



Ying Wa Girls' School

Alumnae Association Newsletter

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專訪平機會主席朱楊珀瑜

不講不知，朱楊珀瑜(Patricia Chu)原來是我們的校友，她在1952年入讀英華小一，直至1965年中七畢業，真真正正是英華「一條龍」教育的優質產品；她的同學還包括鍾秀琨、梁學賢、梅冰芬、黃美霜和吳璧媛。68年她在香港大學取得文學學士學位，跟著在社會福利署服務了34年，於2002年12月退休時已晉升至社會福利署副署長，並於2003年底獲委任為平等機會委員會主席。



在社會福利署的日子 Patricia任職社署34年，累積了相當多與弱勢社群和非政府機構合作的經驗，尤其在維護殘疾人士權利、保障弱勢社群，以及鞏固家庭體制等方面，貢獻良多，並協助改善不少個別人士及其家人的生活質素。在任期內，她策劃及推動過很多社會福利界的轉變，例如鼓勵機構靈活善用資源的「一筆過」撥款，及服務質素監察系統等。現時社署主要職能多與法定事務有關，包括：社會保障(綜合援助和殘障津貼)、家庭及兒童福利(包括領養、監管和保護兒童)、感化服務、監管幼兒中心及安老住宿服務等。楊校友為改善社會服務所付出的努力，非常值得我們欽佩和學習。



1963年畢業典禮

依法辦事。Patricia又指出，平機會為了應付挑戰和進一步在本港建立公信力，會採納3C策略：即鞏固原有工作(consolidation)、提升運作能力(capacity building)和全面加強溝通(communication)。就讓我們在此祝楊校友在平機會的工作事事順利！

細說當年 楊校友為人爽朗明快，當然公事上有她嚴肅的一面，但在憶述到英華女校的生活時，又顯現她活潑俏皮的一面。她告訴我們在中六那年的愚人節早上，全班給蕭覺真校長開了一個玩笑。她與同學們在蕭校長未到課室前，匿藏於天台走廊，只留下一位同學在班房內，果然把蕭校長嚇了一跳，過一會後她們才排成單行、手搭膊頭進入班房，蕭校長也不禁笑了起來。另外一次，班上長頭髮的同學，齊齊把頭髮向前撥，又把校服前後調轉來穿，使老師以為她們不專心背著她上課。

身體力行 楊校友在英華時已很活躍，是學生長團團長，奠下日後公正嚴明的形象。在學生會曾任服務部長，於感恩節時和其他同學負責送禮物到心光盲人院和真鐸啟暗學校。Patricia直言日後

投身社會工作亦是英華期間參與義工的薰陶。運動方面，她既是籃球隊長和排球隊員，又喜歡跳土風舞和蛇舞。入讀香港大學後，她又參加了社會服務團，幫助貧困的兒童，又參與工作營，在新界偏僻的地區修橋整路。聽說她與朱先生的羅曼史都是在做義工時開花結果的呢！Patricia與夫婿有影皆雙，在她辦公室樓下不時看到駕著跑車的夫婿接她下班。當問及現在工餘時做些甚麼，她說：「儘管十分忙碌，都抽空做運動，這兩年來，我與一班好友學跳排舞line dance，這個運動很能減壓，又能健身。」

女性地位 話題總離不開女性！當我問香港女人是否都有受歧視時，楊校友則覺免費教育已實行了廿多年，香港的教育水平比過往高，一般人都有基本的男女平等共存的觀念。她知道越來越多男士們都很尊重妻子，又與妻子分擔家務。她說：「現時不應只是為女性爭取權益和地位，而是著重認識"Family is more important than an individual member"，家庭內每一個成員的權益和地位都重要。」

「英華精神」 Patricia認為英華真是教育界的先驅，因為早在五十年代時已有「一條龍」教育的安排、家長教師會和學生會，以及培育學生的社會服務精神。回想過來，我們英華的精神—虛懷若谷，質樸力雄，思考獨立，關心社會，積極承擔，正義公平，全都給楊校友表現出來！

在此，懇盼在校的學妹們，好好利用在英華讀書的時光，充分建立信心和責任感，以及培養上述各項精神，好使日後能適應複雜的社會和國際環境，並以楊校友為我們的模範！

蔣玉珍 '68 及陳尚欣 '71

*還有更多珍貴圖片，請於網上瀏覽。



1997 暢遊波羅的海



2000年平等機會博覽



1996與先生乘郵輪暢遊阿拉斯加

校友會通訊小組舉辦的「以球會友同樂日」，於五月二十九日在學校舉行，很榮幸獲得九位不同年代的體育老師蒞臨。體育科在英華出了很多位「非常教師」：有威武如總司令的，有弱不禁風的書生型。當天，已為人母的校友，像小影迷般團團圍著心儀的老師，氣氛熱烈。體育是德、智、體、群、美，五育之一。而體育老師和學生的接觸，跨越一般課堂，除體能訓練及技術傳授外，實以身教、言教影響學生的成長。很多謝他們不厭其煩接受訪問，分享他們的心聲。

舊生、體育老師細味當年

潘幼蓮

中一暑假加入籃球校隊，自此便與籃球結下不解緣，尤其是六樓籃球場更留下不少難忘回憶。雖然那兒只得一個極之不標準的球場及殘舊得很的更衣室，但籃球場就像我們的「家」，留有我們不少的笑聲與淚水。那裡不僅是供刻苦練習、備戰比賽的球場，更是我們一班「戰友」聚腳的地方，經常相聚談天說地、傾訴心事，高興的會在此開生日會慶祝，鬱悶的亦會在此發呆消磨時間，甚至是測驗考試前亦會在此溫習。



當年受籃球校隊教練徐惠芬老師影響，有志成為體育老師及籃球教練，隨後入讀教育學院，主修體育科，畢業後更有幸回母校任教。擔任校隊教練，通常於下學期在籃球興趣小組挑選具潛質的學生入隊，接著便於暑假開始受訓；「新丁」一時不能適應如此大運動量，加上天氣炎熱，每年暑假練習期間，必定有人嘔吐大作或暈量不適。英華籃球隊歷年在校際賽事均取得很優異的成績，要保持這「優良傳統」，背負著一定的壓力；有些時候，在大賽或決賽前夕亦有失眠的情況出現，比起自己當球員時更緊張。

多位老師暢談
他們最難忘的
情景

徐惠芬老師 執教的第一年，帶領 C grade 籃球隊出戰學界賽事，竟以 18 對 0 的比數慘敗給庇理羅士女子中學。

梁學修老師 學屆田徑由第二組升上第一組。

黃蓉詩老師 見證學生由不能做到變成做得到，由平凡的氣質變得美麗和經歷到成功與滿足。

江鳳瑤老師 帶隊輸贏的情景及初帶隊時老是被誤認為學生。

黃惠芳老師 見到學生得獎，成功得到認同。

李達明老師 2003 年的丙組學界賽事，在最後一場賽事中先落後，後來反敗為勝，取得冠軍，學生都無比開心興奮，她們開心的樣子，至今難忘。

陸華揚老師 在重要關頭有兩位運動員「發波瘟」，結果由第一變成第三。

黃惠芳老師 見到學生成長，成功與否均努力嘗試。

李達明老師 學生可發揮技術及水準，應付比賽。

李崇鈞老師 同學

肯為球隊出力、很勤力，令人感動。

徐惠芬老師 最欣慰的就是學生能努力練習、發揮所長，而最重要的就是可做到盡力而為。學生除學習體育精神外，同時亦要注意學業。

梁學修老師 同學訓練後能得到獎項，突破自己。

江鳳瑤老師 除教授學生技術外，還培養她們在禮貌、服從、尊重教練和群體生活的品行。

體育老師、教練付出很多時間及心力。甚麼是他們最欣慰之處呢？

成功背後，體育老師也有種種困難之處

江鳳瑤老師 場地分配。另外，練習時間很夜、星期六、日及暑假均要帶隊，課餘私人時間變得很少。

梁學修老師 同學有點成績後，卻因學業而放棄運動。

李達明老師 學生怕郁動，但乒乓球這項運動講求技巧，不能克服這方面便難以提升技術。另外，學生也怕重複練習同一動作的機械式練習。

徐惠芬老師 學生不聽話、抗拒、反叛。

黃惠芳老師 社會風氣和家長均未認同運動能與學業平衡。

老師們對英華怎樣改進體育科提供了寶貴意見，不約而同慨嘆場地不足。希望快落成的低座運動樓能稍稍緩和此情況。不用學生分段或到其他場地練習，留校練習亦可加強學生的歸屬感。亦可考慮限定同學每個月都要跑一定里數，以改善她們的心肺功能。老師們冀望能在校提高運動的意識，配合學校的理念和校長的推動，相信一定可以培育體育人材。



以球會友
同樂日
Sports Fun Day





有什麼能令姐手姐腳的學生在烈日汗流浹背的奔馳如飛？有什麼促使鶯聲瀝瀝的女孩子喊破喉嚨、平常客客氣氣的同學擁作一團？那些學生七咀八舌，誓要請老師吃飯？什麼是學校生涯最震撼的一刻？為什麼以嚴厲出名的老師卻最受崇拜？一向給人循

規蹈矩的英華女生，又為何自稱狂熱、瘋狂份子呢？校友會通訊小組於五月二十九日下午邀請了多位體育老師和校友回校分享運動的樂趣，並互相切磋各種球藝，一起渡過了一個愉快的下午。很多謝各位坦誠分享她們對體育科和運動珍貴的回憶。

運動健將最難忘的回憶

Daisy Sin 中四班際排球比賽所有同學都到場支持，結果勝出。比賽當日的團結氣氛，令人感動。中四陸運會大家十分團結，盡力跑入決賽，比賽過程中亦得到同學支持。

老家賢、孫麗容、傅素儀、蕭燕鳳 參加了排球校隊，贏得全港學界總冠軍，出戰澳門，並取得勝利。

孫麗容 中七那年在同學的鼓勵下參加沒有信心的項目，在校內的陸運會中取得甲組個人全場總冠軍。

何慧儀 每年的班際排球比賽，我班往往與甲班「惡鬥」一輪。兩班的同學、甚至全校的同學都會很緊張。

Siu Ming Ying 全班一起踢足球，本來很有秩序，但最後瘋狂起來，很混亂，只顧將球踢入龍門。

Yeung Hiu Yan, Dorcas 中三水運會背泳泳拿冠軍；小學時參加過泳會，每星期練三小時，不停地游非常累。

Yip Hoi Kam, Leung Ho Yin 同黃老師慶祝生日、香港國際學校邀請賽(HKIS Tournament)得到冠軍之餘，翁教練亦獲得最佳教練獎。

Yip Hoi Kam 社際籃球比賽、陸運會得到甲組個人總冠軍。

趙寧 與隊友一同練習，練習後一起進食、瘋狂。

溫慧明、溫慧妍 籃球隊在校際精英賽中贏得冠軍。

趙寧 能與教練有亦師亦友的關係，每次比賽後密謀要他請食飯。

Regina Ng 健康的團隊精神；知道得失是很平常的事。



Yeung Tsz Kwan 因偷懶而被嚴詞責備；與教練亦師亦友的關係。

Lo Ka Yin 體育課對學生的要求非常高。

沈羨瑜 聯校羽毛球比賽，及比賽時的努力。

Ruth Chan (76至77體育部長) 結識很多好朋友。

昔日老師
形象鮮明、
令人難忘



Daisy Sin、麥慧廉、Regina Ng 打壘球時鮑先生坐在高上給人像司令的感覺。當年女子壘球絕無僅有，學生都感到自豪。鮑先生教跳舞姿勢美妙。她活力充沛，全情投入，體育課氣氛熱切。

麥慧廉、陳尚欣 「鋼條型」的李清詞牧師與鮑先生在體形和性格上給人極端的感覺。體育課時李牧師身手矯捷；中文及宗教課時口若懸河、引人入勝，真是能文能武。

Wong Po Yee, Tsang Wing Yin, Chan Chui Fun 最懷念徐惠芬老師，她教得十分好，很記得她穿皮革回校。

Betty Cheng, Ruth Chan 朱婉雲老師非常嚴格，教籃球很用心。比賽得到冠軍令人難忘。

Ms Bow Sui Hing's Legacy

The family of the late Ms Bow, our beloved PE teacher of 27 years, set up a fund which sponsored thirteen members of the basketball school team to attend a training camp in December 2003.



The Team & Coach Yung Kam Wah

We practised basketball day and night. We have our mission and target: improve our skills, correct our shortcomings, and

most importantly, build up confidence in ourselves. When the three days were over, we departed in sweat, but our morale was high, and we felt such a strong

team spirit. We will treasure this experience and step up our efforts in the coming inter-school competitions with strong confidence.

■ 7A Tam Wing

I experienced a lot in these three days. This camp was not for entertainment but was a harsh training programme. Every night when we returned to our dormitory, we felt so tired that we went to bed immediately. I think the second day was the hardest day of all. The weather was very cold but we still got to wake up early at 6 am to run laps. Sometimes we did not perform well and kept on repeating the

same mistakes. That made our coach angry. However, we wouldn't think of giving up. We would encourage one another, point out one another's mistakes and kept trying.

We had a wonderful BBQ on the second night. We felt so warm and close to one another beside the fire. The teammates had a chance to really get to know one another. I think we really become "united" after this camp.

I hope we can have more chances like this in future so this spirit could last forever.

■ 3D Lo Po Yi

I went to a training camp with the basketball team. During those three days, we did a lot of training. It was very harsh but I have learnt a lot. It was a very good experience for me. I was glad that I had this opportunity to join this camp.

■ 2B Yu Ka Ching

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Heart-To-Heart

Alumnae pour their hearts out to you.

無價之寶

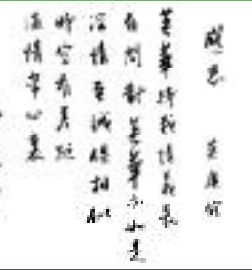
世上無價之寶，不是珠寶金銀，不是勢位名利。西方聖人說：「若是賺得了全世界，卻賠掉了生命，是不值得的。」此言非虛。我認為世上無價之寶有二，一是生命，一是骨肉親情。（「捨生取義」、「大義滅親」為另一價值。）

生命是父母所賜，父母將他們生命一部分，成全了我的生命。又用他們的心血培育我成人、成材，誠非易事。先哲有言：「身體髮膚受之父母，不敢毀傷。」至理至真。天賦我人生命，一生僅有一次，輪迴之說，飄渺不實。

骨肉親情，得自與生俱來，不經選擇，無可避免。是緣份，也是福份。此上天恩賜，要感銘、要珍惜。茫茫人海，僅得十個、八個人同根同胞，稀

世奇珍也。我人寄存天地百數十寒暑，能共享天倫親情之福之樂，時日幾何？亦如我人生命，有今生，無來世，能不珍之惜之？

人生於世，生命最需要愛的滋潤，有父母手足之愛、有夫婦朋友之愛，都是無可取代的生命動力之源。還有一種至珍至貴的愛，就是自愛，能量無限。愛惜自己，亦即愛惜父母，手足及親朋戚友。常言道：「保重身體，猶如孝順父母」。其言雖淺，其



義至深。

完美的生命，豐盛的生命，不在於有生之年，獲得聲如雷動的喝采，更不是死後賺取多少同情與歎息。但願記取：

生活的目的，在增進人類全體之生活。

生命的意義，在創造宇宙繼起之生命。

謹錄先哲名言，與世人共勉積極人生。 莫廣銓

莫廣銓老師於1969至1992年任教英華，曾擔任中文科主任及副校長，對英華貢獻良多，深受師生愛戴。



Deborah Duen Ling Chung '69, chair professor at Buffalo State University, USA, was chosen this year by the American Carbon Society as winner of the triennial Charles E. Pettinos Award in recognition of her research accomplishments in the science of carbon materials. After reaping a string of prestigious academic accolades for her breakthrough inventions and research, she describes to us the pride of her life, interestingly, in quite a different field!



Rita Chan and Rosanna Mak, both '68, have lost contact for over 30 years with Rita residing in Toronto, and Rosanna in Hong Kong. Rosanna's efforts in setting up the Pilkington Memorial Scholarship in celebration of the contributions of the late Miss Margaret Pilkington, former Deputy Principal, united her with Rita. They did far more than just reminisced. Bravo, girls!!



Sports Fun Day was a reunion for some 60 PE enthusiasts: students, alumnae and teachers. They played sports, met new and old friends, and were energized by the spirit of comradeship. They were also interviewed on what PE meant to them.



Patricia Chu '63, chair of Equal Opportunities Commission, gives a glimpse of the lighter side of her by sharing with us some really precious snapshots of her life in Ying Wa and beyond.



Miss Betty Barr, former English and RE teacher, coauthored yet another book with husband, George Wang. *Between Two Worlds - Lessons in Shanghai* (Old China Hand Press, HK), is a sequel to *Shanghai Boy Shanghai Girl - Lives in Parallel*.

Read these 'Heart-To-Heart' articles at our Website: <http://ywgsaa.org.hk>

'59班離校四十五周年重聚

經過好幾個月波折多多的籌備，來自澳洲、香港、美、加的「各路英雄」終於在五月下旬雲集於溫哥華。

首項節目就是參加該地「舊生會」每年一度的聚餐，筵開十數席，得以見到一些闊別多年的師姐、師妹們，那種興奮、熱鬧的情景，實難以筆墨形容。翌日下午，我班的同學先在酒店內穿上特別訂造的連帽汗衣，拍攝團體照，然後前往酒樓舉行慶祝會。

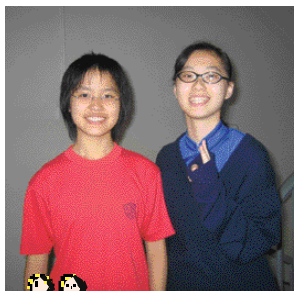
五月廿五日大清早，一行廿一人(包括兩位恩師—關若蘭老師、李清詞牧

師，四位師姐、妹，四位「姑爺」)向黃石公園和總統山等旅遊勝地出發。這個八日七夜之旅委實叫人難忘！天然景色、野生動物、人造工程等等，雖叫我們讚嘆不矣，但最令我們享受的卻是旅遊車上各人的即興參與。...話舊、唱歌、講近況或笑話；還有晚上在酒店房間內的「促膝談心」，叫我們彼此之間有更深的認識、更真誠的關愛，也叫我們更珍惜母校給我們的教育。真的，「身遠心莫離，英華學校」！

信不信由你，我們已定了下次重聚的日期呢—二零零六年十一月/十二月，暫定地點為澳洲。



Photo Gallery



Chiu Man Wai(左)和Chiu Man Fung(右), 雖然是孖生, 但由細到大樣貌都不太相似, 所以別人不易分辨她們, 在小學她們年年都同一班, 但中學就只在F.1同班, 所以在同一個house。她們曾分別在學校擔任青年獎勵計劃和電腦及數學學會的副主席, 希望可以為學校服務。



(TWINS) "Rosanna Pang (left), Annie Ng (center) and Susana Pang (right) taken at the 1973 F.5 graduation night outside the Hall in Ying Wa". Annie and Rosanna started their schooling in Ying Wa kindergarten in 1960 and left after F.6 in 1974. Susana is working with the USA Government while Rosanna is working with the Hong Kong Institute of Education in Hong Kong.



溫慧明(左)和溫慧妍(右)在學校同是籃球隊的成員, 為學校拿下不少獎項。



盧凱恩、盧凱儀兩姊妹中六當年同時當學生會的職員。盧凱恩(左)是學生會副會長, 盧凱儀(右)則是社會服務部部長。除了樣子相似外, 她們的興趣也是一模一樣的, 單單同樣是 prefect board, red cross 以及 orchestra 的成員就知道了!



桃李滿門 李家有十兄弟姊妹, 其中六姊妹在英華就讀, 前後接近三十年。左至右: 二姊梅影為教師、七姊梅玲為護士、六姊梅英為社會福利工作者、十妹梅冰為行政助理、八姊梅麗為加拿大文學士、大姊梅裳為校長。



曾郭月容(左二)'35, 中六畢業後在証券行工作。1938年至1978年在英華任校長秘書, 先後跟隨夏靜怡校長、蕭覺真校長、單吳賜校長、鄭美蓮校長、周馬佩堅校長。1978年四月移民美國, 現享子女兒孫福。李曾希慈(左一)'66, 現任三藩市C.M.P.C醫院手術室護理主任。曾希文(右一)'72, 現在亞里桑那州任財務管理。曾希哲(左三)1964年讀幼稚園, 現任矽谷聖德勒撒醫院泌尿科主任醫生。

MEET THE PRINCIPAL

With the Olympic Games being one of the highlights this year, it is particularly pleasing to read the latest newsletter with a celebration of "Sports in Ying Wa".

Fit to Lead highlight : Standard Chartered Marathon

Last year, the Extra-curricular Activities Committee endeavoured to launch the "Fit to Lead" programme. With the strong conviction that leaders should be fit both physically and mentally, we encourage all student leaders to participate in a series of physical training which will help them successfully complete the 3000m race in the school Athletics Meet and 10,000m in Standard Chartered Marathon.



They did achieve their targets on 8 February, an extremely icy cold morning when all would like to stay in their warm beds. 28 students, 7 teachers and a cheering team overcame their own limits and set personal records.



All participants were able to complete the race – the impossible mission they once thought at the very beginning. This is significant for the experiences have demonstrated to them clearly when there is the will, there is the way. The efforts of the teachers in charge and the generosity of the 4 alumnae donors are much appreciated.

New Annex

The new annex is finally completed after 5 long years of construction. This is a good news to all. The new annex is built on the site of the tennis court and consists of a covered playground and an open ball-court. As part of the programme, various relocations took place:

New venue	Original site
1. Covered playground open ball court	Tennis court
2. Library	Covered playground
3. Staff Room	Classrooms and library (5/F)
4. Staff Common Room	Classroom (5/F)
5. Multi-media Learning Centre	Staff room (4/F)
6. B32 (classroom)	Staff room (3/F)

Upon the completion of the school improvement programme, students will enjoy more space for recreation.

105th Anniversary Celebration

Times flies. While the centenary seems to have just gone round the corner, the 105th anniversary is approaching. A series of events is listed below for your reference:

2004

15 – 16 October	Read to Create Presentation and exhibition
16 October	Alumnae Association Tea Gathering (after the Read to Create programme)
November	Sale of souvenirs

2005

20 March	Thanksgiving Service Founder's Day Dinner
October	Publication of school magazine

You are specially welcome to come and enjoy the "Read to Create" presentation by our students. For the Thanksgiving Service and Founder's Day Dinner, the chosen theme is "We care and We share". Do come, give thanks and celebrate.

Ruth Lee

Congratulations! We would like to express our sincere congratulations to Ho Ka Yan (何嘉茵) on attaining excellent academic results in her A-Level Examinations this year. She is going to study Engineering in Trinity College at the University of Cambridge with the Prince Philip Scholarship. We wish her every success in her studies.

Acknowledgement Sincere thanks go to Lvy Lo Wai Yee '76 (勞慧儀), Lucinda Cheung Pik Kwan '72 (張碧君) & Stella Chu Hung Ha '72 (朱紅霞) for their generous donation to cover the printing and mailing costs of this issue of the newsletter.

MAKING LEMONADE OUT OF LEMON

In 1999, I suffered from a two-week coma as a result of the wrong combination of neuroleptic medications given to me by a psychiatrist at Mount Sinai Hospital in Toronto. Reason? Because I had been diagnosed as a woman afflicted with bipolar disorder. In layman's term, a manic-depressive.

Yes, my name is Caroline Fei-Yeng Kwok who graduated from Form Five's Arts class in 1968. When I was in Ying Wa, I was involved with the Literary and Debating Club and Drama Club. In 1970, I went to study at the University of Minnesota, majoring in English Literature. I did many odd jobs at the time, graduated with an Honours Award and returned to Hong Kong in 1972. I enrolled in the Diploma of Education at the University of Hong Kong and taught English as a Second Language at the Language Center there.

In 1974, I came to Toronto and received my Bachelor of Education at the University of Toronto, after which I began teaching English as a Second Language with the Toronto Board of Education. In the meantime, I also took courses for my Master of Education at the University of Toronto.

I might seem to have managed my professional life very well, but not so in my personal life. It had mainly to do with my marriage to a fellow student of the University of Minnesota whose major was Business Administration. Having been to a girls' school with over-protective parents and a lack of exposure to men while I was at the University, I was unable to cope with the emotional stress of my marriage. In 1980, in North York General Hospital in Toronto, I was formally diagnosed as a manic-depressive by a male psychiatrist. I divorced my husband in 1982.

I was confined to the psychiatric ward for four months and was given tons of tranquilizers without choice. There were not much understanding, neither was there much emotional support. Mental illness was and still is, to a lot of Chinese, a family shame, a loss of face, a taboo behind closed door.

The Canadian psychiatrists, on the other hand, did not seem to understand my aspirations either. My dreams of being a writer, a journalist, and a researcher were considered as "grandiose thoughts" (a symptom of being "manic") when I talked about them in my fast, accented English in the midst of distress.

As a new Canadian, I did not know the rules and regulations of the Canadian mental health system either. Neither did I know the names and the side effects of the medications.

In 1999, in order to "calm my manic state," a psychiatrist at Mount Sinai Hospital gave me the wrong combination of neuroleptic medications, after which, I was in a coma for two weeks.

It is God's blessing that I did not die in the coma and suffered no brain damage except that my handwriting has become illegible to others forever. I can still write, type, play the piano, and most importantly, think with a clear mind.

The major reason for my recovery has to do with my memoir, THE TORMENTED MIND, that I completed at Yale University. In this memoir, one of the chapters is called YING WA GIRLS' REUNION.

It is because of this memoir that I am the recipient of the 2001 Courage to Come Back

Courage to COME BACK



郭飛瑩是我三姊的同學，只記得她英語耍家，常在校際朗誦節名列前茅。我移民多倫多後和她飯聚，但因工作及家庭忙過不了，便很久沒聯繫。後來聽到她受一種躁狂與抑鬱交織的兩極情感性精神病(Bipolar Affective Disorder)困擾，親友日漸疏離。想起她是醉心文學的性情中人，面對傳統世俗對精神病的諱忌、恐懼及誤解，一定很是難受，心中也很掛掛著她。輾轉間，我又聽到她已康復的消息，並在耶魯大學研習寫作，而她的自傳"The Tormented Mind"不單幫助她戰勝病魔，更體現了她做作家的夢想，和讓她勇敢地倡導對精神病人的認同和支援。此書已被收納入一些大學課程，請參閱讀者及專業人士評語www.thetormentedmind.com及Amazon.com。飛瑩在2001年由主診醫生Dr. John Klukach提名榮獲加拿大安省"Courage to Come Back"獎，是唯一的華人。
陳尚欣 71

Award sponsored by the Centre for Addiction and Mental Health in Toronto. It has opened many avenues for me, including my present teaching of literacy to immigrant psychiatric survivors, my research with a disability project, and my speaking engagements about social stigma towards mental illness.

But most importantly, it has helped me to have all my old friends accept and understand me once again, to have new friends who are understanding psychiatrists and social workers, and to regain my long lost confidence and independence.

In short, just like what Professor John Nash is reputed to have said in his biography, A BEAUTIFUL MIND, it is "safety, freedom, and friends" that have helped me recover. Most of my dreams have come true.

For that, I have to thank the late Ms. Pilkington and Ms. Hepple for giving me the ground work in Ying Wa, Dr. Richard Selzer, my professor at Yale University, for his encouragement, and Dr. Mary Seeman of the University of Toronto for her edition of the new version of my memoir, which I hope will find a major publisher soon.



MENTORSHIP programme

"Mentorship" is the creation of a supportive relationship between a mentor and a mentee to enhance the latter's holistic development through positive communication in areas of mutual interest. The specific objective of setting up a mentorship programme in Ying Wa is to tap the invaluable resources amongst our alumnae to complement the efforts of the teaching staff in facilitating the all-round development of Ying Wa girls. It is also hoped that the linkage between alumnae and our Alma mater can be further strengthened through this process.

A total of 20 alumnae and 23 students in Secondary 4 and 6, registered as mentors and mentees respectively. At the Inauguration Ceremony on 26 March 2004, the participants met for the first time and shared some memorable moments when they exchanged sparkling buttons to mark the beginning of the programme. Follow-up meetings, phone calls and exchange of e-mails have been initiated. The second group activity was a visit to Cyberport in July.

The Mentorship Programme will be launched in full scale in the 2004-05 academic year. I would like to take this opportunity to call upon all alumnae to consider seriously joining this programme as mentors to help enhance the quality of school life for our fellow students.

Florence Ip Mo Fee '73

Being a mentor is genuinely meaningful for me. Although I am one of the youngest mentors and have no mentorship experience at all, I hope I could do my best to build a care network, and to provide some guidance on various aspects of life to my mentee.

Cecilia Fung '98

師友計劃

校祖日當晚，我們懷著忐忑、期待的心情，心裡都不約而同的問著這一句話：誰是我的mentor呢？「師友計劃」儀式簡單但洋溢著溫馨的氣氛，代表著一個新計劃的開始！

不同年代的英華校友為這個計劃而聚首一堂、在百忙之中騰出時間，向一群在校的姊妹分享她們的點滴，這種關懷、厚愛，我們是看得到的。我相信只有在未來的日子裡，主動積極付出，讓「師友計劃」在英華相傳下去，才能報答到師姐們的。我們亦希望將來有更多的師姐、同學們參加這個計劃，從中受益。

中六甲 葉翠雯 中六乙 彭慧嫻

