



九龍華仁書院安省舊生會董事全人謹祝大家狗年進步

會長	吳家棉	Kelvin Ng	(1995), President
副會長	梁富麟	Alan Leong	(2001), VP/Membership Director
副會長	鄭浩鋒	Simon Cheng	(2000), VP/Activities Director
秘書	黎爵榮	Ambrose Li	(1986), Secretary
財政	霍澤康	William Fok	(1967), Treasurer
聯絡員	施桂明	Sonny Sie	(1960), International Convenor
	蘇偉傑	Falco So	(2002), Membership Director
	陸璟耀	Kelvin Luk	(1999), Activities Director
	黃志釗	Joseph Wong	(1967), Communications Director
	陳重祥	Dermot Chan	(1965)
	岑匡民	Herman Sham	(2005)
	鄧偉桑	Andrew Tang	(1965)
	湯維德	Victor Tong	(1968)
	王曙明	David Wong	(1964)
	黃家騏	Peter Wong	(1962)
顧問老師	何鎮源	Mr Anthony Ho,	Staff Advisor

春茗聯歡 是晚活動為「江之鈞教育基金」籌款

Our annual Spring Banquet and Mahjong competition will be held on Saturday, 25 March, 2006 at Empire Legendary Chinese Cuisine (formerly New World Palace), 3600 Victoria Park Avenue, Toronto. For those interested in mahjong gaming, please make sure to enter our mahjong competition earlier in the afternoon!

Mahjong competition will begin at 3pm and dinner at 7pm. Entry fee for the competition is \$10. Dinner is \$35 per person.

Please contact Kelvin Ng at 416-668-1735 or Alan Leong at 416-727-0900 or membership@wykontario.org for reservation.

Do you like badminton?

Do you want to do some exercises in leisure time? If so, playing badminton is certainly a great way to be **active**. Directors Andrew Tang and Simon Cheng, being volunteers of the Carefirst Seniors & Community Services Association, invite you to play badminton with them as guests at the Carefirst Badminton Club for Volunteers & Staff as detailed below:

Time: 6:00 to 8:00 pm (Fridays)
Place: Thornhill Secondary School at 168 Dudley (north of Clark and Steeles, east of Yonge)
Dates: Jan. 27; Feb. 03, 10, 17, 24; Mar. 03, 24, 31
Fees: \$3.00 per visit

Please advise them of your intended visit on/or before the Thursday:

- Andrew Tang—(416) 490-6778 or email awtang@iee.org
- Simon Cheng—(416) 831-1468 or email activities@wykontario.org

Valentine Ball 2006

Tickets for the Hong Kong Joint Schools Valentine Ball 2006 are now available. Make sure to join us for an evening of good food, dancing to live music and lucky draws.

The key performer of the evening is Yan Fung, the winner of the 2003 Toronto Fairchild Television New Talent Singing Awards. Also entertaining the guests will be the



Jesuit Special Anniversary Year 2006

In the year 2006, the Society of Jesus celebrates three special and important anniversaries: the birth in 1506 of both Francis Xavier and Pierre Favre, and the death in 1556 of our Father Ignatius Loyola.

Fr. Peter-Hans Kolvenbach, S.J., Superior General of the Society of Jesus, will officially inaugurate the anniversary year on December 3, 2005, at the home of St. Ignatius at Loyola in Spain.

renowned Norman Dance Company under the direction of Mr. Chan Man-Bun, the former principal dancer of the Hong Kong Urban Council Dance Company.

Please contact us for tickets and details.

Date: Saturday, 11 February, 2006
Time: 6:00 reception
 7:00 dinner
Venue: Sheraton Parkway Hotel
 600 Highway 7 East,
 Richmond Hill
Ticket: \$88

IC2006 Information Update

More information on IC2006, including details of activities, is now available on their web site at <http://www.wyca.com/IC2006/>.



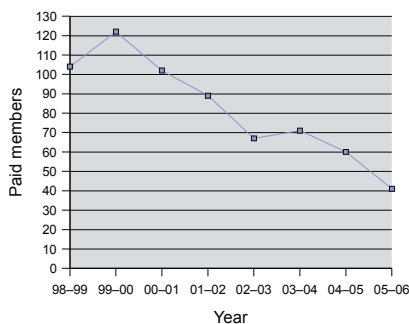
Membership report

The first Membership Committee Meeting of this year was held on Friday, 30th December 2005 at Mr. Ho's house. Membership directors Alan Leong and Falco So, Activity Director, Simon Cheng, and our Staff Advisor, Mr. Anthony Ho, were at the meeting. We discussed the issues that were raised in the last meeting. Our main goals of this year are:

1. to post membership statistics in newsletters;
2. to form a network of representatives;
3. to collect views from members on membership;
4. to update the membership database, which will be conducted by membership directors by phone/e-mail throughout the year; and
5. to post the updated roster (name and year of graduation only) on our web site.

Your comments and concerns regarding our work are most welcome. Please feel free to contact membership@wykontario.org or drop us a note.

Number of paid members in different years:



If you have not yet sent in your membership fee of \$10 for this year, please do so ASAP. We need your support.

冬晨雪景

李榮輝 (WYK 1965)

飄雪輕輕臨窗下，
半倚枝頭看似花，
庭前階上俱白潔，
大地更衣洗鉛華。

Francis Kong Educational Fund Appeal

學貫中西 樹蘭芳于杏壇 空憶屈原懷佩蕙
恩殊師友 銜雪涕于霜夕 何曾宋玉解招魂

——受業 林永雄泣輓

“While we are recovering from the shock and sorrow of the recent bereavement, we must be brave and look forward to developing on the foundation laid by our beloved ‘Kong Sir’ so that we will not let him down. What follows is an appeal for a concerted effort to help.

Upon his official retirement as a paid teacher in September 1999, Mr. Kong established a charity named after him as the “Francis Kong Educational Fund Limited” to help needy WYK graduates to pursue university education in Hong Kong. It witnesses Mr. Kong’s awareness of the difficulty facing financially deprived students and his concern for social justice. This noble effort has become more and more meaningful as our school is admitting students from less and less well to do families.

The Fund is a registered charity in Hong Kong and donors are eligible for tax exemption. It is managed by four governors (including myself) and a secretary, all of whom are old boys of Wah Yan College, Kowloon and close friends of the late Mr. Kong. The books of the Fund are subject to annual audit. The managers meet half yearly to discuss the use of the Fund to award scholarships.

At the present moment, approximately six to eight fresh annual scholarships of HK\$8,000 each are awarded to graduates on a needs basis. To date, more than 40 scholarships have been granted. Though a small amount, these scholarships are a great help and encouragement to the recipients. Mr. Kong had thought of increasing the size and coverage of the scholarships before he left us. It is now our duty to make the Fund strong and healthy to accomplish his will. I am now appealing to all graduates of Wah Yan to make some donation to the fund. I believe HK\$1,000 or an equivalent in other currencies will mean nothing to any graduate who has benefited by Mr. Kong’s teaching. This is by no means a minimum or a ceiling but just an indication of how a high target can be reached by uniting our tiny efforts, for simple arithmetic will tell us that

$$\begin{aligned} & \$1,000 \text{ (per graduate)} \times 100 \text{ (graduates per year)} \times 45 \text{ (years)} \\ & = \$4,500,000. \end{aligned}$$

The future of WYK students is in your hands. Act soon!

I take this opportunity to thank all those who have already contributed to the scholarship fund and ask them for their continued support. Donations in the form of cash, cheques payable to the ‘Francis Kong Educational Fund Limited,’ or direct credit into the Fund’s account no. 699-2-18158000 with The Citic Ka Wah Bank Limited are welcome.

Anyone who makes a donation of not less than HK\$5,000 with supporting evidence (a cheque or a copy of the relevant deposit slip) and who can supply a full name and address will receive by post a receipt issued by the Fund for tax exemption purposes.**

Norman So (WYK 1965)
Principal”

* 林永雄 (WYK1975) 現任九華中文科主任

** Tax Exemption applies to Hong Kong residents only.

If you wish to make any donation, please get in touch with Kelvin Ng at 416-668-1735.

Networking dinner with Francis Ho

Our first networking dinner was successfully held on Thursday, January 12, 2006 at New World Restaurant. Francis Ho (1965), being a researcher of Medical Informatics in the School of Health Information Science of the University of Victoria, was the guest speaker. The dinner covered a variety of topics pertaining the development and usage of medical informatics. According to Francis, medical informatics is an emerging discipline that combines the data analysis tools of computing with medical information and the delivery of health-care services. To put it simply, it is a field that combines computer technology and medical healthcare.

We had so much fun on that night and certainly improved our understanding on this subject. We would like to thank all attendants



and particularly Francis who delivered this wonderful speech. You can download a audio file of this

speech on our website.



Dinner with Sung Yun-Wing

Back row from left: Raymond Lee, Dermot Chan, Andrew Tang, Francis Ho

Front row: Anthony Ho, Laurence Tam, Sung Yun Wing, Henry Lam, Catherine Tang, Katie Ho, Anissa Lee

Dinner with Sung Yun-Wing (1965)

Sung Yun-Wing (1965) and two teachers were invited to a dinner at Royal Teahouse, Markham, on Monday, January 9, 2006. Yun-Wing was on a quick trip to New York and passed through here on his way back to Chinese University of Hong Kong where he is Head and Professor of Economics Department. Because of short notice, we could not arrange him to talk to our members on his specialized fields on China/Hong Kong Economy. Hopefully, we can catch him next time.

Next board meeting

The next board meeting will take place on Wednesday, March 15, 2006 at Trustwell Realty (3601 Victoria Park Avenue, Scarborough). Please let us know if you would like to attend.



Wahyanites with Master Yam

Four WYKAAO members, Eric Lam, David Wong, Joseph Wong and Raymond Liu were with their qigong teacher, Master Yam, in the middle at their 2005 Christmas Party. All four of them are studying under the famous 81-year-old grand master of qigong in Mississauga.

蠔好吃

劉端

提起蠔來，一般人的連想便是膽固醇！而忽視了它含有大量的鋅，實是知其一而不知其重要之成份之貳也。

眾所皆知：前列腺 (prostate) 毛病，乃男仕們的剋星。從膨脹而壓擠尿管起，至演變成癌組織為止，皆因為前列腺細胞不健全而引起的！然而，普通營養充足的食物中，往往缺乏了鋅而導致前列腺出毛病。

一如食物缺碘而引致甲狀腺膨腫 (goiter)，頸部隆然巨塊！人體缺鋅了，前列腺亦同樣的會因不健全而擴大，壓擠輸尿管，由此小便千苦難言。再下去，腺組織細胞亦可能變態，演成癌症。前列腺癌無疑是男仕們的通病和剋星。

所有食物中，蠔含有最多可消化及吸收的鋅。只要經常食用之，前列腺的毛病便不會來敲門了。

蠔和鋅的更重要效能，便是令皮膚健康，使皮膚病亦跟着減少。此一來，仕女們的顏面自然的標緻而滑白多了；少年人臉上的「青春豆」亦跟着減少了。要謝謝蠔的高鋅所賜。

至於膽固醇這回事，須知其中有好的亦有壞的兩種，蠔含有的並不是壞的膽固醇。

最簡單吃蠔的方法：將洗淨有殼的蠔兩隻置盤中，放微波爐內「灯」三分鐘後，蠔殼略為張開了，將利刀插入裂縫內，剖斷帶子狀肌肉，便可把蠔殼完全撬開。此際蠔肉已近煮熟，可暢飲鮮甜的蠔汁後，切食可口爽滑的蠔肉！

要達到預防前列腺出毛病，最好能够每星期吃鮮蠔一趟以上，讓體內有充份鋅的供應，組織和皮膚都達到健全正常是也。

除了上列原始食法外，蠔的烹煮方式諸多：如潮州煎蠔烙、生蠔火焗煮筒篙、蒜茸豆豉蒸鮮蠔等等。

在此要補充一點：加拿大產蠔的水域都是經過當局嚴格檢查過的，非常乾淨安全無菌的，大可放心享吃無憂。又據傳說：鮮蠔有「滋陰補腎」之效能！這一點，要等大家吃過後，請給作者來個直接報告，方纔可以資實吃蠔的奇妙功效。

謹祝各校友及家人都健康，漂亮和快樂。

Francis Kong Chi Kwan RIP — d. December 12, 2005

Written in a letter by Mr. F. Kong on New Year Day, 2005

“...I have just returned to my abode from Jinja where I prayed for the well-being of friends living in Hong Kong and different corners of the world. I am a strange creature who believes in the efficacy of prayers whether it be carried out in a jinja or in a church. I cannot call myself a good Catholic, I regret to say, but I never forget praying to Holy Mary before going to bed for the well-being of 23 people—three of whom are Buddhist nuns I came across in Thailand...”



By September, I'll have been teaching at WYK for 45 years, an all time record which no one will ever break. Men may come, men may go but Francis Kong goes on forever...”

Harry Wang, R.I.P.

Harry Wang (class of 1961) passed away peacefully in hospital on January 19, 2006 evening with his family members by his side. We



offer them our sincerest condolences.

Funeral was held on Saturday, January 28 at the Toronto Chinese Methodist Church .

Moments from the AGM

Former teacher Mr Kwong Wah Ki might not have been known in school for his witticisms, but those present at the AGM definitely enjoyed his

witty speech.

Photos are courtesy of former art teacher Mr Laurence Tam. More photos are online at our web site.



Left: Speaker Mr Kwong; Right: David Wong (1964) with President Kelvin