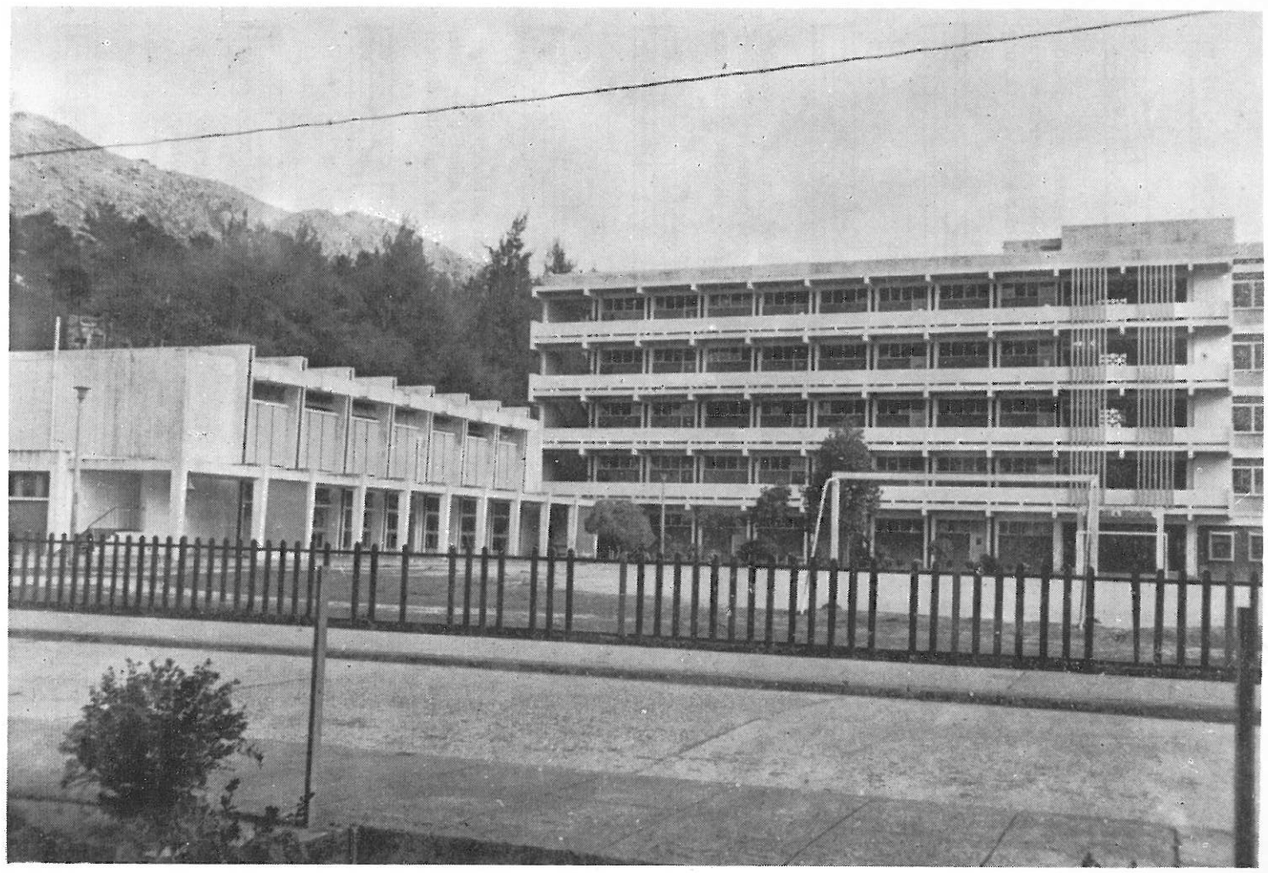
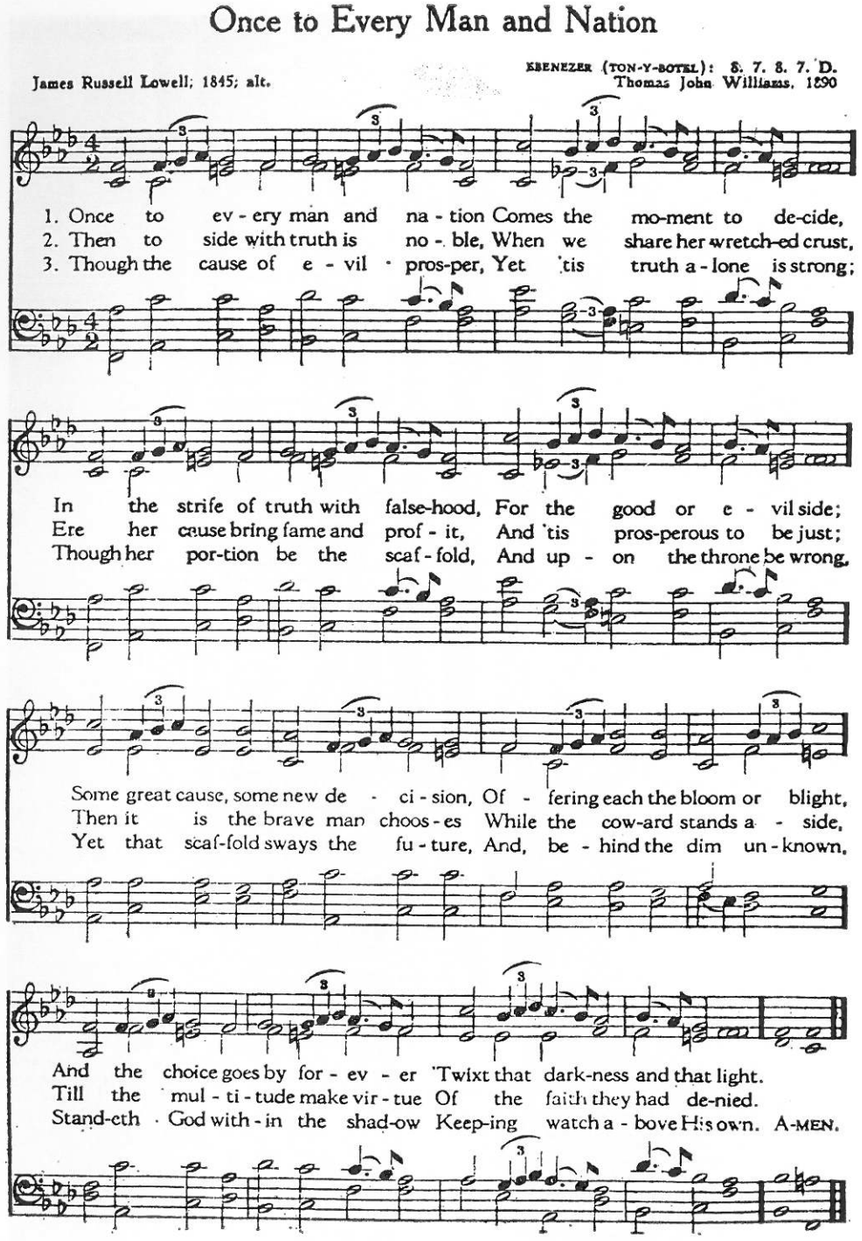
HOH FUK TONG COLLEGE





5 A班史

沉靜的一羣沾染了活躍的一羣的光彩和活力，表現出他們的性格和發揮本身獨特的氣質，使人覺得他們有了新的活力和光彩去創造他們的世界。活躍的一班的趣事和活動也就有活力多了。但我覺得最有深意的就是這件事了。

記得在中四那年的班際歌唱比賽中，本班僅次於中三某班之下，成績也算出人意表地優異，這些都因爲我們在各方面都下了心血，搾盡腦汁的去安排，但這些並不是因爲要去爭名奪利才做的。我們所唱的一曲「牧羊姑娘」深深地表現出了牧羊姑娘傷心情懷和冒著風霜雪雨吹打的痛苦。我們能夠成功地表現出這首歌曲的味道，可以說全是當時本班高度的合作性和熟練的技巧所達到的美妙境界。所以合作性越高表現在歌曲上的深度也就更顯著地表現出來。

讓我們再回想今年中五的班際歌唱比賽中所選唱的「谷中百合花」，是一首美麗的聖詩，應當表現出來的美感也因著合作性和缺少熟練的練習而削弱了，因此使到一首美妙的歌曲失去了眞意，這是多麼遺憾的事啊！

名落孫山是必然的事了，但不應因此失望而放棄目標的，祇要明白以前失敗的原因去補救以後的結果，這不是順理成章的嗎？這不是舉辦比賽人要使參加者清楚地知道合作是比技巧更來得重要和實際？

這短短的一段插曲，雖然不能完全代表本班在過去兩年所發生的種種事情，但我却選擇了它，那是因爲我覺得在我們面前所需要走的道路還很長，將來所面對的可能就是現在所面對的。何不將這次的失意作爲我們以後的明燈，警醒我們那頑固和不合作的心，我們應知道羣體的生活是比那孤立的生活要快樂和開朗得多的。所以我希望大家能面對失敗和挫折，再繼續自己的道路，不要因小小的挫折和困難而倒下去，大家共同地找出生活的意義和目標，讓我們成爲直立不倒的人。

F.5C

提起5C的歷史，應要遠朔至4C的時候。當時C班是被人認爲最傑出的一班，所以從中三升上中四的同學們大部份都希望能進入4C，尤其是想修讀理科的，更是連發夢也作此想。

升上4C的同學，那就是我們這一羣，確是有異於別班。當踏入4C的課室時，你就會發覺陽盛陰衰，而更覺得鬧烘烘的。你要費盡眼力才能找出一、二名女生。而同學們的身材也是極端的，有些身材十分高大，而有些却矮小異常！

別間學校的學生，中四已經是「戰爭」的開始。他們時刻都處於緊張和憂慮之中面對一本又一本的參考書，犧牲所有的時間，爲的是要準備應付會考。我們却不然，一切都顯得那麼平靜，嗅不到絲毫焦急味兒。

班中大部份的同學都是好動好玩，精力旺盛的大孩子，而且班中祇有幾位女同學，大家在言語行動上都比較放任。上課本來是一件非常嚴肅的事情，但往往由於一部份好玩的同學，有意無意地說一兩句笑話，做一些怪動作，致使同學們忍俊不禁，而將氣氛轉變得非常輕鬆。不過有時玩得比較過份，反而將學習情緒陣低，不能專心於老師的講學，而結果損失的當然是我們自己了。

由於大家都好動，所以每項課外比賽我們都熱烈參與，成績也驕人。最令我們難忘的是那次的班際歌唱比賽。本來我們這羣熱情的人應該選些熱情澎湃的歌曲參加比賽才是，但我們却選上柔情似水的「荷花香」，可知是極不協調的。當時我們端坐台上，配以一些特別的樂器，一曲唱罷，竟然博得如雷掌聲，滿場歡呼，大家好不歡喜。雖然不幸地「名落孫山」，但我們也算獲得足夠的報酬了。

到了下年度，大家都順利升上5C。雖然表面上還是一片輕鬆的景象，但是會考的壓力也開始愈來愈明顯了。隨着會考的迫近，班中產生了兩個極端的現象。有些同學加緊溫習功課，經常談論如何應付這次重大的考試和將來的出路；但也有些同學玩得漸趨瘋狂，時常使別的同學不敢接近他們，以免被愚弄。這或許是一種情緒上的發洩吧！

無論是充滿信心也好，毫不在乎也好，埋怨也好，後悔以前不努力也好，我們終於要面對現實。昔日4C，5C那種光榮和歡樂景象，雖然隨着我們畢業而消逝，但我們相信這一切仍然存在我們的內心深處。這份可貴的回憶，永不會消逝！這兩年快樂的時光，我們將會記着，永永遠遠的記着！

F.5B

人們談到5B，自然而然的想起這是一班「書呆子」，只會唸書而不會活動。要是你們眞的這樣看我們，那麼，你們錯了！

表面上，我們確是這樣子，別人會認爲我們是只會啃書的蛀書蟲，但事實上，我們也有活潑、輕鬆的另一面的。所以，不要以爲我們不正常，我們非你們所想的那麼鈍、那麼木、那麼傻兮兮。

5B大部分的同學都是去年的4B升上來的，那時候，全班只有十名男生，所以別人都笑稱我們「女校男生」，其實，情形並不是眞的如電視片集「女校男生」那樣，女生恃着人多而稱霸；相反，我們的女生很尊重男生，事事都互相交換意見，因此相處得很融洽。唯有一別於其他班的，就是我們的男生和女生一樣，都很害羞、很被動、很嫻靜，所以大家相處得很客氣，從來就沒有什麼緋聞。因爲這樣，所以養成了一種專注於學習的風氣，再加上我們個個都是正正經經，不搗蛋，不俏皮，也就難怪別人會認爲我們是只管啃書，不問世事的「書呆子」了。

不過，我們這麼乖、這麼純，倒也有人欣賞的；師長們曾冠以「全校最乖的一班」的美名，相信沒有人會反對吧？我們確是很聽話、很用功的好學生啊！

經過一年的相處，共同學習，共同進退，4B變成5B了。自從增加了多位新同學，班上的情形開始有點改變，我們除了保持那股「學專注」的風氣外，更增添了活力和生氣。

男同學由十名增至十五名，他們可說是班上的天之嬌子。他們比女同學活躍得多，合作得多，不再像以前那末害羞了；他們凡事都同心合力、共同進退。就拿足球比賽來說，一向被視爲姐手姐脚的他們，憑着合作和努力不懈的精神，竟然能擠身四强之中，確是出乎一般人意料之外。女同學們對他們這種竭力爲班爭光的精神也十分欣賞。至於女生，相處得也蠻好，在各樣事上，都可以看到我們大家關心和合作愉快的氣氛。不過，除了少數較活躍外，其餘的都很嫻靜。

漸漸地，在班上的我們，開始頑皮了，有人亂擲飛機，有人大唱情歌，有人東跑西鑽，也有人埋頭苦讀；幸好我們的頑皮都是適可而止的，所以沒有人會怪我們。

我們5B一向都是男女平等，雖然男生是少一些，但在分担班會工作時，則是無分彼此，一同盡力。從以往兩年參加歌唱比賽的情形來看，可知我們的獲獎，是全靠大家的努力認眞和通力合作而致。不過，仍有未感如意的地方，就是男生和女生之間的隔膜。許多時候，我們把男女的界限劃得太明顯了，致令我們不能像其他班一樣，可以毫無拘束，一視同仁的共處；但這種君子之交淡如水的特式，正是其他班所沒有的。

我們獨有的別班沒有，而我們沒有的別班都有，這也許是5B的一個特色吧！

5D之地理與環境：

1. 位置及地形：5D位於東經一一四度十五分五點一七秒，北緯二十二度十五分五點二六秒：坐落香港新界青山青山新墟青山道何福堂中學五〇四室，地處高勢，據守南北交通孔道，面對青山大平原（足球場），背靠何福堂文化發源地（圖書館），爲一不可多得之文化及貿易中心。
2. 氣候：屬亞熱帶陸地季候風型，冬天有四壁阻壁，寒冷氣流不能進入內陸，故冬天温暖。夏天則「窗外風」幾全平息，祇受强烈季候風影响——頭頂風（風扇），土著不耐酷熱，實行夏眠者甚衆。
3. 經濟生產：本地盛產純情小生，三句歌王，美男美女，爲一不可多得之高級人種出產地，各國對本國美男女之訂單（情信），源源不絕。此外本國上課時從事原始生產（聲音），但受超級大國（阿 Siv, Miss）警告，以斷絕外交爲威脅，又停止特惠稅優待，故被迫祇好停產。
4. 人民：屬純種中華兒女，血統優良，經無數考驗（考試），品種鑑定一流後，才聚於此地。各部落皆團結一致，推進本國業務，一時班威之大，武功之盛，爲其他各國所仰望。
5. 人口：本班人數四十八人，男佔三十四人，女佔十四人，本班之人口節約非常成功，每年增長率竟不到1%，爲各國爭相仿效。

5D之史實：

1. 5D之開國：本班開國公爲高 Sir，號稱高太祖，開國年爲公元一九七四年九月。
2. 5D之政制：本班絕對行自由民主制，國務卿爲高 Sir，由正副主席爲最高領導人，下設九卿，分爲文書二人，財政一人，總務四人，康樂二人。負責全國行政軍事司法。
3. 地方政制：本班行郡縣制，全國二郡，郡下設4縣。

1975 - 76 Form 5 Thankegiving Dinner

Recently a group of young people of our church left Hong Kong for a two week tour of Canada. In his parting words to this group of young people the General Secretary of the Church of Christ in China reminded them that in Canada they will be representing not only the church in Hong Kong but also the people of Hong Kong.

I think I can use this advice as my parting reqeuest to this year's graduates. You are now leaving this school and most of you will be going into adult society to work; those continuing their studies will probably do so in other schools. Wherever you go I hope you will remember that you are ex-students of this school and all that you do—whether good or bad will reflect on this school. You may be surprised to learn how much emphasis employers place on the secondary school attended by applicants for jobs. Recently I had the experience of interviewing over 100 applicants. I was amazed to find that I could recognize students from certain schools by similarity of attitude and manners. This goes to show how much students are influenced by their school and how much the good reputation of each school depends on the conduct of their graduates. Once you have left school you will find that there will be many occasions when you are asked, 'Which school did you go to?' As soon as you mention your school other people will immediately associate you with the principles and standards of that school and they will expect you to have the same principles and standards.

Perhaps this is a good time to remind you once again of the principles and standards that we have tried to instill into you. I think much of this can be summed up in our motto.
Integrity. If you do your work with integrity, this means more that just being honest. It means that if you are expected to start work at 8 o'clock you will not start work at 10 minutes past 8 or if you are expected to finish work at 5 o'clock you will not have all your things ready to go at 4.30. It also means that if your boss entrusts you with confidential information you will not give that information to someone else. It means that you do all the work that is given to you and not try to give some of it to someone else.

The other word in our motto is **Dedication.** Working with dedication means working with interest in your work. If you find yourself in a job in which you have no interest you are probably in the wrong job. You will find it very hard to give of your best and if you cannot give your best, you will not be happy in your work. Having interest means also loving the work that you do and the people you are working with. If you find yourself in a working situation where you cannot get on well with your colleagues you will also find it very hard to dedicated yourself to your work for most jobs call for co-operation among the workers. If you cannot co-operated with others **your** work and **their** work will suffer. Dedication means giving more than is required of you. In every job there is room for the dedicated worker who is ready and willing to more than the minimum requirement, who is ready and willing to work a little longer without overtime pay, who is ready and willing to do the job a little better than is required. These are the people who are prized by their employers and who earn the respect of their colleagues.

These principles of integrity and dedication come from the Christian principle of love—love for your work and love of other people, love of service to others and love of God. If you have this love in you your working life will be a happy one, you will be cheerful and courteous towards your employers, your colleagues and the people you come in contact with.

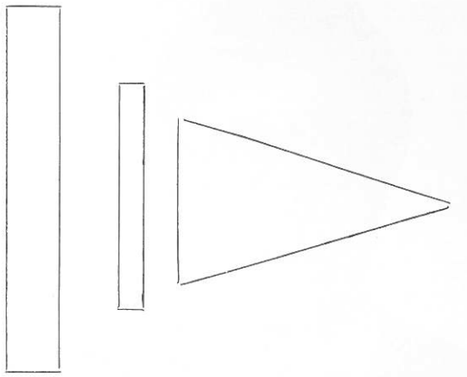
Our reputation as a school rests largely on the performance of our graduate students. People will form their opinion of the school from the impression they get of you. Many times in these last few years I have heard from companies, organizations and government departments that they have Hoh Fuk Tong College students working for them. All their reports have been good. Our past students in the commercial world have earned for our school a reputation of producing honest and hard working workers.

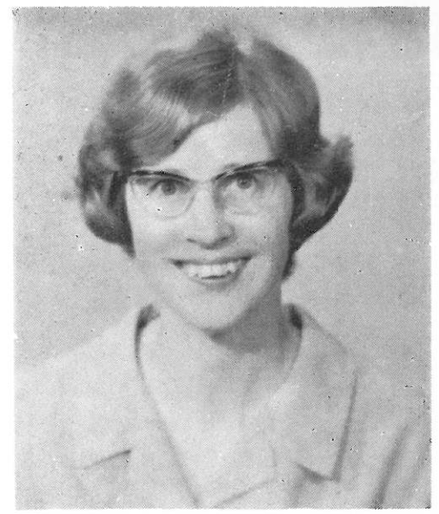
Now the time has come for you to go out to work or continue your studies in other schools. I hope you will always remember your responsibility to uphold the reputation of your school and no matter what sort of work you do—whether it is a white collar job or a blue collar job you will follow the principles I have just mentioned.

I wish you all good health and happiness in the years ahead. The love and good wishes of all your teachers go with you as you take your place in your society.

Principal
Grace Cheung
(1975-1976)

VICE PRINCIPAL



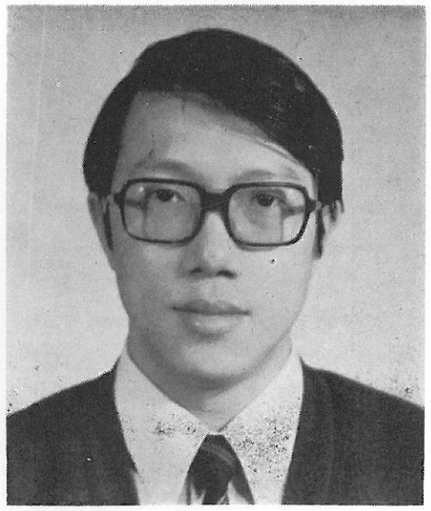


Hope for the best but prepare for the worst

This is an English proverb and if we have taught you this while you have been at school, we have succeeded in giving you a good principle for life ahead. Look for the best in other people, hope for the best job and hope for success and happiness. But at the same time you must be realistic and understand that for most people, life does not work out exactly as they had hoped. The job you finally get may be your second, third or fourth choice and your success may be limited. If you are prepared for this, then you won't be full of despair when it happens but you will make the most of that situation.

Go out with God. He is the source of all hope and gives the true courage with which you can face and overcome any disappointment and difficulty.

(Vice-principal)
Janet Mckinlay



鄧　亮如

一九七六年六月

中五諸君：

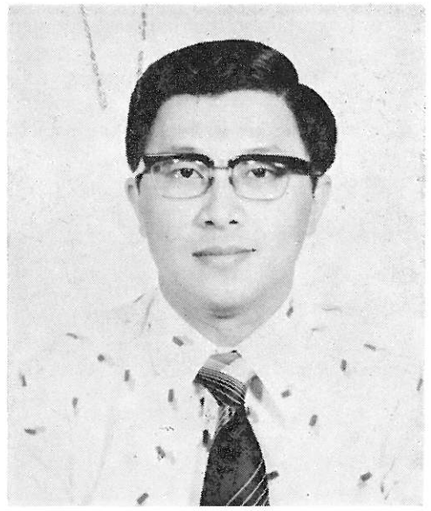
忠恕違道不遠，施諸己而不願，亦勿施於人。

Form 5A

Form 5B

中五同學共勉

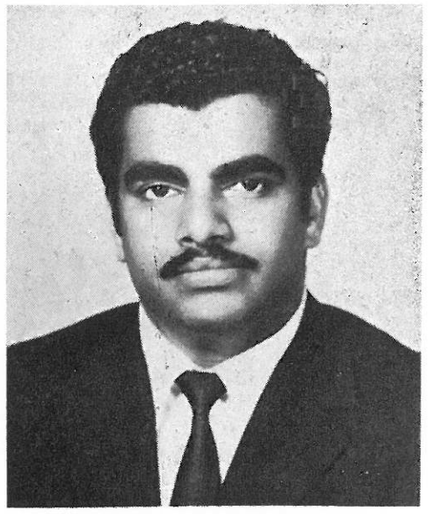
學海無涯



郭沛松　一九七六

Form 5C

It goes without saying that this most auspicious occasion is certainly the happiest moment in the life of both the teachers and the students. I can't help taking pride in my students, who, I'm sure will always be fully aware of their duties to their families as well as to the society. I am pleased to note that all my students will will fulfil their duties entrusted to them. All my students are obedient, intelligent and persevering. Bright future awaits them! May God shower His Love and Blessings on them!



RAVI. (5 C Form Master.

Form 5D

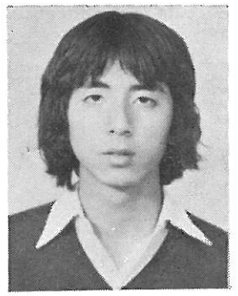
「順着情慾撒種的，必從情慾收敗壞。順着聖靈撒種的，必從聖靈收永生。」（加6：7—8）

唯有過着純潔生活的人，神的最美好祝福才能臨於他。

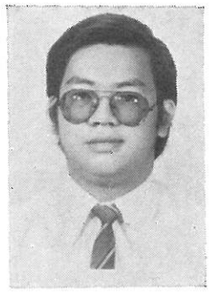
願與七六年畢業同學共勉

高興國

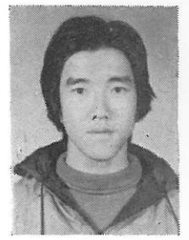
地址：屯門德政園桃苑大廈八樓C座
電話：一二—八一八四七一



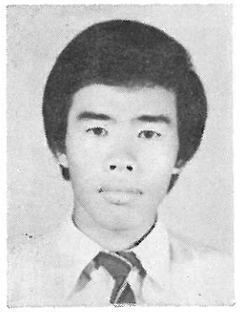
詹立文



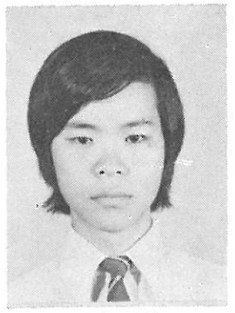
陳少華



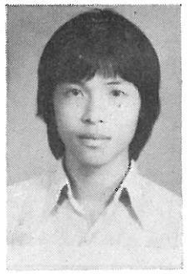
趙永恆



鄭百康



陳應飛



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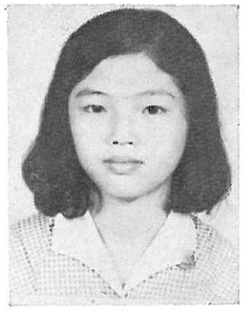

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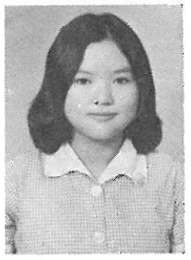

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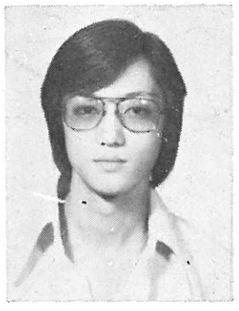

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許綺雲

何肖雯

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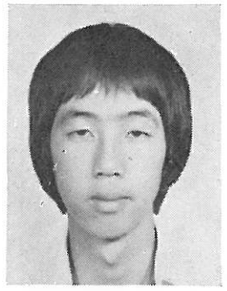

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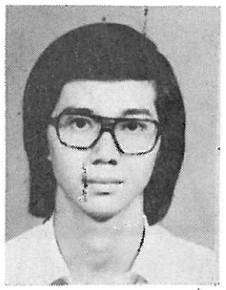

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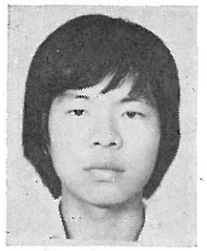

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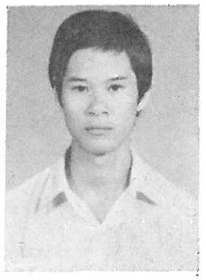

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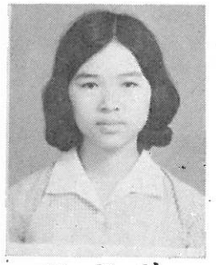

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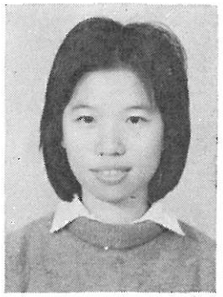

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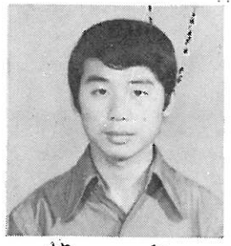

賴　忠

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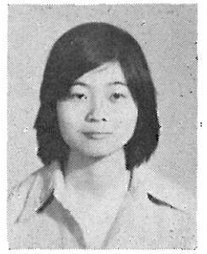

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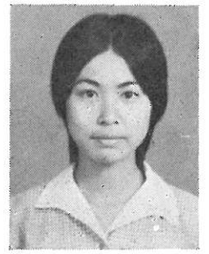

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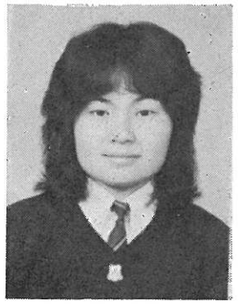

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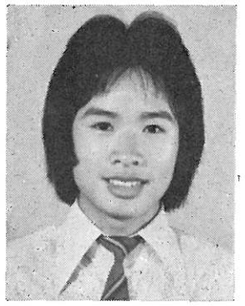

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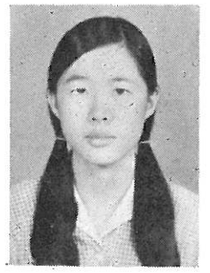

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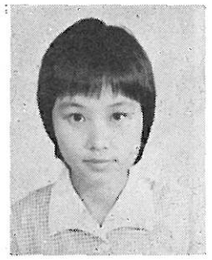

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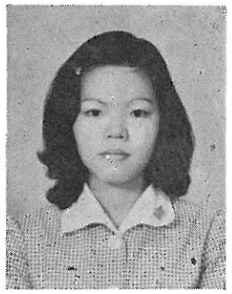

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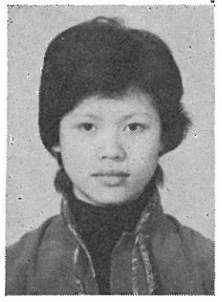

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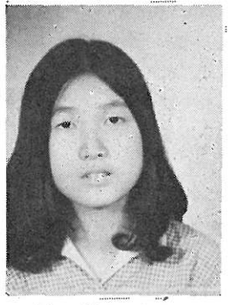

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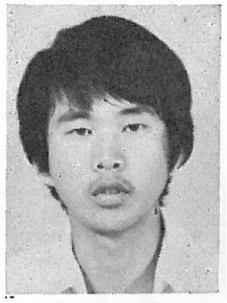

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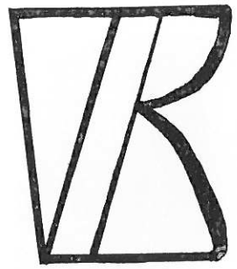

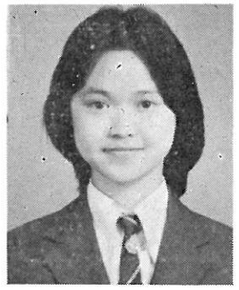

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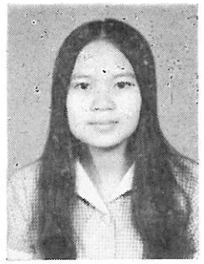

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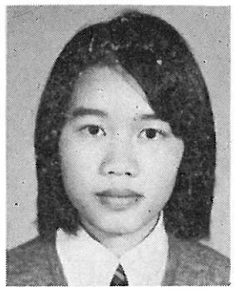

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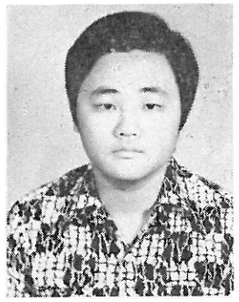

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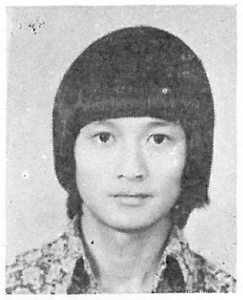

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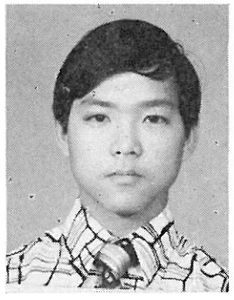

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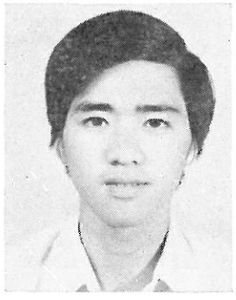

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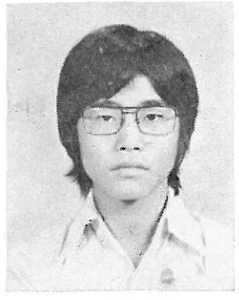

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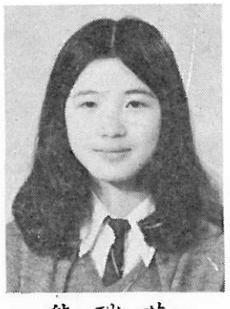

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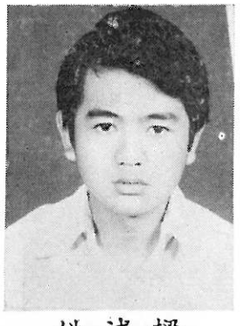

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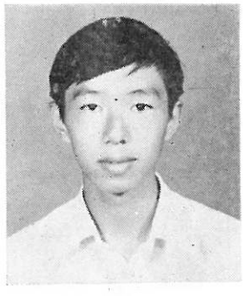

劉維剛

雷惠娟

黎少冰

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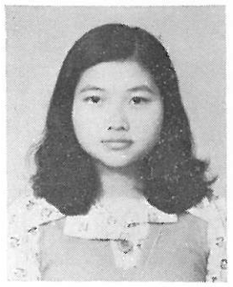

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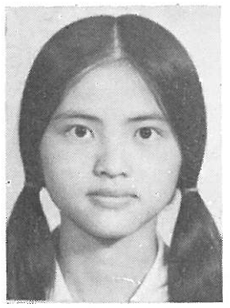

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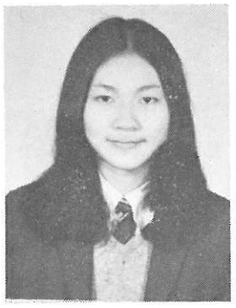

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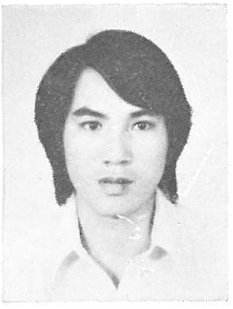

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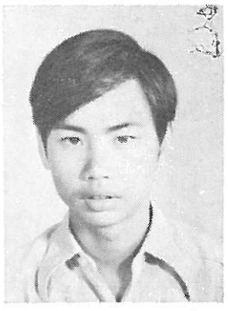

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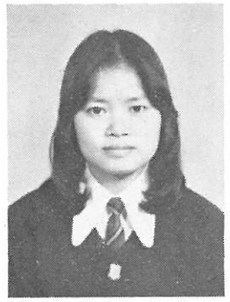

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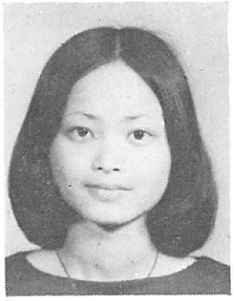

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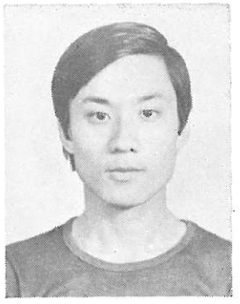

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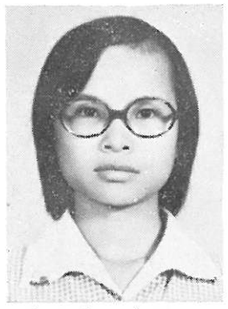

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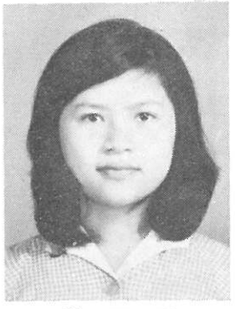

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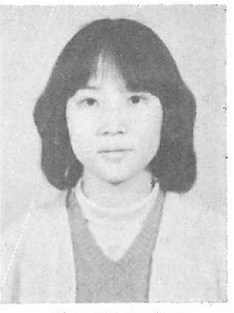

吳瑪玲

潘民基

宋潔貞

曾燕紅

杜燕玲

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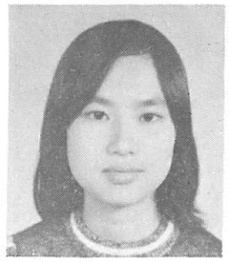

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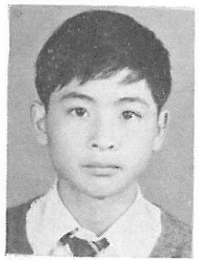

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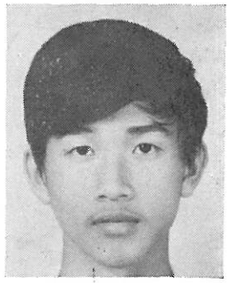

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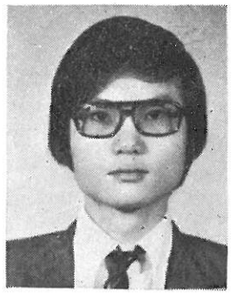

陳錦生

張林輝

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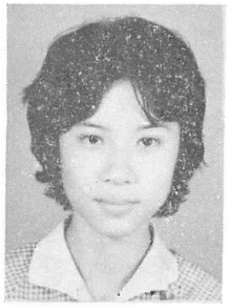

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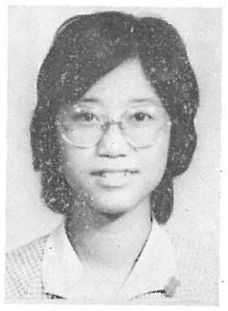

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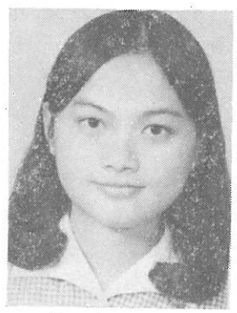
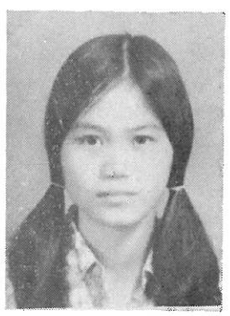


黃慧群



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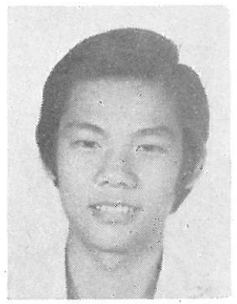

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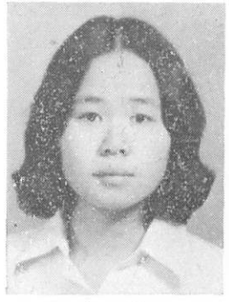

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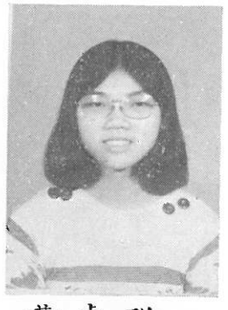

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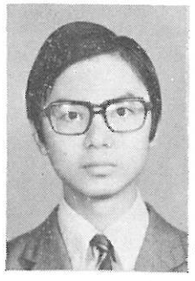

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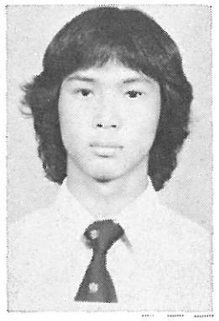

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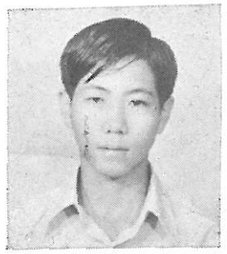

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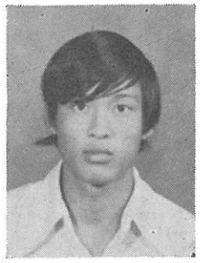

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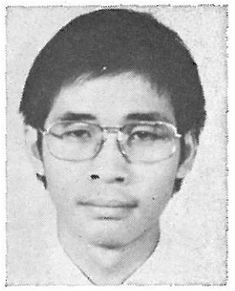

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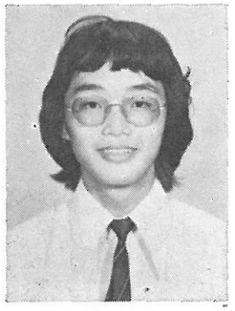

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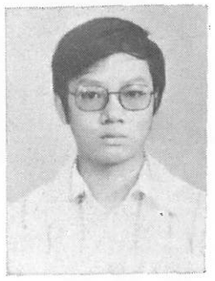

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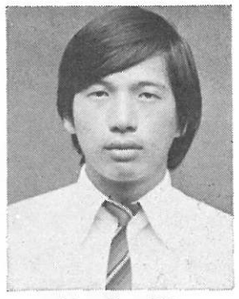

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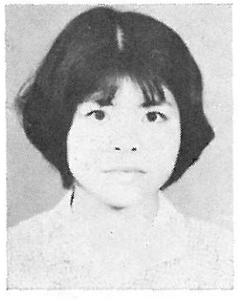

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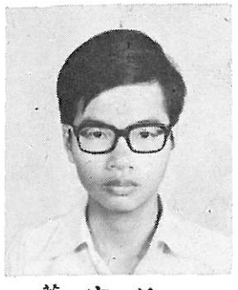

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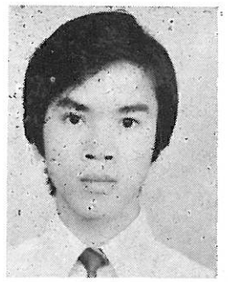

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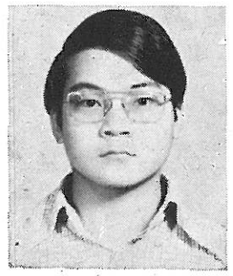

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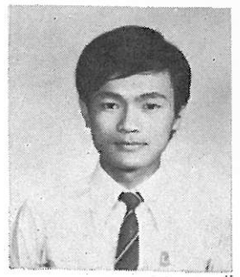

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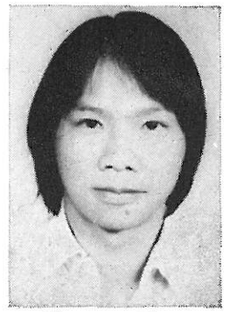

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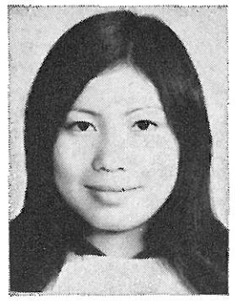

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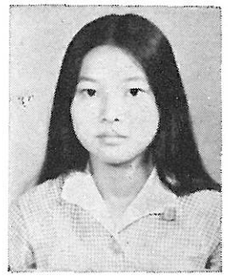

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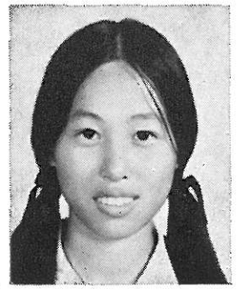

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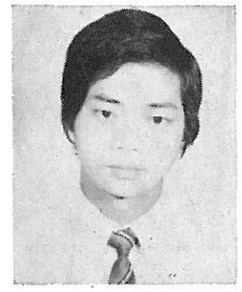

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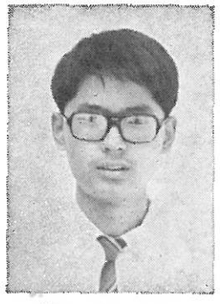

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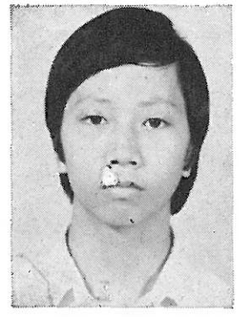

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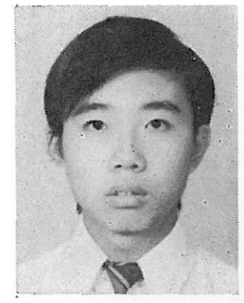

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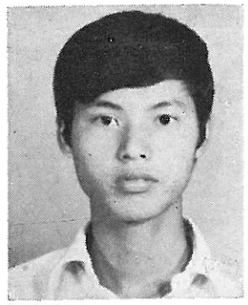

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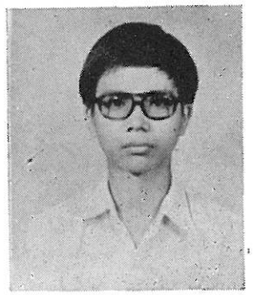

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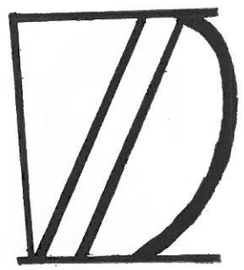

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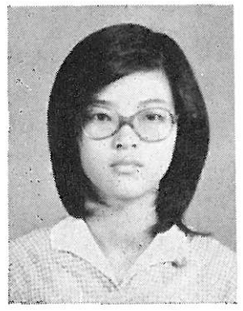

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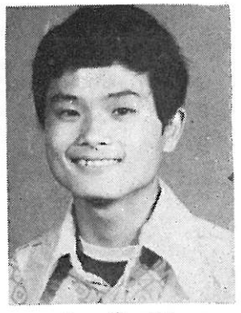

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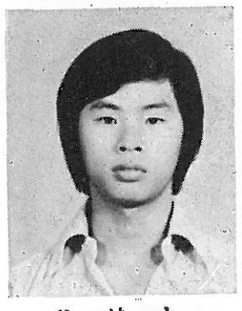

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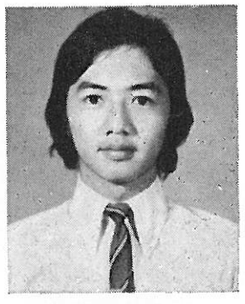

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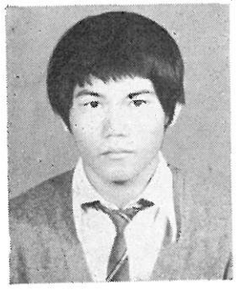

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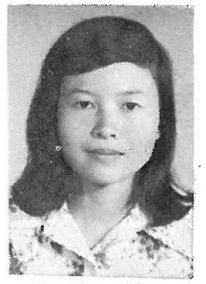

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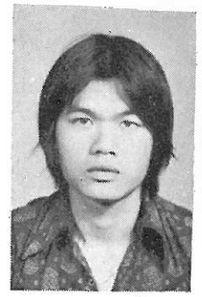

羅偉光

許明發

郭永安

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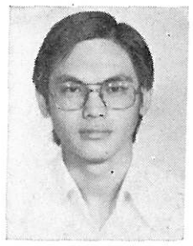

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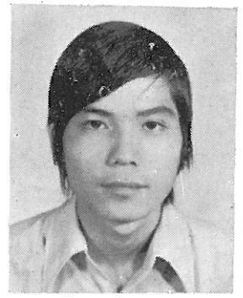

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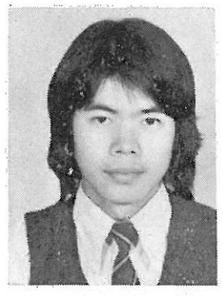

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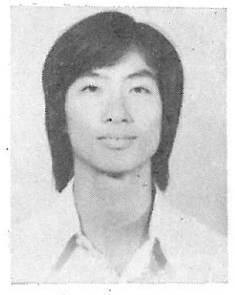

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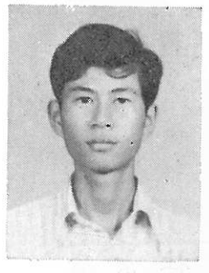

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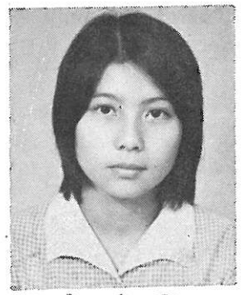

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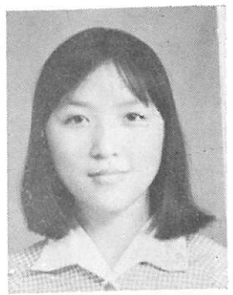

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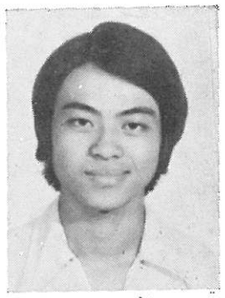

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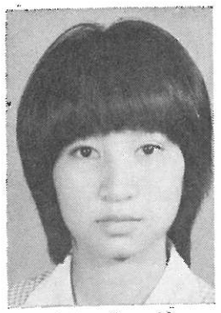

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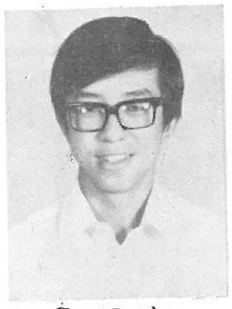

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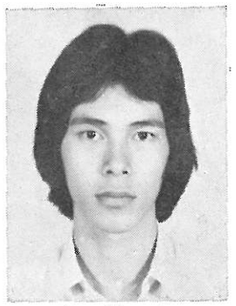

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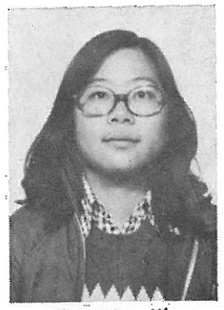

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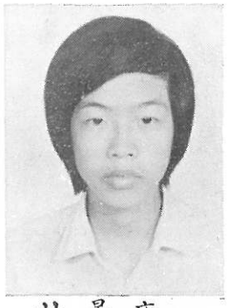

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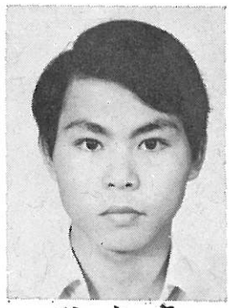

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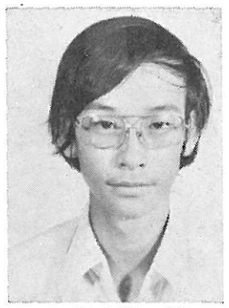
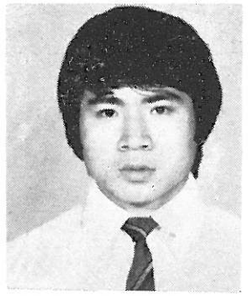


黃俊傑

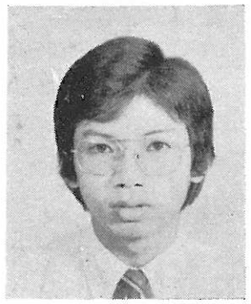
王思恩



黃天生

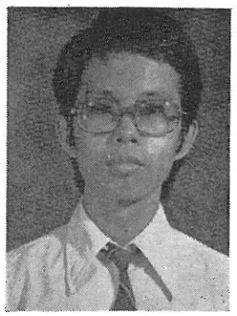
黃振華

楊琴梅



余志凱

趙森來



陳志昌

天才表演 Date: 3-6-76

生活照片

【亞媽，我成功呀！】

（兩班，邊班有型呀）

『搶個鏡頭先！』

Hi, 老友記！

『校園茶座』

往事祇能回味……

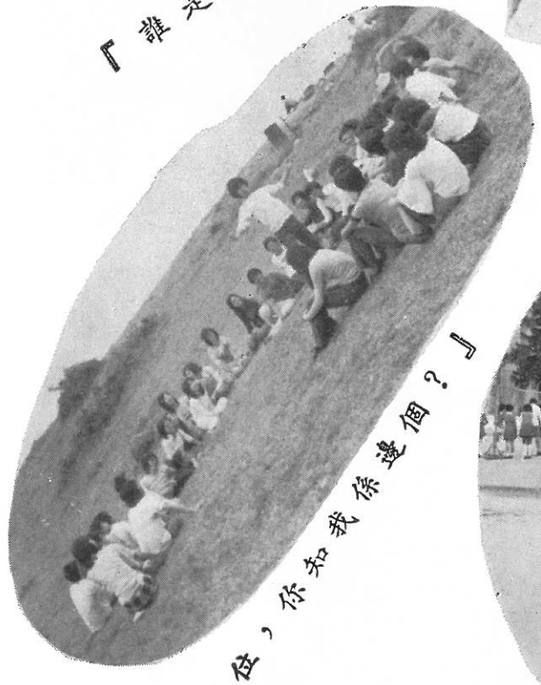
話劇

THE END （謝幕）

生活照片

『誰是籌跑奪標者』

『作夠狀未呀？』



『各位，你知我係邊個？』

『你哋係足球隊定田徑隊呀？』

謝師宴

『F. 5C 全家福』

Are You Here?

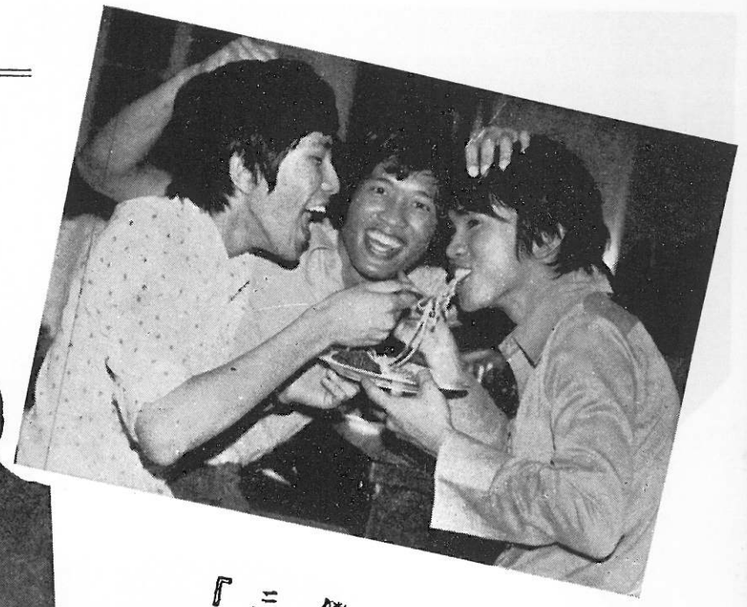
『我食得最快呀！哈！哈！』

『F. 5D 全家福』

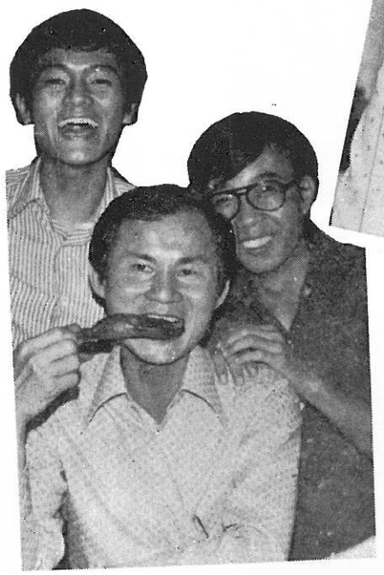
Are You Here?

謝師宴

Date: 11-6-76

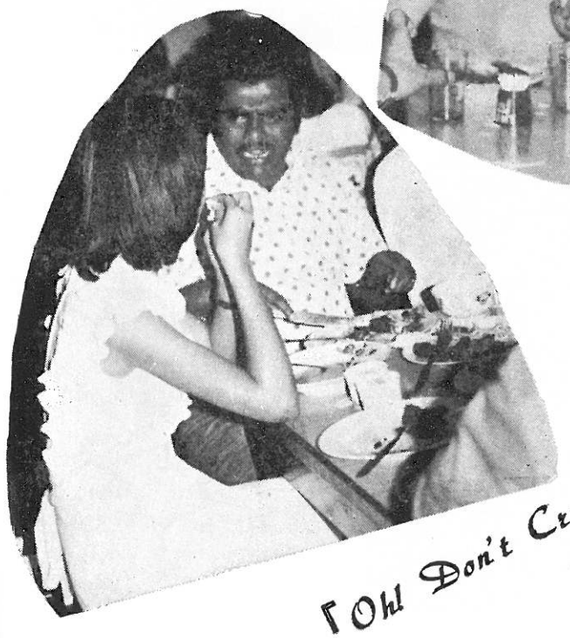


『三傻』



『鷄脾打人牙較軟』

『喂，有無得食完後，些給我媽吃呀？』



『Oh! Don't Cry, Baby!』

『F. 5A 全家福』
Are You Here?

『好白呀！ 好白呀！
有人無刷牙 ！』

『F. 5B 全家福』
Are You Here?

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