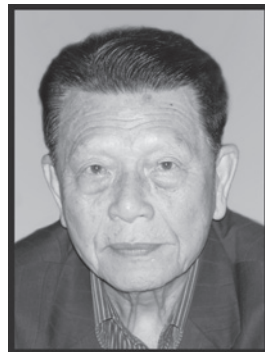


悼念陳立方老師

我地社成二百個同學，有十幾個已經返咗去舊時嗰度，其他個個最細都六十一二，大致上身體都算過得去，真係多得中一到中六嗰啲體育訓練，多啲流汗，遲啲收檔！培正建校一百二十年資料公佈話全球仲有十萬校友，係人都計得出係班體育先生嘅功勞啦。加燦記得中一體能測驗大部份同學連埋自己在內做十下仰臥起坐，拉一下引體上昇，六十公尺跑十二秒就俾夠及格。中三中四嗰陣已經拉得三下單槓，九秒幾跑六十公尺，一百下仰臥起坐。兼且冬天上體育堂著住套短打，雖然凍到雪雪聲，好少見平時傷風咳嗽。舊底忝嫻鬼命，而家四四正正。對呢班操到我地身康體健，自己就虛懷若谷又

人生低調嘅恩師嘅恩惠，唯有來生再報略，陳生請安息。

陳明施教說從頭
立意一心馴馬騶
方正令明羣抖擻
先在沙園跑幾周
生員體育操足夠
良藥醫生盡可休
師尊九十三高壽
也許源因練弱猴



陳立方老師
(1917 - 2010)

楊文燦 (1966 皓社)

• 生平略記 •

雷禮和 (1968 仁社)

敬愛的陳立方老師，於2010年1月3日下午，於家中不適，送診浸會醫院，於黃昏時逝離。

陳立方老師祖藉廣東省陽江縣，生於1917年11月20日，學專體育，馳譽於上世紀三四十年代中國械操體壇，更屢創標槍佳績。

陳立方老師於五十年代始，任教於香港培正母校逾四分之一世紀，精心訓練於三擲田賽項目，培正在五、六、七十年代，歷年香港學界田徑運動會，雄霸男女三擲，陳師功不可沒。

除田項外，陳師也專注於排球訓練，從舊式九

人賽至新式六人賽，培正男女排球隊均在學界排校賽中，奪魁連綿，奠下培正排球熱風，延襲迄今，在學界賽中仍保三甲之位垂半世紀。

陳師兒女們均畢業培正，哲嗣德華 (1966 皓社) 熱愛培正，分別曾任溫哥華及香港培正同學會會長職務，樂於捐輸支持培正母校及宏揚紅藍精神。

陳師喪禮於2010年1月23日下午，設靈於紅磡世界殯儀館地下禮堂，翌24日上午辭靈出殯。

殯前，培正同學會虞奉公祭禮儀，藉表敬悼。

陳立方老師公祭儀序

日期：2010年1月24日 星期日

地點：紅磡世界殯儀館 地下禮堂

時間：上午11時正

儀序：

致悼辭：雷禮和會長

述生平史：鍾偉光校長 (前培正母校老師、陳師摯友)

誦讀祭文：吳漢榆理事

憶述：何建宗主席 (受業/培正母校校董會主席/校監)

李仕浣校長 (受業/同事/摯友)

陳力行副校長 (受業/同事)

劉紹其主任 (受業/同事)

雷禮義教練 (國際排球裁判會高層、前香港

排球隊教練、知名資深排球評論家、理大城大浸大聯校運動中心管理高層，陳師高足。)

鄭景亮總監 (香港排球總會發展總監、國際排球教練、香港沙灘排球隊總教練、培正母校體育主任)

致謝辭：英汝興校長 (受業/66年級皓社社長/主家摯友)

公祭獻敬：全體到祭培正人

扶柩：雷禮和會長 鍾偉光校長 雷禮義教練

陳力行副校長 呂沛德副會長

何建宗主席 李仕浣校長 鄭景亮總監

劉紹其主任 英汝興校長

祭 文

維

公元二〇一〇年元月廿四日 歲次己丑臘月初六
 香港培正同學會同寅 謹具清香醇酒 致祭於
 陳立方夫子之靈前曰 嗚呼 老成作古 幸上壽之可期
 大雅云亡 嗟英靈之永隔
 老先生體壇翹楚 田徑良材 服務培正 十數寒暑
 紅藍兒女 獲益良多 精研排球之技 成績斐然
 屢奪競賽之金標 長執排壇之牛耳 譽滿杏壇
 况乃教子有義方之訓 育才尚允武允文
 一朝駕鶴仙遊 草木為之含悲 風雲因而變色
 所幸清芬雖遠 遺愛猶存 芳聲不墜 嘉名永垂
 敬升堂而奠酒 敢拊几以陳詞 哀哉尚饗

香港培正同學會同寅 敬輓

(1953 誠社吳漢榆撰)

立方賢師靈右
 競技話當年 排球三鐵體操聲聲省港
 育才培正業裁樹萬桃芳李盡瘁紅藍
 受業陳樹衡拜執

紀念陳立方老師「紅藍立方盃」 培正校際排球邀請賽

名稱：紅藍立方盃（中學組）

舉辦宗旨：自2010年度起，每年舉辦紀念陳立方老師排球邀請賽，藉以紀念陳立方老師推動培正母校及香港學屆排球運動的貢獻，通過每年的校際排球比賽切磋球技，提高培正學生對排球運動之興趣，並聯絡四地培正友誼及促進相互體育之發展。

主辦單位：香港培正同學會。

邀賽隊伍：香港培正、澳門培正、廣州培正、台山培正。

頒獎典禮：在賽後（或晚宴中）即時頒獎。

比賽日期：每年在各地培正同學日期間舉行。

比賽地點：每年輪流在各地培正學校室內體育館舉行。

報名日期：每年10月，填妥報名表，並由年滿18歲之領隊簽署。

比賽制度：單循環制，（全部共六場賽事）。

球員資格：在校就讀培正學生；每球員只限報名參加一隊。

比賽規則：除特別聲明外，按學界排球賽規則。

憶述陳立方老師生平點滴

陳力行（銳社1958）

陳老師是在1956年至1968年服務於香港培正中學的。服務的頭兩年，剛好是我在培正就讀的最後兩年；而他服務最後的兩年，卻是我剛回母校作為理科老師的頭兩年。陳老師教體育，上課和休息在大操場和「馬子修」體育館，而教其他科目老師上課的地點和休息卻在山上。體育老師令人羨慕的地方，是考試時不用出題目，更不用改卷。而他們羨慕我們的，是不用在烈日或寒冷天氣下訓練，也不用出外帶隊，致假期或黃昏時還在校外出勤。所以陳老師和我們教師，除了每年校內和校外的運動會外，很少有碰面的機會。但作為受業和同事的我，尚有生活在一起的其他機會，先從做同事說起。

我們在做同事的時候，我在學校寄宿，黃昏晚飯後的當兒，總愛在校園內休息散步然後才和宿生上晚課。培正在五十至七十年代，吳華英主任領導體育的時代，田徑的成績，在南華會學界運動會中是响噹噹的。但我們有一個強力的對手學校，她有的是優美校園，大面積的草地運動場，良好的訓練，使他們在全港學界的田徑成績一時無兩。培正缺乏正規場地訓練，田賽選手除需要先天爆炸力外，尚需特殊的後天技巧，培正唯一能和這對手抗衡的正是田賽而已。而陳老師主要的工作，就是訓練本校學生排球和田賽的三擲。在黃昏時份，大部份同學經已放學回家，這時才將不足二百米長環形跑道的所謂大操場清場集中訓練三擲。擲鉛球訓練是比較容易的，當時只消利用那大操場彎道內泥地場訓練便可。練習擲鐵餅，就要利用大操場全部面積，此時改用橡膠包著的鐵餅，奮力擲向瀝清造的大操場中，才不致損壞操場地面，而當時尚需不少人力戰戰兢兢地監控大操場四周，以防有人意外地闖入操場引致受傷。練習擲標槍則更帶點滑稽，選手可以在大操場助跑，擺出準備擲出的姿勢，然後猛然擲出，但擲出的標槍就只能將槍插向山邊的泥牆或沙池的沙中。到底擲出多遠，擲出的角度是否最佳，茫然無知，如此沒有即時回饋的訓練，卻是拿來和強力對手爭勝的手段，

而背負如此艱辛時挨餓訓練的正是陳老師。別忘記這段訓練時間，其他師生早已回家享受豐富的晚餐和休息了。

我做陳老師學生的時候，體育課一星期才上一次，每學期三個段考中只有一個段考是上田徑課的，而上田徑課要上三擲的機會更少。加上我沒有運動細胞，不會打排球，又不是體育不及格要在考試後會議被討論的人選，所以肯定老師不會熟識我的。但奇怪，在我高中畢業那年的考完畢業試後的一天，當路經大操場的當兒，恰巧遇見陳老師，他叫我進馬子修體育館他的辦公室一談，垂詢我畢業後升學的打算，我據實報告後離開體育館，才知道老師居然關心我這個不相熟的傻小子。

陳老師教三擲是人所皆知道的，但造詣如何？卻從下面的故事說得明明白白。這個故事，可惜我沒有親眼見到，但卻在不同的同學中說完又說，聽完又聽，因而知之甚詳，特意和各位分享。事緣一位美國大學畢業同在培正任教又愛好壘球的年輕老師，閒談中誇耀他的臂力，說在美國擲壘球如何如何的遠，更邀請其他老師挑戰。結果陳老師接受了，相約在午飯放學的一個中午，在E座一樓平行培正道的走廊上，將一個壘球擲向小學方向。比賽開始，這位年輕老師先擲，猛然一擲，壘球只飛到大操場中段便掉了下來。輪到陳老師一擲，壘球倏然飛越大操場，擊中大操場西面小學舊D座保護鐵絲網上。小學舊D座，當時走向是和培正道垂直，為了保護D座窗戶和上課師生，避免大操場的球類飛擊它們，所以造了一幢鐵絲網，從大操場地面直申到D座三樓的高度。據說陳老師的球擊中鐵絲網十餘秒後，鐵絲網還在振蕩不已。你猜從E座到D座有多遠，我的估計，就算沒有百米也至少超過九十米。後來才知道，陳老師是香港公開賽著名的標槍手。

陳老師雖然離開我們，但他的風範仍然長留在我們心中，陳老師請安息吧！

盧荷渠(誠社)兒女來函

December 2009

Dearest Pui-Ching Uncles and Aunts,

Thank you so very much for the beautiful floral wreaths we received. We were immensely touched by the show of support after the death of our father, George Hugh-Ko Lo (盧荷渠).

Some Uncles and Aunts, we have had the pleasure of meeting over the years. Each time our dad would introduce us to you, his face would light up and he would laugh and joke the entire time with you. Some of you, we have known for so long, we have even developed nicknames for you, keeping you close to our hearts.

Our father was terribly lucky to have had so many dear classmates. These lifetime friends of his would never blink an eye to travel for miles just to see my dad for an hour or two. Thank you for including the three of us in your Pui-Ching family.

All the best.

Love,

Genevieve, Darrick, and Ehrlic.

親愛的培正叔叔和姨姨：

我們非常感謝您們送來的花圈以及在家父過世以後的支持。

還記得往年家父雀躍地在聚會中介紹我們認識。這些聚會總是帶給大家溫馨與歡樂，也使家父變得神采飛揚。在眾位叔叔和姨姨中，有一些是我們認識了很久。為了好好地各位記在心中，我們甚至會親切地用暱稱來稱呼您們。

家父能夠有這班摯友、同學實在是非常幸運。為了見家父一面，各位不惜千里迢迢來探望。這份情誼實在難得。我們會銘記於心。謝謝您包容我們在溫暖的培正大家庭。

在此，致上萬分敬意！

靜汶，德璽，德璋 敬上



沉重哀悼林聖熾學長

林聖熾學長周前在家不適猝暈中風，送院即採腦部手術，雖加護治療，惜終辭世，同人及其受業學生們均感哀慟。

聖熾學長乃1958年級銳社社友，乃前香港母校訓導主任林藻勇老師哲嗣，於何文田培正母校園地中長大，受紅藍賢輩耳濡薰染下，畢生熱愛培正；大學畢業後，於上世紀六、七十年代，返香港培正中學任教數學科，並連同斯時校內一班畢業於培正五十年代的少壯派返校服務的校友老師們，倡創培正童軍旅，親力帶導培正小狼及童軍，奠下何文田區以培正為主的獨立童軍旅之蓬勃基礎。

聖熾學長自少追隨五十年代的「紅藍」「鐵茅」球隊，故獨擅籃球，為培正教師隊及紅藍校友隊中堅，參與創辦「培正校友康樂園」，多次參與組織香港校友團隊，遠征澳台，與當地校友共同藉運動交流而推動紅藍情誼。上世紀七十年代初，香港培正同學會邁進社團有限公司化，聖熾學長為創辦委員之一，參與章程擬立；迄八十年代末移居美國前，聖熾學長均熱心為培正同學會服務。

聖熾學長性孝侍父，故藻勇老師於晚年在聖地牙哥，得與兒孫樂融天倫。

聖熾夫人乃香港培正1968年級仁社社友，曾受業於聖熾學長，結褵幾四十載，瑟諧家睦，不時共返香港探友訪校，關愛培正。

聖熾學長善愛學生，循循善誘深得學生愛戴，今次病噩傳來，六七十年代的學生們均紛表關注。聖熾學長性直敢言，明大是非，平生不屈權勢不折腰，其高尚義風典範，值得我們敬仰學習，我們深深哀悼永遠懷念聖熾學長。並向聖熾師母及家人致候。

香港培正同學會

會長 雷禮和

副會長 廖約克 陳德華 呂沛德

張廣德 方潤江 黎藉冠

暨常務理事 謹唁

2010年2月18日

懷念林聖熾社友...

In memory of Lam Shing Chi...

In the summer of 2007, I was traveling along the west coast of the U.S. from Seattle, WA. to San Diego, CA. by Amtrak and Greyhound instead of flying because I wanted to see the coastal scenery of the U.S. west coast as well as some inland lakes of Washington, some rain wood forest of Oregon, and some semi-arid areas of inland California and some vineyards and orange market gardens. After visiting Frank Chow, William Kwan and Chester Cheung in Seattle, Lam Yee Hung (Wai Sheung) in Palo Alto, Ca., I arrived at the Greyhound Depot of Los Angeles, to change to another bus destined for San Diego to visit Lam Shing Chi. The time for departure from L.A. was 5:30 p.m. and should be in San Diego by 7:00 p.m. and in the summer, there should still be daylight in San Diego. I knew that Shing Chi did not like to drive at night because of his eyes were not suitable for night driving so I had hoped that nothing would happen otherwise I would not be met at the bus depot.

I didn't know whether it was called "Murphy Law" or not, but the worst thing you hoped that would not happen, did happen! Being just a few days after Independence Day, summer holiday officially began in the United States and traveling chaos started to occur. My 5:30 bus for San Diego, on which I had a seat reserved, somehow disappeared and I had to wait till 7:30 pm. for another one. Well I had to phone Shing Chi to let him know I was delayed but I didn't have a cell phone on me and I couldn't leave

the queue line to use the public phone. Luckily, one kind-hearted Mexican fellow let me use his cell phone and the equally kind-hearted Shing Chi comforted me at the other end and asked me not to worry as he and his wife Lai Fong would be at the depot to meet me "no matter how late".

It was well after 9 p.m. when I finally arrived at the San Diego Greyhound Depot. Lai Fong was there to greet me. I was so afraid and apologetic when I saw Shing Chi behind the driving wheel without a smile, but I was relieved that all his complaint was directed at the Greyhound and not at me! Poor Lai Fong, she had to get up early for work the next morning.

The next morning Shing Chi took me to the one Day tour of San Diego. He didn't join the tour with me as he had been on that tour many times before, of course, and he told me to be to wait outside the Zoo at 5 p.m. and that we would go to dinner afterwards. Well I was too occupied by the ferry trips on the San Diego Harbor where the Mayflower and the then newest Aircraft Carrier U.S.S. Ronald Reagan happened to be visiting also. I was also taken interested in the hotel where "Some Like It Hot" was filmed and the beach where "MacArthur" was filmed as he walked on the "Philippine Beach" in the retaking of the Philippines and that he had truly "returned". By the time I arrived at the famous San Diego Zoo it was already 4:45 p.m. So I dared not go in as I feared that I would be late again!

On the final day he took me to drive up to La Jolla to show me the Church where his son would be married in a fortnight's time and he also took me to the beach where the sea lions were sunbathing. After morning coffee he was kind enough to drive me around La Jolla where my boyhood hero Gregory Peck (the Academy awarded actor who played Atticus Finch in "To kill A Mockingbird") was born, hoping to find a trace of this legend around the neighborhood. We even went into the La Jolla Library but nothing could be found. Now wasn't Shing Chi helpful and completely selfless to waste his time and energy, risking his eyesight, disturbing his wife's rest for me, a classmate of more than 50 years ago and probably long-forgotten for more than half

a century, for a casual and leisure visit, chasing a meaningless shadow!

After lunch he took me to the station, Amtrak this time! We shook hands and said good-bye. As I watched he drove away, I said to myself, "thanked Grey Hound for the confusion, without which I would never have found out how nice a fellow he was!"

Post-Script: We had a wonderful Golden Anniversary of our graduation Reunion in Hong Kong in 2008 and another unofficial reunion in Seattle in September 2009. Some five months later he suffered a stroke and passed away in San Diego, with Lai Fong on his bedside. May God bless him and comfort Lai Fong, always.
Lam Kai Pu (林楷培). April 1, 2010

懷念剛逝世的董修志和林聖熾社友

銳社

人說年關難過，常泛指經濟方面，但環顧人的健康，又何獨不然。在「歲暮陰陽催短景」的牛年除夕當兒，兩位傑出上述社友遽然相繼離開我們而去，聞者不禁黯然神傷。董是我社慶典不作第二人想的持旗手，而林是我社典故無可或缺的活字典，在剛歡渡過本社金禧才一年，怎不令人再三回想他們二人的生時的風範，總覺得歡情太暫，傷痛逼人，人世太無情了。

董修志兄是我社的「姚明」，身材高大，虎背熊腰，件頭十足；為人性格坦率開朗，樂於助人；說話快人快語，好打不平；常仗義執言，一位為得人的朋友，活像水滸中的酒家。中學時代是田徑的三擲好手，打籃球衝鋒陷陣的拚命三郎，又是級社活動的積極中堅，平時聚會中不可或缺的領導份子。在港固然是社各類活動的策劃者，即使移居多倫多後也復如此。近年得病，回港就醫，也不忘參加社的活動，真是一位達觀的人。在本社金禧慶典時，就連頑疾纏身也不顧，毅然擔起慶典持旗手的重任，負著病軀，猶氣昂昂地帶領全社進入會場，這份承擔，令人折服。

林聖熾兄是母校林藻勇故主任的哲嗣，在校園長大和上學，自然稔熟本校和同學會掌故。林兄交遊廣闊，知交遍及上下各社，喜嗜籃球，職司控球後衛，善於衝刺和分球，更有穿楊妙技，為籃球隊的中流砥柱。林兄樂於助人，人緣極佳，所以在任加州聖地亞哥的培正同學會會長時，贏得極好口碑。早年任職母校數學教席，其時有樁好人好事值得大書特書。培正初是一所私校，教員薪酬是以上課班級的高低及節數多寡計算的，所謂手停口停就是。因此如有請長假（如分娩，動手術）的同事，則須向外間請代課老師，其薪酬由請假者負責。私校薪酬已不算高，除要支付代課者酬金外，尚須另外支付昂貴醫藥費，請假者的拮据真如雪上加霜。當時一位本校全職教師，每周要上課卅節，班主任則酌減六節。這時有一個土產機制產生救病扶危的良好功能——就是由一位老師出來做組織者，號召二至三位志願老師義務分擔請假者的全部工作。譬如一位出任代班主任（六節），一位擔任幾何課，另一位擔任代數課（各約十二節），通常組織者會自願下水。只要你懂得計算，便知道有人會在一周上到上限四十二節之多。須注意的，一周一班才上課四十五節而已。通常這樣的請假會長達一月以上，遇到考試期，出卷及評卷加上計算成績，這樣承擔達到義務教師負擔的極限。唯一實質的報酬，就是在學期完的時候，遇請假老師銷了假，會現身請全體本科老師吃一頓飯高興一番和親身多謝而已，林兄

就是這樣的一位經常熱心組織者，其愛心真的令人佩服。

而今董林二兄先我們含笑而去，相信林兄會在天上替我們打點一切，如打籃球般衝刺，闖進天堂的大門。等到我們齊集，再由董兄在天上為我們持旗，帶領我們社友一眾用整齊的步伐，操進天堂，再來一次慶祝，一同歡聚。

懷念銳社董修志兄 In Memory of Stephen Tung

Towards the last quarter of 2009, prior to one of the monthly lunch meetings of Class of '58 in Hong Kong, (I think it was the October one), I, as the usual organizer, phoned Stephen trying to persuade him and his wife Yin Ping to attend, if he felt strong enough and interested enough to see our former English Teacher Ms. Lau Choy Yan and a lot of his fellow classmates. Deep down I felt this might be the last time he would meet them as a group as I knew he was preparing to go back to Toronto for the last time to clear up his personal affairs then to come back to Hong Kong for his final treatment for his last stage of prostate cancer.



Unfortunately, a few days prior to that lunch gathering, I had developed coughing from a mild form of flu and I thought I should not attend in case the coughing would spread. I phoned a few classmates that morning but not Stephen for fear that he might not attend. Almost immediately after that lunch he phoned me asking me how I was and I was so impressed that he was such a thoughtful friend full of concern for his fellow classmates.

I did see him several times afterwards, before and after his last visit to Toronto, and the last time in Eastern hospital, HK, about forty hours before he passed away. Each time he impressed me as a brave warrior, determined to fight the cancer to the end. I knew he suffered a lot of pain, but right till the end he remained fearless and faithful and he was all prepared. It was not until 8:00 on Sunday morning, February 7, 2010, when he learned that his grandson was born, that Yin Ping allowed his doctor to increase his dose of drug to reduce his pain that he gradually faded away in a coma, and eventually left us at 15:00 the same afternoon.