

# 忠社陳敏娜近況 —— Season's Greetings 2021

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Season's Greetings from Halifax, 2021

Dear friends and relatives,

Clinging on to old fashion, I am sending you Christmas tidings and wishing you happiness and wellbeing through the holiday season and New Year. In reminiscing of the past year, I notice our lives have been in constant flux to adapt in new community rules and lifestyle from the onset of the Covid Pandemic. I marveled at the news on health science advances and the ongoing balance of powers and politics at the International Forum: the information



ALUMNI FRIENDS FROM UNIVERSITY OF MCGILL,  
DURING MY VISIT TO VANCOUVER

hopefully will enrich my personal wisdom in life journey ahead. Sadly, I also learnt of the passing of many dear friends, colleagues, and relatives of my family clan this year. I treasure the memories of those who have passed away and to whom I have paid tributes with condolence to their families. They have been wonderful people, whose life stories enlightened me with their contributions to families and society at large.



UBC- FRIENDS IN DEPARTMENTS OF PEDIATRICS  
AND OF PSYCHOLOGY

With prompting from my daughters, I visited Wendy and Santa's family in Vancouver for one month between August and September, after receiving two doses of Pfizer Covid vaccine. Despite the required effort for public health preventive measures in Vancouver, I had happy times with the family and many pleasant encounters with McGill alumni friends and former colleagues to catch up on our

“retirement” activities. Through Wendy and Santa's wide connection, I was also acquainted with the UBC and multicultural communities. The happy news was the engagement of Juliana to David Chang, her classmate at University of Cincinnati; both will be graduating next year. Family members are excited on the preparation of their wedding for next July. Sarah will graduate from high school next June, so we will have plenty of celebration in the coming year. Travelling via Air Canada flights turned out to be very smooth, with rapid tests provided at the Halifax airport upon my return. Nevertheless, in the following weeks I began suffering from chronic pain and mobility dysfunction of my right shoulder, the “rotator cuff syndrome” (frozen shoulder)! In retrospect, I probably had an old insult to my right shoulder blade in mid-life when I sustained subluxation of my right shoulder while serving with the tennis racket (at



**STRAWBERRY PICKING AT A BC FARM WITH WENDY AND SANTA**

that occurrence I simply “clicked” my Humeral Head back into the socket without proper follow-up care and continued the habit of carrying my shoulder bag on the right side!). Recent X-ray of my right shoulder, as expected, revealed degenerative changes. Fortunately, through Sandy’s network and with my family physician’s consultation team of physio- & occupational therapists, I received in-house exercise regime. More effectively, with Sandy’s advice, I have been walking over to the University Physiotherapy Clinic located next to my Condo building and have become connected to a private physiotherapist of the University team. After 5 weekly sessions with superb evidence-based consultative care, I immediately began feeling much improvement (being told that I won’t expect to resume full back stroke in swimming with my right shoulder!) but have been reassured that maintenance therapy will be available on monthly basis. I continue to enjoy outdoor strolls with hiking poles (previous gift from my goddaughter Dr. Joyce Fung) at the Public Gardens on sunny days to ensure adequate exercise.

Retirement in Halifax is indeed ideal for independent living. At my Condo Residence I enjoy excellent administration by effective and comprehensive Board of Directors and staff; friendly encounters with neighbors; a lovely garden even with a small patch of different herbs planted by members of our residence for free pickings. Wednesday morning coffee time has offered me opportunity to meet interesting



**CHRISTEL SEEBERGER, MY EXPERT OT CONSULTANT AT SUMMER RESORT**

retirees from all walks of life. With walking distance, I can access the pharmacy; Pete’s Frootique (Maritime chained grocery stores) for small bargain shopping, fun! I have a weekly part-time domestic helper, who also escorts me biweekly as a chauffeur for essential shopping at the Superstore. My social engagement includes activities at First Baptist Church Halifax where I attend worship services with Sandy, who has been a long-time active member and in recent years a Deacon, thus facilitating my integrating promptly into the membership. I enjoy participating in the “Four-week evening sessions of adult group study on Biblical history and Theologian analytic view-points” before each Easter and Christmas; I find the recommended reference books and discussions very current and enlightening. My grandchildren Aaron, Sophie, and Thomas also assume some congregational activities and are currently busy with their university academic pursuits, all having received scholarships. They take turns to visit me weekly while I encourage them to help me in cooking Chinese cuisine.

While attending on-line at the Pediatric Grand Rounds (either IWK of Dalhousie University or the Montreal Children’s Hospital) and Canadian Pediatric Society National Grand Rounds (only on

special topics of interest to me), I am connected to former and current younger colleagues. Since 2021 is the Bicentennial celebration of my alma mater, McGill University, I wish to share with you some of my personal experience about Philanthropy. Firstly, collaborating with fund raising campaign I established endowment prizes in Electromagnetic Theory and the Photonic Research Laboratory in memory of



**SOPHIE AND THOMAS IN THEIR  
HIGHSCHOOL GRADUATION PROM ATTIRE**

my late husband Gar Lam Yip at the faculty of Engineering, McGill University in 2001. I later engaged with the Faculty of Medicine and Health Science (FMHS) with other prize awards and research scholarships as a gesture for giving back to my Alma Mater in subsequent years, which turned out to be truly a remarkable channel in my professional journey in inspiring our younger generations to strive for the common good of humanity. Two of the endowment funds I established for FMHS have given me much personal satisfaction: First, the Dr. Yuk Chan Ma & Dr. Yuen Kok Chan Multicultural and International Prize in memory of my late parents. The prize has been awarded annually since its establishment in October 2006. More importantly, with my effort and many discussions with the development officer and the Deans of FMHS, this prize was the nidus in evolvement for the popular Annual Global Health Night event held each November since 2007. Secondly, the Annual Multicultural Prize for Graduate Research was established in the School of Physical and Occupational Therapy in 2009. I had the pleasure to attend with Sandy (who was a former graduate in Occupational Therapy, awarded with prize of distinction from this School) at the inaugural award ceremony in 2011. The annual reports of accomplishment from the recipients of various awards has been always inspiring to me personally. To join the Bicentennial Celebration at McGill, and with much deliberation with the expert team of the newly established Global and Public Health, I have recently donated the endowment for an annual prize of “Humanitarian Global Health Initiatives Award” . I am looking forward to attend in person for my 60th MD.CM. class reunion at Montreal in 2022!



**PICNIC AT SUNSET ON VANCOUVER ISLAND**

As I am planning for the approaching festivities with my family at Christmas and New Year, I marvel at the beauty of celebration especially at the Choral concerts at the Cathedral near my condo and First Baptist Church Halifax; such cultural treats also remind me of Christmas at the Notre Dame Basilica and St. Joseph Oratory in Montreal. With my best wishes to you all,

*Alice Chan*

Alice  
葉陳敏娜

# 我們是如何塑造最豐富的友情的

## 弘社一員

具有百多年建校歷史的培正中學，培正學生的團隊精神，讓看官們投注多樣好奇和羨慕的目光。

培正中學每個級都是以級社名稱建立的，建立級社的時間是小學五年級，例如最早成立的級社是「群社」1924年畢業，群社之前1920年、1921年、1922年、1923年畢業班未有建立社名。

培正學校學生成立的級社並非政黨，學生自入校以來，數年間同師，同級，同室；特別是受課於一室之內，或參加各種社團活動，比賽乃切磋互助，同學來往之密切，內心相知之深，非泛泛之情可比。培正學校教導我們要有良心好的信仰，禮貌，友愛尊重，寬容，助人，同情弱者和守法，這些都立足於校訓「至善至正」。

我是最深感受培正同學這種精神的，不但同級的同學幫助我，別的級社的同學也幫助過我。

請看下面房間的室友，他們是在學校密切的接觸者，同桌吃飯，李宗柎的母親每周送紅燒肉來，眾人都是歡迎的。  
(相片)

1947年秋弘社高中一年級五個班部份同學住澳洲堂106-110室和206-209室請看207室同學。

207室方開敏、鄧定江、吳錫麟、李仲池、甄欣民、梁民生

1948年高中二年級弘社住澳洲堂。

101室- 鄭樹安、梁顯勝、李潤塗、陳石麟、梁鑑添、鄺維康

201室- 李仲池、劉觀之、張國成、鍾永安、吳錫麟、xxx

301室- 李宗柎、李世雄、李世澤、李炳初、譚志雄、梁民生

下學期李炳初移民，劉樹華社長入住

1949年弘社高中三年級住古巴堂

101室- 陳俊、梁顯勝、曾天定、馬鎮江、翁家賢、霍應強

301 - 李宗柎、李世雄、譚志雄、梁希玄、朱樹椿、梁民生

310 - 鄭樹安、鄺維康、梁鑑添、李潤塗、吳玉華、林家豪

文中的照片拍攝的地點是朱樹椿家二樓陽台。左起：黃鴻鼎、梁民生、陳俊、馬鎮江，樹椿兄的母親親自下廚，十分辛苦，但她很喜歡樹椿的同學，如果她叫你的名字，說明你常到朱家，我有一次到樹椿家遇見樹椿的堂兄朱和達，他是我在澳門的同班同學。

學校附近有一間麵鋪叫「葉昌記」學生十分歡迎，進城選擇頗多無法一一筆現。

記得小食常去薩棠記，吃肥雞就到西湖路口的「興記」餘香喚起記憶。

# 再回味陳與義一首詞

輝社鄭國輝

憶昔午橋橋上飲，坐中多是豪英。  
長溝流月去無聲。  
杏花疏影裡，吹笛到天明。

二十餘年如一夢，此身雖在堪驚。  
閒登小閣看新晴。  
古今多少事，漁唱起三更。

此詞「臨江仙」作者陳與義，生於一零九零年，卒於一一三八年，四十八年生命中處在驚濤駭浪時代。他少年時以詩受知於宋徽宗趙佶，官至翰林學士，且進參知政事，一一二六年(北宋欽宗靖康一年)，金兵攻陷汴京，次年將宋徽宗、欽宗父子、皇室貴族和高官，甚至平民百姓中的藝員工匠，大幫擄去北地，將開封、洛陽二城洗劫一空，這是慘絕人寰的靖康之變。陳與義幸脫魔掌，輾轉流離南渡至杭州。

在中國文學史上，陳與義詩名甚噪，詞倒是他次要作品，且傳世不多，僅十八首。這「臨江仙」意境超逸，比起蘇軾、辛棄疾作品，絕無愧色。寫作時間應是他寄寓杭州時期，經逃亡顛沛，極盡飄零憔悴。生命之火仍繼續熱熾地燃燒着。「憶昔」二字揭開對往事的依懷，有歡愉、有悔恨、有驚喜、有惋惜、有哀傷……總不能避免胸襟上留下些惆悵。

午橋是當年洛陽的俊彥豪英聚首飲宴之處，那杯酒言歡，曠達豪放的時日，正是國破家亡，親朋分散的前夕。現時追憶，寧謐的生活和當年國家歷盡慘痛，今昔對比得更鮮明。這些都像長溝流月般，無聲地消逝。

「憶昔」自然挑起惆悵，作者是在疏落的杏花影下，長笛高歌中，耳目之娛，令他陶醉。人在畫圖音樂內，藝術生活

沖淡了「長溝流月」的惋惜。這難能可貴的奔放，也蒙蓋着那無可奈何的惆悵。

詞的下闕開句「二十餘年如一夢」將時候從昔日拉回到今天，空間亦從洛陽遷移到杭州。「夢」字隱含可深遠了。二十餘年是很悠長的歲月，國事陵替，故舊凋零是鐵般事實。自己仍僥幸健在。「此身雖在堪驚」傳達了詞人對高齡數字感到的壓力。其實那時陳與義只不過是四十許中年，因為他生在離亂時代，很多好友都隨風而去。自己仍存在世間，確有些偷生的慚愧。此兩句反應着時代變易，人事代謝，作者似乎在默默旁觀着，確是「堪驚」。

二十餘年流逝，作者昔日豪情，已逐漸消磨，所剩無幾，可能他再沒有「午橋橋上飲」的興緻和機會。曠達的情懷依然，他在雨後太陽初出時，登上閣樓，眺望那無邊田園，景物何等開朗，跟着心情也舒暢得多，坐中豪英消失後帶來的寂寥似乎也暫時逝去，古今多少事，也煙消雲散，只有那漁父高唱，在夜闌人靜時，縈繞着腦海，在心底下低徊不已。從漁歌樵唱中體悟人生，非飽歷滄桑者，不能出此令人咀嚼再三，餘味無窮之言。

我的年紀已倍於陳與義填寫「臨江仙」當年。很幸運未歷過靖康之變的撼搖世局。新冠狀病毒全球蔓延也是驚天大事。禁足出外製成無可避免的隔離和寂寞，只用頻頻寫作消弭點煩惱，在這期間內驚聞幾位有相當交情的辭世，都是曾和我往中國旅行的遊伴。追懷同遊共樂的時光，俯仰之間，已成陳跡。在這隔離時期，好友只能電話交通，不可會晤，難免有「故交零落散如雲」之感。在回憶中，逝者如斯，未嘗往也，二十多年的交情，常溫馨在懷。慢慢品味陳與義的名句：「二十餘年如一夢，此身雖在堪驚。」不覺惆悵惘然。