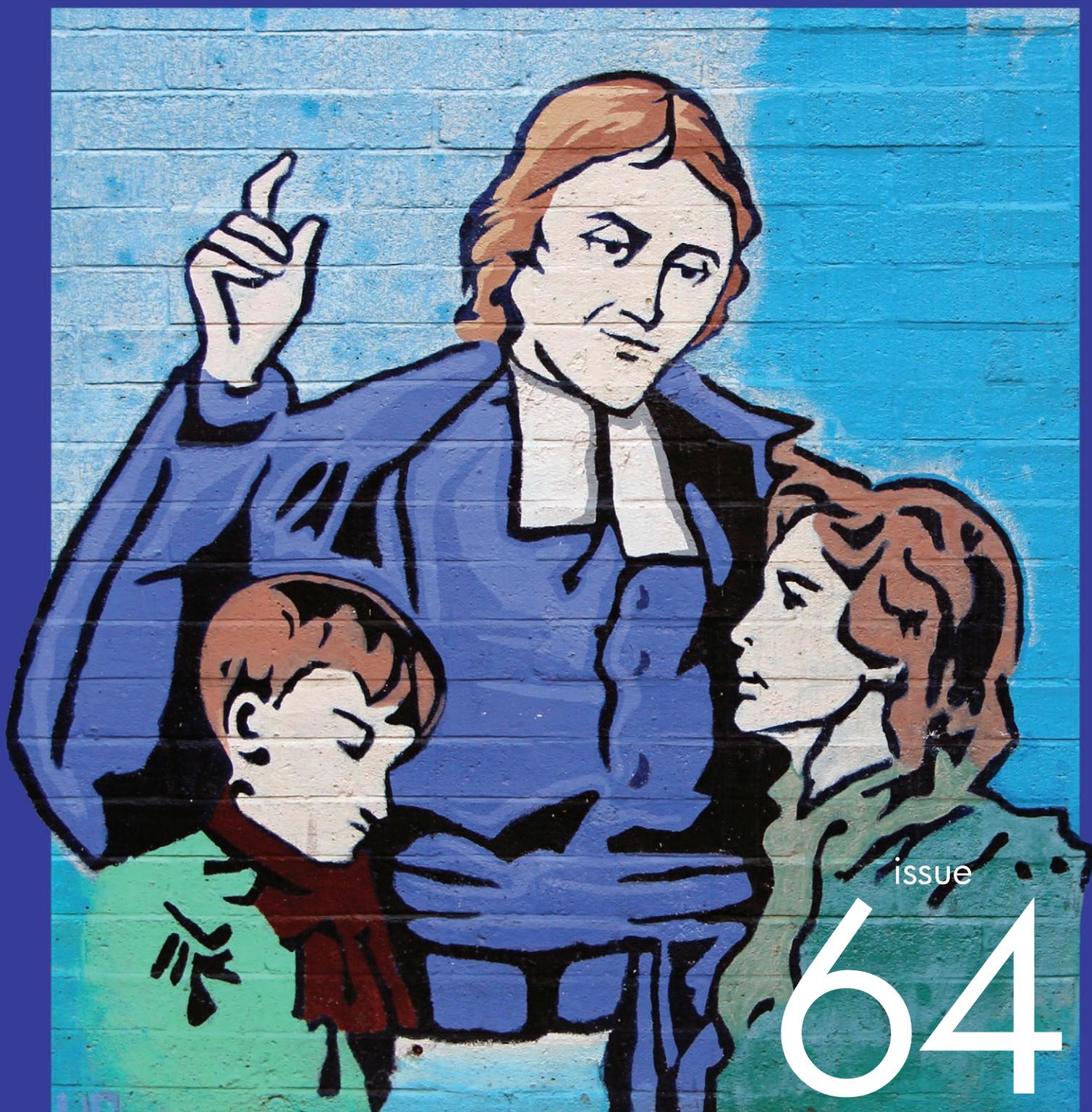


The

gateway

March 2016

LASALLIAN EAST ASIA DISTRICT



issue

64

HONG KONG LASALLIAN FAMILY BULLETIN

March 2016



(Cover) This mural of St. John Baptist de La Salle is to be found in Chan Sui Ki (La Salle) College.

The gateway

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Welcome

Our pre-Easter issue of *The Gateway* comes to you from a damp and coolish Hong Kong. Overall, we believe the winter season has lasted longer than usual.

Brother Hyacinth Fitzgerald is our Brother of the Month. Some of our readers will have known him and we hope they will be able to relate to the little account of his life ... which had its share of challenge and colour.

We have had quite a number of responses to our articles on the "Lasallian Mission in a Forgotten Land." We continue where we left off and indeed the content is interesting and at times intriguing.

Our school updates follow the usual pattern except for the sharing on the writings of our Founder. Our students can share very well and can surprise us with their insights.

Two big feasts always break into the austerity of Lent and so we celebrated St. Patrick's Day and St. Joseph's Day in our own ways. Three intrepid Brothers, together with some students and Lasallian partners, braved the rain and chill to take part in the St. Patrick's Day Parade.

May the risen Christ rise in our hearts. ■

**The Gateway
Hong Kong
Lasallian Family
Bulletin
March 2016
Sixty-fourth Issue**



Brother of the Month

Brother Hyacinth Fitzgerald

(29-09-1929 to 14-12-2014)

One Brother remembers: “Many, many years ago I stopped at the lovely village of Rathcoole and visited Brother Hyacinth at home. I found him sitting quietly in the parlour, doing the crossword I believe. Lunch was being prepared by his mother and I could feel the close relationship of mother and son. They kept up a regular letter correspondence all through life and he often spoke about her. After all, she had generously given up her only son to the religious life of the Brothers.”



There is a picturesque village on the outskirts of Dublin city, Ireland, called Rathcoole. It faces lush pasture land and has a fine view of the rolling hills of Dublin. In this village was born James Maurice Fitzgerald, later to be called in religion Brother Hyacinth. He was the eldest of four and the only boy. His sisters were named Kay, Joan and Evean. Evean is the only surviving sister and lives in New York.

Brother Hyacinth went to Primary school in a town called Naas, a school run by the Irish Christian Brothers. Come whatever kind of weather, he and a friend would cycle there every school day, a round trip of about 35 kilometres. No excuse was taken for being late to school. You were just told to stretch out your hand and given six of the best. Caning was the norm. Those were the times.



Brother Hyacinth often told the story of how he and his friend were meant to join the Irish Christian Brothers but,

because of a set of circumstances, ended up with the De La Salle Brothers. Before he joined the Brothers, he had visions of joining the air cadets and perhaps of becoming a sportsman.

If you came across Brother Hyacinth in later life, you would be forgiven for thinking that he was always a substantial, strongly-built man. Yet, early photos show him to be very trim ... and handsome too! After following the usual years of formation as a young De La Salle Brother in Ireland, he was selected for missionary work and was assigned first to Malaysia. On the journey East, he was in the company of Brothers Vincent Corkery and Casimir Hannon and they were in the care of Brother Remigius Blake who was returning to Singapore. Their ship left Southampton on the 22nd of October 1948. Brother Vincent recalls:



“On board he spent hours playing deck quoits, deck tennis and swimming. He excelled in these. He relished the usual stops along the way arriving in Penang on the 14th of November 1948. Penang harbour was decked out with bunting and special lights in celebration of the birth of Prince Charles.

After spending a day or two in Penang, it was off to Singapore, where he was taken to St. Patrick’s. In no time he got into badminton and played for hours, as well as swimming in the sea, nearby in those days.”

After Christmas he got posted to Penang where he fitted in very well with a host of young Brothers, local and Irish, under the benign rule of Brother Fintan. He taught English, Religious Studies, Economics and Commerce. He is still fondly remembered there, and particularly in East Malaysia, in the towns of Kuching and Sibü.

Brother Hyacinth was in his prime during those years. He was physically imposing, taught strictly but fairly and took part in school activities, especially by



playing and training badminton players. He loved that game and played it right up to retirement when he was in Chan Sui Ki (La Salle) College, Hong Kong. He was also a fan of rugby and fancied himself as a player and would occasionally tackle some formidable Brother opponents in a kind of scrum. All harmless fun.

There was one extended break from teaching and that was for university studies. He took English, Music and French, in University College Dublin, from 1960 to 1963. He spent one summer holiday in France,



Brother Hyacinth (front, first left)



polishing up his French. In later years he liked to sing French songs, with proper French expression. He was a particular fan of Edith Piaf. He himself loved to be asked to sing or to play either the violin or the mouthorgan, all of which he did with gusto. A particular favourite was an English translation of the Chinese 'Flower Drum Song.' He would also listen to songs sung in Mandarin and try to imitate. Some people thought he was fluent in the language!

After spending about thirty-five years as a teacher in Malaysia he had reached the age of fifty-five. Malaysian law at the time required that teachers retire at the age of 55. Brother Hyacinth did not want to retire. He and his friend Brother Mark Blake found ready acceptance by Brother Raphael Egan in Hong Kong. Brother Hyacinth was assigned to Chan Sui Ki (La Salle) College and had another ten years of productive teaching, mainly of English and Religious Studies. Chan Sui Ki College became his home for about 20 years, pre and post retirement. He loved the school and rejoiced in its achievements.

At one stage he took up learning the computer but it soon became evident that it was not his cup of tea. Much more to his taste was doing the crosswords found in both Hong Kong and Irish newspapers. In this, he joined Brother Mark and they would often consult each other as to the correct crossword

solutions. He also tried his hand at learning Cantonese but, as he put it himself, "my 72 year old mental computer is rusty, so success is slow."

For many years he was afflicted with hardness of hearing. It was diagnosed as tinnitus. It reached a stage when he would get lost during community prayer and be constantly looking for the right page. He could also pick things up wrongly and his responses were often amusing.

During those years in Hong Kong he used to climb Lion Rock regularly with Brothers Mark and Patrick. The latter remembers:

"On one memorable occasion, a group of us went climbing in the New Territories and managed five



pretty steep mountains in a row. It was a bitterly cold day, around zero degrees, and Brother Hyacinth was in shorts and short-sleeve shirt! On the way home, a group of young men spotted us and shouted "Tarzon" at Hyacinth. He felt good about that. A time came, however, when he let us off on our own and he would climb at his own pace. Later still he confined himself to 'local' walks. His knees began to cause some trouble and he wobbled and even fell a few times. It was time to engage home care."

Brother Hyacinth came to live in La Salle College in 2004. He would often introduce himself to guests as "the little flower." Since he was still a physically big man, this 'little flower' introduction took some people aback, until the humour dawned. It was fitting that his funeral Mass was celebrated in the church of the little flower, St. Teresa of Liseaux. Like St. Teresa, Brother Hyacinth led a simple, straightforward life, trying to do ordinary things to the best of his ability. He tried to follow the little way.



At first, health-wise, all went well but his was a slow decline into Alzheimers disease. His memory played all kinds of tricks and he would ask the same question time and time again. At first it was hardly noticeable but as the years went by it became much more pronounced. Part of the problem was that he could surprise people at times by remembering things quite clearly. It was also noticed that he ate his food very quickly and would be finished well before the rest. It was only later that the doctor informed us that much of the food lay undigested in his stomach.

When he had to resort to a wheelchair to get around, his carer would take him down to the lower floors of the school where he would watch the students coming and going and especially watch them playing football. He missed being in the thick of things.

A number of visits to St. Teresa's Hospital indicated that the time for more professional care had been reached. Fortunately a room and bed was found in the newly-opened Unit for the Elderly in the hospital where Brother Hyacinth received continuous and loving care until his death, was bathed every day and fed regularly. But complications set in, including suspected cancer, obstruction of the biliary duct, diabetes and jaundice.

The end came quickly and quietly at about 12.55am on the 14th of December 2014.

In the gospel reading for the funeral Mass, the apostle Thomas asked about the way, the way to follow Christ. Brother Hyacinth found the way to

Christ in his life as a De La Salle Brother. He kept his eye on the goal, persevered in his vocation and will now surely enjoy the banquet referred to in the first reading.

Special thanks go to the Mass celebrant, Fathr Gabriel, the altar servers and choir from La Salle College, the readers, photographers, prefects, student association members and scouts from Chan Sui Ki College, the Sisters and nurses of St. Teresa's Hospital who took Brother Hyacinth to their hearts and Ah Ying, the faithful carer at La Salle College, the Kowloon Funeral Parlour who attended to so many details, all those who sent flower wreaths and donations and the funeral organizing committee who took their task with seriousness and devotion.



Brother Hyacinth was laid to rest in the Brother's plot in St. Michael's Cemetery, Happy Valley. ■

Postings of Brother Hyacinth

Castletown	Juniorate	1944 - 1945
Castletown	Novitiate	1945 - 1946
Mallow	Scholasticate	1946 - 1948
St. Xavier's Institution, Penang	Teaching	1949 - 1956
St. Paul's Institution, Seremban	Teaching	1957 - 1960
University College, Dublin	Degree	1960 - 1963
St. Joseph's School, Kuching	Teaching	1963 - 1974
Sacred Heart School, Sibul	Teaching	1975 - 1984
Chan Sui Ki (La Salle) College, Hong Kong	Teaching	1985 - 1995
Chan Sui Ki (La Salle) College, Hong Kong	Retirement	1995 - 2004
La Salle College, Hong Kong	Retirement	2004 - 2014

A Lasallian Mission in a Forgotten Land

The Story of the First Foundation of De La Salle Brothers in China 1936-1948

Part 5: From war to war 1945-1948



After the atomic bombing of Japan in 1945, the Soviet Union invaded Northeast China as part of its declaration of war against Japan. From 1945 to 1948, Northeast China was a base area for the Communist People's Liberation Army in the civil war with the Nationalists. With the help of the Soviet Union, the Communists eventually emerged victorious throughout the country in 1949. In Northeast China, the civil war took a severe toll on the life of the people. The death toll of this civil war is estimated at over 7 million.

Before the end of the war, four Brothers interned in China were sent back to Japan, they were Brothers Marcel-Marie, Mederic, Jules and Hippolyte. Instead of the high hope of returning to Canada under the prisoners exchange programme, they were to be interned in various prisoner of war camps in Japan until the end of the war. Below are some highlights of the 'unusual' experiences of the Brothers in surviving these internment camps.

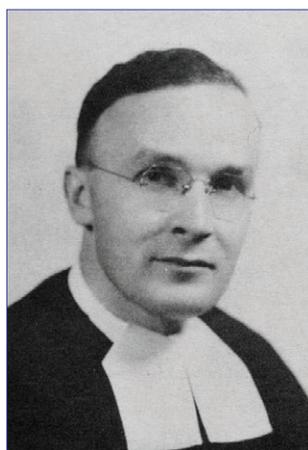
At Szuping kai (四平市) Camp, China: Brothers Barthelemy, Guy and Odilo

Of course there was some suffering, including the pangs of hunger. Fortunately, Brother Barthelemy had a gift for capturing pigeons. Brother Guy contrived a kind of roasting spit to cook them. In the evening he would prepare a pigeon, slip it into the oven, adding some onions filched from the guards' storeroom. Next morning beginning at five, he was able to serve pigeon a la Ritz Carlton. In all, he seems to have served anything up to 300 pigeons.

At Yamakita (山北町) Camp, Japan: Brothers Marie-Marcel, Mederic, Jules and Hippolyte

Lots of things happened during these two and a half years in the camp. Brothers Jules and Hippolyte retained some colourful memories. To keep themselves occupied, they offered their services for certain tasks. On one occasion they were asked to clean the sewerage drain and carry the precious stuff and spread it as fertiliser in the nearby garden. One would have to have been through the experience to realize what this entailed.

The same two Brothers on another occasion noticed young pumpkins beside the path and thought that one more or one less would surely not be noticed. In their



Brother Jules

March 2016

simplicity they grabbed one and slipped it into one of the containers full of you know what! Who in normal times would dream of doing such a thing? But in war you can find yourself doing lots of unusual things — especially if hunger is sharp enough. But how did they plan to prepare the pumpkin? These Brothers, who were determined to survive at any price, had recourse to the furnace which heated the bathing water for the security guards!

Despite the hardship of life in this dangerous part of China after the war, the remaining Brothers in China still soldiered on, even though they were permitted to return to Canada. They stayed and even requested more Brothers. Here are the two letters written by Brother Barthelemy to the Visitor in Montreal in 1946.

Brother Barthelemy writes from Kirin (吉林) to his Visitor Brother Nivard-Anselme in Montreal on the 3rd of March 1946. He gives some graphic details of conditions in that part of China — some 100 miles north east of Beijing — in the immediate post war period. Sadly with the difficulties in communication, it would appear these letters never reached their destination.

Kirin, 3rd March 1946

Dear Brother Visitor

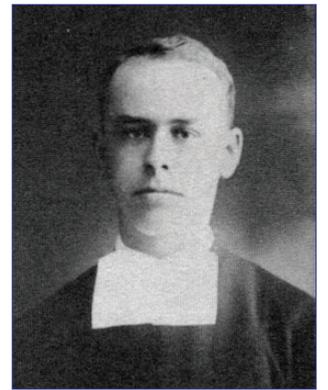
Brother Auxiliary-Visitor Leopold has passed me your letter addressed to our missionaries. We knew you had been thinking of us and were doing everything possible to reach us. So you have no idea of our joy on receiving your letter, our very first contact in five years from those who are so dear to us. Our deeply regretted Brother Liguori RIP, did receive one or two letters through the Red Cross, but here in Kirin we received nothing ...

We find your letter especially interesting. We had feared for our Brothers in Japan, particularly those held in the concentration camp at Yokohama. It gives us much pleasure to learn of their safe return home. Let them have a good rest before returning to us.

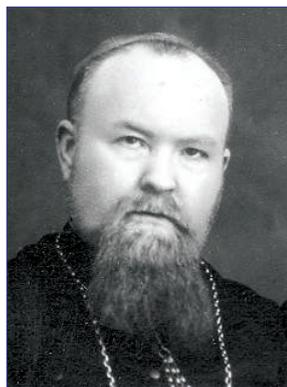
Many thanks for your general permission to return. For the moment we won't take advantage of this, partly as we feel no immediate need, but even more because we are prevented by the work we have undertaken here since September. Brothers Odilo and Guy are waiting for replacements. As for me my departure was already definite in 1936!

All three of us are in good health. The French missionaries receive no funds from abroad, and so while we get no salaries we have our meals with them. The meat is of very poor quality; so it is potatoes and Chinese vegetables, bread and rice. It is extraordinary how a vegetarian diet can benefit the system, and nobody gets sick. Now and again I buy a little meat ... but as money is scarce we must be sparing, without at the same time placing our health at risk.

Since September contact with the world beyond our town limits is just impossible. Just the same, Brother Odilo managed to get to Szuping kai to study the language,



taking advantage of the winter holidays to get a change of air. He has just got back. He was thrilled with his experience. He was even able to make a detour to visit our Visitor Brother Leopold at Moukden, and it was from him he got the letters you sent. It is the first time in four months that we have got any news about him. Apparently he is keeping well, and has accepted with a wonderful spirit of faith the new responsibilities placed on his aging but very experienced shoulders. May the Lord keep him in good health and give him the necessary strength to represent us worthily with the authorities and effectively to re-organise our works in this region.



Mgr. Auguste
Gaspais

His Excellency Mgr. Gaspais has been rather insistent since last September that I write to the superiors for five or six more Brothers for a commercial school, an annex to the language school in the former capital Changchun (長春). I don't know if Brother Auxiliary Visitor has spoken a word to you about this, and this is why I am passing on the request as well as the date it was first made. However if you are considering to set up any project here, I would not favour it, even though I have the greatest admiration for Mgr. Blois, as a man of supreme determination.

I am very happy to learn what is most essential, as you have insisted as a first condition, that a missionary Brother should be a very convinced religious. I believe we must also insist, as you have done, on obedience and discretion, two very important qualities in the missions. In addition, send us Brothers who are well prepared. Those who are to teach Latin should also be proficient in speaking it. One year or two won't be enough. Also be well provided with teaching materials.

Brother Visitor, don't be too anxious about us. You have no idea of the joy and enthusiasm we experience in our work. At a distance all this may appear heroic. It is nothing of the sort. Our health which might have required a period of convalescence was not affected in any way by our stay in the concentration camp, and as for morale, well our liberation and our work there make for a formidable mutual bonding, had it been necessary.

No doubt, since the armistice, the country does not enjoy perfect tranquillity. Here and there lots of communists, brigands and ex-soldiers, even small detachments of soldiers form autonomous groups to cut communication lines and pillage the countryside. But this is China, nothing much can be done about it. The people most to be feared are those who behave more like animals than humans. There is no way to give you an idea of their cruelty. God, soul, honour, propriety — these are words that have no meaning whatever for them. We just hope all this will end, and as soon as possible, for the future of the country. As foreigners we have a certain kind of security, at least for now, so don't be anxious for us. The good Lord has protected us so far, and we have no doubt that He will continue his protection. And our dear Brother Liguori will never forget us!

Although separated from the rest of the world, we do get some news. It reaches us through the radio. We would just love to have our own radio set, but none can be found in our town strong enough to receive signals from outside our zone. It is a matter of money. Just the same we do get to hear of the major events.

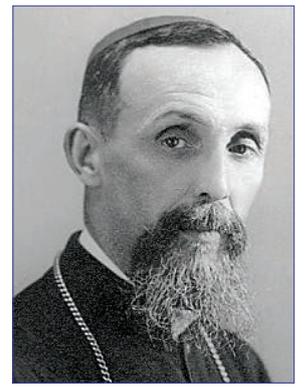
March 2016

Finally we have learned of the nomination of our Coadjutor Vicar, his Excellency Mgr. Lemaire to the post of Superior General of the Paris Foreign Missionaries. His Excellency was superior of our junior seminary and he was very attached to us. In him we lose a true father, a friend, a counsellor. Remember him in your prayers.

I conclude by asking your prayers and the prayers of all the Brothers for us here and for our work. I hope many will respond to the appeal for missionaries and come soon to help us achieve a fresh expansion of our work in the Far East.

Yours devotedly in our Lord.

Brother Barthelemy



Mgr. Charles
Lemaire

Kirin, 1st June 1946

Dear Brother Visitor,

I sent you two letters last September with the returning American prisoners from Moukden. In March of this year I tried sending another through a contact with the Nationalists who occupied Changchun for some time. During the Russian occupation and later when the Chinese Communists were in control, it was just impossible to communicate with the outside world. And even here it was almost impossible to contact Brother Leopold except through a messenger, and even this was possible just two or three times. But with the advance of the Nationalists all communication was interrupted until the capture of Kirin on 28th May. I will try sending you a cablegram as soon as possible. The town was occupied rather quickly with just rifle exchange and some mortar fire — sufficient to save face. The pursuit of the Communists continued next day and this was more serious as the Communists held strong positions south of the river in the mountains. However, after a whole day of heavy fighting, resistance ended, and the pursuit continued. We just hope this internal strife will soon end. Both the Russians and the Communists are heartily disliked by the population.

For a country that was really making progress under the Japanese, after a matter of just eight months of [Russian/Communist] occupation it is reduced to ruin and general malaise. May God save the world from communist doctrine. We did not suffer directly during these two occupations. The lack of money due to the cutting of communications with the outside world obliged us to have a simpler menu. Just the same, thank God, none of us got sick and all enjoy good health. We followed a more vegetarian regimen: potatoes, rice occasionally and very often millet, rarely meat, and since spring we had some edible herbs such as dandelion, thistle and young cabbage sprouts etc. I was able to add for months now, with some thousands of yen taken on a loan in town, a glass of milk and an egg or two every day, also a little millet syrup and honey. It's really remarkable how one can survive on such a regimen and do an important day's work. With a more varied and better diet, our health would become better than at present.

We are told that the town of Szepingkai has gone through much suffering, especially the bishop and that the Cathedral is in ruins. We still had a few trunks kept there,

and these have now probably disappeared. And with them articles of clothing and some indispensable items which we will need to replace. I am writing to Brother Leopold and if possible I will go and see him to discuss the matter with him.

I must thank all the Brothers who were so kind as to pray for us during the months of occupation. God truly, indeed visibly, protected us. Apart from the theft of a sundial from Brother Odilo by a Russian soldier while travelling on a journey he had to make, we were not otherwise harassed by these rather unpleasant people.

Presently Brother Odilo is combining the teaching of French, algebra and writing with his study of Chinese. Brother Guy teaches Latin and mathematics. I teach geometry.

We are most eager for news about the Institute, in particular about our District. Apart from a circular letter forwarded by Brother Leopold we have received nothing directly or indirectly from the Superiors for our community here in Kirin. Of course we are aware you face an impossible task as there is an impenetrable barrier blocking any correspondence reaching us. And it is for the same reason that you have received so little from us.

I take this opportunity to repeat my request that you propose to Brother Assistant to appoint a successor for me at Kirin. My nomination was just a stop-gap, my successor was actually named but he has not been confirmed. I feel it is time to relieve me of this responsibility and give it to someone who is more up to it. And I make bold to insist on remaining on the missions without returning home even for a brief visit. I would like to opt for some work where my deafness and my indigestion problems won't affect my effectiveness. I feel I don't have the strength or the courage for further teaching, even for supervision. I feel there are enough communities outside of Canada where I could pursue my personal sanctification and spend myself in the service of the Institute.

Yours devotedly

Brother Barthelemy

(To be continued)

The Sacred Heart of Jesus Church in Kirin, now a heritage monument.



Postscript: In responding to the call from the Brothers in China, four young Brothers, Isidore, Adrien, Cyprian and Gilbert, were sent there in October 1947. They sailed from Montreal to Shanghai first and found it almost impossible to get to either Moukden or Kirin, as the region was constantly changing hands under the control of either the Nationalist or Communist armies. They finally made it to Beijing and were settled in the house that the Brothers had bought there. With a view to starting a Lasallian educational mission they first began a course of study in the Chinese language. Little did they know that they would be forced to leave the place a year later.

Family Updates

Seventy Four



Brother Thomas Favier was kept busy on the 9th of February with visits from Brothers, old boys and parents. They came to St. Joseph's College to celebrate Brother's seventy fourth birthday. Brother Thomas arrived in Hong Kong in 1964 and has been attached to St. Joseph's College ever since. He has done much for the College both in its academic and sporting endeavours. Here's to the seventy fifth!

Athletics

The final day of the Division One Inter-school Athletics finals at Wanchai Stadium was a riot of colour and a cauldron of noise. It is the culmination of a year's hard athletic training. In many events, standards were remarkably high and many records were set. La Salle College managed to set two lovely records, one in the High Jump and one in the 4 X 400 Relay. The school also won the C Grade under 14 championship



and came in second overall and look forward to another year. Our sister school, Chong Gene Hang College, also managed to retain Division One status and were third overall in the senior A Grade section.

Music Fest

The La Salle College String Orchestra, Chinese Orchestra, Treble Choir and Senior Choir were major winners at the recent Hong Kong Music Festival. The competitions involved the top schools and standards were high. The set piece for the Strings was Divertimento in Bb, KV 137 by Mozart. This is the first time the College String Orchestra has won the championship at the Music Festival and it has only been competing there for 3–4 years. The set piece for the Chinese Orchestra was ‘Winter’ composed by Lo Leong Fai. The Treble Choir was awarded Champion in the Foreign Language Section from among seven of the top school choirs in Hong Kong and third in the Church Music Section. The Senior Choir won the Championship in the Putonghua Section, the first time the College has entered the Putonghua (Mandarin) section. All in all, very pleasing results indeed and a credit of the students, teachers and coaches.



Brother Charles Kitson RIP

Recently, we heard the sad news of the death of Brother Charles Kitson. Brother Charles was formerly in charge of our worldwide Lasallian Family. He paid a visit to us here in Hong Kong in 2013 where his cordial and generous spirit was much appreciated. May our merciful Father lead him into the joys of everlasting life.



Lasallian Volunteers AGM



The Hong Kong Lasallian Volunteers held their AGM on the 27th of February. The President, Mr. Linus Chan, delivered a brief report of the year's work. The Volunteers are busy young people but find time to organize programmes, especially for newcomers to our schools. These are called "Bridging Programmes." They also conduct an annual Christian Brothers' Schools Leadership Programme which provides an excellent opportunity for student leaders of our schools to come together as a family. Our Hong Kong Lasallian Volunteers are still growing and are a force for good.

Career Advisory Day



Recently, the Career Guidance Team of St. Joseph's College joined hands with the SJC Old Boys' Association to co-organize a Career Advisory Day. Over 40 old boys responded to the call to share their career experience and wisdom with the secondary four students. This was a good exercise in bonding between current and past pupils.

Artwork

The Consulate of Ireland in Hong Kong is taking a more active role in Hong Kong society in recent times. The consul general, Mr. Peter Ryan, besides introducing the St. Patrick's Day Parade has also initiated support for local charities. In addition, he has made contact with schools and this year began an art competition for Primary schools in conjunction with the celebration of St. Patrick's Day. La Salle Primary School took part and came away with first prize in the Primary 1 to 3 category and 3rd prize in the Primary 4 to 6 category, a pleasing result indeed.



The Parade

The St. Patrick's Day Parade is just two years old. This year it was held on the Sunday, the 13th of March. Irish Consul, Peter Ryan, is determined that Hong Kong should not miss the talent, colour and bonhomie that are a feature of the event. The cloudy, drizzly day did not dampen enthusiasm. It was what the Irish might call "a grand, soft day." Brothers Steve, Adrian and Patrick were joined in the parade by a number of students, old boys and parents. Old Boy and well known singer and entertainer, Philip Chan, gave a memorable rendition of Danny Boy, various bands struck up a number of Irish songs and there was a lovely Irish dancing feature. St. Patrick might also have spotted himself among the crowd!



Reflection

Sharing on Our Founder's Teaching

Some Form 2 students at La Salle College were recently given an assignment reflecting on the teachings of our Founder. Their written responses were both rich and meaningful.

On Different Personalities

In class, there will be different kinds of people. Some have bad manners and some are too critical. If nobody is willing to make concessions we will easily break up. I have learnt that we should sacrifice a little to live in harmony with one another. But I think the most basic and important point is to treat others as you would like to be treated.

Control Yourself

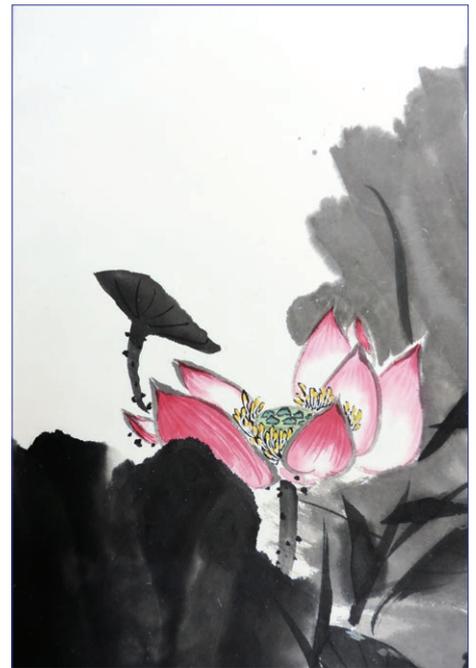
I have learnt to control myself, to control my actions, emotions and temper. I learnt not to succumb to temptation. For example, if I am very angry with someone I will control myself and not fly into a temper.

Control Yourself

I can set a timetable for myself and write some rules so as to restrict myself against passion. Even if the class is noisy, I should remain seated and quiet, control my behaviour and focus on the teaching of the teachers.

Silence is Golden

I have learnt that we must use language only for necessary things and not distract ourselves with useless words. I think we should be silent in the classroom. Nowadays, some students talk freely during some lessons and think this is not important. But it actually disturbs the students who want to listen to the teacher.



Silence is Golden

Sometimes we must keep silent so as to respect others. It is also a form of self-control. We must learn to control our tongue and not speak improper language.

Deeply Humble

I need to remind myself that I am not the best and there are still many things that I need to explore and learn. I should not boast when I get high marks in tests as this hurts the feelings of others. We should not boast because of our property or mind.

Be Patient

I will set a basic rule for myself. I will be patient and keep on asking myself if what I am about to say or do will have a bad effect on others.

Impatience

In daily life, when I am queuing up or waiting for someone, I should be patient. I should not yell or become angry. There might be good reasons why others are late.

No Laughing Matter

I will not make fun of others or laugh at them, such as when someone falls on the ground or fails to answer the teachers' questions. I will not laugh at them but help them because laughing just worsens the situation



Evaluation

Nothing we do is perfect or flawless. There is always something that can be improved. We must therefore evaluate our actions and find ways to improve.

Grow in Humility

In daily life, I face a lot of success and failure. I need to avoid an exaggerated sense of my own ability and realise that there is still room to improve.



www.lasalle.org.hk

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