

向“公教人”敬礼

(校友会于母校 2001 年之讲演及
颁奖礼举行前发给报章的新闻稿)

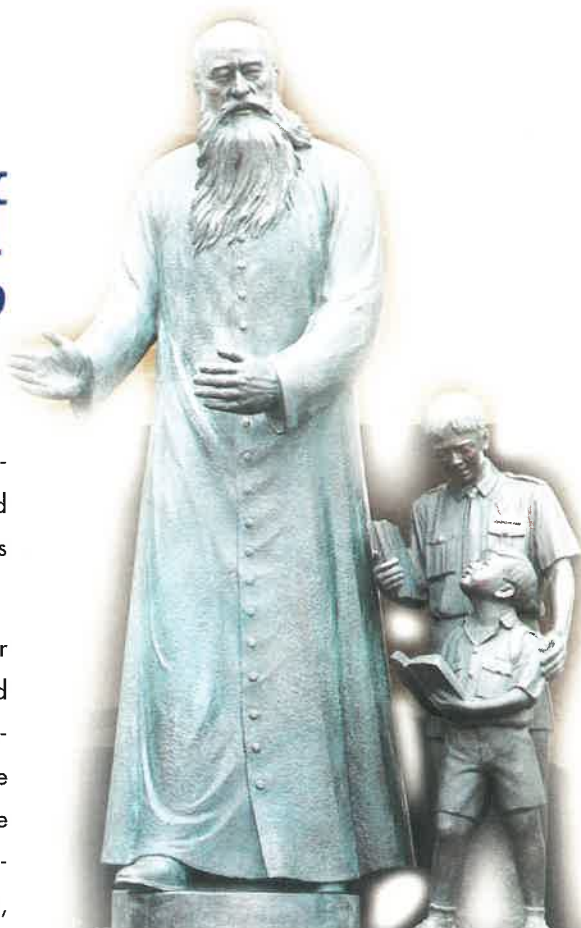
In Praise of “Catholic High People”

Catholic High School Old Boys' Association (OBA) would like to congratulate our Alma Mater for the good progress and performance. OBA would also like to pledge our continued commitment and support in our Alma Mater's endeavour to regain its top-school status.

In his speech three years ago, delivered on 6 Aug 1998, during a similar Speech & Prize Presentation Day, our President, Mr Chan Soo Sen, expressed the OBA's sadness in the decline of our beloved Alma Mater. He also expressed our view that the essence of our Alma Mater's success lay in the pride and commitment of our "Catholic High people". He said that if we could bring back the pride amongst our "Catholic High people", good students would join us, good staff would perform, good feelings would prevail, and good results would follow.

OBA is conscious that though we love our Alma Mater, we are not to interfere in its policies and administration. Hence, we work with the Principal, and support her programmes that are devoted to improving "Catholic High people". OBA started a "Brother Joseph Dufresse Fund", named after a most beloved Principal who presided over our Alma Mater's golden age in the 1960s and early 1970s. The Fund finances:

- Founders' Scholarships aimed at attracting the top PSLE scorers to choose Catholic High for secondary education;
- Excellence-in-Sports Awards for students with outstanding performance in sports and PSLE results;
- An annual Personal/Leadership Development and Team Building programme for all teachers;
- Training fund programme to provide additional funding for staff training.



公教中学好像双轨火车，中英并重，脱然无累，直向它的目的地驶去；谁跟它走的，真是幸福，必然获得健全的教育。

——本校创办人劳爱华神父

The way of the Catholic High School is a way of two rails, Chinese and English; free from any entanglement, straight to its end.
Happy are those who follow, they shall obtain the scope of a sound education.

- The Late Rev. Fr. Edward Becheras, Founder of our School.

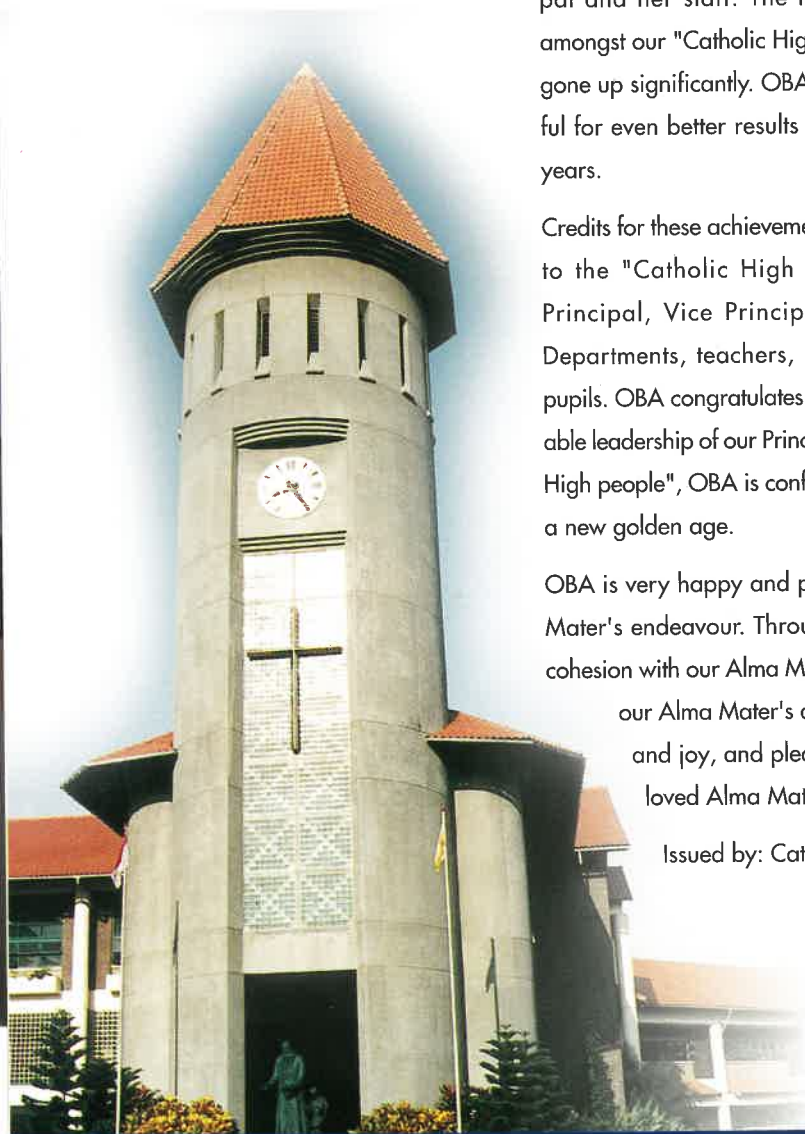
In addition to the Brother Joseph Dufresse Fund, OBA identified successful old boys to mentor students with high potential in our Alma Mater. There is also a programme for old boys currently teaching in the universities to conduct special talks and enrichment activities for our students. Both OBA and our Alma Mater hope that these successful old boys could help inspire our students to aim for the highest goals. We want "Catholic High people" to feel good, proud and energised, and believe that this spirit is the key to bringing about another golden age for Catholic High.

OBA is very encouraged by the improvement in most performance indicators of our Alma Mater since 1998. Our Alma Mater's ranking has been going up, slowly but steadily. So is the percentage of Express Stream students eligible for junior colleges. Our students do well in co-curricular activities, winning more and better prizes. The overall quality of students joining Secondary One have also improved, with more Special Stream classes being opened since 1998. We can also feel the strong dedication, commitment, and hardwork of the Principal and her staff. The level of pride amongst our "Catholic High people" has gone up significantly. OBA is very hopeful for even better results in the coming years.

Credits for these achievements go entirely to the "Catholic High people": the Principal, Vice Principals, Head of Departments, teachers, staff, and the pupils. OBA congratulates them for the good work, and pledge our full support. With the able leadership of our Principal, Mrs Goh Hwee Choo and the commitment of the "Catholic High people", OBA is confident that our Alma Mater is well on its way towards achieving a new golden age.

OBA is very happy and proud to be given this opportunity to participate in our Alma Mater's endeavour. Through our participation, we feel a stronger sense of unity and cohesion with our Alma Mater and amongst our members. We are not claiming credit for our Alma Mater's achievements. However, we feel it in order to express our hope and joy, and pledge our continued commitment and devotion towards our beloved Alma Mater on the eve of Speech & Prize Presentation Day 2001.

Issued by: Catholic High School Old Boys' Association



校友会与母校水乳交融 | Partnership Between Catholic High School and Old Boys Association

(张世典基金所赞助之母校各项奖励及活动)

Sponsorship for the following awards/programmes from Brother Joseph Dufresse Fund.

Pupil Development

1 CH-OBA Founders' Scholarships/Mentorship Scheme

- Awarded to top PSLE scorers since 1998
- \$500 (lower sec)/\$700 (upper sec) per year + exemption from school fees
- 20 recipients in 2001 (6 Sec 1, 5 Sec 2, 5 Sec 3, 4 Sec 4)
- Mentorship of OBA scholars by highly successful old boys-9 mentors for 20 pupils in 2001
- Present mentors include Mr Lim Swee Say, Mr Chan Soo Sen, Prof Chong Chi Tat, Prof Lim Seh Chun, Assoc Prof Chong Tow Chong.

2 CH-OBA Excellence-in-Sports Awards

- Awarded to pupils with outstanding performance in sports and PSLE results since 2001
- \$300 (lower sec)/\$500 (upper sec) per year + exemption from school fees
- 2 recipients in 2001 (both Sec 1)

3 Academic & Leadership Programme for High Achievers (ALPHA)

- Sponsorship for participation in residential summer programme at Centre for Talent Development, Northwestern University, USA, for 11 selected Sec 3 pupils in 2000
- Sponsorship for Experiential Leadership Retreat for 40 student leaders (Student Councillors and CCA student leaders) at Ubin Adventure Centre in 2000
- Sponsorship for Maths Olympiad training for selected Sec 3 pupils by Prof Liu Hong Kun of East China Normal University and selected Sec 2/3 pupils by i-Word (local agency) in 2000.

4 OBA-CH Innovative Problem Solving Competition using IT

- Sponsorship of prizes for competition/Assistance in finals judging as judges
- Annual school-wide project-based competition to promote use of IT in solving real life problems introduced in 1999



CNY Celebrations 2001
OBA Scholarship Presentation

5 OBA-CH Entrepreneurship Challenge

- Sponsorship of prizes for competition/Assistance in finals judging as judges
- Annual school-wide project-based competition to cultivate entrepreneurship among pupils introduced in 2001 (replacing OBA-CH Innovative Problem Solving competition using IT)

6 OBA-CH IT Challenge Programme

- Sponsorship for advanced courses on programming languages, robotics etc for selected pupils since 2000.

7 Shell-CH Challenge

- Academic advisor for the competition since 2000 (Prof Lim Seh Chun)
- Annual Inter-Primary Schools Science, Maths & IT Competition organised by Science & Maths Society since 2000

Staff Development

1 Professional/Personal/Leadership development

2 Biennial Staff Retreat

Biennial 3-day, 2-night staff retreat on "Personal Effectiveness for Teachers" in 2000.

3 Staff exchange visits with local and overseas institutions

4 Training subsidy-up to \$200 per teacher per year and up to \$400 per HOD/VP per year

Courses attended by teaching and non-teaching staff

BENEFITS TO THE SCHOOL

With the unfailing support from the OBA, the school is able to mount more challenging and costly programmes for its pupils and staff. The pupils are thus able to receive a well-rounded education. This is manifested by the steady progress and new endeavours made by the pupils on the academic as well as non-academic front over the last 3 years. They have performed better in the GCE "O" level exams every year since 1998. The lengthening list of achievements in academic and non-academic areas speaks for itself. The pupils' sense of pride and belonging to the school is evident in the way they behave themselves and in their dogged determination to perform well in all aspects of school life. With the continuing support of the OBA, the school will undoubtedly be on the right track in the pursuit of her vision that Catholic High will be among the top performing schools, nurturing pupils to become good citizens and leaders for the nation.



欢乐在今宵 | 解除烦恼十大高招

处在 21 世纪的“e”时代，急速变迁的环境和竞争激烈的生活，使现代人每天都要面对形形色色的压力。有些人面对压力，愈活愈有冲劲。有些人面对压力，感到焦虑与无助。其实生活在现代社会中，时刻都会有压力，压力也是一种推动力，为生活增添色彩。要想生活在一个无忧无虑的“极乐世界”中，那也只是一种幻想。我们来到这五花八门的世界也就是这么一遭而已，为何不把烦恼抛在一边，来个“欢乐在今宵”。

压力喜欢伴着“杞人忧天”、“意志消沉”、“怀才不遇”的人。今夜让我们打开心窗，学习如何如何积极面对压力与消除烦恼的十大高招：

(1) 重视心理卫生

多听“e”时代压力的课程，许多人“生在病中不知病”。多学习提高心理卫生功效，能活学活用“自我心理防卫功能”，通过大脑的调节、适应、代偿、转移等心理防卫作用、认识压力产生的心理与生理反应才不至于“困在愁城”不知所措。因“人贵在有自知之明”，否则“剪不断，理还乱”想不开，解不脱，多思多虑，情绪久久压抑，春去冬来，身心憔悴，易诱发“无形的心理疾病”。

(2) 转移方式

不是教您“移情别恋”，而是主动参加有益身心健康的活动，或积极参与公教校友会的活动如中秋赏月、新春团拜，或像今晚的双庆晚宴。转移注意力以松弛精神紧张。

(3) 升华方式

不要只是向“钱”看，也要向“前”看。树立远大的人生追求目标，确立崇高的理想，好好学习，天天向上，发愤图强，使自己精神有所寄托，集中火力，发挥自己的特长。站在泰山之巅，心胸更开阔，人生意境和精神境界并达到新的飞跃升华，高唱“无限风光在险峰”。

(4) 渲泄与谈心

遇到生活挫折，不如意之事，不要闷在心里，要找几个知心好友，一吐为快，心中烦恼一扫而空，不断自我调整，使自己的心理功能，处于良好状态。

(5) 自我克服

遇到精神刺激后，保持心平气和，主动自我克制，“以退为进”、“以柔克刚”，便可化险为夷。

(6) 培养幽默

我们的教育与文化往往抑制幽默，它告诉我们做人要一本正经，让我们以为成长就是“正经八百”，而“正经”几乎等于严肃——人们再也不懂得微笑或狂笑，每天板着一个严肃的脸孔，艺人维克·包吉(Victor Borge)曾说过这个妙语：“幽默能缩短人与人之间的距离。让我们就在今宵，尽情欢乐，扫除焦虑与沮丧，发扬友爱与团结的公教精神。”

(7) 生命在于运动

我国人口中只有 17% 的人有定时运动，难怪我国有好多患上冠心病、高血压与糖尿病。只要像我“饭后百步走”或“闻鸡鸣而起舞”，改善心血管机能，增强信心，包您长命百岁。

(8) 要敢于维护自己的利益

要学习对一些不合理，过高的要求，不必感到内疚而说声“不”。否则上司或友人看你“行”，把一切责任与事务交给你承受，那时候，你真的会给压到四肢无力。

(9) 回归自然

转换一下生活环境，不要成天只在办公室里工作，或整天跑百货公司。到乡村、公园、海滩，赤脚走走，望望蓝天，呼吸大自然新鲜空气，有助于心境平静。

(10) 善用时间

现代生活，分秒必争，妥善安排时间。小时候我们读过“一寸光阴一寸金，寸金难买寸光阴”。善用时间，可帮我们减轻压力，增加工作效率，创造更多的休闲时间。意志力高、组织能力强及富有自律性都是一个善用时间的人所应有的条件。今晚您出席“双庆晚宴”已证明您是一个懂得惜缘与善用时间的人。



飲水思源 情故鄉

颁发服务奖予 为校友会默默耕耘 的五位前会长

(曾担任会长的校友杜崇智、李昭铭(已故)、邝摄治(已故)、宋子谦、陈水华都曾受校友会颁发过服务奖，这里不再重复。

金

陈志成同学 | 第四届(1973/74) • 第五届(1974/75) • 第六届(1975/76)

陈志成校友五十年代就读高中，是本校早期学生之一。肄业后进入社会工作。1957年代表人民行动党参加市议会选举，当选市议员，开始为民服务。随后，当选立法会议员，国会议员，以及担任国会执政党的党督。1959年至1984年之间，先后受委出任新加坡政府的内政部、财政部、社会发展部和贸易工业部的政务次长和高级政务次长。从政达27年之久，为争取新加坡独立和建国作出了贡献。

他于1984年告别政坛后投入教育工作，热心推广国际教育，为发扬百年树人的精神，提倡培养英才的宗旨，在新加坡创办了新加坡ISS国际学校、美国学院、美国教育中心，又在北京开办了北京BISS国际学校、北京国际管理专修学院。他是这五所院校的创办人兼董事主席。

志成校友对母校的发展特别关心，1973年至1976年三度蝉联校友会会长。他在任期间，母校首任校长姚国华先生不幸逝世，于是发起举行追悼会以及发动设立姚国华奖学金，以奖励优秀学生。二十多年来该奖学金为培育人才，让很多学生受惠，深获各界好评。他卸下校友会会长，立即受委为顾问至今。虽然事业繁忙，他对母校和校友会一向关怀备至，给予多方支持，是深受尊敬的老校友。



林乃田同学 | 第九届(1978/79)

林乃田同学于1950年高中三毕业，并于同年考取剑桥甲等文凭。1956年考获利物浦大学教育文凭，后就读伦敦大学，1959年取得学士学位(B.A.)(数学)，1962年取得B.A(Hons)(中文及历史)。

乃田同学选择了神圣的教育为职业，历任国初主任、德新中学校长，并于1973年担任华中初级学院首任院长。1976年被调回教育部任助理提学司，直到1978年。

乃田同学于1978年担任校友会会长，在任期间，于1978年7月25日晚假华初礼堂举行音乐晚会，由台北儿童合唱团演出，场面热烈。1979年2月4日于水上游乐场举行校友联欢聚餐，反应热烈。乃田同学后因公务繁忙，一年后卸下会长职务。



注:

乃田同学令弟乃燕同学也是公教校友，曾任德明中学校长十多年，是教育界前辈。两位同学可说为本地教育事业作出很大的贡献。

欧进福同学 | 第十届(1979/1980) • 第十一届(1980/1981)



欧进福校友 1961 年高中毕业离校后，先后在我国取得经济学士、和在美国取得硕士和博士学位。1972 年至 1993 年在新加坡大学执教。1976 年欧校友从政，出任麟记区国会议员。次年开始受委为文化部政务次长，秉着饮水思源的优良传统，他出任第十届和第十一届校友会会长(1979 年至 1981 年)。

公教向来以双语教育，校风严谨卓称。当年严禁学生参与反殖运动和其他政治活动，对毕业生不无影响。纵观校友专业人才倍出，蜚声国际者也不少。教授、学者、名医、律师、建筑绘测专才、会计师等各种专才比比皆是，独缺从政者，不无其背景原因。欧校友可谓开先河者。

若和今日我校校友活跃政坛情况相比，真有天渊之别。欧校友领导校友会期间，在维多利亚剧院举行的新春文娱晚会曾掀起高潮。无奈政务繁忙，欧校友终于 1981 年卸下会长之职并即被推举任我会顾问至今。

自 1997 年起，欧校友被委为外交部政务部长兼任我国首位丹戎巴葛区市长。他不但没有因身负国家重任，政务繁忙而疏离母校和校友会。相反的，他对母校和校友会关怀有加，提起母校和校友会，欧校友总是义不容辞，这也许得归功于母校的优良传统教诲，公教精神。

陈汉平同学 | 第十二届(1981/82) • 第十五届(1984/85)

陈汉平校友是华校改制后的第一批毕业校友。当时华校由原有的初中三年和高中三年改为中学四年和高级中学二年，也就是现在的“O”水准和“A”水准。后来母校也和其他中学一样，取消高级中学，毕业生都需转到初级学院去。离校后汉平校友先后在我国前南洋大学和美国纽约州立大学取得学士、硕士和博士学位。回国后即参与校友会活动。他对母校感情特别深厚，以身为公教校友为荣。他也坚持下一代一定要回公教受教育。他认为，公教创校主倡双语教育，并一直以此卓称。现在双语教育虽然已在全国普及化，但是优良的传统教育风气并非俯首皆是。良禽尚且择木而栖，更何况是影响终身的教育。



1981 年，他出任第 12 届校友会会长，积极扩展会务，并于 1984 年再任第 15 届会长。在二任期间，他作出了不少贡献。他发起春节回母校团拜的活动，得到当时我国文化部政务部长已故邝振治校友的支持。当时出席人数虽然不多，仅数十人，却为后来每年举行的新春回校团拜打下了良好的基础。现在每年这个在母校举行的活动，出席人数均超过数百人。1984 年，母校前校长孙继昌修士逝世，汉平校友领导校友会和母校联合在母校教堂举行追悼会并成立孙继昌修士数学/科学优异奖，每年颁发给最优秀的在籍学生，中、小学各二名以纪念孙修士对母校的贡献。

汉平校友现是我会顾问，仍然积极参与我会活动。像往日一样，在母校和校友会的活动中，总是可以见到他。

庄明元同学 | 第廿一届至第廿六届(1990/96)

庄明元同学现年 52 岁，1958 年由印尼棉兰岛抵达新加坡，并进入公教中学附小四年级，于 1966 年高二毕业，是一位完全由母校培养的公教子弟。

就读公教期间，明元同学的美术水平极高，因此选择进入新大选修绘测系，并以绘测为终生事业。

在专业领域中，明元同学积极参与新加坡绘测师协会，并担任要职多年。其实，他在基层组织的活动更为活跃，因而受总统颁发了 PBM(1986) BBM(1995) 以表扬他的贡献。此外，他也参加了无数社团并担任要职，其中包括人协、特警部队、新加坡公益金、狮子会、洛阳小学咨委会(主席)等，他的确是一位热心社会，无私的为人民服务的公教子弟。

明元同学于 1989 年加入校友会执委，并于 1990 年开始被选为会长。他连续当了 6 年会长，是任期最久的会长。这数年间，他和执委们共同进退，合作无间，并与校方保持紧密联系。这期间，除了连续举行几次千人宴外，还为“双轨”增加彩色版与内容，为母校建设基金努力。劳爱华神父铜像和长青馆也是由许多热心校友与校友会合作，在这段时间内搞出来的。

明元同学秉着校友会的优秀传统，于 1996 年自动引退，并推举曾士生同学接任会长。



大千世界

潘家福

逆时卷开

永恒的人生画轴缓缓展现

大师久酿的风采

瞬间破纸重生

四方的棉纸框不住脱缰的绮想

潇洒地饮尽一碗

带禅的清水彩墨

让创作的缪思

于指间轻盈流泻

就连毕加索也要卧醉东方的

大千世界

竹屐蓑衣也能穿出一身亮节

那是东坡怡然达观的风韵

从古典蹁跹飘入现代

时而豪放 时而婉约

荷叶田田

绽放着君子的气度

衬托唐朝女子的腴美

只在那扑哧一笑

即打破了世纪相隔的沉寂

蝴蝶定格在寒山子的凝视中

人间的金粉繁华

尽在童真的对望里

回归质朴

群山以坚实的石身相互峥嵘

飞跃的线条让止水也流动起来

旁观者化身独钓的渔夫

走进画内笑看画外的自身

尘世的混沌双眸也累了

不妨闭目暂憩

用心来细观

清晰可辨的不止是非黑白

还有闪耀于天地之外

超凡入圣的

色彩

后记 国庆日当天，有缘前往位于道南学校旧址的亚洲文明博物馆，与绘画大师张大千的画作欣然邂逅。拥有“东方毕加索”雅称的张大千一生作画不辍，仆仆涉足敦煌、印度、巴西、欧美等地，寻求超凡的美术巧思。他的创作并非停驻在纯粹艺术的呈献，而是一种热爱生命的展现和精神境界的升华。

特以此诗志之，愿好学者不囿于学识技艺上的提升，而能深入一层去发掘，让心性的光辉大放异彩。

旧街重访

蔡逸溪

旧居应无恙
风雨年复年
飘零多华发
寂寞对九天
六月山积雪
南海鸥沙眠
芰荷天地隔
苹花落春妍
孤云凝峰翠
白鹭舞翩跹

挟笔黄沙路
驼铃起风烟
明月寻归梦
回廊老歌声
门窗半剥落
墙角有虫鸣
榴花生破壁
竹影三两横
万物皆有序
成住自因循

旧居今重访
人事几更新
榕树依旧在
群鸟宿昏晨
葵花生其下
朵朵挹阳春
一番新天地
清幽绝嚣尘
不辞锥沙苦
一一写天真

体健欣无恙
一恍逝韶年
揽镜擢白发
酒醒忆昨天
夏虫初迎雪
思乡难入眠
万里天涯隔
春深百花妍
水碧映山翠
鸥翔舞联翩

学成开贤路
仕海历风烟
少怀报国梦
晚岁听雨声
心潮时起落
偶作不平鸣
进言常碰壁
吞声泪纵横
晋阶需有序
偿罚制遵循

深居避客访
转职庆纳新
撙宁心自在
酣睡至清晨
政明时雨下
艺苑喜逢春
誓志垦园地
育苗勤拂尘
夜半推敲苦
平仄吐情真

奉和蔡逸溪词长旧街重访
元韵辛巳夏星洲朱添寿

體健欣無恙
一恍逝韶年
攬鏡擢白髮
酒醒憶昨天
夏蟲初迎雪
思鄉難入眠
萬里天涯隔
春深百花妍
水碧映山翠
鷗翔舞聯翩



怀旧 漫步



校友会于2000年11月12日举办的“怀旧漫步”活动，吸引了约100位校友及家眷参加。

当天一早，大家就齐集在奎因街，公教中学旧校舍前。

校友们站在久别了的校舍前，不约而同的互相提起在校时的种种闹事，笑声如当年在课堂里的噪声一样响亮。

他们的欢乐引起了孩子们的好奇，开始询问爸爸在学时的趣事。

笛声一响，大家就由校舍前起步，经过勿拉士巴沙路、

维多利亚街、密陀路、四马路观音庙、滑铁卢路。一路

上校友们不忘为孩子们讲述这些地段以往的情景，让他

们了解环境的变迁、新加坡的快速进展。一伙人在说说

笑笑中走过了以上的路段，回到国家美术馆休息共用早

餐、参观美术馆、举行幸运抽奖。这个充满欢乐及温馨

的“怀旧漫步”在笑声中结束。

2001年校友会为母校主办两项活动

CHSOBA supported our school in the following areas:

CHSOBA Scholarships | 校友会颁发“亲爱忠诚”奖学金

20 students were presented with the CHSOBA Scholarships this year. Since 1998, the scholarship recognises the academic performances of students enrolled into our Secondary One Level. The scholarship is one of the programs that helps to encourage more students and their parents to consider Catholic High as a school of choice for secondary education through the recognition and prestige of the awards. Ex-Principal Brother Joseph Chang presented the awards at this year's Chinese New Year Celebration in January.

School Assembly Speakers Series | 校友回校主持讲座

OBA leverages the large pool of our old boys' talents and expertise to share with our students in school on issues and topics during selected School Assemblies. This program provides an opportunity to our students to hear and learn from seasoned practitioners on the selected topics and issues. Students, and even staff often find perspectives presented very refreshing.

Stephen Yueng, an old boy who is a Citibanker, gave a talk on "Banking Finance and Economics" in August. Stephen explained the fundamentals of the financial world and how it works in simple language. His interactive approach, by way of a Quiz, drew enthusiastic responses from the students. Not least because there were Citibank pens given out for every answer given. Beside the regular subjects they learn in school, they now have an appreciation of the financial education that will make them wiser in understanding their environment.

Dr Yeo Seem Huat, our well known old boy psychiatrist went back to school this September again due to popular demand! This time Dr Yeo spoke on subjects related to mental preparation and stress management related to schooling and examinations. He brought a lively tune to our students. He shared with them not only the considerations, principles and techniques of mental and stress management, he also shared with them the larger pictures of life beyond schooling and examinations though they are necessities.

李宝丝杯高尔夫球赛

和以往一样，公教校友会与圣尼格拉校友会携手合作，于七月十三日顺利举办了一年一度的高尔夫球友谊赛，比赛于裕廊高尔夫球会进行。我们一共召集了近四十位校友参加。赛事结束后，大家聚在一起，拍了一张很有纪念性的集体照，由校友会常任摄影师陈福成同学拍摄，过后，不少同学要求校友会组织一支高尔夫球队，校友会也义不容辞的接受了这项挑战，并恳请校友们多多支持。



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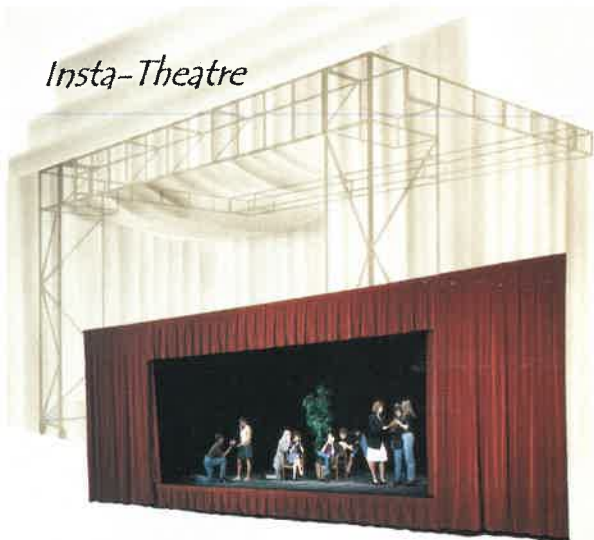
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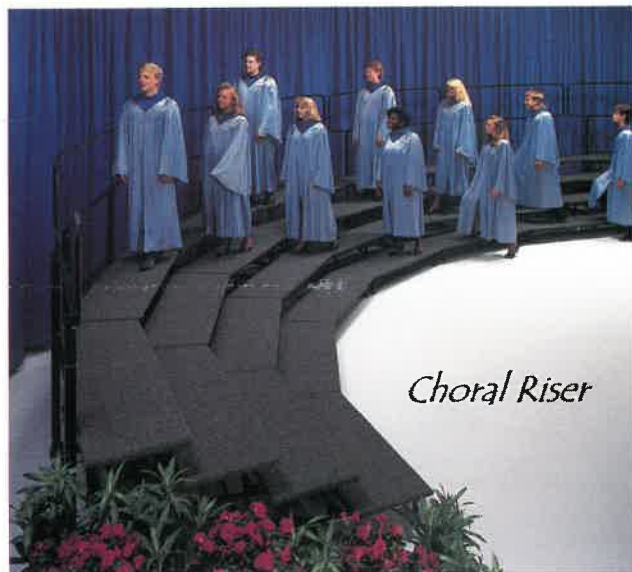


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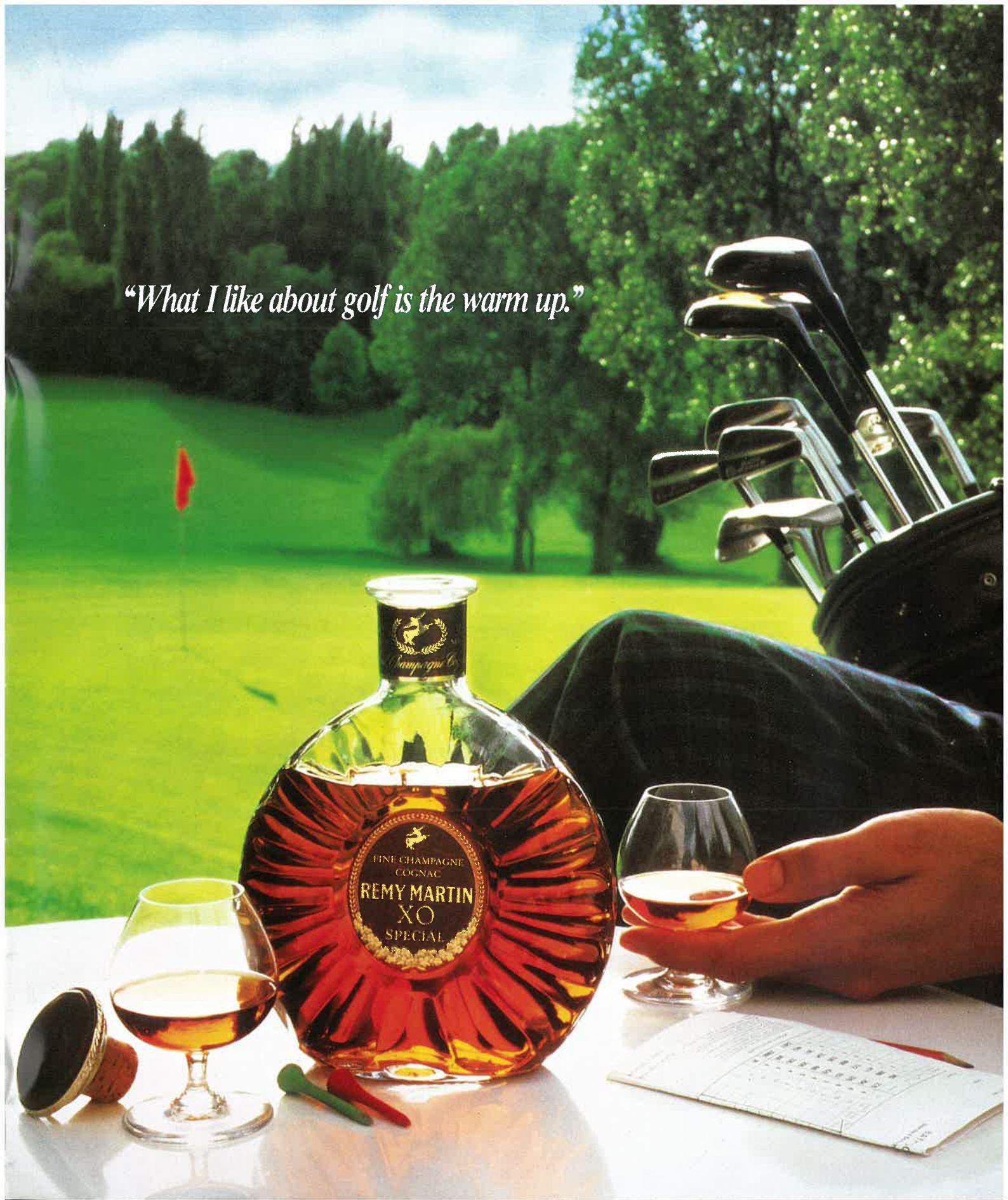
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