



AASPCS

2014 S/S • Newsletter
THE ALUMNI ASSOCIATION ST. PAUL'S CONVENT SCHOOL





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Dear Paulinians,

This is a special year for all of us, as this year marks the commencement of the celebration of 160th anniversary of our 'mother' school, lead by Sister Margaret and the 160th Anniversary Organizing Committee. There is a dedicated website with details available, please do check out the website for events arranged from this year till next calendar year! All the Board Members and I are very excited about it!

The AGM of AASPCS will be held on 10th May this year at 4pm at Classroom of the Future in the secondary section of SPCS, I would like to call upon your support in attending the AGM.

Last but not least, I would like to take this opportunity to thank all the Board members in serving the Board of AASPCS for the term 2013-2014.

Yours sincerely,
Anna Cheung
Chairlady, AASPCS

The Annual Dinner 2013 is the 27th anniversary annual dinner of The Alumni Association of St. Paul's Convent School (AASPCS). During the night, the Hotel's ballroom was almost filled to the brim, teeming with laughter and chatter of Sisters, Teachers and Paulinians!

- 1 / Opening Speech by Sister Margaret
- 2 / Guests were checking out an array of souvenirs available for sale at the dinner
- 3 / Pre-dinner photo taking session
- 4 / Committee Members of AASPCS 2013/4 and Guests-of-Honour
- 5 / Father Alfred Deignan led the prayer before meal
- 6 / Singing of school hymn at the end of the dinner



We take this opportunity to thank our Sponsors and helpers in making the event a tremendous success.



7 / Amanda Xiang, singing "I'll always love you"

8 / Janet Wong and Nicole Chan, performing "27 (No. 1) Beethoven", flute and cello

9 / Who were the lucky ones that the prestigious awards go to?

10 / The black and white shoes! – keychain – Paulinian designed souvenir

**The Alumni Association of
St. Paul's Convent School
27th Anniversary Annual Dinner**



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*Karen Leung, graduate of 1994
Executive Board member of AASPCS*

On 14 December 2013, a group of alumni spent a most delightful afternoon with the Sisters at Convent of St. Paul de Chartres. With Christmas arriving in less than ten days, we brought along a few “goodies” to celebrate with our dear Sisters.

Instead of Christmas pudding and candy sticks, we arrived at the Convent with traditional Chinese desserts, pastries and dim sums to share with the Sisters. We also prepared a Christmas card for the Sisters, which was 100% hand-made by alumni and their children.

Best of all, we spent an enjoyable afternoon with the Sisters. It only took seconds before it felt like a big family gathering. We have, on one hand, young “family members” who are still in nursery brought along by the alumni mothers and on the other hand, the older yet young-at-heart “family members”, namely, some of the elderly Sisters residing at the Convent of whom the eldest was already 99 years old!



Despite over 90 years of age difference, we chatted about everything from our good old days as Paulinians, to Sisters who have taught us, to what have been keeping each other busy lately. We thank the Sisters for sparing their precious time and it was truly heart-warming for us to see the happy smiles on their faces.

A pre-Christmas gathering, of course, would not be complete without a round of Christmas carols. Led by our talented young singers, we also sang rounds of Christmas carols in perfect harmony.

Time passed too quickly and before we realized, it was time for us to go. At the end of the Convent visit, Sister Anne-Marie has also very kindly shown us around the garden. We were all dazzled by the beauty of the Koi fish in the garden's fountain. Like us Paulinians, through the love and care of the Sisters, the Koi fish have certainly grown big and strong!

We thank God for bringing us together and sharing a warm and special afternoon with the Sisters before Christmas. We look forward to our next gathering and we hope to see you too at our next visit!



*Sharon Wong, graduate of 1995
Executive Board member of AASPCS*

Wednesday, 26 March: Another ordinary day at work, totally exhausted. It was almost 7:00pm. I found myself at the gates of SPCS. The same old gates which I walked through every day when I was a child. It was getting dark. The school was quiet and peaceful. I walked up the dimly-lit stairs and saw light coming from a room at the far end of the corridor. As I got closer to the room, I heard sounds of laughter and wine glasses clinking resonating through the tranquil evening air.

I arrived at the door, and my journey to the past and the future began.

There I was, at the networking wine tasting event organised by The Alumni Association of SPCS. The event was held at the Synergy Room, a room which did not exist in my school days. Tasting French wine against the backdrop of the oriental décor in the Synergy Room, was this not a perfect reminder of our mother school, a school with French origins deeply rooted in the heart of Asia?

The next hour was a journey to the past. With close to 50 alumnae in the room, the networking event took on a life of its own. Old friendships were renewed, as classmates, netball team mates, schoolmates met and talked about their sweet days of girlhood. New bonding was formed among alumnae from different years and over 15 different professions, as we shared common memories of our mother school and the pains and joys of our school days over a glass of wine. These memories we'll recall. These memories we'll recall.



The highlight of the night came when Sister Margaret made a special guest appearance and offered to give us an impromptu night tour of the School. We were taken to places that came into existence after our times: the Classroom of the Future which combines advanced technology with natural lighting; the Roof Garden which is the home to organic home-grown vegetables by parents of existing students; the Aeroplane Room which used to house the plane built entirely by Paulinians, and the Study Room equipped with massage chairs (yes, massage chairs!), just to name a few.

It was truly a very special evening where I travelled through the tunnel of time. I saw the past, where the golden links of childhood were rediscovered and shared. I saw the future, where future generations of Paulinians will continue to benefit from a school environment that provides a “home away from home” and prepares them for the challenges in the path that lies ahead of them.

As I left the School that evening and re-entered the hustle and bustle of Causeway Bay, I stopped and looked back at this School of ours, which had stood the test of time. I could not help thinking to myself, “I wish I were born later so that I could experience life as a student here in 2014!”

My dear fellow alumni, come and see our dear old School for yourselves. You will be amazed by what you found! To those of you alumni-to-be, treasure and enjoy every moment of your school days!

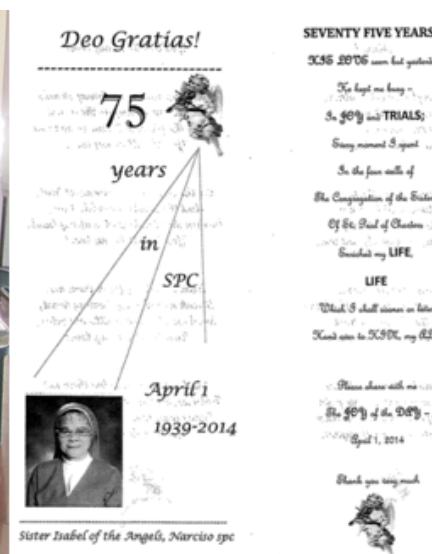


*Sharon Wong, graduate of 1995
Executive Board member of AASPCS*

On 29 March Ellen Mak (1979 graduate) and Annie Leung (1975 graduate) went to Manila, Philippines to visit Sr Isabel Narciso celebrating her entry as a sister of the Sisters of St. Paul of Chartres for 75 years. Sr Isabel entered St Paul's Novitiate, Manila, Philippines as a novice on 1 April 1939 at the age of 19 years. She came to serve Hong Kong in 1949. She was the principal and supervisor of SPCS from 1971. She was made Superior of SPCS in 1973. Due to the damage caused by white ants in the old school building, Sr Isabel liaised with various government authorities to rebuild the primary and secondary sections of SPCS in the late 1970s. She left Hong Kong in 1980 and worked in Peru till 1996. After 15 years as Manager of Residence Hall of St. Paul University Manila, Sr Isabel was transferred to SPC Vigil House in Taytay, Rizal, Philippines, a sort of Retirement/rest house for the Sisters who are no longer in active work. She spends her time praying, reading and helping around in the Vigil House. She will turn 95 years in coming August.

Ellen and Annie met Sr Isabel at the airport. They went for a dim sum lunch at a Chinese restaurant. They stayed at the Vigil House with the sisters during their stay in Manila.

There are currently 57 sisters staying in the Vigil House, 20 of whom are on wheel chairs and 13 are bed ridden. Sr Carmela, who was dear to the choir members in



1960s and early 1970s, is also staying in the Vigil House. Sr Carmela had a fall in England a few years ago. She is now staying on wheelchair.

We had early morning mass on Sunday 30 March at 6:30 am, followed by a party with girls from SPUM to celebrate the long service of Sr Isabel rendered to SPC. Sr Emily joined the party too.

We had a wonderful time with the sisters at the Vigil House. Thanks to Srs. Amelita and Lorenza, who prepared delicious food for our breakfast, lunch, afternoon tea and supper. Our final meal ended with star apples from the garden which was unforgettable.



*Annie Leung, graduate of 1975
Advisory Board Member of AASPCS*

What was your favourite sport when you were a SPCS student? To me, it would be netball. Not that I were a netball player, I enjoyed watching a netball game and I believe many Paulinians would share the same thought.

In Hong Kong, there are approximately 1,200 people playing the game of netball at various levels. The Hong Kong Netball League (HKNL) organized by the Hong Kong Netball Association has 6 divisions and runs from October to April every year. Most players in Hong Kong will choose to play for one of the netball clubs in Hong Kong but there are also a handful of netball players that form their own teams. Giants, would be one of them and it is a team formed by a group of enthusiastic netball players that are all our alumni.

Giants has recently won the HKNL - Division 3 Cup in April 2014. We have the great opportunity discussing this with Shannon Lee (2006 graduate), captain of Giants who shares her views on netball and the matches with us.

N: Newsletter

S: Shannon

N: *How is Giants formed? How does the team get to practice given the busy schedules for everyone?*

S: *Our team consists of SPCS alumni from different age groups. Our members used to play netball in school and all of us would like to keep practicing netball after we graduate. We usually practice every Sunday. We are all enthusiastic players and we make the practice schedule works for everyone. Outside the practice, we meet up regularly for dinners and activities.*

N: *So why would the team wanted to join a competition?*

S: *We felt that we should have a goal when we practice and joining a competition would be something that the team can work towards to.*

N: *Tell us something about the matches.*

S: *We played against each and every team within the division almost every week from October 2013. There were around 20 matches. It was exhausting for everyone as we have day-time job/school but we all enjoyed the practices and the matches. In a way, it is a different kind of satisfaction!*

Netball in Hong Kong is predominately played by foreigners and as Asians, we may not be as physically strong as foreigners but our team managed to overcome this. There are around 60 active netball teams in Hong Kong and less than 10 teams are formed by Asians solely. Giants is one of the few.

Also unlike other teams, all our team members (first or reserve players) will have a chance to participate in every single match. This is not common but it is something that we were used to as we have the same arrangement when we played netball in SPCS. This “all-involved” arrangement was encouraged by our SPCS teachers. A sense of good sportsmanship is also something that we were taught at SPCS and all our team members share the same belief.

Our final match was a close game, with 24 to 22 against HKU Knights. All these matches made all our team members stronger and closer than ever.

N: *What's next for Giants?*

S: *We are all passionate about netball and we will continue to practice and participate in competitions. We are going to enroll ourselves to the Division 2 netball match which will be held in October 2014. We also aware that there are a lot of Paulinians who are interested in the sport and we welcome them to join us in our practices. Popcorn (Division 4) and the Prime (Division 6) are also netball teams consists of SPCS alumni.*

According to the International Netball Federal Association (INF), “the majority of people who take up netball stay involved for life and are passionate about the sport.” I wasn’t sure about this initially, but after talking to Shannon, I agree no more.

So let's be honest, basketball or netball on the TV? I would say....netball please!



- 1 / Giants - the full team
- 2 / Happy faces
- 3 / Giants (red) doing the best jump
- 4 / Giants' selfie

*Jacqueline Lee, graduate of 1995
Executive Board Member of AASPCS*



International Nurses Day (IND) is celebrated around the world on 12 May of each year, to celebrate the dedication and hard work of our nurses and raise awareness of the work of nurses and their colleagues.

The day was chosen as it was also the birthday of Florence Nightingale - the founder of modern nursing. She was a pioneering researcher who collected data and conducted experiments to reform nursing theories and practice. Hence, research utilization was closely associated with nursing from its beginning.

The evolution of nursing role into advanced practice are widely debated and emerged responding to shortage of workforce, high cost of health care and high expectation of care delivery in recent decade.

By the former colonial government to today's Government, the nursing profession advance their role and system. Within the nursing profession, we have increasingly specialized in different areas, position like Advanced Practice Nurses and Nurse Consultants are experts in certain areas. Alternatively, Nurse-led clinics are launched in managing long term illness such as diabetes, stoma and dialysis, where nurses play an essential role in maintaining quality of life and reducing mortality for the public.

Likewise in most of the developed countries, the title, definitions and competencies that required practicing at advanced level are ambiguity and clarification is vital. Initiating advanced nursing practice in line with international views, the Provisional Hong Kong Academy of Nursing Limited (PHKAN) was established in 2011 to set up a legal regulatory body to delineate the role of advanced practice nurse and establish related regulations in Hong Kong. 14 specialty colleges under the Academy are established by nursing experts to promote excellence service.

Besides advancing the roles, nurses have to keep themselves align with the advanced technology such as electronic clinical management systems and documentation records while focusing on their clinical quality of care. Multiple tasks within the shifts to fulfil the expectation made the profession stressful and difficult compare to the past.

Over the past 30 years, we have experienced nurse labour movement, establishment of the HA, the influenza virus SARS and H5N9, which foster the development of nurses. As part of the nursing profession, I am proud that nurses foster the collaboration and continuous education to strive for the best care for the public.

International nurses' day is a time to mark the contributions *nurses* making to everyone. It is a day for nurses to feel proud and the rest of the world say thank you. I invite you to join me saying thank you to all the *nurses* in Hong Kong for their contribution.



*Jullian Hui, graduate of 1999
AASPCS Executive Board member*