



#### 梁中校友會

#### 校友會成立的目的

- 加強順德聯誼總會梁銶琚中學校友間之團 結及促進彼此間的聯繫。
- 加強校友對母校的歸屬感並作為校友與母校之間溝通的橋樑。
- 3. 爲各會員提供福利及籌辦各類活動。



#### 成立了十五年的校友會

四十年來,梁中師生關係密切,校友之間亦有緊密的聯繫。二零零四年,在創校校長麥兆明先生及前任校長戴明基先生策畫之下,加上一些熱心校友的協助,梁中校友會於二零零六年正式成立,至今運作了十五年。在這十五年當中,多謝一些熱心的校友積極參與,令校友會會務能得以一直順利進行,在此本會向各位一直支持本會的校友,表達衷心的謝意!

#### 執行委員會組織

校友會執行委員會由最少 6 人,最多 20 人組成,設有主席、副主席、司庫 2 名、文書及宣傳常任委員共 6 名。

#### 現屆校友會委員名單(第八屆)

主席	關志光	副主席	黎錦浩
司庫	羅禮智 鄧曜華	文書	周家俊
宣傳	歐健勤 鍾名朗	執行 委員	黄國樑 黃灝泰 徐應如 徐偉基 郭天龍 陳嘉駒 鄺健華 區實兒 李振豪 姚 瑶

#### 校友曾曾務

梁銶琚中學校友會現時已有超過一千名會員,會方積極籌辦更多不同類型的活動,以吸引更多校友,增加校友對母校的歸屬感。

#### 十周年重聚



校友會已舉辦了多年的「十周年重聚」活動,讓畢業了十個年頭的校 友暢聚一堂,老師及同學們一起回首當年校園點滴,分享現在生活近 況。活動初期都以餐廳包場形式進行,之後數年舉辦地點又移師到母 校,校友們都倍感親切。最近兩年本會更於新改建的多用途禮堂(即 以前飯堂)進行活動,更是別有一番感覺。「十周年重聚」活動,得校 友們的熱烈支持,本會將繼續把是項有意義的活動,繼續舉辦下去!









#### 校友分享日

在這十五年中,本會為本校同學籌辦了多次的校友分享日,邀請了不少不同行業的校友回校分享,希望令同學了解現今升學就業的概況、各行業的出路等,進而為同學提供一些課堂外的學習啓示及聽聞,使同學更能了解現實工作環境,亦加強了校友及同學間之聯繫。多謝各校友向同學分享其寶貴經驗,令同學們都獲益良多。







#### 售生回校拍照日

校友會每年都會爲大專畢業的同學安排了回校拍照的曰子,開放母校校園,讓大家穿上畢業袍,拍照留念。 校友亦會邀請校長及老師們出席是次活動,拍照之餘,亦是大家聚首一堂的好時機。





#### 校友支援母校發展

一路以來都有一些熱心校友,支援學校各方面的發展,例如獎學金,支援課外活動,或是捐贈五育揚芬基金 等,令學弟妹們受惠。梁中情,眞是令人感動。

#### 展望

四十年了,本會希望透過繼續舉辦不同類型的活動,將本校師生及校友四十年來的感情聯繫起來,好讓梁中的精神發亮發光之餘,亦可幫助同學及學校在各方面的發展。讓我們一起攜手邁向明天!





#### 克服挫折 開創建築新天地 — 黎詠欣校友

黎詠欣校友為本校 2009 年中七畢業生,現為建築師。

學生記者: 50 陳崇安、50 張卓軒



#### 面對挫折 成就真我

人生路從來不平坦,追求學問的路也別無 二致。成績優異的黎校友小時候沒有經歷過大 風大浪,直到中七那年才遭遇人生第一次挫折 。記得在公開試前的一次試卷操練,一道數學 難題讓黎校友感到不知所措。她坦言當時第一 次感到力有不逮,隨後更在公開試接連失利, 最終因爲成績欠佳而未能入讀心儀的醫科。面 對挫敗,黎校友沒有失去方寸,相反定下心神 ,然後按照自己的能力和意願,修讀建築學。 她說從沒想過會因爲成績問題而無法修讀醫科 。然而這次學業上的挫敗,讓她在機緣巧合下 修讀建築學,助她確立日後的人生目標。

#### 建築之路 苦樂參半

作為建築系學生,黎校友表示在長達十年的學習生涯,自己的生活大部分被沉重的功課所佔據,「為了讓教授明白功課的內容,以及深化自己對建築的理念,我經常要在課堂後到火炭區購買建築材料,『溝水泥』、『倒模型』已成了大學生活不可或缺的部分。」除了完成課堂報告,課餘時間亦要參觀香港不同特色的建築物,甚至探訪不同的階層人士,了解各方的需要。儘管課業繁重,她卻指這讓她學會怎樣分配時間,在學業和生活間取得平衡。另外,她憶述剛剛升上大學時,對大學生活充滿憧憬,沒想到取而代之的竟是更沉重的學業壓力,而且課程內容亦與期望出現落差。她曾想過放棄,亦質疑自己常初的選擇是否正確。

然而,她深諳堅持的重要,只要硬著頭皮往前衝,最終就能成功。回望過去,看著同伴和自己一同努力做出的製成品,最終能惠及社會,一切都變得有價值。

#### 面對俗世 保持自我

在世人眼中,建築師是男性主導的職業。 身為女性的她進出地盤,經常面對他人異樣的 目光。她回憶剛入行時,最不習慣的是她的性 別讓她對他人提出意見時會被取笑。她笑說:

「現在建築系的男女比例已經十分相若。然而 當我到地盤實地考察時,間中仍會被工人質疑 。不過我深信不需過份執著別人的眼光,保持 自我便足夠了。」面對職場上的重重難關以及 世俗無理的眼光,黎校友從不放棄,而是抱著 初心,攻克難關。

#### 回饋社會 參與政府項目

黎校友成為建築師後的第一個項目是私人樓盤。她表示這個項目花費她很多心血,起初對作品亦感滿意,但後來反思,自己的成品價格高昂,未能讓更多基層市民受惠,於是便開始轉向參與政府的建築項目,例如致力開發圖書館、醫院等公共設施。縱使本土的設計發揮空間較小,學姊仍選擇繼續埋頭苦幹,只因這樣可以服務更多香港市民。

#### 後記

挫折是人生必經的過程,卻不是人生的終點。黎校友用自身的故事,告訴我們前方有數不盡的道路。縱使此刻感到沮喪和絕望,十年後回望,就會發現當初的困境不過是人生路上的一絲波瀾,不足掛齒。「人生不是只有一條單一的出路。」黎校友強調在本校的七年,自己得到的不只有學識,還有同學的友誼。她寄語成績未如理想的同學,不要心灰意冷,因為每一天都會有新的方向,新的機遇,選擇權就在自己雙手。她相信每個人都有自己的個性,自己的方向,最後都能走出自己的人生路。



#### 穿梭藝術創業之路 — 羅善甯校友

羅善甯校友為本校 2006 年中五畢業生。2011 年創立了 Phoebe Fánsee Land 品牌,2016 年成立「菲比創意畫室」,現為畫室的創意總監。



讀書時期,同學們都常問:「所學的東西 在將來用得著嗎?」羅校友正用她的親身經歷 告訴我們「技多不壓身」,所有學過的技能和 知識,終有一天會大派用場。

畢業後羅校友從事產品設計工作。她發現設計一件合格的產品除需要基礎的工程概念和認識運作流程,仍需要有多方面的知識,求學時期學過的知識和技能原來可以爲將來的事業添磚加瓦。記得有一次,她獲邀到電台接受訪問,那時她才意識到自己的不足 ——不精通普通話,全因初中時期自己輕視這學科。於是羅校友「臨急抱佛腳」,在受訪前一天「惡補」普通話,最後效果當然不理想。由此可見,「惡補」就學問不能一步登天,羅師姐勸告我們,「在讀書時期,我們要努力學習,好好裝備自己,才能取得成功的入場券。他曰位於山巓,只要羽毛豐滿,就能展翅翱翔,實現自己的鴻鵠之志。」

#### 訂立目標 全力以赴

今天,羅校友的工作成績斐然,誰想到中學時的她學習方面並不出衆,成績更是差勁。即使如此,她用汗水證明了「全力以赴,必有迴響」的道理。中學時期,她發現自己對視藝科有濃厚的興趣,從此便視它為人生目標。在修讀視藝科之餘,亦積極進修,不斷增潤自己。她說自己求學時期成績欠佳,為了實現夢想,所以奮發努力,痛下苦功,最終得償所願,入讀心儀的大學,向夢想邁進重要的一步。羅

#### 學生記者: 4A 陳瑄琦 4D 楊寧生

校友坦言,成功的秘訣就是「設立目標,全力以赴」。學習之餘,我們要明確地訂立人生目標,然後努力追尋,不要因為成績欠佳而沮喪。正所謂「一星隕落,暗淡不了星空的璀璨;一花凋零,荒蕪不了春天的燦爛」。羅校友沒有因為困難而輕言放棄,因為她深信:黑暗之後,陽光會照耀大地;努力之後,付出會有回報。

#### 未雨綢繆 靈活變通

衆所周知,創業路必定荆棘滿途,總會遇 上或大或小的困難,因此努力不懈、靈活變通 的態度是不可或缺的。在開辦畫室前,羅校友 做好準備,詳細地計劃找尋潛在客戶的方法。 她指出,我們必須與時並進,不斷吸收新資訊 ,多瞭解客戶的喜好,才能成功地吸納客源。 果然,「日後的高枕無憂,只因最初的充分準 備」,因爲事前做足功夫,羅校友的畫室運作 —帆風順。考慮到經濟效益,她主動聯繫客戶 ,從「一對一」的上課模式轉爲「小班教學」 模式,成功地增加了畫室的收入。「明者因時 而變,知者隨事而制」,羅校友的變通能力將 困難迎刃而解,令自己的創業之旅暢通無阻。 思維靈活與事前準備猶如一把磨刀石,只要刀 刃鋒利,就能披荆斬棘,開闢道路,繼續追逐 夢想。

#### 後記

能夠實現夢想,把自己的興趣變爲職業, 是許多人的工作目標。羅校友運用自身的特點 去發展興趣,成功地創業,最終實現了夢想。 那份鍥而不捨、未兩綢繆的特質是十分值得我 們去學習的。最後,她再次勉勵同學,求學時 期,要好好裝備自己,抱著堅持的心,勇敢地 邁出舒適圈,突破自我,才能攀爬到夢想的高 度。從今天起,我們就爲自己的未來準備好一 張入場券吧!終有一天,你的夢想會因爲自己 的努力而生根、發芽、綻開、盛放。



#### 勇敢追夢 譜出人生美妙樂章 — 鍾紫晶校友

鍾紫晶校友為本校2007年中五畢業生,並於香港演藝學院修讀音樂,現為音樂家。



#### 音樂夢想 難以實現

過去,如果對別人說自己的夢想是創作音樂,必會承受質疑。「創作音樂能掙錢嗎?」「創作音樂有前途嗎?」「創作音樂有穩定收入嗎?」所有質疑似乎都離不開錢。今天,越來越多人對音樂有興趣,音樂也成爲不少人生活中不可缺少的元素。有人視音樂爲興趣;有人視音樂爲洗滌心靈的良方;有人視音樂爲掙錢的工具。其實,音樂之路何其多,出路較大家想像的要廣闊得多。

#### 有·夢·想·飛

鍾校友的夢想正正就是創作音樂。她沒有 因為別人的質疑而放棄夢想,更將夢想變為職業。她認為將夢想發展成職業,首要是將夢想 變為興趣。她表示夢想和興趣的最大分別在於 「實踐」;此外還要下苦功學習,解決當中的 種種困難;接著是不斷練習,力求進步;最後 把興趣變為專業,繼而發展成職業。

鍾校友提出了「有·夢想飛」(有夢想並決心去實現)、「有夢·想飛」(有夢想但不知應否實現)和「有夢想·飛」(有夢想但選擇放棄)的三種心態。此外,家人和前輩都是影響我們抉擇的因素。不過無論何種選擇,時間的變遷和經歷的不同都會令我們成長,只有從中學習,才能成就更好的自己。學姊最希望看見的就是同學畢業後能拆開「有夢想飛」中的間隔號,變爲「有夢想飛……」,讓夢想延續下去。

學生記者:50 彭靜嵐、50 黃鈺童

#### 不是主流 就不穩定

鍾校友直言將興趣變為職業的想法可行。 許多人追求朝九晚五、周末放假的生活,但她 追求的並不是這些。只要跳出框框的思考,就 會發現有人的地方就有機遇。鍾校友的工作沒 有特定的時間和地點,有時候周末都要工作。 至於收入,她認為重點不是賺取多少,而是自 己需要多少。或許收入不太豐厚,但她表示從 不擔心會失業,因為身邊其實有很多機會,工 作機會必須是自己找回來呢!

#### 十項影響 畢生受用

學習音樂爲鍾校友帶來正面的影響,她因此學會:宏觀看物、管理時間、堅持不懈、解決問題、創意無限、隨機應變、保持耐心、樂於溝通、承擔責任以及處理壓力。這些影響不同於學習音樂上的樂譜,因為一切得著都是畢生受用。

#### 成長五部曲

鍾校友回想在香港演藝學院就讀的五年半 生涯,共有五件事情影響她往後的人生。





#### 一.去或留?

在中五的時候,鍾校友是少數符合資料升 讀預科的中學生。但從小渴望成為音樂家的她 卻選擇離校,以行動實踐夢想。當時,母親反 對她的決定;但父親卻持不同見解,鍾校友引 述父親的一番話:「現在機會放在你的眼前, 這是你用實力爭取回來的機會,為什麼要拖延 ?何不去試試?但你要記住,你要為自己今天 的抉擇負責。」聽到父親這一番話,鍾校友決 定轉往演藝學院修讀音樂。

#### 二・從巔峰到谷底?

經過半年的學習,鍾校友卻從巔峰走到谷底:練習過勞導致右手有嚴重傷患,甚至連吃飯和寫字都不成,更不用說彈琴。母親自然十分憂心,打算爲她轉校,更馬上尋找私立學校的學位;但父親卻十分冷靜,表示傷患只是一次考驗,與其找退路,不如想方法完成課程。最後,鍾校友在考試用左手完成了三十分鐘的歌曲,最終順利升級。

#### 三 · 因禍得福?

雖然順利完成考試,但康復仍需一段時間。期間鍾校友不能像過去一樣練琴。時間多了,但她並沒有虛度光陰,而是不斷發掘新事物,例如在鋼琴弦線上放置不同物件,然後彈奏樂曲,再研究鋼琴發出的不同聲音。她認為那段時間讓她對許多事物多了一份瞭解,所以那是一次因禍得福的經歷。

#### 四·覺醒?改變?重生?

不久,鍾校友發現自己一直以來彈琴的方法並不適合自己,系主任稱她的發現是一種覺醒,並鼓勵她改變。在系主任的支持下,冒著風險在畢業前的一年半更換鋼琴老師,重新學習彈琴的技巧。

#### 五·機會從天掉下來嗎?

「最適合的機會往往在你最需要的時候出現。」在更換鋼琴老師後,鍾校友的成績從B進步到A+。畢業前一年,更成為某獎學金的候選人。一旦成功獲獎,便可取得悉尼音樂學院的碩士學額,更有學費、機票和生活費的資助

。她認爲這個機會並非「從天掉下來」,而是 前四步的累積,讓她成長,教她進步,再得到 認同。所以她認爲機會只留給有準備的人。

#### 海外升學 學習體會

就是這樣,鍾校友便遠赴澳洲升學,繼續追逐音樂之夢。她表示外國讀書的氛圍與香港截然不同。外國的教育以學生為主導,例如要邀約教授上課,授課時老師只是從旁引導,學生必須主動發問。此外,亦須學會主動和別人交流,與同學溝通,並瞭解和融入當地文化。

在工作方面,澳洲悉尼主張融合教育,需要確保教授的同班不同學生都有同樣的學習機會。老師要爲每位學生度身訂造合適的進度表和教學方法。在這樣的環境下,在這種的教學方式下,對她而言,正是一項新挑戰。

#### 後記 一 夢想不是夢

在藝術的路途上,不少行業都離不開音樂 ,如舞台設計、音樂治療,甚至樂器買賣,這 些工作都與音樂息息相關。鍾校友強調不要局 限自己的發展,不要理會旁人的眼光,更不用 擔心在香港從事音樂創作等於「乞米」。她表 示,在香港找尋音樂的機會往往較外國更多, 加上大家熟悉環境,做事更能事半功倍。當然 ,空談夢想只會徒然,必須坐言起行。

對於有意把音樂興趣變成職業的同學,鍾校友建議須多點留意音樂資訊,與時並進。現時坊間有許多流行平台,如Youtube,可以讓大家接收各類音樂資訊。例如大家正在學習一首樂曲,建議同學聆聽同一樂曲的不同版本,思考爲什麼同一樂曲,大家會有不同的表達方式,這樣同學便對樂曲有另一番體會。

學習音樂的過程總是孤單,路途上往往只有自己和樂器打交道。此外,要體會音樂一定要多下功夫,瞭解每件樂器背後的歷史,掌握相關的理論,甚至作曲家的生平,這些知識對同學如何演奏一首樂曲很是重要。正因為每個人的體會不同,才能造就音樂的多元性。

鍾校友從小已經萌生音樂夢,然後步步前 行。各位同學,大家還記得自己兒時的夢想嗎 ?現在還向著自己的夢想前進嗎?



#### 與正義同行 — 羅愷謙校友

羅愷謙校友為本校 2012 年中六畢業生,後入讀香港城市大學,曾赴美國留學。 現為香港家庭福利會學校社工。憑著一股熾熱的正義感,致力服務社會,為公義發聲。



#### 社工使命 公義為首

在很多人眼中,社工的工作就是輔導和協助有需要人士。但在羅校友心中,對有需要人士提供幫助只是其中一項任務,維護社會的公義才是社工的最大使命。隨著社會越來越複雜,社工們要付出更多的努力和時間,才能爲弱勢社群爭取多一點權益。羅校友選擇成爲一位社工,正是源於他與生俱來的正義感。

#### 為了社會 突破自我

相信不少人都認為社工須具備善於觀察、善於溝通的能力。然而,小時候的羅校友卻是一個沉靜寡言的人,從沒想過自己日後能當上社工。問及人生最大的轉捩點是甚麼?他笑言是來自中四時的一件小事:「那時候覺得班會幹事的表現未如理想,覺得自己須參與其中,才可改善班會的情況。那一刻發現自己亦有一股濃厚的正義感。」升學後選讀心理學和社會學,嘗試從人的行為和情緒着手研究人與社會的關係。後來入讀英國休斯頓大學社工學系,放眼世界,接觸到各國的不同社會問題,終於肯定自己真正喜歡「社工」這行業。「一個人在甚麼時候,才願意跳出舒適圈呢?我只想為社會作出一點貢獻!」

#### 學生記者:4A 陳瑄琦 4D 楊寧生

從羅校友堅定的□吻,我們可以感受到他對公義 的渴望。

#### 保持初心 披荊斬棘

羅校友在工作上曾遇上不少挫折和限制,感到很無助。由於不同機構的服務範圍各異,所以社工常因工作的限制,不能向某些有需要人士提供協助。不過,羅校友沒有被這些挫折打亂心神,因為他心裏清楚自己對公義的堅持,故能一直保持初心,披荆斬棘,熱心服務社會。

#### 盡力助人 談何容易

今天,全球各地仍然受到新冠肺炎的影響,香港也不能倖冤,更曾經一度陷入「□罩荒」。面對□罩供不應求,羅校友希望能為社區出一分力。他想到製造布□罩,以解決□罩不足的問題。於是他到處搜尋資料,尋找合作夥伴。當一切準備就緒時,夥伴卻突然退出計劃。一切看似功虧一簣,然而羅校友並沒放棄,鍥而不捨再找其他可替代的機構,終於成功完成計劃,把□罩送贈給區內長者,把溫暖傳遞給社會人士。當中參與援助的工作人員還包括社企車工,甚至在港難民呢!對於曾參與的人士,羅校友都深表謝意。

#### 後記

也許社工就是這樣的一個行業,默默付出、不求回報、不為頌讚,只求傳揚人與人之間濃濃的愛。香港近年出現許多社會問題,不少基層市民生活困苦。或許你會認為自己的力量微弱,不能改變現狀。其實,只要每人作出一點貢獻,聚沙成塔,就能改善弱勢社群的生活,彰顯社會的公義。筆者相信社會上仍有許多像羅校友一樣的人士,每天正默默為身邊的人帶來無限溫暖。羅校友提醒我們,不要小看自己,只要齊心協力,就能建立一個更美好的社會。



#### The Alumni Sharing Day

#### By 5A Chow Tsz Sum

The Alumni Sharing Day is one of our school's yearly events as this gives students an opportunity to delve into potential career paths shared by our very own alumni. It also gives a chance for the alumni to share their passion and inspire students about what it took them to be where they are today. We could not be more grateful to them for taking the time to talk to us and share their experiences.

On 29 November 2020, we were honored to have a total of 8 alumni from different career fields to share their career experiences and latest developments in the employment market with our S3-S5 students (and some from S1, S2, and S6). However, that year was quite different from usual—instead of interacting face-to-face with the alumni, it was a virtual event. Keeping our attention fixed on a screen for so long was quite a challenge, but our students were really focused on the talks.

Held on a Sunday morning, the Sharing Day lasted for about 2 hours, divided into 2 sessions. We listened to two theme talks on careers we were interested in and which we wanted to know more about. In these sessions, we did not only learn about different careers, but also learned more about job options in greater depth. The speakers spoke on a number of topics ranging from their working experiences to how they pursued their dreams. They shared their difficulties, inspirations and ways to tackle their obstacles.

Indeed, to pursue a career, as many of them shared, it takes hard work, overcoming challenges and perseverance. If we truly want to reach a goal, we will eventually be successful if we keep going and never give up. If one thing doesn't work, we should try an alternative method.

Another invaluable piece of advice we took with us was that experience and networks can be acquired when we take up different jobs at the same time, even if we are not sure which one we might eventually choose for our future career. Some years down the road, it may lead to a job opportunity that requires knowledge from both sides. Hence, it is best to play a more active role in participating in career-related talks or job opportunities while we are given the chance. We are quite fortunate that our school provides us with ample opportunities such as this sharing day.











#### **Mak Wing Yan**

#### (Clinical Assistant Professor; Department of Medicine and Therapeutics, CUHK)



Q: What inspired you to be a doctor?

- A: Back then I loved helping others, and there were certain subjects, such as engineering and accounting, I never liked, so it was easy to decide what I wanted to do. I was very interested in medicine. I also enjoyed watching medical TV programmes.
- Q: Did any part of your school life help you build up your empathy?
- A: Our school always encouraged students to work as volunteers. I remember doing voluntary work instead of travelling during the summer vacation after the public exams. This allowed me to meet different people in the society, such as the elderly, the less privileged and children. It also helped me build up techniques of talking to different people.
- Q: Are there any unforgettable cases you have encountered being a medical student or a doctor?
- A: There was one time when a very kind man with jaundice fell seriously ill. After analysing his blood, we couldn't figure out the exact cause. We later learned that he had terminal bile duct cancer. As bile duct cancer is difficult to treat, and both surgery and chemotherapy had little effect on his condition, we were not able to do anything, despite wanting to help badly. This incident inspired me to do more scientific research to

#### By 4A Yan Ming Sum

increase the quality of life of those patients suffering from currently incurable diseases.

- Q: Have you ever thought of giving up?
- A: Medicine was especially hard in the first year because things we were learning were very new. It was easy to give up. Luckily, the encouragement of my friends, teachers and family allowed me to overcome this challenge.
- Q: What was your greatest challenge? What is it today?
- A: I think the pressure of exams was the biggest challenge when studying, especially the public exams. There was only one chance. No matter how good you usually do in assessments, a small mistake in the public exam can be fatal. That is a lot of pressure.

Today, there are more challenges to face at work, worrying about whether we have made a mistake in our diagnosis, not to mention the public's increasing demands and patients' complaints. I can only say to do your best, have a clear conscience and to not worry about it.

- Q: Do you have any advice for LKKCers if they want to pursue this career?
- A: I suggest that students who are interested in medicine can participate in programs where you go to the hospital to see how doctors work in real life. Also, be sure to select the suitable subjects when choosing electives in Form 4, so that you will be able to study medicine in university. In fact, students are welcome to visit different universities on orientation days. You can chat face-to-face with doctors to see if you are a suitable candidate to be a doctor, because being a doctor requires great commitment. Once you have chosen to be a doctor, you must be prepared to help people at any time.



#### **Chow Pak Hei**

(Chef, Founder and chef of "CPH Lunch Box")

- Q: What is your greatest challenge in your job?
- A: For me, whether it is at school or in life, the greatest challenge is always about getting along with people. Similarly in my job, the greatest challenge is to balance the needs between my employees and my customers. Although I have to think about my customers, the employees are the most important part of our company. I need to know how to work well with everyone, respect everyone's opinions, and at the same time express my own opinions. So I think the biggest challenge is to get along with others.
- Q: Have you ever thought of giving up when you were starting your business? If yes, how did you deal with it?
- A: I often did because I frequently faced new difficulties and received pressure from different things. Every day I had to plan, prepare for and worry about the future. The idea of giving up and running away would come up without warning. Sometimes it was very subtle; sometimes it was very strong. If the idea was subtle, I would tell myself to work harder; if the idea was too strong, I would find a way to calm down. For example, I would find a quieter place to remind myself about how much I had faced all the way here and how many difficulties I had overcome. Another thing I did was to reward myself to provide some motivation. I like driving myself to different places and having some quality food. By doing so, I would be reminded of my original intention to be a chef, and the idea of giving up would gradually disappear. I am the one who built the business so I have the momentum to carry it on till the end.
- Q: What is the greatest challenge you faced when you quit school and decided to become a chef?
- A: The greatest challenge was to face the doubts in my mind. What I was originally thinking of was: how to deal with the disapproval and concerns of my family members. But after thinking more carefully, I realized that I am the root of the whole problem. I dropped out of school once, got into it again but once more, gave up the opportunity to study in order to choose what I call my favourite job. These questions were running in my head: Do I really like it? Will I give

#### By 4A Yan Ming Sum



up midway? If so, how should I face my family? Should I follow their ideas and continue to study or should I follow my own heart? With so many questions, the only thing that helped me to make a decision was this - 'there is nothing to lose'. This is what I love to do and I will prove to them that my choice was right.

- Q: You mentioned in your sharing that you believe the most important thing is to be moral. Was it a belief you held from the very beginning? Or did anything inspire you to think so?
- A: As I've said before, I believe in the 'Law of Attraction'. When you agree with certain things, these things will naturally come to you. It's just like the 'algorithm' on Facebook, which displays information according to your preferences. I was always a good kid and I have never done anything bad. But since I had this solid idea to be a nice person, I would ask myself 'is it correct to do so?' every time before I actually made decisions.

The person who inspired me is Chong Wai-Chung, the former CEO of Yata. When he was managing the company, he often used the word "people-oriented". Being human is his main job, and working is just his sideline. In other words, you should be a nice person and treat everyone around you well. As you do so, good people gather and bad people who do not agree with your way of doing will naturally leave. This is how a good team is formed and becomes your support and motivation. Since then, whether in the world of business or in life, I do not do things against my conscience. My food is clean, I buy good ingredients, I am honest to my customers and the prices I set are reasonable. My will is to serve customers a good meal.



#### **Wong Tsz Kin**

(Public relation consultant and university lecturer; Founder of Start PR and lecturer of Hong Kong Shue Yan University)

#### By 4A Ling Tsz Shuen



- Q: In your sharing, you've mentioned that you appreciate LKKC for encouraging students to strive to do their best in not only the academic area, but also other aspects such as sports and music. Would you mind explaining why?
- A: I have never been a straight-A student. Fortunately, teachers in LKKC encouraged students to be successful in non-academic aspects too. The sense of satisfaction when hearing their encouragement boosted my esteem to keep trying. Consequently, I have no fear of going beyond my comfort zone, and I am not bound by things I hate. I am sure that this was a catalyst on my way to success.
- Q: Is the opportunity to fill in a market gap a major factor for your business in order to flourish?
- A: I reckon opportunities need to be handled with deliberation. Putting all eggs into one basket isn't ideal for a company as your chances of survival in the market will be largely minimized. Your company will probably be closed down or you will run out of resources before the opportunity arrives.

- Q: Do you agree that starting up businesses with a small capital has a higher probability of success?
- A: Yes. Businesses as big as Tencent were started up using the same strategy. One step at a time, be it setting up a technology company or buying some erasers. You have to test the market beforehand, so as to see whether people like your products or not. This is a principle of lean startup.
- Q: It's said that success is not determined by how many times you win, but by the ability to stand up and fight again after you lose. May we ask what keeps you from giving up after failures?
- A: As an athlete, I am prone to failure. Although I lost for the majority of the time, I wouldn't regard myself as being 'beaten'. I knew every champion was once a beginner a contender that refused to give up. As long as I can stand up again, I still have the chance to win.
- Q: Do you have any advice for people who want to start up a business from scratch?
- A: All you need is courage. Development of the Internet creates heaps of opportunities to begin a business. Renting a store or hiring people are not necessary so basically you can try whenever you want to. Successful or not, it depends on if you can find a market gap and fill it. You can also learn a lot of things like communicating through different languages, just by trying. However you should be careful with the time cost, as you are students and learning is your current responsibility.



#### **Cheung Ying**

#### (Registered traditional Chinese physician; Founder of Herz Traditional Chinese Medicine and TaiHoTong)

- Q: During your 7 years spent in LKKC, I know that you did pretty well in your studies and are reaping the benefits now. What was your most memorable experience here?
- A: 'All work and no play makes Jack a dull boy'. Although I made every endeavor to reinforce my aspiration, I played harder than anyone else. Performing Arts Competition and Sports days were my all-time favorites. Creating stage clothes and making banners were fun. I also got to know our schoolmates better and built a closer relationship with them. The atmosphere was nice. I felt like when there was unity, there was always victory.
- Q: I see. Comprehensive and enriching learning experiences broaden our students' horizons, which help to enhance their learning ability and attitude. The second question is, which part of your school life affected your life planning the most?
- A: Definitely my senior form school life, when I started to think about my career path. At that time, lessons only got harder and harder for me to catch up with. There were days when schoolwork was like a dark cloud hanging over me. It was at that time I decided I didn't want to choose a path that was purely scientific. And that's why I ended up studying Chinese medicine.
- Q: It sounds very rewarding. What was your biggest challenge at school? And what is it today?
- A: Studying Science was my biggest challenge at school. Although I took Science subjects, I am actually better at Liberal Arts. In Physics lessons, my classmates always knew what to do with the numbers but I had little to no idea about the formulas. Luckily, my teachers and classmates in LKKC were all very helpful. Nowadays, communicating with patients and to actually treat their illnesses is my biggest challenge. As a student, I am supposed to make mistakes. But now as a physician, I bear more responsibilities and that creates stress for me.





- Q: Did you ever think of giving up in the past?
- A: Yes, that was a constant bother to me. When I was preparing for A-level, the idea of dropping an elective was tempting every time when I realized I wasn't very good in certain subjects. But then I would think about how much effort I'd already put into these subjects. I would be wasting them if I dropped my elective, so I didn't. When I was in university, I also found studying medicine difficult. But I told myself all things are difficult before they are easy. Once I got used to it, it would become easier.
- Q: Have your parents or friends always been supportive of your choice of career? Or did they view it differently?
- A: Yes, they've always supported my choice to be a traditional Chinese physician. It also benefits them, as they can come to me whenever they feel unwell. And they often give me suggestions. As my workload in the public hospital was heavy, they suggested I start a business myself. That of course gave me inspiration to expand my career and consider new paths.
- Q: Could you give some advice to LKKCers if they want to pursue this career?
- A: Be hard working in school, as the subject admission indeed has requirements. Selecting Science subjects is also required. Being a physician requires good memory, so I suggest trying to remember texts within a small amount of time to improve your memory.



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祝 賀 順 德 聯 誼 總會梁銶 据中學四 十周年誌

# 春溪海海流

順德聯誼總會梁銶琚中學校友會

致意





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家長教師會

致意







### 祝祝 賀 順 德 聯 誼 總會梁 銶 琚 中 學 四 十 周年誌

# 桃 李滿 異 載

黄鴻 紹 九 恆 波 零年中五 梁陳 嘉能妹 全體畢業生 、李 吳 詠姓文 粱 周 炳 滿 文 中 林志偉 何 志 明 及 • 何 若仁

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### , O 祝 賀 順 德 聯 誼 總會梁 銶 琚 中 學 四 十 周年誌

# 師 濃 迎未

朱姜婉世 九零年 明 賴郭 中五 子 懿健 全體畢業 林陳 小詠 波梅 生 陳 梁 金 發有 (、蔡季儀)

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S. E. 祝 賀 順 德 聯 誼 總會梁 銶 琚 中學 四 十周年誌

# 樂學明功敘

中一 吳栢顯家長

致意







## , O 祝 賀順 德 聯 誼 總會梁 **銶琚中學四十周年誌**

# 海教教系機

丁二 簡文曦家長

致意







祝 賀 順 德 聯 誼 總會梁銶 据中學四 十 周年誌

# 桃茶樂。

中二 陳昱霏家長

致意







#### 祝 賀 順 德 聯 誼 總會梁 銶 琚 中 學 四 十 周 年誌

## 海 教 教 然 稱 獨

曾家威家長 趙家寧何玥俙家長 劉子琪尹芳敏家長 楊俊業李曉晴家長 穆康庭郭洛言家長 賴浚謙

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> **鄧雅孜家長盧斯夢家長** 劉子佩家長

> > 致意









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# 春溪海海他

中五 王鳳瑩家長中五 王鳳瑩家長中二 郭錦鴻家長

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文穎琪家長朱浚僑家長張家嵐家長

長 鍾欣怡家長長 劉俊謙家長長 黎明軒家長

致意





初賀順德聯誼總會梁銶琚中學四十周年誌慶

# 培德育才續望進彰

中一 梁文星家長 校友梁子豪 致意

祝賀順德聯誼總會梁銶琚中學四十周年誌慶

# 作有英才四十載新火相傳遠流長

为中三 羅睿翎家長 校友張淑賢、羅禮智 致意 · ·

祝賀順德聯誼總會梁銶琚中學四十周年誌慶

# 有教無類語人不倦

中一 李泳妍家長 莫皓升家長 蕭向成家長 唐鈺苑家長 易沛思家長

中二 陳可叡家長 夏德謙家長 譚海琳家長

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祝賀順德聯誼總會梁銶琚中學四十周年誌慶

郭晋宇家長

# 教澤普施春風廣化

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祝賀順德聯誼總會梁銶琚中學四十周年誌慶

# 陶鑄群英任重道遠

中六 張卓軒家長 羅博瀚家長 羅暐琋家長 周芷瑩、周芷璐家長

致意。

**说** 祝賀順德聯誼總會梁銶琚中學四十周年誌慶 6

## **菁莪樂育** 桃李滋榮

中一 林新博家長 陳穎霖家長 唐濼姿家長 詹 悦家長

中三 莊銘希家長

中四 戴思樂家長

中五 陳卓楹家長 楊寧生家長

致意







祝賀順德聯誼總會梁銶琚中學四十周年誌慶





## 興學明教 樂育功宏

2021-2022 年度第二十一屆學生會 Patronus 陳俊傑 戚靖昕 錢凱琳 曾智鴻 昊 陳友倫 高諾衡 趙翊暘 曹釬洳

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祝賀順德聯誼總會梁蘇琚中學 四 十 周年誌慶

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周年誌慶

#### 阮 海 翹 家 長

致 意

### 桃 滋 樂 榮育

關 諾 麻家 致

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## 重 道群 遠英

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年誌慶



祝賀順德聯

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## 任陶 重道 遠 英

中 四 關 煥 衡家長

四 吳思宇家長

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陳彦 謝宜叡家 ·臻家 長

致 意

賀順 德 聯誼 總 會梁銶琚中學 四 十周年誌慶

### 春教 風澤 普 廣 化施

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滋

榮育

樂

中 中 五 五 陳文 青苗家 嘉家

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梁嘉軒家長

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# 順德聯誼總會梁銶琚中學 四十周年誌慶

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#### 全國民族樂器演奏 藝術水平考級(香港/澳門地區)

詳情或索取報名表格

證書由中國文化部轄下之 全國社會藝術水平考級中心監製及頒發

全國統一頒發證書 全國會員代表大會小東生(前)會長的工作報告》

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「我們對待考級是認真負責的。不是

"交費 辦證 再見"·而是認真落實

以"考生為本"的基本觀念……」

考試專業眾多 雙考官制

《桃李芬芳》

摘自《中國民族管弦樂學會第四次

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教授各類中西樂器

經銷中西樂器及配件









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#### 順德聯誼總會梁銶琚中學四十周年校慶特刊 編輯委員會

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總編輯: 謝活之副校長 盧漢煥助理校長

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