



# HKMA David Li Kwok Po College PTA 香港管理專業協會李國寶中學家長教師會

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2013.5

## 主席的話 Words from the Chairperson.....

Dear Parents, Teachers and Students,

During the Lunar New Year and other long weekends, whether you visited relatives, stayed in Hong Kong or travelled overseas, I believe all of you were quite busy but had a lot of fun. Our children also brought us joy as they continued to encounter changes and challenges in their growth and learning process.

The junior form students are in the stage of experiencing and accepting big changes while the higher form students are facing the pressure of studying for their HKDSE exams and preparing for higher education and career. It can't be denied that family support is one of the important elements at this crucial juncture to ensure a happy learning atmosphere and positive growth of our children. Therefore, one of the objectives of the PTA this year is to enhance parents mutual understanding and support for their children.

With regular communication via circular and email, we have enhanced the functionalities of the PTA website in providing information about activities and photos, as well as updated information of some useful seminars and workshops held by the Education Bureau and related Organizations.

The success of the PTA depends on everyone who is involved. I am very grateful for all the help and support I have received. I would specially like to thank the parent volunteers and teachers who turned up and provided wholehearted assistance at every function. I would also like to thank the versatile and tireless PTA Executive Committee Members who have been planning and organizing various wonderful activities.

Please do continue to support the work of the PTA and participate in all our activities so we can help our children cope well with the changes and challenges that they face.

Wishing you all good health and good luck!

SHUM Kin Ming  
Chairperson

各位家長、老師和同學：

大家好！在剛過去的農曆新年及長假期，不論你出外旅遊、探親、留港消費、還是閉門苦讀、甚或互聯網上漫遊，相信大家都是忙得不可開交，但又必定樂在其中，這就是生活的樂趣。我們的子女，為我們帶來無限喜悅、欣慰的同時，也擔憂他們在成長和學習路上，遇到各種各樣的轉變和挑戰。尤其於目前，初中的同學正處於躍動不安的階段，而高中學生更要面對文憑試及預備升學就業的壓力，家長們真是費煞思量！我們深信家庭的配合和支援，能確保子女能愉快學習和成長，因此，今屆家教會其中一個工作目標旨於為家長創建一個互通互助的平台，提升家長對子女的支援和加強家長與子女的溝通能力。

本會除沿用通告和電郵作為溝通方式外，我們提升了家教會網頁的功能，除不時更新活動資料和相片外，亦將教育局和相關組織舉辦的家長講座和工作坊資料上載，供家長選擇及結伴同往分享最新資訊。

當然，最重要是大家的支持和參與，還有感謝那些在每次活動都鼎力襄助的家長義工和老師。我更慶幸今年有一群多才多藝的委員，不辭勞苦地為本會策劃和籌辦各項有聲有色的活動。在此，我衷心感謝大家的積極參與，並祝大家身心康泰、學業進步！

主席 岑健明

## 2012-13 年本會活動簡報 2012-13 Activities Held

日期 Date	活動 Activities
2012 年 10 月 6 日 (六) Saturday, October 6, 2012	家長茶聚 Tea Gathering
2012 年 10 月 26 日 (五) Friday, October 26, 2012	第十一屆周年會員大會 The 11th PTA Annual General Meeting
2012 年 12 月 1 日及 2 日 (六及日) Saturday & Sunday, December 1-2, 2012	學校開放日 Open Days
2012 年 12 月 8 日 (六) Saturday, December 8, 2012	第一次家長茶聚 1st Tea Gathering
2013 年 1 月 25 日 (五) Friday, January 25, 2013	家教會就職典禮暨盆菜晚宴 Inauguration Ceremony cum "Basin Feast" Dinner Party
2013 年 2 月 23 日 (六) Saturday, February 23, 2013	第二次家長茶聚 2nd Tea Gathering
2013 年 4 月 20 日 (六) Saturday, April 20, 2013	家長講座及燒烤 Parents Talk & BBQ

## 第十三屆家教會常務委員會 The 12th Executive Committee

職務	姓名
主席 Chairperson	岑健明先生 Mr Shum Kin Ming
副主席 Vice-Chairperson	李秀琴女士 Ms Lee Sau Kam Corla
副主席 Vice-Chairperson	薛曄助理校長 Ms Sit Tsang Jenny
文書 Secretary	陳偉雄先生 Mr Chan Wai Hung Peter
文書 Secretary	何兆基先生 Mr Ho Siu Kei Gilbert
司庫 Treasurer	馮惠娟女士 Ms Fung Wai Kuen Elsie
總務 General Affairs	鄭美美女士 Ms Cheng Mei Mei Mimi
康樂 Recreation	鍾艷女士 Ms Chung Yim Carol
康樂 Recreation	林美玉女士 Ms Lam Mei Yuk Rachel
康樂 Recreation	黃慧珠女士 Ms Wong Wai Chu Mandy
康樂 Recreation	李詠儀主任 Ms Li Wing Yee Sally
會訊 Newsletter	趙淑美女士 Ms Chiu Suk Mei May
會訊 Newsletter	吳宇文老師 Mr Ng Yu Man Ericson
專責委員 Task Force	曾蕙萱女士 Ms Tsang Wai Huen Lesa
專責委員 Task Force	余志光先生 Mr Yu Chi Kwong Kenny



## 家教會活動 PTA Activities

### 第十一屆家教會週年會員大會

今屆週年會員大會上，出現了很多新面孔，而委員任期亦增加至兩年（即 2012 年 11 月 1 日至 2014 年 10 月 31 日），這一切都為家教會帶來一翻新景象。感謝各位家長、老師和同學們的支持，本屆選出五位新的家長委員加入共十五人之委員會（十一位家長四位校方代表）。會上亦碰到很多家長、同學及充滿熱誠的年青老師新面孔，今期會訊將會為你逐一介紹。

你和你的子女是家教會的價值所在，期望各位熱烈的參與、支持及提出寶貴的意見！

### 最感動的學校開放日

去年十二月初舉辦的是一個特別熱鬧的開放日，這有賴於老師、家長和學生義工們的協助，還有許多的朗誦比賽參加者、來訪的家長及同學、瀾別歸來的舊生等的支持。

攤位方面，最受歡迎的當然是比街頭更專業、味道更可口的熟食檔，那些美味的魚蛋被認為頂級極品，爆谷及棉花糖檔則以最傳統的姿態出現，配以穿上歐洲韓國等傳統服飾的學生服務員，還有穿著傳統印巴服飾的顧客，以及最愛吃甜點的小學生！而最多人出現，必算是賣票攤位，今年還加入了老師家長們捐出的物品義賣。兩天義賣籌款的收入，可補貼來年的部份開支。

校董田北辰先生每年都抽空為到訪小學生家長講解學校的情況，即使他今屆忙於立法會公職仍風雨不改。還有我們的家長代表亦一如往年參與講解及分享。會後田校董到訪我們的攤位打氣支持，實難能可貴。

兩天的開放日完結後，還以為是回家的時間，但原來這只是代表了慶祝活動的開始。慶祝的方式是全體師生來賓大跳 P S Y 的流行舞蹈，現在回想起還不能忘記那天的興奮心情。又過了好幾個月頭，P S Y 的新曲又再次風靡全球！期待著新的一個開放日的來臨。．．．．．



### 11th PTA Annual General Meeting – A New Committee in a New Age

The PTA AGM was conducted in the usual buffet dinner setting. However, there were many new faces. The committee term also increased from 1 year to 2, (i.e. November 1, 2012 to October 31, 2014) all for the better. Thanks to all parents, teachers and students who supported this annual event. Five new parents with different backgrounds were elected into the new committee of 15 members (11 parents and 4 school representatives). We also met many new parents, students and, new young and enthusiastic teachers. In this issue you will have the chance to know them better.

You and your kids from the College are the biggest reasons for the very existence of the PTA. The new PTA committee is sincerely looking forward to your valuable ideas, support and enjoyment in the upcoming activities!

### The Most Exciting Open Day Ever

The Open Day held last December were the most exciting ever. There was overwhelming participation and support from staff, parents and student helpers. There were many speech day competitors. There were crowds of primary school parents and student visitors. There were also occasional visits by our alumni. And to our great surprise and delight, there was a celebration to conclude the 2 days of hard work in the most unexpected and joyful manner.

At the stalls, the most popular one was definitely the cooked snacks. Fish balls, rice rolls and dumplings tasted even better than those commonly found on streets. The popcorn and cotton candy stall had a festive multinational atmosphere. Imagine yourself being served by student helpers in traditional western and Korean style costumes, lining up with south Asian schoolmate customers in their own colourful traditional costumes. You would soon find yourself lost in time and space. Bang! The lovely groups of primary school candy hunters suddenly popped up and brought you back to the College in the 21st century in no time. Phew! When it came to the most visited stall, I have to mention the flea market which was very popular and well received. Now you must realize fundraising during the College Open Day is one of the major sources of income to support the PTA's operation for the whole year to come.

We really do appreciate the annual speech and visit by our College IMC Chairman Mr Tien, who made the time to visit despite his increasing workload on Legislative Council matters. Our parent volunteers also delivered a sharing session to potential college applicants including primary school parents and students in the college hall. After the briefing session, parents and helpers at the PTA stalls enjoyed the support, blessing and encouragement from Mr Tien.

By the time the cleaning was done and we were ready to call it a day, music from the Korean singer PSY filled the air. To our surprise right on the playground flash mobs (they are no strangers but our dear students) were dancing to the popular choreography and melody full of joy. Nobody could resist the urge to join this wonderful way of celebrating and concluding the 2 days of hard work. Several months have passed, and a new MV from PSY has just been released. I just can't wait for the next Open Day!

### 家長茶聚心聲

家教會在每個學年都會舉辦四次家長茶聚活動，藉此使家長們可聚首一堂，暢所欲言。有些家長很緊張子女的學業成績，話題總離不開校方應否增加補充練習或補課安排？哪裡可找到坊間星級大師補習？怎樣才可有效提升子女取得佳績等？但有些家長卻埋怨功課太多，子女每晚要很晚才能完成，那有時間去補習？其實原因正是每個孩子的資質、性格和處事的方式不一樣，成效也會變得南猿北轍。所以每次茶聚正是我們家長交換教子心得，互吐苦水的好機會，作為家長的你又怎能錯過呢？

在茶聚時段中，家長還會提出很多關於學生的切身問題，例如飯盒質素、午膳進食時間過短、校服質料及價錢、課室的空調溫度太低等諸如此類的問題。而家教會委員收集有關意見，向校方反映及諮詢，並在下次茶聚時再向家長匯報及跟進。

在最近舉行的茶聚中，委員還特別邀請中文、英文科主任講解新學制下課程的轉變，家長們反應都很熱烈及提出很多問題。茶座完了，還一窩蜂的圍着老師發問，活像一群好學的學生呢！

每次的家長茶聚都會安排在週六下午 2:30 舉行，校方會發通告知會家長。雖然毋需要預先報名，但卻期望更多家長的積極參與。各位家長，約定大家下次在一樓跳舞室跟你們再暢所欲言吧！

### 非典型第十三屆家教會常務委員會就職典禮

今屆就職禮可說是與眾不同，由大會司儀開咪的一剎那，到完場曲終人散之間，每一環節都絕無冷場！

在台上，以重溫開放日的錄影片段展開序幕，緊接的是祝酒儀式（當然是以汽水代酒），頭盤是頒發證書以感謝新舊義工委員，主菜是超級老師女團及資訊科技老師（獻唱），甜品是幾乎由始到終都不停頒發的抽獎禮品，全晚都提供甜品真是少有！司儀在台上的幽默說話不停引發台下的歡笑聲，證明學校老師們多才多藝。謹此多謝老師們在台上賣力的表演和付出！

若然你認為以上還未夠，台下每檯奉上的盤菜必能滿足你的肚腹。若然你看見滿場家長學生們對家教會的支持，相信你也驚訝看到差不多相同數目的老師也一起參加。若然你認為所有老師都是悶蛋，你還是多參與家教會及學校的活動去多了解我們的老師團隊。

最後，謹此向老師、同工、家長及同學們致以萬分的感謝，多謝你們的支持、參與及付出的努力！期望你們繼續的支持和參與！



### The 12th PTA Executive Committee Inauguration Ceremony – a sumptuous feast!

If you think all inauguration ceremonies are boring formal gatherings, you probably haven't attended our inauguration ceremony in January. As soon as our MC kicked off the event, there was no room for dead air from the start till the very end of the dinner.

On the stage, it started off with a video account of the Open Days as an appetizer followed by raising a toast (of course non-alcoholic) to the inauguration ceremony. Appetizers also included the presentation of certificates to parent and staff helpers. Choices of main course included a singing performance by the super group of beautiful teachers together with the handsome IT teacher. Lucky draws were served as desserts throughout the dinner. Pretty unusual, right? And not to mention the sense of humour that punctuated the evening every now and then arousing a lot of laughter. There was no dearth of talent. Our sincere thanks to the teachers for their talented performance and devotion!

If that still didn't fulfill your appetite, staff members, parents and students enjoyed the poon choi feast and chatter at their own tables. If you found many parents and students gathering at their own tables supporting the PTA, you might have been amazed by almost the same number of teachers and staff enjoying the event together providing the same level of support. If you want to know the teachers better and see how much fun and talented they are, you should probably consider joining the PTA and school functions more often and find out for yourselves.

Last but not least, our sincere gratitude to all teachers, staff, parents and students who have contributed their talents, efforts, dedication and time to make this a very wonderful and enjoyable night. I look forward to your continuing support and participation in future PTA events and activities!





# 家教會新常務委員 New PTA Committee Members

Hi everyone! I am Peter, one of the new PTA committee members who just officially started my duty. My current focus is to ensure that the PTA website is up-to-date and explore the use of technology to improve communication between parents, teachers, supporting staff, and students. Until we have a better notification mechanism for any information updates, I urge you to constantly check the website for any news.

Please bookmark the PTA website and come back often to check for updates:



PTA Website (English)

<http://www.hkmadavidli.edu.hk/pta/en/index.html>

We are open to any comments and suggestions. You may either send us an email using the address provided on the PTA website (mailto:hkmdlkpc.pta@gmail.com), or simply make use of the "Post" comment feature on the external services (e.g. the photo album and video channel).

Although I love using technology to communicate, I enjoy talking to people personally. Since joining the committee I have established connections with committee members, the principal and staff of the school. I have also begun to know some parents, however, not as fast as I would wish to.

Finally I do not want to be labeled as a purely technical person. In fact in my previous job I spent time managing projects, programs, budgets and meeting people more than being involved in technical matters. A few months ago I started a new career, which is a new challenge for me. Being a committee member of the PTA, and nurturing my kids to develop and advance themselves are all challenges too. I hope as parents of David Li Kwok Po College students we would share our experiences, work together and overcome all these challenges together with our lovely kids.

Looking forward to seeing you in upcoming events!

Peter Chan



各位，大家好！我是新一屆的家教會委員陳偉雄。現在，我主要的工作是替家教會網站進行更新及研究如何使用科技改善家長、老師、學校員工及同學們之間的溝通，在未有新的溝通方法前，敬請時常到訪網站查閱最新動向。

敬請以書簽紀錄網址後經常到訪本會網站：



家長教師會網站 (中文版)

<http://www.hkmadavidli.edu.hk/pta/index.html>

歡迎各位賜教或提供意見，你可選擇電郵本會 (mailto:hkmdlkpc.pta@gmail.com) 或使用網頁上的「提供」功能。

雖然我是半個科技人，我也很喜歡交朋結友，上任委員以來，我認識了其他委員，學校校長同工，當然也認識了一些家長同學們，但還是期待認識更多。

最後，我希望大家不要把我看作一個技術人員，事實上我的工作也包括規劃及項目管理、財政管理、與人的溝通。另外，我在數月前開始擔當了新的崗位及面對新的挑戰。成為家教會委員以及栽培孩子們成長是很大的挑戰，希望能與各位家長分享經驗，與孩子們一起共同面對各樣的挑戰。

期待將來於不同的活動與大家見面！

陳偉雄



I am pleased to have the opportunity to act as a bridge between the School and Parents. The teenage years are the most important development stage in life. Students really need our guidance and support. Success is not merely evaluated by how much money you earn or any superior social status you may have but it is measured by how you serve society and take care of others. Everyone has their own capability and talent. Parents should support their children and teach them how to nurture their talents and accept the differences between them and others.

Last but not least, I do encourage more parents to actively participate in school activities and suggest ways in which we can better educate our children.

Kenny Yu

首先，我很高興能夠參與家長教師會的工作，以家長委員身份來到學校這個大家庭。

事實上，中學階段對小朋友成長是非常重要的，引用一位中學校長所說，怎樣才算是成功 "SUCCESS"？主要是要讓同學學會服務他人 (Services) 和關懷社會 (Care)，畢竟同學們除了專注學習以外，也應從小學習多關心周圍事物，以及待人接物之道。

自從參加了學校不同的家長活動後，我深深體會到李國寶中學亦是貫徹這一教學宗旨。我非常欣賞這裡的教學模式，老師與學生之間的關係融洽，各人都能夠包容不同人的差異，所謂「天造之材，皆有其用」。希望各位家長積極參與家教會活動及多提出寶貴意見給我們。

余志光



我是新加入家教會的委員，本著一顆好奇心，在一個熱心的現任委員推動下，我加入成為家教會委員。在參與活動的過程中，感覺到家教會的一股凝聚力，及大多數委員的熱心參與及無私的付出，就像加入了一個大家庭一樣，又像兄弟姊妹般的相處，各有所長，使活動搞得有聲有色，希望能令更多參與其中之家長及同學樂在其中。我想這個也是我加入家教會委員會的原意，但願家教會委員會能將這精神發揚光大，延續下去。

趙淑美



親愛的同學，你好！

這是我第一次提筆寫信給你。一下筆，就怕讓你認真了。

因有你和你父母的給力，我曾蕙萱 (李媽媽)，在第十二屆的家教會角逐委員會後，不小心當選了。

因為你那時的給力，後來我才有機會，看到我家飯桌外的你。

最喜歡和誰說話？最喜歡和誰玩？最喜歡哪個老師？最羨慕誰讀書最好？

我開心啊！好像返老還童，好像我又變回當年可以無所不談，無拘無束的學生。

籍著這支筆，讓你知道一下我的激動。

如果，你不小心也喜歡塗筆的話，回信給我，投入學校的家教會信箱內。

下一期的家教會會刊版塊，我有塊地的話，我願意讓給你。

因為，你的支持，讓我想成為你的支持者。

來信吧！只要你不客氣。

曾蕙萱

一個人的故事，很想在此分享一下。

有一個學生，他很喜歡音樂，時常勤加練習。但是，得不到父母的認同，常常為此而弄致不歡而散，為免再有衝突及父母不高興，於是偷偷地練習，一定要做到最好為止。因為他希望能在音樂會中表演時，父母如果看到他的表演或者會被感動，不再反對他繼續學習音樂。

故事暫且說到這裏。

首先，不難明白做父母的心情，一切出發點也是為兒女們着想。音樂容易給人錯覺認為難以出頭地，似乎勤力讀書較為實際。至於那個孩子，他最希望是得到父母的認同才加倍努力練習，以真誠打動父母，這種態度實屬難能可貴。

我並不認識這個家庭，所以要評論或許並不全面。但從單一事件去深思，究竟問題出現在那裏呢？

家庭衝突有沒有更好的處理方法呢？事實上，那位孩子已經感動了我！他令我反思有沒有強加自己的意願於孩子身上？縱然出發點皆為孩子着想。另一方面，我也祈盼天下的孩子們，能體諒父母親，多加溝通。

那位孩子也感動了你嗎？或許留待一個想像空間給大家吧！

林美玉







### By Ms Rachel Lam (Chinese Language Teacher)

Hello! I am Rachel, one of the new teachers this year. I am glad to teach here and meet so many friendly and optimistic people. Also, I experienced something that I have never tried before like using an iPad to teach my lessons. I am not really a "new" teacher since I worked in another school before I came here. I teach Chinese, Chinese History and Culture. I am also the class teacher of S.1M, I like children especially S.1 children. Students here are lovely and obedient. I am having a joyful time here, thank you DLKPC.

What I believe in is God and the conviction that "I know I am not the best, but I will try my best." I am trying my best to play every role well in my life, not only as a good teacher, but a good wife, a daughter, a sister, a student, a friend, or maybe a mother later.



### By Ms Kay Wong (Chinese Language Teacher)

My life changed after I took my first step into this school. Taking up the role of teacher has provided me with many opportunities to contribute my knowledge to the next generation.

As an old saying goes: "It is not about how good you are, it is about how good you want to be." Achieving goals is not an easy task; let alone acquiring and exploring knowledge. Although learning requires a lot of time and hard work, I hope my students can be tough and persevere to overcome challenges ahead. Rome was not built in a day. Failure is not the end, however, it brings us precious experience and helps us reflect on what we have done in order to improve and shape ourselves into better persons. I wish my students would always be curious and enthusiastic about learning. With your active participation, I am sure teachers will pave the way for you to grow and be passionate about learning.



### By Ms Clare Sin (Art Teacher)

Hello!

I am Ms Clare Sin a new teacher this year. It's my pleasure to be a teacher in this school. I would like to thank you for giving me this opportunity to introduce myself here.

I am the class teacher of S.1J and I teach Visual Arts and IH. Aside from teaching, I have also formed a group called "Sichuan Care and Action". We will go to Sichuan every year to render some humanitarian services for the earthquake victims and visit the Leprosy villages.

"Work Hard Play Harder" is my motto. Therefore, I have lots of hobbies, like cycling, hiking, fishing, traveling, etc. Enjoy your lives at every moment and be positive to overcome all your challenges.

That's all about me. Enjoy!



### By Mr Wilson Luk (Chinese Language Teacher)

I am very pleased to be a part of David Li Kwok Po College teaching Chinese Language. I personally think that David Li Kwok Po College is a very special school where students can learn different languages and cultures in an environment of diverse nationalities. I believe that every child is unique and should be taught how to think rather than what to think. I hope all students enjoy their school life and gain many fruitful memories of their life at DLKPC.



### By Mrs Rachel LEONARD (French Teacher)

Bonjour!

It is my pleasure to be working here at HKMA David Li Kwok Po College. I am originally from France, near the well-known town of Vichy (famous for its water and beauty products!). I have been in Hong Kong with my family for nearly 3 years, but lived here before from 1996 to 1999. I love the Chinese culture and wish I could learn to speak more Cantonese and Putonghua. I have 12 years of experience as a teacher, and was lucky to teach French, Spanish and English in various schools in France, England and Hong Kong. Teaching is a real passion for me and I hope I can communicate this passion to my students. Whilst I want to help my students achieve academic excellence, I also want them to enjoy learning a new language and discovering the French culture.



### By Ms Muriel Weng (English Language Teacher)

Hello! I am Miss Muriel Weng, the new English and IH teacher. Nice to meet you! I am a fresh graduate of the University of Hong Kong with a major in English and Education and a minor in Music. Despite my teaching practice experience in four different schools, this is my first job as a full-time teacher. It is such a blessing to start my career in this superb school. My colleagues here are just AWESOME! They have sterling personalities, cheerful dispositions and are always ready to help. They always brighten my day.

I am also having a wonderful time with my sweet form 1 kids, especially with my class 1C. "When you learn, you teach. When you teach, you learn." I am always learning something new from my lovely students like k-pop stars, iPad apps, quotes from the latest TV dramas, etc. They always bring me surprises and make me smile when I leave the classroom. Like my students, I like listening to pop music, eating snacks and Facebooking.

#### Words for students:

Always believe in yourself! The only person who can put limits on what you can do during your lifetime is YOU. The firm belief in yourself will become the beacon of light, guiding you to tread the way to your dream. With your talents and the moral values instilled by your teachers, I am sure all of you have the power to better our society and better our world!





Hi everyone! I graduated last year from DLKDC. I am now studying in England. University life is definitely different from studying in school. We have much more freedom in learning; no one is going to force us to do anything. It's more about self-motivation and being responsible for one's learning.

Other than academics, I realize that university provides me with a great chance to build up my networking and soft skills. I have also made a lot of new friends from many different countries, such as Dubai, Turkey, Italy, Canada, England, etc. It's fun to share our experiences and different cultures. The most important thing we have learned is to understand and respect each other's culture.

Being a young adult, I believe it's the best time for us to try out all sources new to us, because this is the only time in our life we don't really have to worry about our work or family. Remember that you should have a good result in the HKDSE to help you start your university life. Therefore, work hard and success will be yours.

Michelle Jacqueline SAEV  
S6B2011-12

## 父母吟

並肩行、伴着行、半點不由人，  
青年人情緒智商過人，  
榮辱轉眼了無痕。  
試期雖近勝負不分心，獨愛網內尋。  
反應超快；回應緩行。  
痛時光飛逝，恨科技迷人；  
盼霎時醒覺，能頓悟人生。  
再前行靜待你發揮所能。  
欲教嘆無從，欲讚卻無憑；  
欲罵實不行，欲罷更不能；  
他自從容，我自沸騰。  
今為父母愁煞人。

夜思隨筆 岑健明

