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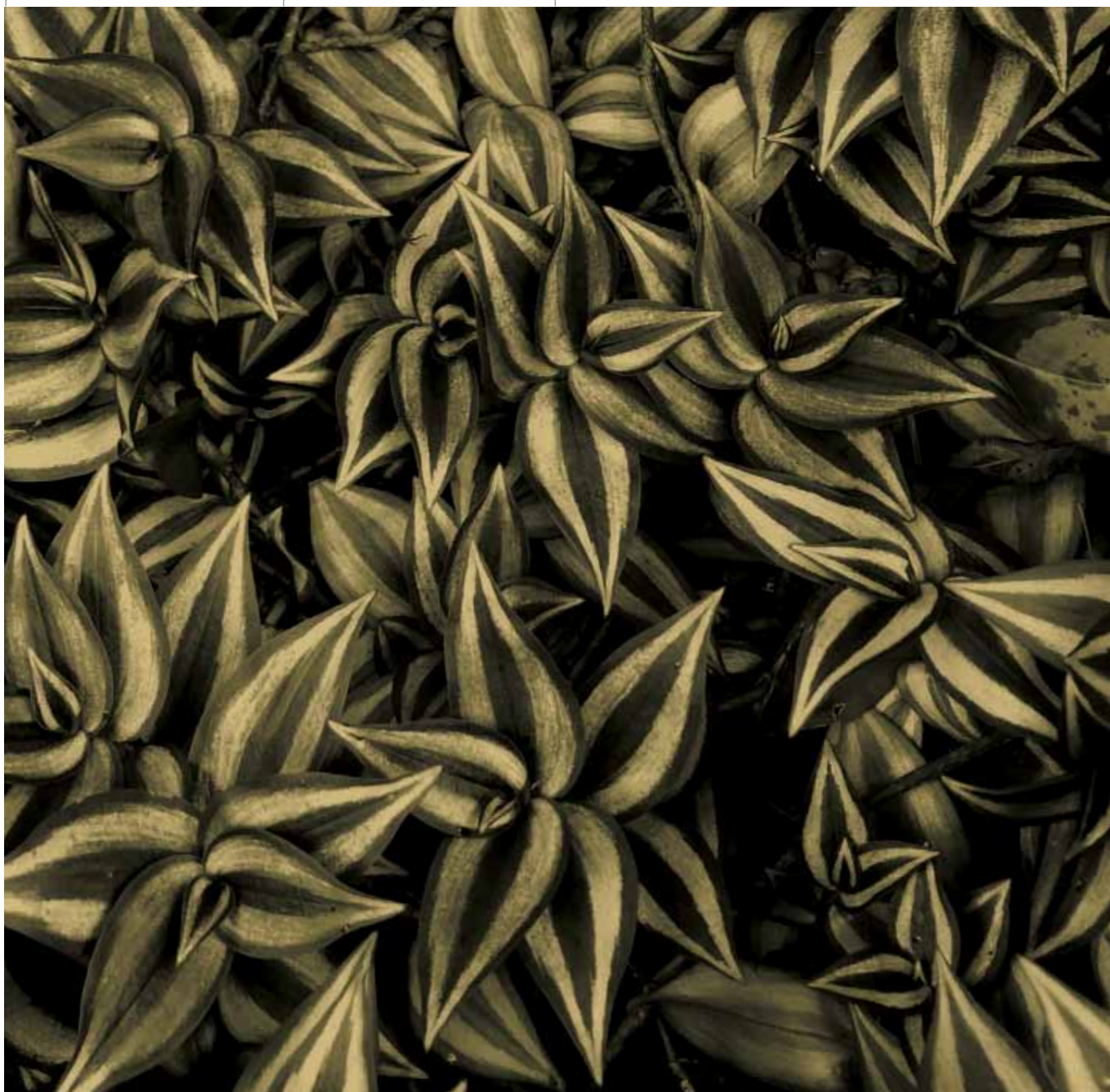
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SPRINGTIME IN THE PANDEMIC

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疫下春色

文：書院輔導長潘銘基教授





The campus is used to be crowded in springtime with graduating students, posing for their photo-day celebrations, but it has remained quiet when spring returns this year. Owing to the pandemic, the College has closed its doors along Residence Road. One can only have a glimpse of the House of Sunny Living, and maybe a bit of the Tolo Harbour, through panes of glass from the outside.

每年三四月，都是大學生拍攝畢業照的日子，只要來到大學校園，你一定會感受到青春的氣息。今年的春天，景物依舊，人流不再。疫症肆虐，書院大樓拉起了大門，重門深鎖。在士林路上，隔著兩重玻璃，看到了如日坊，再往外看，似有還無的才瞥見吐露港的一隅。



1/ Camellia at the College entrance
書院正門的山茶花

2/ Camellia planted by Founding Master, Professor Lee Pui Leung Rance
創院院長李沛良教授所種的山茶花

CAMELLIA AT THE ENTRANCE

The plaque inscribed with the College's name calligraphed by Professor King Yeo Chi, the fifth Vice-Chancellor of the University, stands right at the College entrance, with clumps of pink camellia flourishing at its side. Camellia prefers warm and humid climate. Its florescence is relatively long, which could last from October to May of the following year, but it is usually in full blossom between January and March, which often coincides with the graduation season. At the other side of the entrance, a taller camellia tree showcases red flowers in a different form, but equally gorgeous. Camellias grow well with abundant sunshine. No wonder they bloom so beautifully at Wu Yee Sun College. Aren't we just The Sunny College? Entering the College campus, and making our way to the back of the House of Sunny Living, we are greeted by a magnificent view embracing the Tolo Harbour, Pat Sin Leng, Tai Po Industrial Estate, Sam Mun Tsai, Ma Shi Chau, Tai Mei Tuk, and the Plover Cove Reservoir. Don't miss the priceless pink camellia standing just by our side. It was planted on 3 November 2017 by Professor Lee Pui Leung Rance, the College Founding Master. Right here, right now, the beauty of nature is livened up with a touch of humanism. What a masterpiece of springtime!

THE HOUSE OF SUNNY LIVING AND THE BUDDHIST PINE

The House of Sunny Living has always been an ideal place for the Sunnies to practise healthy life style. The diverse plants around this little white house highlight the College's green living spirit. There is a Buddhist pine at the door, planted in August 2013, which echoes with the theme of our College emblem featuring a bonsai of pine tree (penjing). The pine represents the spirit of our College: Dr. Wu Yee Sun was not only the founder of Wing Lung Bank, but also the 'Sage of Penjing'. Pines are cold-resistant, and are the symbol of perseverance. As Confucius said, 'It is only in the cold of winter that one realises how the pines and the cypresses are the last to wither,' thus pines are a sign of perseverance in adversity. Buddhist pines are very adaptive indeed. Manicured by Mr. Leung Keung, our College's gardener, the Buddhist

pine intrigues every visitor of the College with its elegant shape.

The little white house is also the home of ivy, whose heart-shaped leaves cling firmly to its white walls, and they are inseparable. Speaking of the little white house, it is well known as the former University Guest House, which was actually composed of two blocks, one for dining and the other for accommodation. The latter had been demolished and replaced with the East Block of the College. The other was preserved and has become our little white house now. In fact, even longer ago, the little white house used to be the residence of Dr. Cheng Tung Choy, the third Head of United College, who lived there from 1971 when United College moved its campus to Ma Liu Shui, to 1977 when the University had its administrative organisation changed. When College students work out in the little white house, are they aware of its rich history? Today, it is covered with even more green leaves of ivy, and has acquired the new name 'House of Sunny Living'. Isn't this literally 'Go Green! Be Sunny!'?

SERENE AND SCENIC VIEW ON THE TERRACE OF DREAMS

Stepping up to the Terrace of Dreams, one could enjoy an even better view of the landscape. As the Chinese poem goes, 'You can enjoy a grander sight by climbing to a greater height.' Traditional Chinese gardens are known for their pavilions and terraces, and according to *Shuowen Jiezi*, a terrace is a raised area allowing a panoramic view. Standing on the Terrace of Dreams, with Shaw College on the left, Lee Woo Sing College on the right, and the ever busy Tolo Highway below, the view is mesmerising day or night. There is another pink camellia flourishing on the Terrace, reminding me of white camellia which is also called 'yuming' in Chinese. Tang Xianzu, a renowned litterateur from Ming Dynasty, named his dwelling as 'Yuming Tang', meaning the House of Camellia. The multi-purpose house was built after he returned home, resigning from the government, in 1598, and it was the place where he wrote, received guests, held family gatherings and put on play performances. His famous works, *The Peony Pavilion*, *The Legend of Purple Hairpin*, *The Chronicle of Handan* and *A Dream under the*

The beauty of nature is livened up with a touch of humanism. What a masterpiece of springtime!

Southern Bough were also named collectively as *The Four Dreams of Yuming Tang*. Although 'yuming' is white, unlike the pink camellia here, never mind. On this day of early spring, admiring the beautiful flowers and dreaming my day away on the Terrace, I can't help reciting the lines in *The Peony Pavilion*: 'Without visiting the garden, how could I ever realise this splendour of spring!'

The camellias are accompanied by a few Hainan *Elaeocarpus*, which are evergreen small trees often seen in local parks. They are ornamental plants, with lovely leaves and flowers. On the Terrace of Dreams, against the blue sky, their leaves wave and whisper in the gentle breeze of spring – what audiovisual enjoyment brought by nature's concerto!

The plants on the Terrace have a foreign friend too, that is the Wandering Jew from Mexico. This herbaceous evergreen climbing plant has pedal-like leaves, and they are low-lying, just sitting next to the camellia, composedly and harmoniously. Even when the camellia is not in full bloom, the Wandering Jew never spares its colourful and conspicuous leaves with purple stripes. The two make an exemplary fusion of the East and the West.

CLASS IN THE PANDEMIC

The Terrace of Dreams has been one of the favourite spots for hanging out among students, where Sunnies get together to chat or study, free and relaxed. In the pandemic, all of us are staying home or in hostel rooms, and the empty Terrace feels cold and unwelcoming. One day, I was back in the Dean of Students Office, and it was time to meet with some students from my department to

discuss their final year projects. I took my notebook computer and went outside, settled myself comfortably at one of the tables on the Terrace, and started my online class. It was a small discussion class, and the six of us turned on our cameras for video conferencing. I saw them staying at home as advised, and they found my backdrop familiar – the green building of our College. Only two months ago, we were still coming to campus every day – catching the school buses, lunching in the student canteen, rushing for classes, hanging around with friends – this was our everyday life. Although we are now separated by the pandemic and could only meet online, I can still feel their passion for the University and its campus. Let us look forward to our reunion on our beautiful campus, after the brief separation. By then we will learn and chat together amid the splendid beauty of our beloved campus again.



3/



4/

3/ The Buddhist pine rooted outside the House of Sunny Living

於如日坊外植根的羅漢松

4/ The little white house covered with ivy
外牆長滿長春藤的小白屋



5/ Hainan Elaeocarpus at the Terrace of Dreams
圓夢臺上的水石榕

6/ Wandering Jew with purple-striped leaves
紫色花紋的吊竹梅

大樓外的山茶花

在書院大樓外，中文大學第五任校長金耀基教授親題的「伍宜孫書院」石匾屹立跟前，旁邊一排粉紅色的山茶花正在綻放。茶花性喜溫暖、濕潤的環境。花期較長，從十月份到翌年的五月份都有機會開花，盛花期通常在一月至三月。因此，茶花盛開，便是畢業之時。書院門外的另一邊，栽種了另一株偌大的紅色山茶花，形態不一，同樣美輪美奐。山茶花喜歡在陽光充足的環境下成長，伍宜孫書院不就是 The Sunny College 嗎？原來，山茶花早與本院結下不解之緣。走進校園，繞過如日坊，可以極目四望，憑欄遠眺，吐露港、八仙嶺、大埔工業邨、三門仔、馬屎洲、大尾篤、船灣淡水湖，通通映入眼簾。不要忘記，身邊還有一株特別珍貴的粉紅色山茶花，那是創院院長李沛良教授在二零一七年十一月三日親自栽種的。自然景觀沒有人文精神的加持總是若有所失，如今兩者緊密結合，可謂盡善而又盡美！

如日坊與羅漢松

如日坊是同學們追尋健康生活的好去處，她的四周栽種了不同種類的植物，為書院的綠色生活下了最美麗的註腳。小白屋的門外有一株羅漢松，在二零一三年八月始種於此。看看我們的院徽，主題正是松樹盆景。伍宜孫博士不但是永隆銀行的創辦人，亦是盆景藝術家，素有「盆聖」的美譽。松樹耐寒，象徵了堅毅不屈的精神，孔子說：「歲寒，然後知松柏之後凋也。」即便身處逆境，只有松柏才可以堅持到最後。羅漢松的適應能力很強，對生長環境的要求並不高。在書院花王梁強先生的悉心打理下，羅漢松的形態優美，教人駐足觀賞再三。

小白屋還有一些長春藤纏繞著，白色的牆身與心型的綠葉緊緊扣連，密不可分，融為一體。說起小白屋，我們都知道她的前身是大學賓館。從前，大學賓館有兩棟，一棟提供餐飲，一棟提供住宿。住宿的一棟現在已經拆卸了，原址就是本院的東座。餐飲的一

棟保留下來，就是我們說的小白屋。其實，在更遙遠的從前，小白屋是聯合書院第三任校長鄭棟材博士的宿舍。一九七一年，聯合書院搬到沙田馬料水，一直到一九七七年大學改制為止，小白屋正是聯合書院校長的住處。現在，當書院同學在小白屋裡運動之時，不知道有沒有想像到這裡一段又一段的歷史。與從前的校長宿舍、大學賓館相比，現在的小白屋生長了更茂密的長春藤，增添了點點的綠色，並命名為「如日坊」，真的是 Go Green! Be Sunny!

圓夢臺的海山勝景

從如日坊拾級而上，可到達圓夢臺。「欲窮千里目，更上一層樓。」到達圓夢臺，居高臨下，視野更為開闊。眾所周知，亭臺樓閣乃中國傳統園林的建築物。「臺」指的是高而平的建築，《說文解字·至部》說：「臺，觀四方而高者。」站在圓夢臺上，氣吞四方，左為逸夫書院，右為和聲書院，更可俯瞰川流不息的吐露港公路，無論白天還是黑夜，同樣使人心往神馳。圓夢臺上又見一株粉紅色山茶花，枝葉茂盛，茁壯成長。白山茶又名玉茗，明代文學家湯顯祖於萬曆二十六年（一五九八年）從遂昌辭官歸家以後，新建用來寫作、會客、家宴和演戲的居所即命名為「玉茗堂」。湯顯祖的四部劇作《牡丹亭》、《紫釵記》、《邯鄲記》、《南柯記》，正是合稱為「玉茗堂四夢」。雖然顏色有異，可都是山茶花。初春之際，在圓夢臺上尋夢、賞花，真的是「不到園林，怎知春色如許」！

除了山茶花以外，這裡還栽種著幾株水石榕。水石榕是一種雅緻的小喬木，我們平日閒逛公園園林之時，經常會發現她的蹤影。水石榕是不折不扣的觀賞樹，有著觀花或觀葉的用途。在圓夢臺上，春風拂揚，水石榕隨風擺動，如果我們抬頭仰望，以藍天為襯托，水石榕的葉子沙沙聲響，活像是一首大自然演奏的樂曲，極盡視覺與聽覺的享受。

圓夢臺的花草裡還有一位來自遠方的交換生，她就是

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如今兩者緊密結合，可謂盡善而又盡美！

原產墨西哥的吊竹梅。她的葉子如巨花，是常綠蔓生的草本植物。在這裡探望吊竹梅，不必抬頭，她和一株山茶花住在一起，融洽自然，當下即是。茶花盛放，可以賞花；含苞待放，也不必失望，吊竹梅總不會讓人敗興而回。她那美麗多彩的葉子，滿佈著紫色斑紋，耀眼奪目。融會中西，就是山茶花與吊竹梅的最佳形容詞！

疫情下的一堂課

圓夢臺空間遼闊，書院擺放了幾張花園椅，從前總會看到同學們三五成群，或聊天或論學，逍遙自在。疫情之下，大家都留在家裡，或在宿舍房間之內，空無一人的圓夢臺，瀰漫著一股肅冽的氣氛。有一天，我回到輔導處，適值跟幾位中文系學生的畢業論文課時間到了，於是提起筆電本，走到室外，在圓夢臺的凳子上坐下來，開始上課。這是一門小組討論課，加上我只有六個人，大家上課時候都開著鏡頭。同學們都遵從社會的呼籲，留在家裡，看到我的背景是一棟綠色的大樓，是熟悉的中文大學的明媚風光！曾經，不過是兩個月前，校園是我們每天到來的地方，追趕校巴、飯堂用膳、上課下課、吹水聊天等，日復一日，何曾稀奇？雖然與同學們隔著兩個電腦屏幕，加上一段無形的實際距離，但我還是可以感受到她們對大學、對校園的熱愛。在短暫的隔離後，我們都期待重聚在校園的一天，可以共賞屬於所有中大人的校園風光，在賞花之餘而又再次談天說地，聚首論學。



7/ The former University Guest House
前大學賓館外貌



STUDENT ACTIVITIES

學生活動

ENJOY A HARMONIOUS MOMENT

享受寧靜



To strengthen emotional fitness of College students and staff, the College has arranged two mindfulness activities this semester. Through bringing attention to our physical and emotional status, we learn to cope with stress and take good care of ourselves.

When we practise calligraphy, we also practise focusing on the present moment. In January, a mindfulness instructor, Miss Molly Chan, conducted a mindful calligraphy workshop for College students. Under the guidance of the instructor, students fully immersed themselves in the present moment of lettering and cleared their mind! It was a great way to relax.

Western Calligraphy is a popular activity among youngsters recently due to its elegant and graceful art form. Once submerged in a peaceful environment, with only several pens, a few pieces of paper and unique writing style, one can produce marvelous works such as notebook covers, name cards or greeting cards for their beloved ones.

Due to the COVID-19 outbreak, the University has switched to online teaching mode to prevent the spread of the epidemic in classroom and public transport when students return to the campus. Everyone is advised to stay home to combat the

epidemic. We are not encouraged to go outside to take a stroll nor gather with friends, and in a long run our emotion may be affected to different degrees. The worsening development of the pandemic made us feel desperate and disappointed, especially if we lack protective supplies.

In March, the College once again invited Miss Molly Chan, together with Professor Eric K.P. Lee from Jockey Club School of Public Health and Primary Health Care to conduct a workshop entitled Online Mindfulness Practice for College students and staff. Participants could choose the most comfortable and relaxing corner at home for practice with no strangers around. Participants who did not choose to turn on the camera for conversation with instructors could also simply leave their feedbacks in the chatroom. The online mindfulness practice did calm everyone down and help ease their worries in the recent months.

為了加強大家的身心健康，書院於本學期舉辦了兩項靜觀活動，讓大家學習觀察自己的身體狀況及當下情緒，和壓力好好相處，學習照顧自己。

當大家專注於練習西洋書法時，原來都要講求靜心。於一月二十一日的晚上，書院同學在靜觀導師陳慕寧小姐的帶領下一起集中精神，透過學習西洋書法摒除雜念

和負面的思緒，暫時將煩惱放低，好好享受書寫帶來的平靜。

西洋書法以學習書寫古典秀麗的字體，一字與另一字的相連結，成為近年年輕人爭相學習的活動。只需要簡簡單單的幾支墨水筆，一兩張紙，一個寧靜的空間，用心的書寫，加上自己獨創的風格，就可以書寫出絢麗的作品。除了設計記事簿的封面、卡片上的名字以外，亦可以是送給摯友的賀卡。

為了減低冠狀病毒的傳播，大學於下學期改為線上教學，避免同學於課堂上互相接觸，以及減少同學因乘搭公共交通工具回校時受感染的風險。大家留家齊心抗疫，可是每天困在家中，連出外走走，與朋友飯聚談天的時光都被叫停，心情難免不受影響。每天看著新聞，疫情一日比一日嚴重，而家裡的防疫物資又所餘無幾時，真的叫人沮喪及失望。

有見及此，書院於三月再次邀得靜觀老師陳慕寧小姐，夥拍中大賽馬會公共衛生及基層醫療學院李錦培教授為師生舉辦了一場網上靜觀體驗。參加者可以安在家中，選一個自己最舒適及放鬆的地方練習，大家亦不會因為有不相識的面孔而感到不自在。參加者可以決定是否開啟視像鏡頭與導師直接對話，或只是透過留言以文字分享自己的感受。經過一個多小時的靜觀練習，大家的心靈都得到瞬間的平伏，一切變得平靜，近日的憂慮亦得暫時的釋放。



NEW YEAR BLESSINGS

新年祝福



Writing red couplets and tasting traditional snacks are one of the ways to celebrate the Chinese New Year. This brought not only fun but also a sense of reunion in the College hostels. No matter they are from the West, the East or locally from Hong Kong, hostel residents joined our Resident tutors, Warden, and College Master in mid-January to celebrate. Students wrote down their wishes on red banners and sent their blessings to friends and family.

To express our gratitude to College workmen's hard work in keeping the campus clean and secure, the College Master, Professor Anthony T.C. Chan and his management team hosted a Lunar New Year Lunch in the same month. Everyone had a great time enjoying the lunch and getting to know each other. Big applause to their contribution!

寫揮春及嘗試傳統農曆新年食品絕對是讓宿舍師生同樂及共聚的好機會。為慶祝新年，外地及本地宿生於一月中齊聚書院藝廊，與宿舍導師、舍監及院長共賀佳節。同學把握機會，於揮春上寫下對新年的期許，並為親友送上祝福字句。

為感謝書院工友的辛勞工作，院長陳德章教授及其團隊亦趁新年邀請眾人共進團年飯，感激他們保持書院校園整潔及安全。感激他們的付出！

WANNA TRY SOMETHING NEW? 嘗試新玩意



The Sunnies grabbed the chances to try out new hobbies in January! The Astronomy Society hosted the Astronomy Winter Camp in early January at Pak Tam Chung to introduce the winter constellation to fellow students. They also set up the astroscope on the College campus and all the participants enjoyed learning about the myths of the universe.

Another group of students joined the DIY Cajon Workshop to make their own cajon! They started from pieces of wood and assembled their unique instrument. They even learnt to play some songs right after finishing. How enjoyable!

書院同學於一月參與學生組織的活動，把握機會發掘新嗜好！天文學會於一月初舉辦天文營，帶領同學到北潭涌觀星，了解冬季的星象。他們又於書院架起星象儀，讓參與的同學在星空投映中認識宇宙的奧秘。

另一批同學則參加自製木箱鼓工作坊，由零開始製作自己的樂器。他們將最基本的木板拼合成木箱鼓，更在完成後試玩，不亦樂乎！

REUNION 聚首一堂



The ExCo of WYS Alumni Association including Nicolas F. Chan (Journalism and Communication/2016), Tsun-fai Li (Risk Management Science/2017), Sunny H.S. Liu (Geography and Resource Management/2016), Barcary K.T. Tang (Chemistry/2016) and Peter C.C. Wan (Mathematics/2016) visited our Founding Master, Professor Rance P.L. Lee in late January. The group had a great time catching up with each other and WYSAA also took the opportunity to present a piece of Chinese calligraphy to Professor Lee, expressing their gratitude for his continued support. We hope that the Association would continue to prosper and be the home of our graduates!

伍宜孫書院校友會委員陳寬（二零一六年新聞與傳播學）、李浚揮（二零一七年風險管理科學）、廖浩榮（二零一六年地理與資源管理學）、鄧建達（二零一六年化學）及溫展程（二零一六年數學）於一月下旬探訪創院院長李沛良教授，眾人除了分享近況，更為李院長送上書法作品，以表達對李教授支持校友會的感謝之情。我們期望校友會網絡日漸擴大，成為一眾畢業同學的聚首平台！

LET'S SHARE

老師分享

Professor Ming-kay Poon

Professor Poon is the Associate Professor at the Department of Chinese Language and Literature, and has been appointed as Dean of Students of the College on 1 January 2020.

Sturdy grass withstands a strong wind

Lu Xun said, 'Hope cannot be said to exist, nor can it be said not to exist. It is just like roads across the earth. For actually the earth had no roads to begin with, but when many pass one way, a road is made.' This is one of my favourite sayings. Everyone has a very different path. At some point we might walk together, and at another we might go on different ways when we don't share the same goals and values. We may be visionary at times, and we should be, so that we could set our own paths with a clear destination in mind despite the obstacles ahead.

When I was a kid, I used to set short- and long-term goals for myself. However, I never set unreachable goals, so I would not be disappointed when things did not turn out in the way I expected. This might sound a bit pessimistic, but this habit may have prepared me well for crisis, and polished my crisis management skills. My primary school was located on a small hill beside Ka Wai Man Road, Kennedy Town. I had always felt that only when schools were built on a hill could they empower students with vision and goals. My secondary school and university were also on a hill, and I am still proud of myself for growing up on the hills. The primary schools in the 1980s were mostly half-day schools. I studied in the PM school, and 'not to wake up early' has been one of my greatest goals since childhood. This is important as it has motivated me all along to make sure I find a job which does not require me to wake up early!

My father was a chef, and my mother worked in the supermarket as a cashier. Before I started secondary three, my whole family – my parents, my younger sister and I – used to share a double bunk bed. Now we can no longer find the same style at furniture stores. I wish we had not dumped it for a new one in earlier years. My mother used to collect household trash like newspaper and metal cans for me and my sister to take to recyclers, making her quite an early environmentalist when looking back now. At that time, we got ten cents for one soft drink can, and one dollar for ten cans. This was how we got the money to buy our first camera – my mother's strong will has always been an inspiration to me! Before I entered university, I had never got my own desk for studies. So 'to have my own desk' had always been my greatest motivation to get into university. Later I entered CUHK and stayed in Chung

Chi College, and I simply teared up when I saw the desk in my room in Ying Lin Tang! That being said, I had no problem studying without a desk. I did not go to self-study rooms either, as there was none in my neighbourhood. 'Home's where the heart is.' – I studied at home for all my exams, be it the finals, HKCEE or HKALE, with just a multi-purpose folding table. I would even turn on the television, and the background noise could make me focus better on the textbooks. Until now, many of my papers are completed in fast food shops or on public transports. Try not to be distracted by the surrounding. 'Knowledge changes one's life,' which has been my belief at all times!

For secondary school, I went to a Band One boy's school in Sai Ying Pun, which was right opposite to a university. It is now one of the elite schools under the direct subsidy scheme. Don't be mistaken – I got admitted only because I lived in Western District on Hong Kong Island and was lucky in the Central Allocation. Throughout some twenty years as a student, I have just been very lucky to meet good teachers. To me, a good teacher knows how to teach and cares about students. When I took Chinese Literature as my elective in high school, my own interest in the subject did not really matter more than the inspiration I got from my teacher as a role model. Now, I am grateful that I have the chance to teach, and I always recall my teachers' passion and guidance. This is one of my greatest motivation in teaching, to contribute in return.

Our lives seem to be greatly influenced by opportunities. Only after struggling, I finally realised their importance. Chinese Literature might be the very subject which could survive in economic adversities. The 1997 Asian financial crisis followed right after I graduated. The Hong Kong economy had experienced earthshaking changes just in a few years. All sectors were affected by the economic downturn and the negative impacts were seen everywhere. Graduates from popular subjects became less competitive. The situation is similar today, maybe even worse, with the social unrest, the worsening pandemic and the contracting economy. Does this, however, necessarily confine our future? The spirit of university education was never knowledge itself, but acquiring the ability of critical thinking and distinguishing between right and wrong. 'Equipping oneself' and 'action speaks louder than words' are indeed old sayings, but these

lines do speak themselves. You can grab internship opportunities if you are keen on certain jobs after graduation. Sometimes we do get lost when we struggle in society and our career, and this could easily take dozens of years. That is why we should try out more during our university life to see where our true interests lie. Chance favours only the prepared mind. Your hard work may not pay off, but if you do not work hard, you will gain nothing. As Mencius quoted the Qi people, taking advantage of the right time and situation might be the key to success. We can afford failures when we are still young, and we can pick ourselves up easily. Imagine stumbling at an older age – you could get your bones cracked and this makes recovery hard!

It has already been more than twenty years since I entered CUHK as an undergraduate. The campus changed; people come and go; only the spirit of CUHK lasts. Its spaciousness gives us room to think. Although I have spent so much time on the campus, I still enjoy wandering around this beautiful premise. We all see birds and cats when we step into the campus, but pythons, porcupines, boars, monkeys, and goats are no strangers too. We also have a rich flora in the campus – Rhododendron, mountain ebony, Taiwan acacia, fountain tree, bauhinia, pink poui, and even sakura. If something is troubling you, turn around and embrace yourself in the peaceful nature. The way out might be just around the corner!

We are all submerged in different relationships and networks, and it is always hard to live our own way. We get help, and we also learn to give a helping hand. Know when to act and when not to act. Our dreams might not come true, but they motivate us to strive and improve. Although we might stumble a lot, inspiration comes along and brings us new insight. Think about what you expect yourself to become after ten years. Write down a list of subgoals for every two years. You may then review it from time to time: am I still heading toward my goal? If I have deviated, should I adjust the end or the means? All roads lead to Rome. Blaze a trail if the original does not fit. This is how Hongkongers survive. 'It is only in the cold of winter that one realises how the pines and the cypresses are the last to wither.' When we can withstand hardship and persevere, we will be able to make our own way. Although students of different generations may find different obstacles ahead of them, hard work is always the key to overcoming any kind of obstacles. Let's go for it!



潘銘基教授

潘教授為中國語言及文學系副教授，於二零二零年一月一日獲委任為書院輔導長。

疾風知勁草

魯迅說：「希望本是无所谓有，无所谓无的。这正如地上的路；其实地上本没有路，走的人多了，也便成了路。」這是我很喜歡的一句話。每個人，走的路肯定都不同，或許會跟某些人在某一段路走在一起，合則來不合則去，道不同不相為謀，然後會達成不同的目標。目光有時候會很遠大，也應該遠大，縱使成功的機會渺茫，向著目標邁進，我們總會走出自己的路。

小時候會為自己定下短期和長期的目標，總不會將事情想得太美好，以免事情並非按著所想的發展而帶來更大的失望。說起來好像很悲觀，回想起來，這可能讓我更有危機意識，做好危機管理，未雨而綢繆。讀小學的時候，學校在堅尼地城加惠民道的小山上。從此，覺得學校要建築在山上，憑欄望遠，目光才能遠大。於是，中學、大學，一直都在山上，以身為山中人而自我感覺良好！上世紀八十年代的小學，很多是上下午校的。我讀下午班，從小養成「最好不要早起」的心態。這點很重要，成為我日後發奮的一大目標——找一份不用每天早起的工作！

我爸是廚師，我媽是超市收銀員，妹妹和我，一家四口，在中三以前一直睡在一張雙層雙人床。現在逛家具店都看不到這樣的款式，真的為當年家裡把它換掉感到可惜。先母會收集家中的舊報紙、汽水罐，然後妹妹和我會一起把它們拿到回收商處變賣，走在環保的尖端。一個汽水罐可以賣得一角，十個便可得一元，家裡第一部照相機便是在這樣的情況下買下來的。我媽強大的意志一直令我非常佩服！在考入大學以前，一直沒有機會在書桌上做功課，因此「擁有自己的書桌」一直是我讀大學的最大動力。後來入讀中大，寓居崇基，看見應林堂的書桌，幾乎感動得落淚！沒有書桌，也不妨礙讀書；我也沒有去自修室，因為家裡附近沒有。「此心安處是吾鄉」，甚麼期末考試、會考、高考，我都只在家裡溫習，用的是一張多功能摺枱。溫習的時候我喜歡開電視，將噪音當作背景，使我更為專心致志。到了今天，我的不少論文都是在快餐店、交通工具上完成的。不要因為外在環境而過分影響自己，知識改變命運，一直是我堅持的信念！

中學階段，我在西營盤的 Band 1 男校就讀，她就在一所大學的對面，現在是直資名校。不要胡思亂想，我不過

是小學升中派位的幸運兒，以及家居港島西區之故。求學階段二十餘年，遇到良師完全是運氣；我對良師的定義很簡單，只有兩點，一是懂得教學，二是關心學生。預科選修中國文學科，與其說是對中國文學產生了濃厚的興趣，不如說是受到了任課老師言行身教的啟迪。今天，我有幸執起教鞭，走進教室，不時想起過去老師們的悉心教導，老師的教學熱誠總是自己努力教學的一股動力，也是對過去的心懷感恩。

人生的一切看似際遇，努力過後，才明白際遇的重要。在大學裡，我主修中文。讀中文系，最能抵抗經濟逆境。畢業後，迎來九七金融風暴，香港的經濟狀況跟我們讀大學前相比，有了翻天覆地的變化。金融風暴造成的百業蕭條，影響在在可見。入學時受歡迎的學科，反而難找理想的工作。今天，社會紛爭未息，疫症肆虐，經濟不景，情況較諸我畢業的時候更為嚴重。我們便要自怨自艾，失落失望嗎？讀大學的要點，不單是學科知識，更是學會了批判思維，明辨是非，不會盲從附和。甚麼及早裝備好自己，知易行難，但也非常實在。畢業後希望投身甚麼行業，可在讀大學時尋找相關的實習機會。畢業後，人難免會落在塵網之中，可能不止「一去三十年」，讀大學的時候便要多方向嘗試，看看自己的志趣所在。機會總是留給有準備的人。努力不一定有回報，可是不加努力，機會轉瞬即逝。孟子引齊人所言：「雖有智慧，不如乘勢；雖有鎡基，不如待時。」指出縱有聰明才智，不如把握機會；縱有耕田之鋤頭，不如等待耕種之時節。因此，努力以待時總是成功的關鍵。年輕就是容許失敗，跌倒了更容易爬起。年紀大了，骨質疏鬆，跌倒了要重新起來難度倍增！

從讀本科開始，不經不覺，在中大已經二十餘年了。校園的變化在所難免，人如潮汐，往而復來，不變的只能是中大人的精神。中大的大，可以讓我們有思考的空間。雖然在這裡那麼長的時間，但漫遊中大永遠是我的賞心樂事。遊走校園，雀鳥和貓固可得見，蟒蛇、豪豬、野豬、猴子、山羊皆嘗看到。校園裡栽種了不同的植物，杜鵑花、宮粉羊蹄甲、台灣相思、火焰木、洋紫荊、風鈴木遍佈，甚至賞櫻也不是夢。遇上想不通的問題，轉換視角，

沐浴山城之中，將煩囂沉澱下來然後重新出發，實為一樂！

人總是生活在不同的關係圈裡，要活得自我並不容易。我們會得到別人的幫忙，也要學會幫助別人。知所進退，可行則行，當止則止。目標遠大，雖不一定成功，但可以成為我們奮發的動力與方向。在人生路上，我們會遇上不同的挫折，每一次的「此路不通」，總會帶來啟發，讓我們再作思考。有時間的話，不妨寫下對十年後自己的期許，每兩年分成一個小階段。然後，定期問一問自己，我是否正在向著目標進發，如果偏離了，要修定的是目標，還是前進的方法呢？康莊大道可以邁步，另闢蹊徑或可制勝，香港人從來以頭腦靈活見稱，難關難過關關過。「歲寒，然後知松柏之後凋也」，到了每年冬天，植物都會落葉凋零，只有松柏是挺拔而不落。在艱難的時候，我們要耐得住苦，受得了折磨，不屈不撓，堅持信念。只有這樣，我們才能走出一條屬於自己的路。不同時代的大學生，走著難度不一的路，努力是確保障礙物減少的不二法門。願共勉之！



CHOW TAI FOOK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO MYANMAR 2019



This winter, 18 Sunnies joined hands to plan and participate in the Service-learning Trip to Myanmar, with the view to understand the history of the place and the needs of the underprivileged. The group travelled to Yangon, Myanmar in late December. The Sunnies first visited The National Museum of Myanmar (Yangon) and The Shwedagon Pagoda to have a deeper understanding of the history, art and Buddhism religion of Myanmar. They then visited the Andrew Orphanage School, and divided themselves into five groups to design various activities for the children according to their talents and ideas.

The Art Group shared with the children some handcrafts for Christmas celebration as the orphanage is affiliated with a Christian church. The children were also keen on art with great talents, only limited by resources. Therefore, our students brought them materials and encourage them to express themselves and show their creativity.

Under the lead by the English Group, the children also had the opportunity to learn simple and useful daily conversation in English with reference to the orphanage's advice on the kids' language level. They

designed a colourful booklet and conducted various interesting activities to let the children understand learning English is not scaring or boring, but fun and useful instead. They hope the children could have higher motivation in learning the language.

The Games Group hosted games for the children for ice-breaking and enhancing relationship building. The games were designed to be played in groups to bring out the importance of team spirit and polish their problem solving and communication skills.

Leading in a healthy life style and knowing more about their living place are also important. The General Education Group shared with the children knowledge of maintaining a healthy diet and proper hygiene, in addition to the skills of wound handling and stretching exercise. Besides, they also introduced the geography and natural environment of Myanmar to the kids to broaden their horizons. They designed a booklet which was divided into six chapters including the physical location of Myanmar, the country's administrative division, landforms and water features, weather and climate, plants and

animals, and natural hazards and corresponding measures.

The Science Group designed some experiments and activities to share with the kids some scientific theory and knowledge as the children do not have science lessons. The Sunnies taught them how to make Kaleidoscopes, mosquito traps, cleaning detergent, air boats, etc., to bring up the concept of light refraction and the reaction of Chemical elements. They hoped the children would develop interest in science and be creative to make use of common resources to produce something fun or useful.

Our Sunnies not only learnt to serve but also learnt from their service. The artistic talent and positive attitudes of the kids greatly inspired them in return. In spite of the lack of resources, the kids were optimistic, tough and creative. They wear a smile all the time and they enjoyed every activity we arranged. It is an unforgettable and fruitful experience both to the Sunnies and the kids.



周大福服務學習計劃： 二零一九年度緬甸服務學習之旅

在剛過去的冬天，十八位就讀不同學系的書院同學前往緬甸仰光進行服務，希望從中了解當地的歷史與其社群的需要。他們抵達仰光後，首先參觀仰光國家博物館及大金寺，認識緬甸的歷史、藝術及佛教文化，隨後到一所孤兒院展開服務。同學分成五組，按自己的專長和想法，為孤兒院的孩童構思和策劃不同方面的活動。

由於該所孤兒院擁有基督教背景，藝術小組的同學教授該院孩童製作多種簡單精美的聖誕裝飾品。另外，孩子喜愛及擅長創作，可惜由於物資的匱乏，未能盡展所長。因此，同學為他們帶上豐富多元的物資，鼓勵他們盡情創作，抒發自己的想法。

此外，孤兒院負責人反映該院兒童的英語水平不高，英語小組因此為小孩設計了精美的書冊，教他們常用的英語，並設計各種小遊戲，令他們明白學習英語並不可怕或沉悶，可以是輕鬆有趣及實用的，以加強他們的學習興趣。

遊戲小組同學則設計了不少遊戲和孤兒院兒童同樂，除了希望促進和他們的交流、打成一片外，更希望讓他們明白團隊精神和與人溝通的重要性。因此，遊戲皆為分組進行，既考驗他們的協作性和解難能力，又帶出體

育精神及努力投入重於比賽結果的要點。

健康生活及了解自己的地方亦是重要一環。通識小組的同學教導兒童衛生及健康知識，令他們明白如何正確洗手和處理傷口的方法，以及教他們伸展動作，又和他們分享不同食物的營養知識，提醒他們要做到均衡飲食。另外，同學還教他們生物和地理知識，透過自製書冊，講解緬甸的地理位置、行政區域、地形、氣候、生物、自然災害及應對方法，拓闊他們的眼界。

由於孤兒院兒童沒有科學課，科學小組同學就通過教導他們製作萬花筒、捕蚊器、清潔劑、空氣船等，為他們介紹相關科學知識，如光的折射及化學元素等，帶領他們發掘科學的趣味性，以及鼓勵他們善用身邊的物資製造有趣和實用的物品。

同學透過是次活動，不但學會如何服務他人，從中亦收穫甚多。孤兒院的孩童不但在藝術創作及運動方面極具天賦，而且會堅強、樂觀地面對困境，整天臉帶笑容，珍惜擁有的一切。同學都被孩童深深感動，並反思自己的生活。

Date 日期 21 - 28/ 12/ 2019

Leading Teacher 領隊老師

Miss Chau-ping Yu 余秋萍小姐

Participants 參加同學

Wai-han Chan 陳惠嫻 (Chin. Lang. & Lit./ 3)

Kai-ni Chong 張愷倪 (Global Econ. & Fin./1)

On-ching Chun 秦安晴 (Pharmacy /1)

Ritter W.C. Fung 馮暉程 (Urban Studies/ 4)

Yu-chia Hou 侯又嘉 (IBBA/ 5)

Rose S.N. Lam 林善濃 (Prof. Accountancy/ 2)

Tsz-ching Lee 李芷晴 (Nursing/ 4)

Hon-kei Ling 凌漢琦

(Chin. Lang. Studies & Chin. Lang. Edu. / 4)

Yu-han Liu 柳宇涵 (Soc. Sci./1)

Yuen-tung Ma 馬煥旃 (Mol. Biotech. /5)

Kylie Ng 吳珀頤 (Hotel & Tourism Mgt. /2)

Saichiko Surjono 李華麗 (Prof. Accountancy/ 3)

Kin-shun Tong 湯堅信

(Phy. Edu., Ex. Sci. & Health/ 1)

Man-hoi Tsoi 蔡文凱 (Economics/ 3)

Sui-nam Tsui 崔瑞楠 (Architectural Studies/ 3)

Ka-yu Wong 黃加茹 (Public Health/ 3)

Ching-yan Yau 邱堉焮 (Pharmacy/ 1)

Kin-ho Yick 易健豪 (Financial Technology / 3)

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The National Council of YMCAs of Myanmar





Mingalaba – that’s the greeting we used in Myanmar. This was my second time reaching out to an overseas community through the College’s Service-learning Programme in which I believed the service team had brought warmth and skills to the children.

Not only did we serve but we had also learnt from the children. We were literally inspired by the self-discipline they had demonstrated, for example, they automatically clean up the learning hall every single time after lessons and meals.

Their creativity and perseverance were also worth my earnest appreciation. In the science lesson, the kids were given the task to build their own rubber band boats and sail for a certain distance in a pool. Though they encountered countless failures during the process, they did not give up and they kept racking their brains to refine the boats until they were able to finish the task. They were all cheerful and optimistic. Smiles always hung on their faces. It was a great enjoyment for us just by seeing their smiling faces and hearing their laughter.

Several moments had been engraved in my memory in which the most unforgettable one is related to a senior male student. With high comprehension ability, he always learnt fast and

quickly finished the tasks given. Then, he spent the rest of the time to guide other weaker classmates through the more complicated content so that they could also catch up with the teaching. His act of patience and consideration had given us food for thought. We often perceived that we were the ones who served and gave but the children themselves were indeed capable of taking care of themselves and those in need in their community. We had learnt that it was more meaningful to ‘facilitate’ their learning rather than ‘control’ the learning process.

I am grateful to have this precious experience which gave me fresh insights from Myanmar’s social situation. As a common saying goes, ‘Travelling brings about far greater benefit than mere book learning’, learning outside classroom is crucial to one’s personal growth. Before the trip, I thought I had been facing a lot of obstacles in my daily life. When I saw the children smiling and laughing just because they had received some small gifts, had got a chance to learn, had time for mass games and had the chance to make some handicrafts, I realised that most of the conundrums I thought I encountered were nothing compared to theirs.

I would also like to express my sincere gratitude to every member of the team. They had proven this trip as a fruitful and fun-filled experience, where

everyone built heightened awareness and increased sense of responsibility for the less fortunate on the Earth. Although we were of different academic and experiential backgrounds, we could come together and be supportive of each other during the programme. They had strengthened my thought that with unity, diversity and daring, even the smallest individual power can generate some of the greatest influences on the planet.

Ritter W.C. Fung (Urban Studies/ 4)





This service trip was the perfect way to end 2019. It was filled with so many unforgettable memories.

Before the trip, I had my own sets of stereotypes of different things in the world. As Myanmar is one of the poorest countries in Southeast Asia, I thought that the children would have a low education level. However, I was totally wrong. These children's knowledge surpasses all our expectations. My group wanted to teach them how to make an air cannon using household items but had to change the plan last minute as we saw the children were playing with one that they created themselves, not to mention that the one they created was better than what we had prepared. One girl was even able to speak Mandarin, and also write some Chinese characters.

Seeing these children really inspired me to reflect upon myself. Some would think they were being 'unfortunate', but they were never short of happiness. Despite their circumstances, the kids always remain positive and grateful. They see the joy in the smallest things – which could just mean getting a ruler or a pencil. To them, everyone is equal, there were no barriers, they would play with whoever it is, and are always keen to lend a helping hand to their struggling peers.

Our service overlapped with the Christmas day, and their company became a joyous Christmas present to me. The school had organised a Christmas Party, in which they invited people from the village, and had prepared food for all participants, giving us a chance to interact with more locals. We were impressed by the kids' talents. They performed several songs and dance. Watching them made us slightly embarrassed by our unsatisfactory performance in comparison to theirs. I was also touched that they spent the whole night hanging up the decorations that we had made with them the previous day, filling the entire hall with festive feelings.

This trip to Myanmar, of course, came with its own challenges. Despite experiencing some 'hardships' that came along the way: fears of cancellation, language barriers, the need to adjust activities, we all worked together as a team for one purpose: to provide the children with ample knowledge and experience. We made sure we help each other as much as we can, while making sure that we still had fun in the process. I can never ask for better companions for this trip.

Thankfully, we got the help of a lovely group of YMCA volunteers to cope with the language barriers. They did not only help with translation,

but also with everything we needed to know about Myanmar. They brought us around some famous landmarks and introduced us the local food there. They also performed an amazing traditional Myanmar dance for us, and we were so impressed that we made them teach us the steps so that we could dance together.

While the trip was a short one, it did not stop us from falling in love with these children. On the last day as some girls sat us down and made all the girls pretty braids, which made us all very emotional. We did not want to leave and end up overstaying our original schedule. The kids passed me handwritten letters and gifts which I will continue to cherish.

We may not have made a big difference to their lives, but at least we brought them smiles – which is all that matters to me.

Sachiko Surjono (Professional Accountancy/ 3)





Go Green! Be Sunny!

The publicity name of Wu Yee Sun College is
'The Sunny College': half word-play on Dr.Wu's name
and half the College vision.

May the College and its members radiate positive energy
and be a passionate force that makes the world
a better place.

書院的別名是The Sunny College，它既從伍宜孫博士的「孫(Sun)」演化而來，
也寓意書院朝東，學生第一時間感受到太陽東升的朝氣與光芒，
有活力有熱誠，矢志追求理想，造福人群。

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