

基崇家書第二十一期

TTCA Outstanding Students Shining Platform Info Day



Worldwide Classroom New Teachers Intro **Appreciation & Aspiration**

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Alumni Sharing ◀

Ailyn Chiu

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It has been three months studying at university and I am still not fully adapted to this new learning environment. Very different from secondary school, we do not have student journals reminding us when to submit assignments, regular classes with the same classmates sitting around you or strict rules to stop students from skipping lessons. There are also lots of cool things to try, like joining societies, participating in SU and doing part-time jobs. Therefore, time-management, self-discipline and independence are extremely and especially important in university. Although we are given much freedom, we should always be reminded to use our time wisely. You had better develop some good habits so you too can enjoy U-life in the future!



蘇訢言

現就讀於香港中文大學 (宗教研究)

在高中三年，從來都未曾想過修讀有關文科的宗教研究。還記得在Jupas選科時，由於高中修讀商科的關係，可以選擇的大學學科不多，逼於無奈之下，當時想到的只有BBA。

放榜後，當要改選Jupas的排位時，我根本不介意讀甚麼大學或甚麼學科，我一心只想擁有一個大學學位。直至我父親叫我改選中大的宗教研究，我甚至連該學科的要求或內容都不清楚，迷迷糊糊地就更改了，當時我們一家交Jupas前一起禱告道：「願這是最合乎神心意的安排，求主帶領。」



大學期間，雖然我是懵懵懂懂地讀了宗教研究，但感恩的是我出乎意料之外地喜歡、享受。大家或許對「大學選科要以興趣為先」這句耳熟能詳，但我在短短的三個月的大學生涯，我深深感受到這句話的真確性。若不是讀自己感興趣的，是絕對的痛苦。雖然一開始要重新適應大學的生活，無論是做功課的模式還是生活的節奏，皆要親力親為，均讓我頗為吃力，但因著對選修科的喜愛，上課時發現大部分內容都很新鮮、很有趣。即使要自己花額外時間鑽研課題、搜集資料，我亦樂此不疲。反而很享受學習的過程，學習新的理論，消化後再把其應用等。與中學的學習模式截然不同，但富有挑戰性，帶給我成就感。是出乎意料之外的結果。

最後，很想在此鼓勵大家，當你感到迷茫時，請相信上帝比我們更了解我們，當你祈禱交托時，相信上帝的話語就成為我們腳前的燈、路上的光，帶領我們。



Student Journalists

3B Joan Tam

2C Duncan Leung

An interview with Vice Principal, Ms. Ng

Appreciation & Aspiration

Why did our school choose 'Appreciation & Aspiration' as our year theme?

We expect TTCA students to be grateful at all time. We hope that our students can always keep a grateful heart, to share love with others, to show appreciation to others and keep counting blessings. With a grateful heart, one's life will be content and will have more positive energy to go ahead. Besides, with a grateful heart, one will have perseverance to face difficulties. They will take the difficult time as a chance to learn, and turn an obstacle into an opportunity. Just like we think, "Oh, it's raining, the weather is so bad!" but rainbow will only come after raining, you know? That's what we say "blessings behind".

'I would like to share a bible verse from Proverbs, 17:22. "A glad heart makes a healthy body, but a crushed spirit makes the bones dry." 「喜樂的心、乃是良藥。憂傷的靈、使骨枯乾。」'

'The school also expects TTCiAns to be aspired. Only when you have your aspiration, you will find purpose in your life. When you find purpose in your life, you can see meaning in your life. Young people should have your dreams. You should know what you want to achieve, and what you want yourself to be in the future. Then you'll have direction and you won't feel lost in your life. It is very important for each single of us!'

Can you share your aspiration with us?

'I'm aspired to build up people around me every day. I'm aspired to cheer people up, to spread the positive energy on the campus. I always pray to God to give me suitable words, wise words to say so as to encourage people and make them get strengths. I want to make people joyful.'

Can you tell us some of your unforgettable teaching experience in your life?

'The most unforgettable thing was a farewell party held by students of my previous school in July 2004 before I came to TTCA to work. It was so touching and students were so nice to me. About 200 students coming from School Choir, Chinese and Western Orchestra gave me a great surprise in one afternoon in July that year. They gathered at the School Hall to say farewell to me through singing and playing music. They even wrote lyrics for an old melody of 良師頌 and sang to me. It was just so touching and I was totally moved by their warm hearts. It was my first time to cry in front of students in those twenty years. I was so touched because students were warm-hearted and grateful to teacher. What they did came from a grateful heart.'



How can TTCA students appreciate others more and be aspired in daily life?

'To appreciate others, you can start from seeing the good side of others. I'm sure each of us will have something good inside, or strengths. Can we focus on those good things first before we find others' weaknesses? Give compliments whenever you see others doing well. For example, with a thumb up, give a warm smile, say "good", "well done" and so on. Be grateful and say more "thank you" to others, not only because of courtesy, but also showing your gratitude and appreciation. Think positively, as that will help you to appreciate others more easily.'

To be aspired, the best you can do is to set goals for your life, including short-term or long-term goals. To start with, you should at least set some daily goals for yourself. Write a simple list with a few goals that you want to achieve for today to make every day count. For example, "I'll help my classmates who are in need, I'll say some words to encourage my classmate as he failed in the quiz, I will finish all my assignments first before I play, I'll help my mother to..., help my father to..., help my brother to..., help my sister to..."

Other than "Appreciation and Aspiration", what qualities do you think are important to TTCA students?

'They are trustworthiness and integrity.'

Trustworthiness means you deserve others' trust and confidence. If you are a trustworthy person, you will have more opportunities than others to grow and to learn. People will assign you important tasks because they have confidence in you to accomplish them. People would like to work with you because you are a trustworthy working partner.

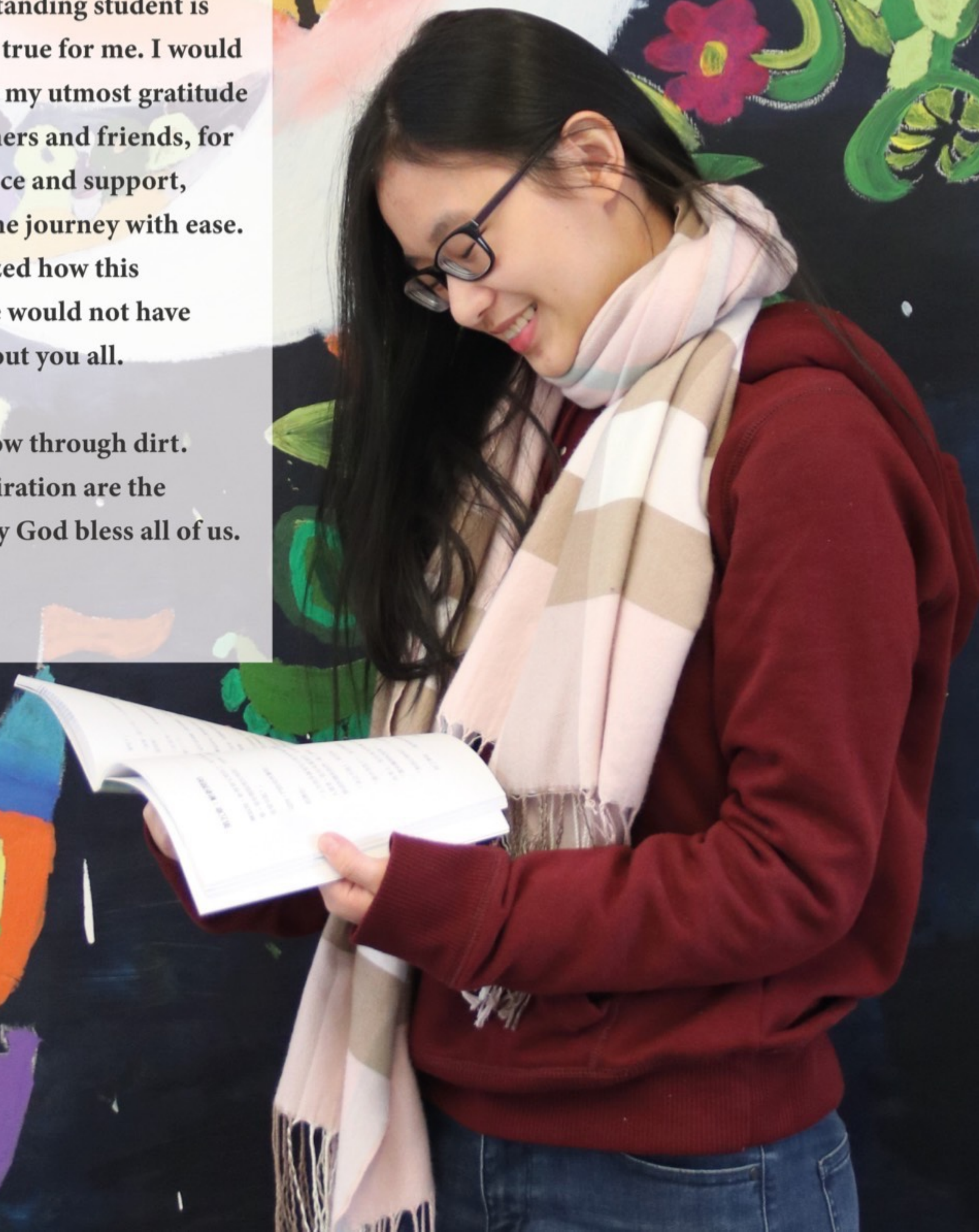
Integrity is even at a bit higher level. Integrity means "Steadfast adherence to a strict moral or ethical code". That is, even if nobody is watching you, you still insist the moral value and you act accordingly. I think a great leader should embrace this quality. Student leaders should bear in mind the importance of integrity if you want to be a convincing and influential leader.'

TTCA OUTSTANDING STUDENTS

4A Leung Ka Chi Katrina

Being rather a self-abased person, I kept questioning my own abilities as I have never had the confidence to speak up. To be selected as an outstanding student is indeed a dream come true for me. I would like to hereby express my utmost gratitude to God, my dear teachers and friends, for your unfailing guidance and support, leading me through the journey with ease. Looking back, I realized how this wonderful experience would not have been completed without you all.

Every flower must grow through dirt. Appreciation and aspiration are the secrets of success. May God bless all of us.



5D Chong Daniel

It is my honor to be recognized by the school authorities in terms of my academic and spiritual development. It is no doubt that endurance has been playing a huge part in it. Without determination to prove my abilities, I would have just missed this valuable chance.

It is crucial to stay determined to work hard on improving your academic performance. Your efforts may not always reflect in your results. However, today's failure is a step onward to tomorrow's success. All in all, the process of studying has no end, and it is nothing more than endeavors and persistence.

Apart from the determination to strive for academic excellence, a caring heart towards our society is also important for one to develop one's inner qualities. Being sensitive about diverse social issues and providing assistance to the needy can enrich our awareness towards our surroundings and also carry on the principle of "not to be served but to serve".



5D Dora Tsui

I am Dora Tsui from class 5D, the captain of house Esther. Two years ago, I became a house committee member. At first, I thought that it would be a simple journey filled with happiness. However, it turned out to be different in reality. I had to attend numerous meetings and there are tons of preparation works to be done before each event. Although things go contrary to my wishes, I still enjoy the journey. I have learnt communicating and cooperating with my teammates, bearing my own responsibilities etc. It gave me countless invaluable and memorable experiences which helps me to become a better person. Don't be afraid of being a servant in the school but to seize every opportunity to be a better you.



Shining Platform

Trampoline Competition



6A Chan Ling Lung

The most important thing that I have learnt from participating in trampoline competitions is that God is always beside me. Every time when I am nervous, I pray. Then, through the prayer, I will gain courage and strength to do things since I am comforted by God. The prayer reminds me there is always backing from God.

For now, apart from the wish of getting higher achievement in trampoline, I want to let more people to engage in trampoline and enjoy trampolining as I do.

- Awards:**
- 2015 HK trampoline international invitational championships: 2nd runner-up
 - 2nd Trampoline Singapore invitational championship 2016: Men individual - rank 5
 - Thailand trampoline international clubs championships 2015: Men individual - rank 3



Diving Competition

4C Yuen Pak Yin



I was encouraged by my parents to try diving. I saw some difficult level dives before, such as twists and somersaults. I was interested in it, so I wanted to learn those difficult poses and started diving.

My first impression of diving was that it was spectacularly difficult. People who are interested in diving need to overcome many obstacles, such as fear of height, maintaining physical fitness and working hard with perseverance.

My practice routine is practising for 3 – 6 hours per day, 5 days per week.

Through this sport, I have learnt to show courtesy to others. For example, we must bow to the judges every time we finished the dive.

My next goal is to master all 2 1/2 somersaults dives and get awards in the upcoming international competitions. I hope to join the 18th Asian Games in 2018 in Jakarta and Palembang, Indonesia and achieve a higher score in each competition.



INFO DAY

Learning Adventure @ TTCA
19 Nov 2017

On 19/11, our school successfully held an information day, which attracted over 2000 visitors to attend. I am honored to have the opportunity to interview our guests and report to all of you.



Student Journalists: 2C Duncar Leung, 2F Dichelle Chu, 2F Sam Lau, 3B Joan Tam, 3C Phoebe Ha, 3C Rain Kwok

I have interviewed various guests, including parents from primary schools, teachers and student helpers. One of the most remarkable interviews was done with a student helper from class 3E. "I am satisfied with the outcome of this Info Day," said Deanie. She said that educational information technology could be shared through a fun, interesting way. She mentioned about her favorite room on the Info Day, which was the Home Economics room. "It is very interesting," Deanie said, "Food history is displayed in the room. Also, yummy food is served inside the room

with the detailed recipes shown there."

Apart from the activities, Deanie also commented on TTCiAns' performance. "Our students are very nice. Our teachers are professional and kind, too," she smiled, "The teachers are willing to help us solve our problems." She said she was looking forward to the next Info Day.

The success of the Info Day has not only let people know more of our school, but also helped us develop friendship with every participant.

2F Dichelle Chu

Info Day 2017



It is an honor for me to interview some guests, teachers and schoolmates to know about what they think of our Info day this year. I would like to particularly share with you the messages from our guest, Mrs. Lau.

Mrs. Lau, who is a parent of a Primary 6 child, is looking for a suitable secondary school for her son. She first noticed our school's Info day through our school website, which she thinks is well-organized. I was impressed by her views about TTCiAns in her sharing. She said that our students were nice, polite and willing to help the guests. For example, our students would actively introduce the aims, content

and games of their booths. They also took the initiative to answer questions from the guests.

As one of the student helpers for the Info day this year, I think the feedback from our guests really gave us great encouragement! Their words gave us support and encourage us to improve so as to prepare a better Info day next year.

To conclude, I am so pleased to know about how our honorable guests think of our Info Day. I have learnt about our strengths and how we can improve.

3B Joan Tam



I had a quick chat with Ms. Tsang Po Lam. She said students in TTCA were well-behaved but just a little bit shy. When she asked questions in her lessons, her students would be extremely quiet. She thought that they were warm-hearted even though they didn't answer her questions.

Ms. Tsang said our teachers are devoted and caring. Some of them are extremely

hard-working because they spend hours teaching students in class and some even during recess and after school. She also said that the school has wonderful facilities. Like in the Art room, there is a mini-library for students' reference in class and new books will be added to the mini-library regularly. On this Info Day, she loved the English room best because students could try some delicious food and used different applications on iPads.

2C Duncan Leung



Mr Kwong Wing Hong

'I think the Info Day is well-organized and hence has attracted many people to come. The booths at the basketball court are both fun and meaningful. At first I was worried that there might not be many visitors due to the cold weather, but it did not affect the visitors' interest in joining our Info Day.

I think the Humanities room is the best since it provides activities of five subjects in a room. Our visitors can explore the five different subjects altogether in one room. This room is very special. I hope that the Humanities room will even be bigger next year.'

Ms Li Yuen Ching

'I think TTCA is really good because the teachers are very supportive. Also, as the team spirit of TTCA is one of the best among the schools in the same district, it has attracted numerous people to visit our school to know how we educate our students. To prepare the Info Day, our teachers and students decorated the rooms and organised the games together. This shows that both teachers and students in TTCA are very supportive.'

Mr Yu Kin Hung

'TTCA provides students with lots of facilities, so they can study in a great environment. Besides the facilities, students in TTCA are energetic too. One of the attractions of TTCA is that it is an EMI school, which can provide students with a good English learning environment to help them practise English. There are countless activities organized on this Info day, so our visitors can enjoy a wide variety of activities.'

3C Rain Kwok



On the Info Day, I interviewed many guests. The most memorable guest among them is Kevin Lee, who graduated from TTCA a few years ago. Kevin comes to our Info Day every year since his graduation. He said whenever he came back to TTCA, he always felt warm because TTCA was a very meaningful place in his life. He also mentioned that the Info Day of this year was very creative and interesting. He said the students in TTCA were very active and kind to everyone, which created a great and delightful atmosphere on campus. He also mentioned that the biggest feature of TTCA was that the relationship between the teachers and students was very close. They could share things and learn from each other as if they were in a big family. All of the above encourage him to come back and visit us every year.

3C Phoebe Ha

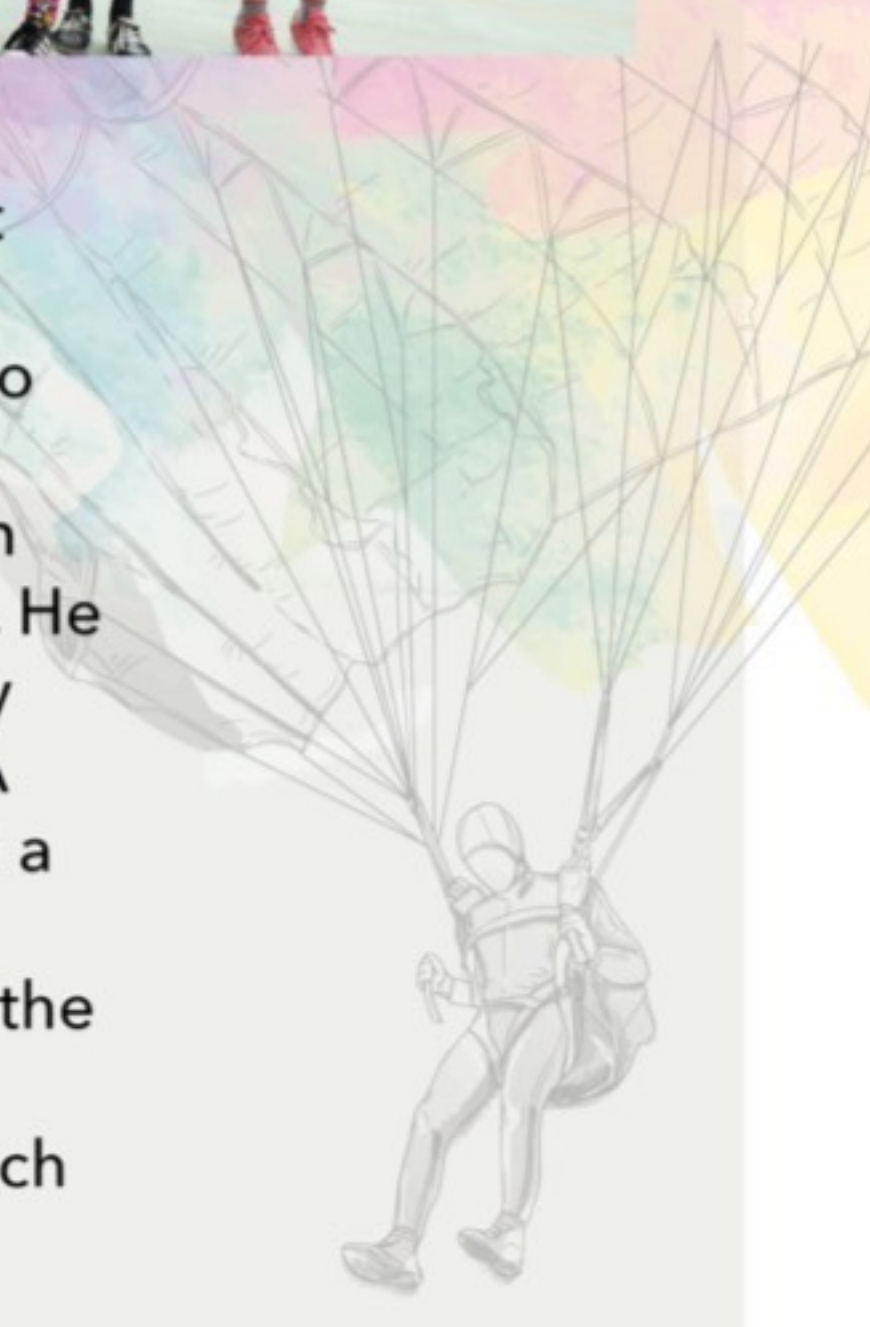
A delightful and fun Info day ended in an unprecedented success. Over two thousand guests visited our school in order to comprehend the detailed information of our school, such as the school facilities and our professional teaching team. Our school also got some positive feedback from our guests and teachers in regards to the arrangement, variety of games and the hard work of every helper.

Our teacher, Ms. Lau gave a splendiferous comment about Info Day. She said that everyone was well-prepared, in the rooms and at the booths. She also said that the atmosphere of the whole Info Day was good. She could see the happiness and appreciation from the guests' smiles.

When we asked Ms. Lau about which room she liked the most, she said CE room without any doubt. First, there were lots of games that one can learn about Christianity and it was one of the most popular activities. In addition, the guests could make a DIY basket, from which they learnt some Christian knowledge and which they took home as a little souvenir. After listening to Ms. Lau's description, I also wanted to make it too!

All in all, the guests and helpers enjoyed this big event, and we have held a successful Info Day.

2F Sam Lau



Student Good Works



The Lucky Village

written by 6B Enoch Fong

Life in Lucky Village 40 years ago

Lucky Village was a large village located in Sha Tin 40 years ago. There were more than four hundred villagers in there living with the nature. Since the land in there was fertile, villagers could grow and harvest a lot of crops to support their lives. Also, there was a pine tree growing at the centre of the village, which was 4-metre tall. While villagers believed it was the symbol of luck, they held parties to celebrate for having this fertile land every year surrounding the tree.

An event that changed Lucky Village

Unfortunately, a large-scale fire destroyed the village 30 years ago. While all infrastructures built by the villagers were burnt to ash, there were no sign of living, except the giant pine tree. Since then, Lucky Village is no longer a village.

What Lucky Village is famous for

Today, the Lucky Village has become a grassland. It is famous for high level of biodiversity whilst there are many rare species of butterflies, frogs and flowers. Nowadays, scientists from the world are studying the rapid rate of regeneration of lives in lucky Village and how the pine tree survived. After all, the pine indeed is a symbol of luck for the lives in Lucky Village.



People who have had plastic surgery should not be allowed to enter beauty contests.

Do you agree or disagree? Write a letter to the editor of a newspaper giving your opinion on the subject and explain why.

written by 6B Fung Kiu Yan

I am writing this letter to express my opinion on the controversial issue – people who have had plastic surgery should not be allowed to enter beauty contests. It is a hot debate and I certainly agree with the view. Having had many years of experience as a beauty contestant, I am confident with my definition of beauty – that is, to be true and natural. Based on my working experience, I would like to discuss this problem.

First of all, there is no doubt that a beauty contest is emphasizing on beauty. Here comes the question: what is beauty? Does it only mean the outer beauty? Or inner beauty? The answer is that both outer and inner beauty should be considered in the beauty contest. Unfortunately, it seems that nowadays, contestants mainly focus on their outer beauty. I believe that this has ruined the meaning of beauty contests. Honestly, the perfection in outer beauty does not imply that they also have inner beauty. The more the contestant pursues in the outer beauty, that is, to have plastic surgeries, the less the inner beauty they care about. Just wind back the clock to the past two decades, the winners of the beauty contest embraced both inner and outer beauty. That undoubtedly matches the aim of the beauty contest. However, the contestants nowadays are not “natural”. I would say, which directly not in line with the aim of beauty contest again, losing their inner beauty.

To be frank, there is no wonder that the quality of the contestants in the beauty contest is bad nowadays, even though they tried to be ‘natural’. The truth is, almost every contestants in the beauty contest have been revealed that they have undergone the plastic surgeries. Then, here comes the critical point: What is the point of holding a beauty contest? If those people’s true beauty cannot show fully, instead, they are just fake not having any true and natural beauty, then the beauty contest does not make sense. It is

not possible that the winner is only outstanding in the fake beauty, with no true outer beauty and inner beauty. I think that most of the readers will agree with my points. Winding back the clock again, there was once a winner being disclosed by the paparazzi that she had undergone numerous plastic surgeries. Later on, she was disqualified for the crown and never ever entered the television society. How sad it is. It makes no point that no true beauty could be in the beauty contest.

I regret to tell you that actually, the unhealthy perspective of perceiving outer beauty is that most important among all kinds of beauty. The point is, the inner beauty is the most important. I heard from my girls that TV shows mainly encourage young girls to keep on pursuing the outer beauty with different kinds of means. This is so cruel to do as tiny girls may not have determined and critical mind to criticize the information given by the TV shows. Therefore, I strongly urge that the government should do something to regulate the TV shows.

At the end of day, people who have had plastic surgery should not be allowed to enter beauty contests, and I strongly believe that the meaning of beauty contest is lost, losing its original aim.

Yours faithfully,
Chris Wong



遊日本有感

3B 葉靜儀

每個人都有過一次難忘的經歷，當然我也不例外。

當我剛到日本這一個島國時，內心充滿了希望與激動。不知道為什麼，我尤其希望到日本旅遊，當地的每一件事物，每一個人，甚至於他們的內心。一個遊客了解一個地區或國家，往往是從一個司機或導遊開始的。在日本旅遊時，為我們開車的是一個大約四十出頭的司機，每天都穿着一塵不染的白襯衣，系着一條深色的領帶，臉上總掛着微笑，給人一種親切的感覺。而他的車子也每天被他打掃得十分整潔，而且還會在後座配上一個垃圾袋。每次抵達酒店或從酒店出發，他都會幫我們搬運我們的行李，任勞任怨，就如同一個只會服務不會索取的機器人。

來到日本的第一天，我發現在日本的國土上，基本上看不到塵土飛揚，灰色瀰漫的景象。天上的雲也很白，天也很藍，那雲朵就如同軟綿綿的棉花糖，讓人好想躺上去睡一覺。而且，在這裡還能看到許多野生的小動物，就連小麻雀也不怕人，有時，還會停在人們的肩膀上，東張西望，可愛極了！

我們去的時間，剛好是櫻花盛開的季節，於是作為一個非常喜愛櫻花，卻只有在電視上看過的人，一定要去飽一飽眼福！

我自小就對櫻花有一種說不出的癡迷，單看一朵櫻它不夠風姿，也不夠多彩，也許，簡單的花瓣註定了它永遠不能與玫瑰、牡丹媲美，而它那樸素的淡粉色預示了它在姹紫嫣紅的春天中只能是配角。它沒有芬芳的香氣去招蜂引蝶，沒有嫵媚去惹人心醉，所以這樣看櫻花的確要比其它花遜色得多。但是，我就是喜歡櫻花這種如同仙女一般不食人間煙火，出淤泥而不染的感覺。我在車上就一路這樣回憶着我通過網絡觀賞而對櫻花產生的感覺，當我正在睡夢中幻想着我去到景點會看到櫻花的實景時，我媽把我從夢境中拉了回來，她告訴我抵達了。我們去的是非常著名的公園——東京的上野公園。

一下車，便看到使我期待已久的情景，一眼望去，小道的兩旁全的是盛開的、密密麻麻的櫻花樹。「嘩！」，風輕輕一吹，櫻花的花瓣便隨之被風吹上了天空，花瓣在天空

中飛舞着，猶如一個個少女般，又輕輕的落地。我迫不及待的走上前，走近櫻花，迎面撲來了陣陣清香，淡淡的，跟我幻想的一樣。但是櫻花一旦盛開，則較桃花更艷，較梅花更芳醇。我聞着花香，細細的欣賞起櫻花來。櫻花有五片花瓣，每片花瓣都是由白到粉紅。看一朵，有獨特的美；看一樹，有燦爛的美；看一街道，則有令人心靈悸動的美。「花朵爛漫似天霞，花香四溢天涯。」看到這櫻花，突然讓我想起了這樣一句話，此時此刻用，簡直是太貼切了！再往近處一看，它們一簇一簇的群放，一簇一簇的櫻散發出的清香則更是使我着迷，明明是一朵朵的花兒，卻如同少女般惹人憐愛。

我走在佈滿花瓣的街道上，看着一對對熱戀中的情侶親暱地走在櫻花道上，臉上掛着幸福可人的笑容，用手機記錄着這美好的一幕景象。櫻花也真是一種神奇的花朵，居然還有能讓人幸福的功能。盛開的櫻花千姿百態，聖潔如百合，清純如荷花，絢爛如向日葵，真是美得無奈，美得張揚，美得超凡脫俗。

有人說櫻太過嬌弱，生命太過短暫。的確，我也為它感到惋惜，可是它卻開得那麼耀眼，那麼動人，沒有抱怨自己的種種不幸，無視死亡的存在。就算到凋零也透露着淒楚的美，邁着輕盈的步伐在空中留下它對這個世界最後的一絲記憶。櫻的花開花也許只是一瞬間，但在我心中卻成為了永恆。。。。。。

生命就如同櫻花般短暫，但並不是所有的生命都有櫻花般燦爛，我們應該像櫻花一樣笑着面對一切，就算是在生命凝結的最後一刻，也要跳出最美的一支舞！

這次的日本之行讓我成長了，也因為櫻花使我明白瞬間即是永恆，也許你現在面對着不同的困難，也許你有着不幸的遭遇，又也許你疾病纏身，但是一定要記住，就算如此，也可以把生活活得精彩絢麗，也可以讓你的人生和別人不一樣。

如果有機會，我一定還會再來一次日本，即使日本只是一個小島國，卻也讓我看到了不一樣的精彩！

再寒冷的冬季也有暖意

5B 史珍妮

大地沾上雪白與金黃的染料，漸漸地、慢慢地遍滿了整個繁華的都市。我向天空吐了一口白氣，繼續尋找一個安靜的角落完成那突如其來的工作。

晚上十一時，剛從如牢獄般的高樓大廈走出來，帶着身心疲倦的軀體步向巴士站的同時，我收到一則信息：又是那無良的上司傳來的。想畢，便開啟那封為人所難的通知，不出乎我所料他又要我加班了。我歎了一口氣，走到公司附近的一間咖啡室的角落坐下來，喝了一口熱騰騰的咖啡，但很快便轉涼了。

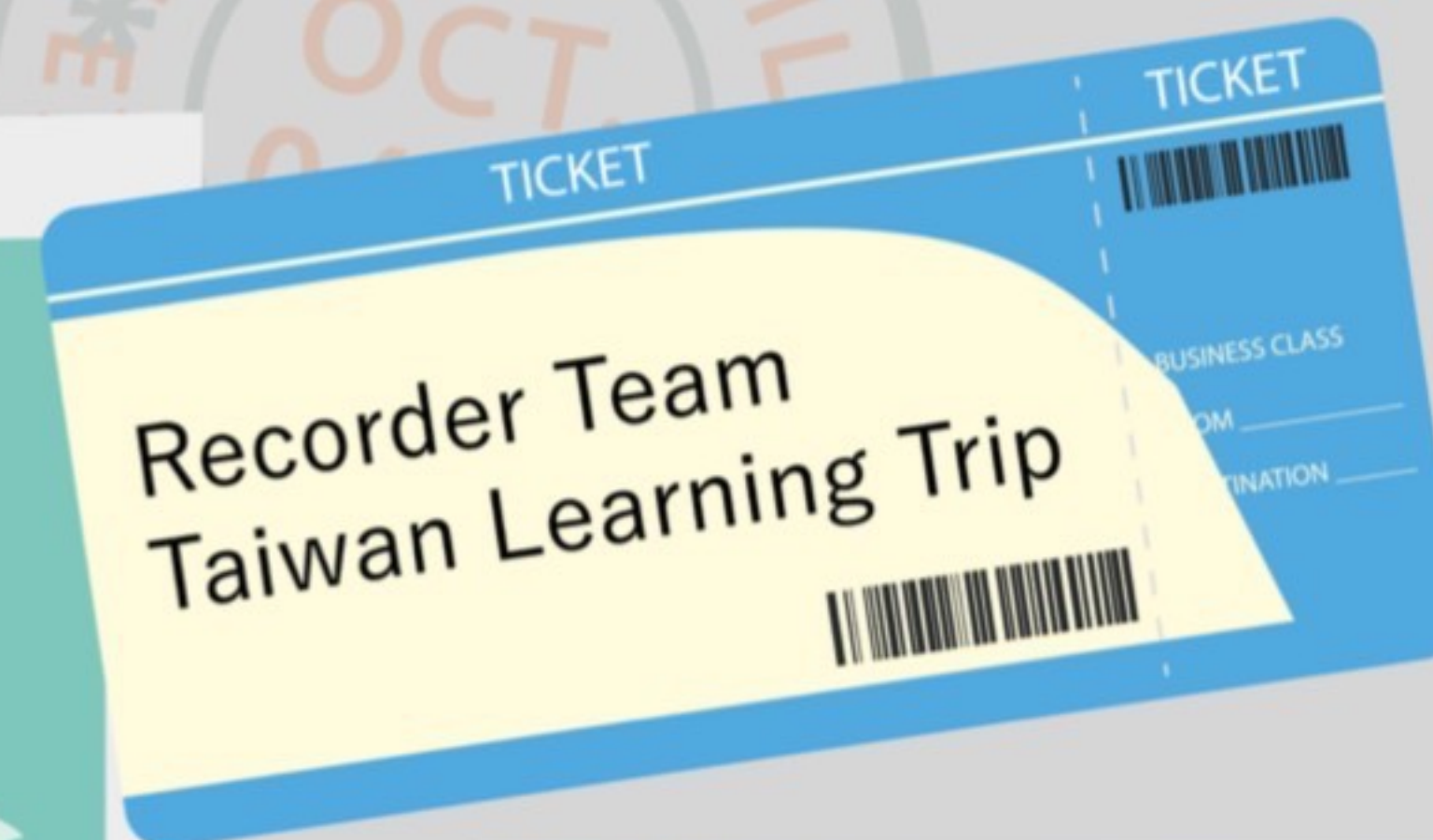
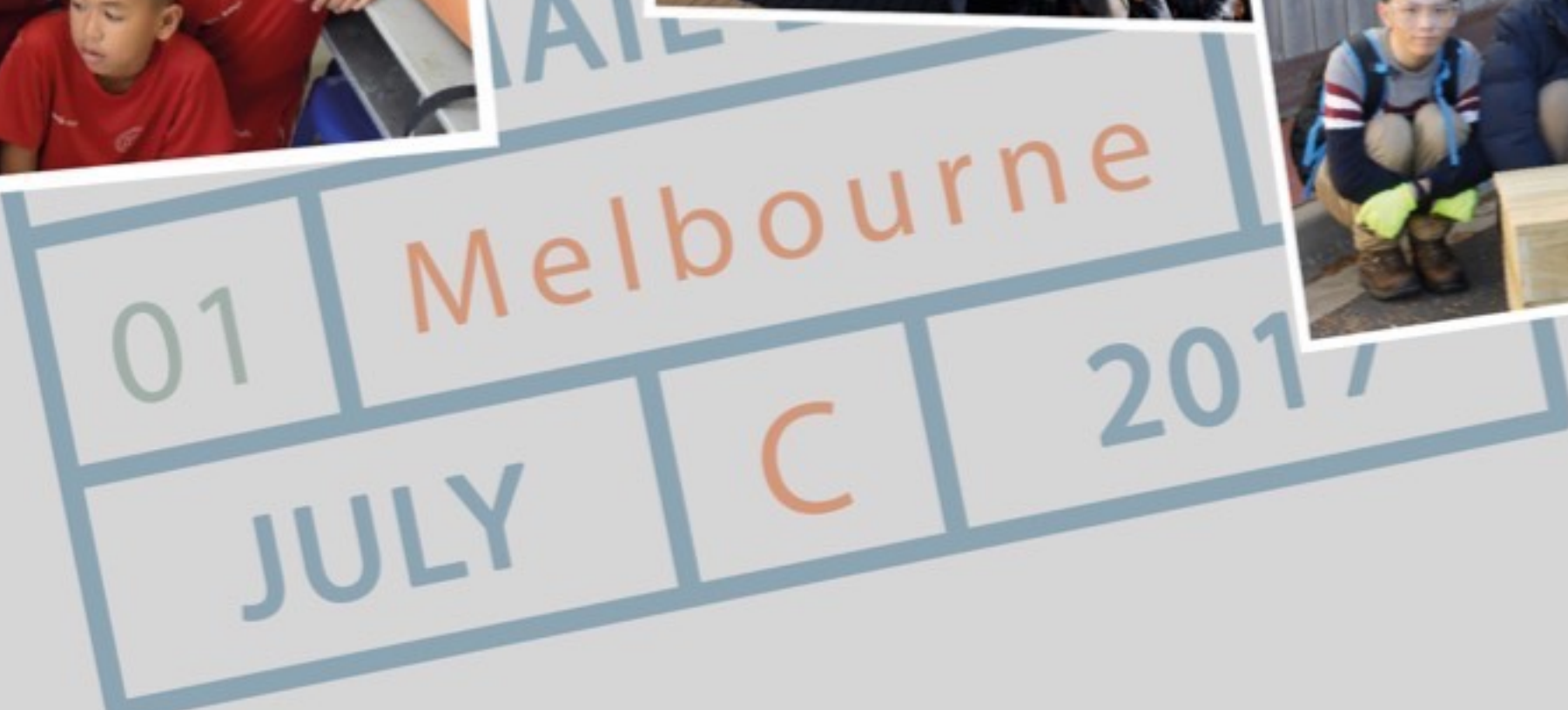
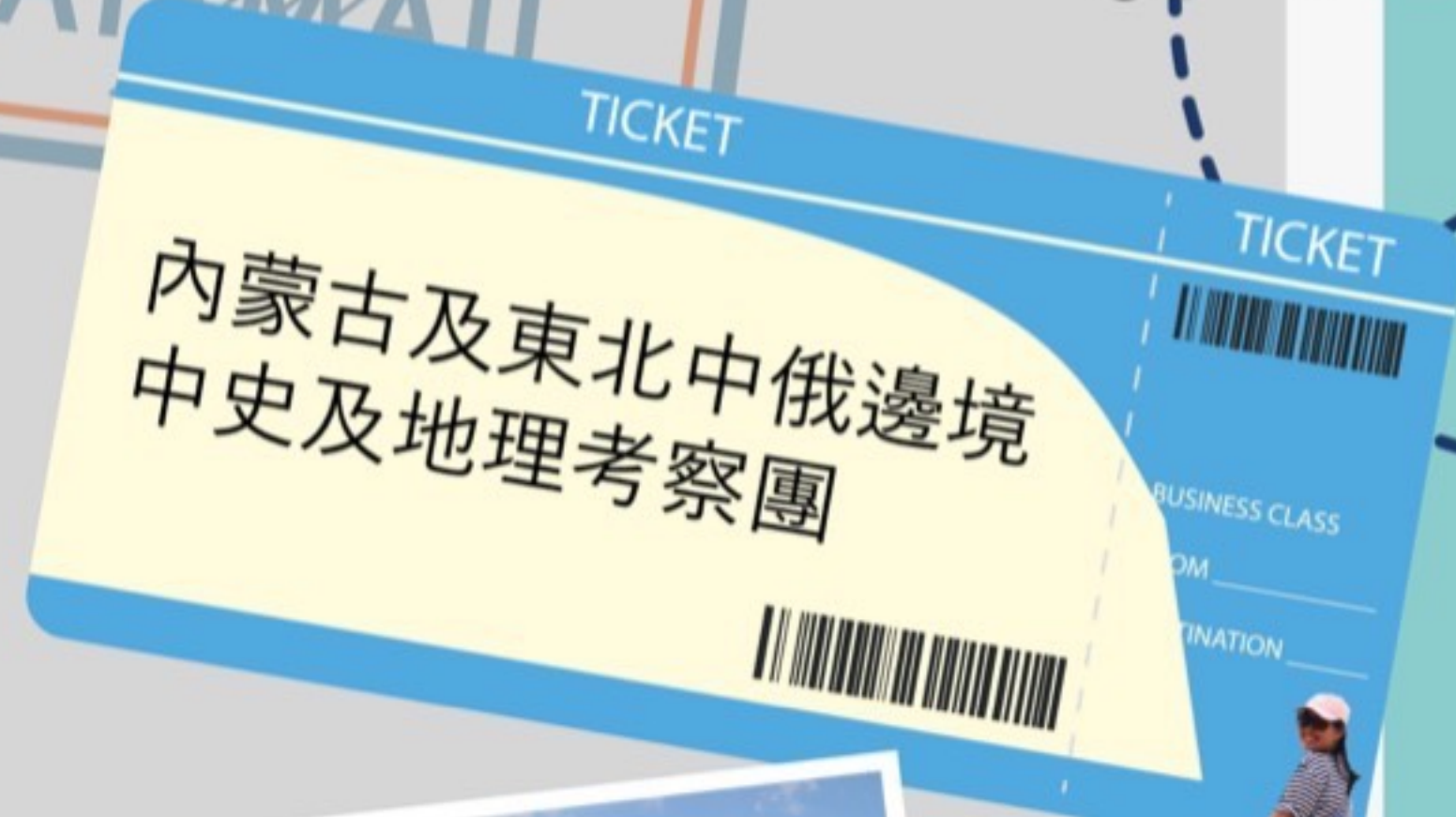
凌晨十二時，店裏只剩下我獨自一人在裡頭苦幹，還有一位老人靜靜地坐在櫃台面前。途中，一位身穿單薄破爛的衣服的年輕人，雙手抱着手臂，彎着他矮小的個子走進店裏。櫃台的店員注意到這位並不是一向熟悉的客人，一直皺着他的眉頭。小個子把手伸進他的口袋，從口袋裏拿出一張僅餘的二十元，放在櫃台面前，問道：「不好意思，請問我能要一杯熱咖啡嗎？」當然，二十元根本不足夠去買店裏昂貴的咖啡，此時店員更加木無表情，帶着不爽的語氣說道：「不好意思，客人。我們的營業時間已過，不能再接受訂單了，請回吧。」小個子露出那果然如此的樣子，微微擠出笑容向店員說聲「打擾了」後，一把低沉的聲音叫停了他。

老人緩緩地轉動他的身子，說：「我這杯還沒喝過的，不介意的話我讓你喝，雖然已經不暖了。」那店員聽見馬上制止老人的舉動，驚訝地問道：「客人，您怎能把它讓給您完全不熟悉的人呢？」老人輕輕一笑，答：「既然他比我更需要這杯咖啡，而且我又不需要，為何我要自己留下而不讓給別人呢？況且我很喜歡幫助別人呢！」老人拿起手上的咖啡交給小個子，他凝視着手上的咖啡，一口氣把它喝掉。我停下所有工作，目睹小個子的表情和眼神，不用多餘的話語，他的喜悅已顯然亦見。

小個子深深地鞠躬，向老人道謝後，然後消失在那寒冷又沉寂的街道中。老人從座位站起來，最後卻意想不到的跟店員說：「謝謝你的咖啡。」然後便走出咖啡室。我的視線跟隨着老人的身影直到他也消失在街道的盡頭。

咖啡室裏沾上老人的心意，漸漸地、慢慢地遍滿了整個繁華的都市，也遍滿了我的心頭裏去。在我看來，那杯咖啡比起那炎熱的夏季更添一份暖意。

Worldwide Classroom



Art Gallery

Title: Exquisite Corpse



1C
Harold Pun



1A
Kimmy Chan



1A
Nicole Chow



1A
Michael Chan



1F
Jason Cheung



Parent-Teacher Association



第九屆家長教師會會員大會



1. 家教會旅行
2. 家長義工重聚日
3. 家長烘焙班



孺仔 變 大隻佬

家教會主席

程偉健博士

自幼以來母親都叫我做孺仔健，當然不是突然變成渾身肌肉，是經過很長時期和很有紀律訓練的。我為何會那麼熱愛健身呢？事緣，那時我還是在一所BAND5學校教書，我是初中訓導老師，有一次收到同事需要支援，我到了那課室，只見一群學生，沒有見到該課堂的老師，卻見到地下有些鮮血，我問學生這是甚麼來的，他們是某某老師的血，我再問那位中二學生：「老師有甚麼得罪你呢？你要打他呢？」他的回應令我很驚訝，他說：『因為他瘦，所以我可以欺負他。』我那時心想：「瘦就要被人打，我又是訓導老師，又這麼瘦弱，我很大機會成為下一個受害者。」

那天放學我便立刻到了觀塘一間健身中心（俗稱鐵館），甫進去，已有個臂上紋身的大隻佬來招呼我，我報了名就隨他們學健身。間時都有跟他們交流，學了很多鍛練肌肉的技巧，因為我是英文老師，英文較好，那時又很多人崇拜阿諾舒華辛力加和史泰龍，我看了很多英文的健身雜誌，當再與他們分享時，他們很驚訝我竟然識一些他們都不知道的健身知識。慢慢，我對健身都『上了癮』，一來看到自己越來越大隻，二來當很多人問我有關健身的知識時，自己都有很大的滿足感，後來更成為了健美教練班導師和考官。」

在健美比賽取了獎項，為何又會退役呢？」

「印象很深刻，幾年前有一次在參加比賽的前一天，我們要到大球場進行一些檢查，其中需要磅重，有一位年青人在我前面，他一上磅就暈倒了，立刻進行急救，送到醫院已搶救無效，只是二十五歲已經離開世界，因為他的哮喘病突然發作。這對我是很深刻的反省，死亡原來可以與我這麼近，這運動原來也有很危險和不健康的一面，我曾親眼看到一些準備參賽的運動員在比賽前的一刻把一些藥物打入手臂，手臂立時膨脹了，看上去很健碩，其實這些藥物很傷身體。我也有一些朋友，因為經常做過量的負重訓練，未到50歲便已經渾身關節勞損，我自己也曾因為舉重已曾引致牙齒出現裂痕。這些均令我反思，我是否要這麼沉迷下去，我不能置我的身體於不顧，故我決定退役，放棄追求所謂的『健美』。」

無怪乎最近張家輝都說就算再比多一億片酬，他也不會再操練自己那麼健碩。我看報導，因為他這樣操練令到他的腎的確出現問題，連正常小便都有困難。」

其實自小便懂游泳，但近兩年才真正學懂游水和健康真正好起來，年幼沒有機會上泳班，只有母親帶我往泳池游泳，欠缺正統的訓練，五年前，我來到這間大學，在一次的職員水運會中，我參加其中一項賽事，我奪得了季軍，因為只有三人參加。哈哈。但我認識了一位游泳高手周教授，他游得非常快。他大我四歲卻在所有項目中都游得比我快，我心想以為他是天生這麼快。原來，其他同事說幾年前認識他比現在慢很多，但經常訓練後，快了很多。我於是請教他如何接受訓練，他亦介紹我可以參加地區賽事。慢慢我亦認識了很多志同道合的朋友，我記得，上年參加一項賽事時，在我旁邊線是一位「老人家」，因為他原來已是84歲李明先生，他真是我們的榜樣，仍然參加泳總100米蝶式比賽，雖然我是贏了他，但我只是贏他少於一分鐘，我覺得游泳這運動真是很神奇，打破很多別人的誤解。

不斷挑戰PB

太多人誤解所有運動都會是隨著年齡而走下坡，的確是很多運動，如健身、跑步等，的確是會走下坡的，你看大師兄多厲害，與我參賽的周教授亦是越游越快。你看我以下的圖表，我真是一路挑戰我的PB（personal best，即個人的最佳時間），每一項運動非常悲哀的是，人越大只能想當然，但我接受了訓練後，我已經贏了兩年前的記錄。現在我已經有很清楚的計劃，我要在那一年挑戰甚麼的記錄和自己的記錄，同時也回望昔日半個世紀自己的人生經歷並且瞻前面游泳的奪金夢。」

各位同學，勇敢地嘗試不斷努力，即使失敗又何妨，人生至寶貴的功課，多是以失敗作學費，故此，期盼每位同學為健康要多走一步，健康的身體其實就是對自己 and 家人的最大祝福，一方面享受比賽樂趣之餘，更可增加進參賽者間的情誼，大家為健康多走一步，五年後再回望健康人生，深信又必定走得更有意義。

你若問什麼是此刻我游泳最大目標呢？

希望您不會笑我，我期望35年後能夠成為85歲至89歲組別100米蝶式世界冠軍，即或不成功也沒有所謂，因為過程中已經獲得了健康和每天生活充滿活，最後我想真誠的鼓勵大家不斷勇敢地嘗試和努力，即使失敗又何妨！人生最寶貴的功課，多是以失敗作學費。故此，各位同學，勇敢地嘗試不斷努力，盼望每位同學為健康要多走一步，健康的身體其實就是對自己 and 家人的最大祝福，一方面享受比賽樂趣之餘，更可增加進參賽者間的情誼。大家為健康多走一步，之後再回望健康人生，深信又必定走得更有意義。

深水埗崇真堂長沙灣分堂

2017年開心片段回顧

岑綺玲傳道

感謝神，
因祂有說不盡的恩賜！

林後九15

長沙灣分堂(簡稱長崇)在2017年就是這樣經歷神豐盛的恩典，各項事工得以完成及發展。我們在此帶著歡欣的心及感恩之情，特別挑選了一些開心難忘的片段，與大家一起分享。願將一切榮耀頌讚全歸與我們的全能父上帝，阿們。

感謝神! 有說不盡的恩典在長崇。

長崇六週年堂慶大合照



感謝神! 讓長崇能伴著基崇同學們成長。



2017年7月福音營活動，大家各出其謀，盡力在遊戲中爭勝
2017年7月28日至8月4日的泰北短宣，短宣隊充滿動力的出發



感謝神! 讓長崇在2017年8月開展了新的活動KIN-BALL



KIN-BALL同樂日，同學與家長一起體驗KIN-BALL活動的樂趣

Teacher Updates



Ms Li Yuen Ching

Hello everyone, I am Miss Li, the new Geography teacher this year. I am so glad that God sent me to be a member of TTCA and I do have a great time in here so far. I am lucky to be the ST for 4C and have a chance to explore Geography with S3, S4 and S6 students.

Well, I am a 100% local Hong Kong citizen that I was born and finished my primary, secondary, Bachelor's degree and Master's degree in Hong Kong. I studied a double major in Geography and Liberal Studies at the university and then got a master's degree in Youth Counseling. I live in Shau Kei Wan with my mum, my younger sister and my dog, Coffee.

Do I look like a sporty person? Seriously, I think most of you may say "No!" Actually, apart from going to church with my mum on Sundays, I go hiking with friends at weekends. I am also a travel lover that I love to plan itineraries for traveling to different countries and try out different activities with my friends or, sometimes travel alone. As a Christian and geographer, I believe that travelling can broaden my horizon to this specular and wonderful world that was created by our God. I do hope that students, you can spend some time going outside to explore our world instead of bowing down your head to look at your mobile phone.

I sincerely hope that all of you can enjoy studying Geography, especially S1 students, as we will meet in the second semester this year. I cannot wait to see you in the first lesson. May God bless all of you. ☺



Mr Liu Yin Ching

I am glad to serve at TTCA. I believe that being a Mathematics teacher here will be a great, precious experience in my life.

It is a chance for me to witness the growth of my students and a chance for me to share my knowledge with them. Besides, I also enjoy playing sports. Playing football and basketball is my favorite. I still remember that I used to stay at the playground for a whole day when I was young. Hope that I could also share the joyfulness with my students in the playground.

大家好我是易祐詩,壽司。因為祐詩跟壽司的音聽起來很像,所有你們也可以叫我壽司 :D 很感恩大學畢業後又能回到TTCA,重回這個大家庭。

平常除了攝影跟畫畫,我還喜歡玩音樂,彈鋼琴。還記得中六那年,我班為了籌備singing contest,每逢小息同學們都聚在一起,邊彈結他邊唱歌。課室高峰時曾經出現過9把結他,老師也拿我們沒轍,這算是我們當年在學校的有趣事情。

希望同學們以後看到我的時候,不要吝嗇你們親切的笑容,多點向鏡頭揮手微笑,讓我為大家拍下帥氣英俊或美麗動人的一面吧~



Ms Yick Yau Sze

攝於2013年TTCA Open day



Ms Zhu Xun

大家好！我是新來的中文科老師，我的名字叫朱珣，亦都可以叫我英文名Vanessa。

好開心可以加入TTCA這一個大家庭，在往後的日子裡面，請大家多多指教！

Fidi



1F
Kizzie Pang