Regal Kowloon Hotel. The gathering had been brewing for a few months, and the buzz and anticipation was brought to a fitting climax. It was the largest gathering ever organized for the class, who have come from near and afar. From thousands of miles away in Canada, United States, Australia, Korea, Malaysia, Singapore, and of course Mainland China, many joined for what may be an event of a lifetime. It was the perfect evening to renew long-lost friendships, and a night to reminisce those early years. The evening belonged to friendship, brotherhood, camaraderie, and the Class of 1974. A fitting and nostalgic video made by our class photographer Mr Ringo Lee was shown, and an especially

poignant moment was experienced when a short clip in memory of our late classmates and our old majestic school campus was shown to all participants. Mr Anthony Lun, the singer among us, was generous with his voice, and delivered two solo numbers as well as “Seasons in the Sun” together with Members of the Organizing Committee.

The Gala Dinner evening was graced by the presence of our teachers of yesteryears, who included, in no particular order, Mr Peter Chiu Wing-tak, Mr Yik Kwan, Mr John Au, Mr Lawrence Chan Hok-man, Mr Cheung Ting-por, Mr Peter Cheung Wah-tai, Mr Chong Ket-seng, Mr Joseph Chung, Mr Peter Lee, Mr Leung Ngan-kwan, Mr Francis Fung, Mr Shum Mou-kei, Mr Woo Ho-wai, and Mr Walter Wou. Both Brother Steve Hogan, the current Principal of La Salle College, and Brother



Thomas Lavin, addressed the Reunion and gave some food for thought on current issues. Two special guests were Mrs Elizabeth Pau, former Principal of La Salle Primary School, and her husband, Mr Pau Shiu-hung, also a Lasallian and a devoted Seventener. It was a particularly accommodating gesture of Brother Steve, Brother Thomas, and other former teachers who made it to the 74ers' Reunion Dinner after the Speech Day event at LSC.

Part of the group and their families followed on to a fabulous side-trip to Guangzhou, organized and led by our classmate Mr Sonny Wilber Doo, who is a resident of Guangzhou. The group was treated to some special destinations within the City, as well as sumptuous food at different specialty restaurants, including Wilber's "The Best Little Foodhouse in Guangzhou".

Among the old boys, there were naturally chats and laughter about the good old days, and future gatherings to renew old ties. The whole Reunion was preceded by a bicycle ride among a small group a week ago, and followed by separate gatherings among various smaller groups. All agreed that the Reunion ended somewhat too soon. One of our old boys, Dr Michael Yuen Lai-fan, added the proceeds from the sale of his book on the "Three Kingdoms Period" to the donations to the school from the balance of the proceeds of the dinner after deducting expenses.



As we get on in life, we will always have La Salle in our hearts, and will forever be grateful for the strength that LSC gave us. The words of Tennyson, also used in a recent James Bond movie, somehow came to mind:

We are not now that strength which in old days
 Moved earth and heaven; that which we are, we are;
 One equal temper of heroic hearts,
 Made weak by time and fate, but strong in will
 To strive, to seek, to find, and not to yield.



Edmand Wong (1974)



La Salle College Fencers, along with Financial Secretary Mr John Tsang and Bro Patrick, celebrate Ryan CHOI's success for Hong Kong in the Nanjing Summer Youth Olympics Games. Ryan won a Silver Medal in Individual Foil on 19 Aug 2014 and a Gold Medal in Mixed Group Competition on 20 Aug 2014.

[Partly excerpted from La Salle College website]

❁ LA SALLE HERITAGE DIGEST - BROTHER FELIX'S REMINISCES

In this issue of the "Heritage Corner" (hereafter renamed "La Salle Heritage Digest"), we share with you a unique and telling Speech Day Principal's address. Unlike the usual Principal Speeches offering a recap of a school year's happenings, the speech by Brother Felix Sheehan was a unique memory of the happenings of the school from the outbreak of war in Hong Kong in December 1941 to 1959, and those who helped the school in these difficult times.

To help the reader understand the context of Brother Felix's speech, here are some key dates:

- Morning of 8 December 1941, the Japanese attacked Hong Kong and school in LSC terminated till 1945
- 13 December 1941, Japanese troops occupied LSC
- 25 December 1941, Governor of Hong Kong, Sir Mark Young surrendered to Japan
- August 1946, school reopened
- August 1949, British War Department demanded the use of LSC for 12 to 18 months. School forced to use Perth Street hutments
- August 1959, British War Department returned LSC campus to the Brothers
- February 1960, the first Speech Day held in LSC School Hall since December 1941.

Mr and Mrs Crozier, Ladies and Gentlemen, Teachers and Boys

The occasion this evening warrants, I think, a departure on my part, from the customary comments on the Annual Report. Instead I shall give expression to the feelings of joy and gratitude that fill me, on being able to hold this prize giving function, in our own hall, after so many years of forced absence . . .



I am in a mood this evening to reminisce, and if only the walls of this hall would aid me, by relating all that has happened within their precincts during the past twenty years, what tales they could unfold.

There was the fateful night of the [Saturday] 13th December 1941, when this hall was filled with Japanese soldiers, who were about to make an assault on the besieged island of Hong Kong. Prior to the attack as they sat silently packed together, they were entertained here to an impromptu concert.

Brother Felix: "if only the walls of this hall would aid me."

In more recent times . . . this hall often became the venue of large gatherings of Officers of the British Army, who listened here to conferences on defence strategy in atomic warfare . . .

My thanks then go to the Governors and Government of Hong Kong, who did all they could to have our College derequisitioned. Here tonight we have the Hon Dr Rodrigues and the Hon Mr Terry, both distinguished members of Government, who stood by us with encouragement and advice and raised their protesting voices frequently in Legislative Council Debates . . .

Thanks to the Old Boys, who were indignant at the idea of the prolonged occupation of their College, and who voiced their indignation with effect. None more so than Mr Hilton Cheong Leen, former President of the Old Boys [Association] and Mr O. de Sales, President for the second year in succession of the Association. Thanks to the Press of Hong Kong who rallied as it always does to a worthy cause . . .

The campaign for the return of La Salle was taken right into the heart of the British Parliament in London and there, a loyal friend, Major Wall, MP for Hull, raised the question of the derequisitioning of this College, again and again.

Finally the Pro-Secretary of State for the Vatican, Mon. Dell Acqua, at the request of Brother Lawrence O'Toole, Assistant Superior General of the Brothers, appealed to the War Office to relinquish La Salle College.

No less on our side in the campaign were Generals Straton [*sic*, should be Stratton] and Bastyan [*PS*: Commanders of British Forces in Hong Kong from 1955-57 and 1957 to 1960 respectively] and I would like to avail of this opportunity to thank them for their understanding and help.

. . . In the city hall of Dublin there is a bust of the best loved of the Under-Secretaries of State for Ireland, inscribed underneath with Drumond's own Motto: "property has its duties as well its rights". We in La Salle have been given our rights and now we must endeavour not to fail in our duties.

These duties consist in producing moral, loyal and competent citizens and of meeting the challenge of education in this Colony . . .

Ladies and Gentlemen, in the midst of all this recounting of God's blessing I shall end, by thanking you all, for your kindness in being present at this year's prize giving.

[Tuesday] 9th February 1960

❁ PREVIEW OF 2014-15 LSCOBA SOCCER LEAGUE

With the historically highest number of 29 participating teams in the league this season, we are expecting the tournament to be more tense than previous ones, as more young and energetic footballers are playing. And I cannot imagine how the league ranking will look like after mixing up with new teams like Black Knights, 2000cc and Spartans. Dyman goes back to where it is supposed to be - Premier Division and my personal warmest regards to the return of Forties Forever to Division 1.

On another note, the highest number of teams are mostly driven by more young graduates forming their own teams and this trend could last in the coming years ahead, perhaps it is time for us to have an agreement on the maximum number of teams that we could run in our league!?

James YU (1992)
Convenor LSCOBA Soccer League

WINTER GOLF TOURNAMENT



Date:	28 November - 30 November 2014
Venue:	Taipei, Taiwan — Ta Shee Golf & Country Club 大溪高爾夫俱樂部 Sunrise Golf & Country Club 揚昇高爾夫鄉村俱樂部 Yung Han Golf Club 永漢高爾夫俱樂部
Departure Time:	DEPART HONG KONG 28 November 2014, CI 678 Time: 0810
Return Time:	DEPART TAIPEI 30 November 2014, CI 677 Time: 2205
Vacancies:	30 LSC Old Boys on a first-come-first-served basis
Deadline:	Friday 14 November 2014
Price:	HK\$7,920 for Shared Room; HK\$9,620 for Single Room (+\$1,300 for Business Class) plus Fuel and Tax surcharge of HK\$650. Price includes: - 2 nights at Humble House Hotel with breakfast - 3 rounds of golf as stated at above golf course with share buggy and caddy - Round trip airfare HKG/TPE/HKG on China Airlines - One dinner after last round of golf at Yung Han Golf Club - All transfer as stated above - Travel insurance
Remarks:	<ol style="list-style-type: none"> 1. No entry will be accepted unless accompanied by full payment. 2. Prizes will be awarded to the winners with the best gross score, highest Stableford points, Best Front-9, Best Back-9, and winners for the longest-drive and nearest-pin. 3. Make sure you have a valid travelling document to go to Taiwan. 4. All itineraries and prices are subject to change without prior notice. 5. LSCOBA reserves the right to cancel the event at its sole discretion in which case full refund will be made. 6. LSCOBA and the organizers shall not be responsible for any personal injury or loss or damage whatsoever to any person howsoever arising in connection with this event. 7. For further enquiries, please contact Joe Wan (1997) (Tel: 97157616, Email: joe.pl.wan@gmail.com).

❖ LSCOBA 2014 WINTER GOLF TOURNAMENT REPLY SLIP

To : LSCOBA
c/o La Salle College Kowloon

I would like to participate in the LSCOBA 2014 Winter Golf Tournament.

Name _____ (_____)
English Chinese

Tel No _____ Fax No _____ Email : _____

LSC Class of _____ LSCOBA Membership No : _____

Handicap : _____ (please complete as we have a net score tournament - maximum is 30)

I enclose my cheque for HK\$7,920/HK\$9,620 / please charge my LSCOBA credit card for HK\$7,920/HK\$9,620 (Appendix 1).

I agree to abide by the rules and conditions of LSCOBA and the organizers in connection with this event. I understand that there will be no refund after my entry has been accepted unless the event is cancelled.

Signature

Date

Please complete the Entry Form and send it with your cheque made payable to "La Salle College Old Boys' Association Ltd" / or authorization to charge your LSCOBA credit card (as applicable) to Mr Joe Wan c/o MetLife Limited, 20th Floor, Cityplaza 3, 14 Taikoo Wan Road, Taikoo Shing, Hong Kong on or before 14 November 2014. No entry will be accepted unless accompanied with payment.

Appendix 1 - LSCOBA VISA Card Authorization Form

Cardholder's Name : _____

LSCOBA VISA Card Number : _____

Expiry date (MM/YYYY) : _____

Total amount (HK\$) : _____

Contact Tel Number : _____

I hereby authorize the above payment for the LSCOBA 2014 Winter Golf Tournament.

Cardholder's signature and date: _____

❖ CLASS OF 1964 GOLDEN JUBILEE REUNION

On Friday 14 November 2014 we will have a dim sum gathering (mainly for overseas classmates) to be followed by a walking tour of Sheung Wan, the landing place of the Britons some 150 years ago. We will then visit our alma mater in the afternoon of Saturday 15 November 2014, to be followed by a Gala Dinner at the Dragon King Restaurant, World Trade Centre, Causeway Bay. There are close to 60 people participating, including Bro Steve Hogan and Bro Lawrence Blake, Chiu Siu Lai, James Huang, Frederick Lam, Henry Lau and Shum Mow Kee, who have taught us.

We will finish off with a short tour of Chiu Chow from 16 to 18 November. A total of 34 people including spouses and friends are joining the tour. For classmates of the Class of 1964 who have not yet enrolled in the reunion activities please contact me at vincentwslo67@gmail.com as soon as possible.

Vincent Lo (1964)
Convenor Class of 1964 Golden Jubilee Reunion

✿ CLASS OF 1969 45TH ANNIVERSARY REUNION

The Class of 1969 is organizing the 45th Anniversary Reunion Dinner on Saturday 22 November 2014 at the Kum Tao Heen, 8/F, Hong Kong Scout Centre, 8, Austin Road, Kowloon, Hong Kong. We welcome all 69ers to participate. Please contact Class Coordinators Tommy Lam at lamtatchi@netvigator.com or Edmond Lau at edmondlau@massmutualasia.com.

✿ CLASS OF 1984 30TH ANNIVERSARY REUNION

Time flies. Can you believe that it was 30 years ago that we sat for the Form 5 HKCEE exam? To commemorate the 30th anniversary, a reunion gathering is being organized as follows:

- Date: Saturday 6 December 2014
- Programme: 10am to noon '84ers vs Teachers football game starting at 10:45 am
4:30 pm to 5:30 pm LSC and Primary School Visit
6:00 pm to 7:00 pm Cocktail
7:00 pm to 10:00 pm Dinner
7:30 pm Group Photo
- Location: La Salle College LG2 School Auditorium
- Dinner: Buffet style with outside food catering
- Price: HK\$1,000 per person
- Attire: Smart Casual

House wines and beverages will be provided. You are encouraged to bring your collection of wine to share with fellow '84ers. We target to invite 20 teachers. The proceeds, after all expenses are covered, will be donated to La Salle College on behalf of our class. There will be a special session in the programme at the dinner reception in which pictures of our school days will be projected. To make this a success, we need your help in providing your precious pictures. Please start digging up old photos, scan them and send them to lsc84reunion@gmail.com for consolidation. If you are not able to attend the reception, we would still appreciate if you could send us the pictures to make the event extra memorable.

Actions required:

- (1) Register - Please register by sending email to lsc84reunion@gmail.com with your name, email, and mobile telephone number.
- (2) Pay - Kindly make payment by depositing at Hang Seng Bank (CHIANG Yee Leung Leslie a/c no 383-898996-001) by midnight Sunday 30 November 2014. If you can only make payment after 30 November 2014, please add a special handling fee of \$500 for a total of \$1500. Upon deposit, please send an email to lsc84reunion@gmail.com with pay-in slip of your deposit and your name clearly marked as proof of payment.

Richard Cheong, Leslie Chiang, Alan Lee, Eric Li, Henry Shum, Stanley Shum, Willie Wong
Class of 1984 30th Anniversary Reunion Organizing Committee

❖ CLASS OF 1989 SILVER JUBILEE REUNION



[* tap tap tap * (PA System)] Good morning boys

The Silver Jubilee Dinner of class of 1989 will be held in the school hall on Saturday 29 November 2014. The event will begin at 6pm and group photo taken at 7pm. Non-marking shoes only. White socks are not allowed. Those who would like to join can contact John Sung at drjohnsung@gmail.com or Whatsapp/call at 92682570. The cost of HK\$600 can be directly deposited into his HSBC Account 469-191068-833.

There will be a double-double-period PE lesson on the same day starting at 3pm on the school football field, featuring 7-a-side football matches. Teams can be formed on the spot (自己猜人). Remember to pack your own PE gear and uniform into your school bag.

The Class of 1989 is targeting to raise HK\$34,000 to complete the LSC Multimedia Mac Lab's fund raising. Those who would like to contribute can email John Sung and make a direct deposit into his HSBC Account 469-191068-833, or donate at the event.

Old photos of your LSPS and LSC school life can be submitted for the slideshow by mailing to drjohnsung@gmail.com. This is the only way to have any control on what you want to be seen by the public so I strongly encourage all boys to take advantage of this.

[* abrupt end of announcement, with feedback noise * (PA System)]

❖ OLD BOYS' PASTIME : THE FOUNTAIN OF YOUTH



It is a typical September Saturday afternoon at the LSC track. A group of 5 athletes, apparently not at an age that can be considered current LSC students, are surprisingly doing some sprinting drills.

Q (Ray Sun): Can you introduce your team?

Alan: We are Alan Cheung (1991), Allan Sun (1992) and James Yu (1992), Ross Li (1992) and Kevin Liu (1993). We are ex-LSC athletics team members who participated at the Interschool Athletics Meet in one of the glorious eras of the LSC athletics team history, during which the team won 5 consecutive titles. It still stands as the longest streak to date and we certainly are proud to be contributors to that streak.



Q: What brings you guys to train here in the middle of September?

Alan: I came across this information about a Hong Kong Masters track and field meet that will take place on 2 November 2014, and I asked Ross whether he is interested. In turn he managed to link up with a few more old teammates from his C grade Gold winning 4x100m team so now we have a legitimate team enrolled in this Masters meet, trying to compete in the 4x100m event and some other individual events. I also ran into

Mark Huang (1985) in the school canteen during our last training session and he also expressed interest in taking part in the Javelin event. The Masters Meet is categorized into age groups from 35-39, 40-44, 45-49, etc, and we will be competing against athletes who we used to battle in Wanchai when we were young.

Q: Are you enrolling in the meet as individuals or as a team?

Alan: This Masters Meet requires applicants to represent a club before you are allowed enrollment. We then found out that there is a LSCAC (La Salle College Athletics Club) that we can use as our home club to participate in this event. After close to 20 years or more of away from real track and field competition, the thought of running while representing our Alma Mater again makes it very special. Maybe this is the reason why you are seeing us training so seriously now. Special thanks to sports master Mr MA Kin Kwok for his assistance in registering us under LSCAC, and the permission of Bro Steve and Bro Thomas for allowing us to use the school badge to compete in the meet.



Q: Have you guys been consistently running over the years and can you share some of your thoughts about running?

Alan: We all have our own stories and reasons why we run. I used to do hurdles during my years in LSC. I kept on training after graduation and was fortunate to break the Hong Kong Men 110m hurdles record in 1996 before focusing on my studies abroad. After that I mostly trained for long distance just for health purposes. Last year I knew that Ross has also started running long distance and I linked up with him and ran a few 10km local races with him. It turns out that he got addicted in running long distance and achieved personal best in marathons after marathons in the last year or so.



Ross: I first tried running the HK marathon 10 years ago. Without much preparation, I hit the wall at 30 km mark, cramped and was eventually swept away by "The Bus of Shame". In the past 10 years, I gained 50 pounds from lack of exercise. Finally, being close to 40, a voice within suggested me to get going and start losing weight. I started running consistently, and Alan asked me to participate in a few 10km races. I later decided to challenge the HK marathon again in 2014. I trained 80-100km a week last year, lost 50lbs, and eventually finished at 3:46:26! After a few more months of training, I managed 3:38:10 for July's San Francisco Marathon and 3:28:01 for August's Iceland Reykjavik Marathon. My hope is to complete 100 sub 4-hours marathon in my lifetime in

100 different venues/cities. In order to achieve a new personal best time, you have to work harder and set a higher standard for yourself to get to it. It is through giving it all for a race that you truly can feel the satisfaction at the finish line. I now see the Marathon being a close parallelism towards life, which in order





to feel truly satisfied at the end of our lives, we need to keep pushing and giving it all every step of the way.

Allan Sun: I did continue to run briefly when I was studying in the UK, but it has been over twenty years since I last trained or ran on track. Funny enough though, all my memories flashed back once I stepped on the LSC track again. I can't wait to run again, especially this time, my wife and daughter will be watching and cheering for me.

James: I was not a formal school athletic team member when I was with LSC, though I was more eager to join the school team than anyone else back then and here it is now after more than twenty years!! An old saying - "It is never too late as long as you have a dream", which is exactly my case. Special thanks to the team for all the extra guidance and the opportunity I was given to run for LSCAC, I am not sure what the result would be in the Master Meet, but I personally think I had won the training experience with the LSC athletic team from one of the glorious era. What else I can ask for?



Kevin: It would be my honor to run for La Salle again. I will try my best despite the fact that I have not practised for so long.

Q: I certainly hope you all can achieve great results in the Masters Meet, any message for other Old Boys?

Alan: Our featured event is the 4x100m as it is the only team event we have registered for. We have also enrolled in some individual events to bring back good memories from the competition days. We heard that our honorary rival DBSAC has a very strong team, close to 60 athletes participating in the event. There will also be athletes from well-known athletics clubs competing. We certainly hope more Old Boys will participate under LSCAC in next November's Masters track and field Meet.

Ray Sun (1985)
Convenor LSCAC

❁ LA SALLE COLLEGE ATHLETICS CLUB (LSCAC)

Hong Kong Masters Athletics Meet 2014 took place on Sunday 2 November 2014 at the Wanchai Sports Ground. It is open to any athletes aged 35 or above with HKAAA registration. Events include 100m, 800m, 3000m, 3000m Walk, High Jump, Long Jump, Javelin, Shot Put, 4x100m Relay and 4x400m Relay. The results:

Name	Class of	Age Group	Event 1	Result 1	Event 2	Result 2
Alan Cheung	91	40-44	100m (B)	5th	4 x 100m (A)	3rd
Ross Li	92	35-39	Long Jump (A)	3rd	3000m (A)	3rd
Cheeric Yu	92	35-39	100m (A)	8th	4 x 100m (A)	3rd
Allan Sun	92	35-39			4 x 100m (A)	3rd
Kevin Liu	93	35-39	100m (A)	9th	4 x 100m (A)	3rd
Mark Huang	85	45-49	Javelin (C)	4th		3rd

Standard Chartered Marathon 2015 will take place on Sunday 25 January 2015. LSCAC will be represented by Nelson Law (1985), Ray Sun (1985) and Stanley Shum (1979) in the 10km race; Johan Wong (1985), Edward Tam (1984) and Patrick Ng (1974) in the Half Marathon; Thomas Wong (1977), David Mong (1979), Edward Lee (1985), Stephen Ho (1986) and Henry Sham (1981) in the Full Marathon.

Ray Sun (1985)
Convenor LSCAC



La Salle College Old Boys' Association

香港濕地遊 - Wetland Eco/Heritage Walk

The OBA Heritage Subcommittee is delighted to present an ecotourism walk to be led by Dr. Sidney Cheung (80), Associate Dean of the Faculty of Arts, The Chinese University of HK. The outing will cover the Wetlands in Inner Deep Bay and neighboring areas in the 流浮山 area. The route, introduced in Sidney's recently published book 香港濕地四季遊, will offer participants different disciplines, including the natural sceneries and mangroves, rural community lifestyles and temples, and fish and oyster farms.

Date 6 December, 2014, Saturday

Quota 32 persons

Programme 1:00 pm - gather at
Kowloon Tong MTR Station

- Bus ride to Yuen Long, commence walk.
- Visit 大井吳屋村, fresh water fish farms, HK Wetland Park, oyster farms and end the walk at 流浮山 market. Optional group dinner will follow.
- Depart using public transport.
- Sidney will guide the group and offer his knowledge of the visited sites.
- Walk will take around 3 to 3.5 hours

Fee: \$80 (\$70 if paid by OBA Visa card)

Reminder: Wear comfortable walking shoes, and bring your own drinks and snacks.



REGISTRATION

Interested LSCOBA members (and a maximum of ONE guest each), please register on a first-come-first-served basis on or before 28 November 2014 (Friday) by filling in the details on this page and **faxing** or **emailing** the scanned copy to **2337-4951 / admin@lscoba.com** for registration and payment. Fee includes one-way bus transfer. Dinner and departure transport excluded.



Your name _____ HKCEE/DSE Grad Year _____

Your mobile number _____ LSCOBA Membership # _____

Your email address _____ Number of Guest 0 or 1

Will you/your guest stay for self-paid dinner at 流浮山? Yes / No

Payment by (circle as appropriate)

- 1) LSCOBA-Visa (Discounted to \$70 per person)
- 2) Other Visa Card 3) MasterCard (\$80 per person)

Cardholder's Name _____ Expiry Date (month/year) _____

Card Number _____

Card Issuing Bank _____ Cardholder's Signature _____

You will receive a confirmation if your registration has been successful. Should you have any queries, please call LSCOBA Administrator, Ms Bonnie Chan at 2336-2985 during office hours.