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……





02

不一樣的婦女工作 向傑出婦女致敬

Women's Voluntary Services from a New Perspective
A Tribute to Outstanding Women

03

身兼會長及母親 人生座右銘：愛·包容·溝通

Being the President and a Mother
My Motto: LOVE · FORGIVENESS · COMMUNICATION

05

「凝聚女性力量 發出光芒萬丈」

'Empowering Women through Volunteering'
Hong Kong Outstanding Young Women Volunteers Selection

07

青年就業 START 起點

香港首間青年就業資源中心
Youth Employment Start -
The First Youth Employment Resource Centre in Hong Kong

09

長者最喜愛的

Elderly People's Favorite Family
Activities Election 家庭活動選舉

11

Volunteers of the Farm of Healthy Ageing
promote green living in Flower Show 2008

健康長者農場 長者義工藉花展宣揚環保

分享農耕樂趣

13

百仁基金 CENTUM CHARITAS FOUNDATION

100天水圍學童 獲百仁基金贈送電子辭典

100 Tin Shui Wai Youngsters Received Free Electronic Dictionaries
from Centum Charitas Foundation

14

我們的成就
OUR PRIDE

女聲 編者話

Editor's Note

國際婦女節，接著是母親節，今期《女聲》為本會婦女工作作了回顧與前瞻。回想八十八年前創會之初，女青年會肩負婦女發展的重任，提倡婦女接受教育和投入社會服務、為雙職婦女開展托兒服務等。

時至今日，婦女地位提升了，今期《女聲》介紹了女青年會的服務如何與時並進。

《女聲》亦特別邀請了本會會長黃文璿女士，談談她作為身兼多項公職的母親，如何在家庭與工作取得平衡，盼這分享能對現今不少雙職母親有所啟發。

In between the International Women's Day and Mothers' Day, the April issue of Women's Voice takes the timely opportunity to review the services of H.K.Y.W.C.A. and outline our future directions. Upon its establishment 88 years ago, H.K.Y.W.C.A. took a crucial role in women's development, advocating the right of women to receive education, encouraging them to take part in social services and providing working mothers with daytime child-care services.

Unlike the old days, women now enjoy a much higher social status. This issue of Women's Voice will introduce the development of H.K.Y.W.C.A.'s services in light of social advancements.

We would also like to extend our heartfelt gratitude to Mrs. Mona Leong, President of H.K.Y.W.C.A. for accepting our interview. As a mother who takes up a number of public duties, Mrs. Leong will share with us her experience in striking a balance between work and family, which will be of great insights to many working moms.

MBE, BBS, JP

Mona Leong
President

梁黃文璿

不一樣的
婦女工作

向傑出婦女致敬

Women's Voluntary Services from a New Perspective
A Tribute to Outstanding Women

對「傑出婦女」，社會人士總有不同看法，有的事業有成，有的持家有道。

而作為全港最大的婦女機構，香港基督教女青年會在今年國際婦女節前一星期，就以「全港傑出青年婦女義工選舉」向10位在義務工作、家庭及事業均有出色表現的青年婦女義工致敬。

另一個婦女的大日子—母親節將至，又是向母親獻上感謝的時候，尤其現今不少雙職婦女，在職場悉力以赴，在照顧家庭又無微不至，身兼兩職確非易事。

女青年會會長黃文璿女士全情投入義務工作及多項公職。這天，縱使案頭有大批文件需要趕緊批閱，黃會長也撥出時間與我們分享當婦女領袖的經驗及家庭相處的成功要訣。母親節將至，她還分享了義務工作，對她教導子女的啟發。

As for 'outstanding women', there are always different interpretations. While some women are successful in their careers, others keep their home well.

A week before the International Women's Day this year, H.K.Y.W.C.A., the largest women organization in Hong Kong, held the Hong Kong Outstanding Young Women Volunteers Selection. This was to pay tribute to 10 young women volunteers who had outstanding performance in voluntary services, their families and careers.

Another big day for women, the Mother's Day, is about to come. It is again time to express gratitude to mothers, especially the working ones. Nowadays, not only do they spare no effort in their jobs, but also take every care of their families. To fulfill this dual role is definitely no easy task.

Mrs. Mona Leong, President of H.K.Y.W.C.A., devotes herself entirely to voluntary work and a number of public duties. In spite of her busy schedule, Mrs. Leong kindly found time to share with us her experience as a woman leader and her key to harmonious family life. As the Mother's Day is approaching, she also told us how voluntary work had inspired her on how to guide her children.

身兼會長及母親

Being the President and a Mother

My Motto: LOVE · FORGIVENESS · COMMUNICATION

人生座右銘：愛 · 包容 · 溝通

「當我越是投入義務工作，我體會及學習到的家庭相處之道就越深刻，越懂得教導孩子的方法。」這就是黃文璠會長在母親節前，與我們分享她平衡會務及家庭的心得。

生長於家規甚嚴的傳統中國家庭，以優異成績入讀香港大學，以至到英國倫敦留學，可以想像黃會長在早年香港有如此識見，事業定必能大有可為，只是黃會長選擇把她所有時間奉獻予家庭為全職妻子及母親，並從未間斷從事義工服務，視為自己終身事業，回饋社會。

問黃會長本會的婦女服務發展，她自然地談到八十八年前，女青年會也是由幾位熱心的婦女義工籌款在港成立的，擔起為當代婦女提供「生命的栽培」及社會服務的重任。而黃會長擔任女青年會會長這份義務工作已有十多年，愛人的熱誠及服務的委身，令人深感欽佩。

黃會長分享道，女青年會隨著社會需要，多年來致力於婦女領袖訓練、性別意識的提升及婦女健康促進等工作，現已發展為全港最大的婦女團體。女青年會去年已舉行了第二屆年青女性領袖培育計劃，今年亦第六屆舉辦「全港傑出青年婦女義工選舉」，推行輔導熱線更有二十多年經驗，貢獻深受各界所認同。

'The more I commit myself to voluntary work, the better I know about how I should get along with my family and the way to guide my children.' This is Mrs. Leong's key to a balance between her duties from the association and her family, which she shared with us before the Mother's Day.

Mrs. Leong was brought up in a traditional Chinese family under strict family rules. With excellent academic performance, she was admitted to the University of Hong Kong and furthered her studies in London. Having such background, Mrs. Leong could have enjoyed great achievements in her career in the early years of Hong Kong. Nevertheless, she chose to be a housewife instead, contributing all her time to her family. Meanwhile, to serve the society, she has been constantly engaged in voluntary services which she considers as her lifelong career.

When asked about the development of women services of H.K.Y.W.C.A., Mrs. Leong mentioned that the association was founded in Hong Kong 88 years ago through fund-raising by a few keen women volunteers. Since then, it has been supporting women to build a vibrant life and providing different services for the society. Having held the presidency of Y.W.C.A. on a voluntary basis for more than 10 years, Mrs. Leong's passion and her commitment to social services are held in high regard.

Mrs. Leong said that upon social needs, Y.W.C.A. has dedicated itself to training women leaders, promoting gender consciousness, and improving women's health over the years; and it has now developed into the largest women organization in Hong Kong. In addition to the 2nd Young Women Leadership Training Programs in 2007, the association also held the 6th Hong Kong Outstanding Young Women Volunteers Selection this year. Our counseling hotline has also operated for more than 20 years. All these social contributions have earned Y.W.C.A. widespread recognition.

'Women are inseparable from their families. Therefore, women and families will be the paramount concern of our development in future. We hope that all people in Hong Kong will join hands with us and take part in our "Loving Home Campaign".' Mrs. Leong also talked about the major programs in the development of women services. Last year, the Family Wellness Centre was established with financial support from Y.W.C.A.. This helps further new services and researches for the promotion of harmonious families.

During a visit to Tin Shui Wai, Mrs. Leong was deeply touched by the sharing from the woman volunteers there about their voluntary work. She said their care was not just confined to their own families, but extended to those of the new arrival women and their children in the district. In response to the needs of the society, one of the 'women and families' programs include the 'Soup Gathering' and the 'Evening Sweet Soup Club' which are planned and supported by Y.W.C.A.. Held by frontline women volunteers, they cater for women and their families with a view to helping them adapt to the new social life more easily. Through these activities, women living in Tin Shui Wai can also feel the love and care from their neighbors.



「婦女離不開家庭，因此，我們未來的發展會著力於婦女與家庭。我們希望全港市民與我們攜手，投入『愛家行動』」。黃會長透露了婦女服務發展的大計，女青年會去年自資成立了「家庭健康促進中心」，致力推動嶄新和諧家庭的服務及研究。

黃會長早前親身到訪天水圍，當地之婦女義工的經驗分享更令她十分感動。黃會長闡述，那批婦女義工關心的不單是自己的家庭，更及於區內新來港婦女的家庭及其子女。女青年會在背後策劃及支援，由婦女義工作前鋒，歡迎婦女與家人參加「老火湯聚會」和「晚間糖水會」，讓她們在社交生活上更容易適應，及感受鄰舍之愛及關懷。這就是「婦女與家庭」工作其中一個回應社會需要的項目。



Means to Build a Harmonious Family Life: Love and Care

家庭相處之道：愛與關懷

身負會長的重任，多年來除了擔任多項義務公職服務社群外，黃會長又奉獻全部愛心予其家庭，她娓娓道來如何分身有術：「我相信當義工不只是惠及他人，而是令自己受惠。從義務工作，我體會到與家人相處必要以愛為主，此外還需要學習、包容、體諒。」她分享她教導子女的心得，不以責罵，不以管束，卻是尊重和信任，這也是「愛」的具體表現。

黃會長人生閱歷豐富，她表示縱使每個家庭背景或景況不同，相處總是離不開愛、包容、分享與溝通。當然，能夠全心全意奉獻時間與心力，參與義工行列而表現卓越，這必定要有快樂家庭的支持。作為母親及基督徒，她相信天下母親都盼望子女健康快樂及懂得「愛」。這就是她給年輕人分享的人生座右銘及成功之道。

Despite the heavy responsibility from the presidency of Y.W.C.A. and various public duties, Mrs. Leong devotes all her love to her family. To explain how she could handle her multiple roles, she said, 'I believe that being a volunteer not only benefits others, but also myself. Through taking part in voluntary work, I come to the realization that love is of crucial importance in family life. Besides, we also need to learn from others, to forgive and to be considerate.' Mrs. Leong also shared with us the way she guides her children as they grow up. Instead of scolding and keeping them under strict control, she stressed the importance of having respect for and trust in her children. This is indeed how love is expressed in her family.

With extensive life experience, Mrs. Leong said that regardless of the difference in family backgrounds and circumstances, family life is all about love, forgiveness, sharing and communication. Support from a happy family is certainly essential for Mrs. Leong to contribute her time and effort wholeheartedly to performing outstanding voluntary work. As a mother and a Christian, she believes that every mother is eager to see her children leading a healthy and joyful life and knowing about 'love'. This is her motto and key to success that she would like to share with young people.





全港傑出青年婦女義工選舉 「凝聚女性力量 發出光芒萬丈」

'Empowering Women through Volunteering'
Hong Kong Outstanding Young Women Volunteers Selection

這項選舉今年已進入第六屆，並由香港電台第一台協辦，目的是表揚在義務工作上有傑出表現之青年婦女義工，亦希望藉此鼓勵更多婦女參與義務工作行列，貢獻社會。

The 6th Hong Kong Outstanding Young Women Volunteers Selection, co-organized by RTHK Radio One this year, is not only to show appreciation to young women who have outstanding performance in voluntary services but also to engage more women to contribute themselves to the society as volunteers.

女青年會董事兼主席評判何潔雲博士表示，參與義務工作一方面讓女性體現公民責任；另一方面亦能實踐自己才華，從中獲取滿足感。

組織青年論壇，為青年人發聲

Kwok Ling Lai teaches women self defence techniques and raises their awareness of self protection

因工作關係，經常會接觸不同類型社群，敏銳的觸覺，獨立的思考，體察別人的心，令梁敏珊成為義工服務中一個成功的策動者。

梁敏珊加入女青義工行列之後，從學習接觸社會各階層。過去七年來，梁敏珊積極在沙田區服務，由兒童到獨居長者之義工服務，都總有她的份兒，屢獲地區及全港義工服務殊榮，她深深明白青年在社會之責任。她認為能夠重視自己的能力，尊重別人的意見，建立自己的立場，而且勇於表達及協助弱勢社群表達其聲音，可讓社會上有更多不同的意見，因此，敏珊積極組織青年論壇，為青年人及社區發聲。

梁敏珊認為年青人的生活經驗不足，但深信一定有能力去影響社會、協助社會。她還分享道，她所有的信念，總要有家人的支持和重視，她才更有熱誠和信心。

One may describe Kwok Ling Lai's life as a roller-coaster ride. She grew up in a troubled family and became a gangster when she was young. By chance, Kwok took part in a voluntary service program around 20 years ago and has never stopped being a volunteer since then. As a teacher, Kwok now enthusiastically shares her life experience with her students.

'In my hometown, women couldn't start eating before men finished their dinner. We even had to eat in the kitchen. This has influenced my perspective a lot.' The unfairness that Kwok experienced in a traditional family sowed the seeds in her heart – the determination to fight for women's rights.

Kwok points out the fact that many women think they don't have any status at home and have little awareness of self protection eventually gives rise to a lot of family problems. Therefore, apart from sexual harassment, she will also devote herself in domestic violence issues in future. After joining the self defence classes held by H.K.Y.W.C.A. and having a better understanding of the work of H.K.Y.W.C.A., Kwok became a self defence tutor in support of the organization.

Kwok's family has been very supportive of her dedication to women's service. Kwok's brother often comes to the self defence classes to play the role of a satyr in demonstration sessions. Kwok also would like to express her gratitude to her mother for her continuous support.



梁敏珊



Dr Ho Kit Wan, board member of H.K.Y.W.C.A. and Chief Adjudicator of the Selection, expressed that joining voluntary services is on one hand a channel for them to fulfill their civic responsibility. On the other hand, they can also make good use of their own talents and in turn enjoy a sense of achievement.

評判團就參選人對義務工作之承擔及抱負、服務心得、對社會之貢獻、組織能力及人際關係技巧以及參選人於義務工作、家庭及事業之發展等等作出評分，最後選出10位得獎者。

Candidates of the selection were evaluated on qualities such as their vision and mission, their understanding of voluntary services, contribution to the society, organization skills, social skills and their development in their voluntary services, families and careers. 10 outstanding young women volunteers were chosen as follows:

今屆得獎者名單

郭玲麗、羅蘭、王詩琴、郭群興、梁敏珊、陳秀芬、梁萃明、葉麗嫻、邱佩曼、葉明君

Kwok Ling Lai, Lo Lan, Wong Sze Kam, Kwok Kwan Hing, Leung Man Shan,
Chan Sau Fan, Leung Sui Ming, Yip Lai Sim, Yau Pui Man, Yip Ming Kwan

教授自衛術，提升女性自我保護

Kwok Ling Lai teaches women self defence techniques and raises their awareness of self protection



郭玲麗的經歷有人形容像電影情節，年少時受家庭問題影響曾誤入歧途，偶遇一次參與義工活動的機會，從此便踏上義務工作的道路，快將20年，現職教師的她，以個人成長經歷，對學生循循善誘。

「在我的家鄉，女的要待男的吃罷晚飯，才可用膳，甚至要留在廚房用餐，這對我有很大的影響。」體會到傳統家庭對女性不平等的對待，引發了郭玲麗維護女性權益的決心。

郭玲麗指出，不少婦女認為自己在家庭沒有地位，又缺乏保護意識，最終演變成家庭問題，故此除性騷擾議題外，未來她會致力關注家庭暴力議題。她自從參加了女青年會舉辦的自衛術班，且對女青年會的婦女工作加深認識，故希望貢獻一己之力義務教授女性自衛術，提高她們自我保護能力。

郭玲麗高興分享其家庭成員十分支持她當義工及推動婦女工作，弟弟更經常扮演“色狼”，陪伴郭玲麗示範自衛術，原來她的母親更是幕後功臣，多年來給予她默默的支持，郭玲麗笑道自己是明白的，且十分感激母親一直支持。



Leung Man Shan enjoys the privilege at work to interact with people from all walks of life. With her sensitivity, attentiveness and independent thinking, Leung has become an outstanding organizer of voluntary service programs.

Since joining YWCA as a volunteer, Leung learnt to serve people of different classes and communities. In the past 7 years, she focused on service programs in Shatin, with clients ranging from young kids to singleton elderly people. These programs not only brought her many awards at district and territory levels, but also helped her understand the role that young people should play in the society. She deems young people should look at their ability positively, respect others' point of view while sticking to their own stance, and be bold enough to express themselves and help the less privileged to voice their opinions. This is exactly the belief of Leung in holding youth forums.

Leung said while youngsters may lack life experience, they also have the ability to change and help the society. She also expresses her gratitude to her family for believing and supporting her all the way, which has given her energy and faith to keep going on the way of voluntary services.

YES



START
起點

青年就業

全港首間青年就業資源中心

Youth Employment Start – The First Youth Employment Resource Centre in Hong Kong

如果大家近月曾到旺角，可能會發現地鐵站或街頭都懸掛了一個名為「Y.E.S.」的廣告，究竟這個「Y.E.S.」是甚麼呢？這是勞工處委託有多年青年就業輔導經驗的女會年會管理之青年就業資源中心，全名為「青年就業起點」(Youth Employment Start，簡稱Y.E.S.)。

If you have been to Mong Kok lately, you may have come across advertisements featuring 'Y.E.S' in the streets and MTR stations. What does 'Y.E.S.' actually stand for?

'Y.E.S' refers to 'Youth E Start' - Youth Employment Resource Centres commissioned by the Labour Department. There are currently 2 'Y.E.S' centres - one in Langham Place in Mong Kok managed by YWCA while another one in Metroplaza in Kwai Fong managed by another social welfare agency.



免費活動預告 Free Seminars / Workshops

活動 Activities	講者 / 嘉賓 Speakers	日期 / 時間 Date/Time	地點 Venue
暑期工招聘博覽2008 Summer Job Fair 2008	---	2008-05-19 11:00am-5:00pm	九龍窩打老道山文福道5號 5 Man Fuk Rd., Waterloo Rd. Hill, Kln.
NLP卓越人際關係 NLP - Social Skills Workshop	國際認可NLP高級執行師黃好兒先生 Mr. Wong Ho Yi, NLP Master Practitioner	2008-05-27 3:00-5:00pm	Y.E.S. (旺角) Y.E.S. (Mong Kok)
溝通技巧昇華講座 Communication Skills Seminar	著名導演張堅庭先生 Mr. Alfred Cheung, well known director	2008-05-31 5:00-7:00pm	Y.E.S. (旺角) Y.E.S. (Mong Kok)
第三代「九型人格」 Enneagram of Personality (The 3rd Generation)	註冊事業教練黃好兒先生 Mr. Wong Ho Yi, Registered Career Coach	2008-06-06 (共3堂 / 3 sessions) 3:00-5:30pm	Y.E.S. (旺角) Y.E.S. (Mong Kok)
中五生進軍會計師之旅 Introductory talk on Accountancy for S.5 students	羅兵咸永道會計師事務所合夥人馮志威先生 Mr. Fung Chi Wai, the Pricewaterhouse Coopers partner	2008-06-13 3:00-5:00pm	Y.E.S. (旺角) Y.E.S. (Mong Kok)
履歷表突圍而出工作坊 Workshop on CV writing	鄭逸琳小姐 Ms. Rosa Cheng	2008-06-26 4:30-6:00pm	Y.E.S. (旺角) Y.E.S. (Mong Kok)

青年就業起點 (旺角)**Y.E.S. (Mong Kok)**

地址：旺角朗豪坊辦公大樓42樓8至11號
查詢：3585 8000 網址：www.e-start.hk

Address: Suites 8-11, L42, Office Tower, Langham Place,
8 Argyle Street, Mongkok, Kowloon.
Hotline: 2111 8533 Website: www.e-start.hk

設施及服務介紹**Facilities and Services**

中心設施齊備，一般個人電腦、設計用的電腦、商務會議室等設備一應俱全。

Y.E.S centre is equipped with personal computers, computers for design work and conference rooms.

● 中心特設面試體驗服務，青年人除可進行模擬面試，更可透過錄像服務改善表現。

The Y.E.S centre also offers mock interview services. Young people can video-tape their trial sessions to improve their performance in job interviews.

● 為青年生意人提供接見客戶與生意伙伴商討業務大計的商務會議室。中心更備有高質素的電腦設計裝置、軟件及打印機，讓青年設計師可發揮創意及發展自僱業務。

Conference rooms provide a platform for self-employed young people to meet their clients and business partners. Hi-tech computers for design purposes are very popular among young designers and self-employed young people.

● 青年人成為Y.E.S.的會員後，便可享受中心不同的設施及服務，例如專為香港青年度身訂造的擇業潛能評估。

After enrolling in as Y.E.S. members, young people can enjoy the facilities and services of the centre, e.g. the career assessment test tailor-made for Hong Kong youth.

目前兩所Y.E.S.分別交由本會及另一所社會福利機構管理，前者位於旺角朗豪坊，後者位於葵芳新都會廣場。在4月中旬的青年就業起點起步禮上，勞工及福利局長張建宗便表示：「兩所Y.E.S.的選址都是很多青年聚集的商場，這顯示我們是與時並進的，我們希望藉此將服務帶到青年群眾中。」

Y.E.S. 的服務概念有別於傳統求職中心，是由勞工處與女青年會這類社會服務機構合作，專為15-29歲青年提供度身訂造的就業及自僱支援服務，當中包括擇業指導及職業輔導、職業潛能評估、模擬面試及錄影等服務，並會每月舉行免費講座及招聘會。

由本會管理的旺角朗豪坊Y.E.S.已於去年12月率先啟用，成為全港首間青年就業資源中心。啟用以來，中心並已邀得不少行業精英為青年人進行培訓及分享經驗，包括著名導演張堅庭、名廚周中師傅、著名DJ啤梨等等，均大受青年人歡迎。

Speaking at the launch of Y.E.S. centres in mid-April, Secretary for Labour & Welfare Matthew Cheung said the cleverly picked locations of the two centres showed the Government's determination to promote employment services to young people.

The concept of Y.E.S is different from that of conventional job placement centres. Through the close-cooperation between the Labour Department and social service agencies, young people aged from 15 to 29 are provided with tailor-made employment support services including career guidance, career assessment, mock interviews, video recording service and free monthly careers talks and job fairs.

The Y.E.S. centre managed by YWCA is the first youth employment resource centre in Hong Kong. Since its opening in December 2007, the centre has got the immense support of leading figures from different sectors in conducting training courses and sharing sessions for young people. Some of the examples are film director Alfred Cheung, celebrity chef Chau Chung and DJ Barry Ip.

人口老化，長者的生活愈來愈受社會關注。香港基督教女青年會認為，長者除了需要物質支援外，心靈上的支援亦是關鍵，因此於今年年初舉行了「我最喜愛的家庭活動」選舉。負責是次選舉的耆年服務部督導主任潘廣輝指出，傳統上長者表達情感的方式較為含蓄，鮮有向家人表達自己的期望，本會希望藉著是次選舉鼓勵年輕的家庭成員多抽時間陪伴長者。

Elderly People's Favorite Family Activities Election

With the ageing population, the daily life of elderly people is of growing concern to our society. Apart from material support, YWCA realizes the crucial importance of spiritual support to the elderly. Therefore, My Favorite Family Activities Election was held early this year. Poon Kwong Fai, Supervisor of Elderly Service Department, was responsible for the election. He said elderly people are traditionally more reserved and seldom express their hope to their family members. Through this election, YWCA would like to encourage younger members of the families to spend more time with the elderly.

長者最喜愛的家庭活動選舉

飲茶

585 票 votes

GOING TO CHINESE RESTAURANTS

「飲茶時最好講點家事給我聽。」

「如果家人知道我喜歡吃甚麼，我會覺得食物特別好吃，而且很心甜。」

"When eating in a Chinese restaurant, it'll be great if my family members can tell me their family life."

"If my family members know what I like to eat, the food will taste especially good, and it's so sweet."

每周一茶敘 老人心滿足

【本報訊】孝順長者乃老生常談，到底應如何孝敬、長者心目中又期望什麼？最近有團體調查發現，約七成長者期望與家人每星期飲茶一次，期間與子孫見面，聽聽家人訴說家事，以及又希望家人記得自己的喜好。

香港基督教女青年會於一月份進行一項調查，訪問八百三十一位六十歲以上、最少兩代同堂的長者，以了解他們最渴望與家人一起進行的活動。結果顯示，約七成長者都選「飲茶」為最喜愛與家人一同進行的活動，而且最多的人期望每週可飲一次茶，期間可聽聽家人向他們訴說家事，或家人可帶同孫子孫女參與，並希望家人能記得自己喜歡吃的食物等。

青年會稱，無論身體狀況如何，老人都希望與家人相聚，有機構舉辦名為「我最喜愛的家庭活動選舉」的活動，讓長者選出他們最喜歡和家人做的事情，結果「飲茶」以高票當選。主辦單位指出，老人渴望與外界接觸，酒樓的氣氛能滿足老人家的心理需要，「飲茶」亦對老人家十分重要。

享天倫飲茶 長者首選

【記者李麗珊報導】長者都渴望與家人相聚，有機構舉辦名為「我最喜愛的家庭活動選舉」的活動，讓長者選出他們最喜歡和家人做的事情，結果「飲茶」以高票當選。主辦單位指出，老人渴望與外界接觸，酒樓的氣氛能滿足老人家的心理需要，「飲茶」亦對老人家十分重要。

香港基督教女青年會於1月舉行的「我最喜愛的家庭活動選舉」，有831名60歲以上的長者投票，在15項家庭活動中，「飲茶」得到585票，成為長者最喜愛的家庭活動。第二受歡迎的則是「散步」，一共獲得了453票。

家人關懷最心甜

大會又訪問了二十多位長者，結果發現長者想飲茶的理由各有不同：「如果家人知道我喜歡吃甚麼，我會覺得食物特別好吃，而且很心甜。」

「如果家人知道我喜歡吃甚麼，我會覺得食物特別好吃，而且很心甜。」

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長者心聲 Heartfelt wishes of the elderly

2st
第2位

慶祝
節日

453 票votes

CELEBRATIONS OF FESTIVALS

「如果是冬至、團年、端午、中秋等節日，最好由我召集家人一起『造節』。」

「如果是聖誕、母親節、父親節、我生日，就最好由子女主動安排慶祝活動，好似有分工咁。」

'When it comes to festivals like the Winter Solstice, the reunion dinner on New Year's Eve, Dragon Boat Festival and Mid-Autumn Festival, it'll be great if I can call together the family members to celebrate.'

'When it comes to Christmas, the Mother's Day, the Father's Day and my birthday, then it'll be great if my children arrange the celebrations. It's like having a division of labor.'

3st
第3位

看電視

441 票votes

WATCHING TV

「我希望一面看電視，一面可以與家人傾下節目內容。」

「我想跟家人一起看新聞，讓我們可以易點打問話頭，易點溝通。」

4st
第4位

傾偈

409 票votes

CHATTING

「我很想家人信任我，跟我傾心事，告訴我他的困難或者問題，其實長者都可以給予支持給家人。」

'I really hope that my family members will trust me, talk to me about their worries, and tell me their problems or difficulties. Actually, elderly people can also offer support to family members.'

5st
第5位

吃飯/
旅行

377 / 318 票votes

HAVING A MEAL / TRAVELING

「旅行時子女要求孫仔牽著我，照顧我，那一刻感到極之歡欣快樂，可說是世界最溫馨的一刻。」

「在家人安排下，我可以嘗試一下外地特產，感到很被愛護。」

五大長者最喜愛的家庭活動

The Five Favorite Family Activities of the Elderly

潘廣輝續道，從選舉結果可發現，長者除了渴望得到家人陪伴，更希望藉著不同的家庭活動增進與家人的溝通，例如看電視，長者原來希望藉此與家人討論時事或劇情，打開話題；又如飲茶，長者亦希望後輩可以跟他閒話家常，獲告知一些家事。因此，他提醒年輕的家庭成員須從長者的角度出發，多點留意其心理需要，提高家庭活動的質素。

Poon also said the result of the election revealed that elderly people desire not only the company of family members, but also more communication with them by means of various family activities. For instance, through watching TV, actually elderly people would like to start chatting with family members by discussing current affairs or stories of TV series. Another example is going to Chinese restaurants. Elderly people also hope that the younger generation can have small talk with them, and tell them of family life. Thus, Poon reminded younger family members to think from the perspective of the elderly, pay more attention to their psychological needs.

茶嘆家人與意鍾最者

[illegible]

長者最喜愛的
前五項家庭活動

項目	百分比
1 飲食	70.4%
2 購物節日	54.4%
3 娛樂	53.1%

輯錄自2008年3月3日〈大公報〉、〈成報〉及〈新報〉



「健康長者農場」 The Farm of Healthy Ageing

香港基督教女青年會秀群松柏社區服務中心
Ellen Li District Elderly Community Centre of Hong Kong YWCA
查詢 Enquiries: 2676 2525
地址：新界粉嶺華明邨頌明樓地下
Address: G/F, Chung Ming House, Wah Ming Estate, Faning, N.T.
網頁 Website: <http://farm.ywca.org.hk/>

長者義工向遊人講解有機耕種，說得頭頭是道
Elderly volunteers explaining organic farming to visitors

Volunteers of the Farm of Healthy Ageing promote green living in Flower Show 2008

健康長者農場

長者義工藉花展宣揚環保

分享農耕樂趣

現今，社會人士對環保意識日漸增強，而今年康樂及文化事務署於3月14至24日在香港維多利亞公園舉行的「香港花卉展覽」，亦想藉此向大眾推行綠化香港運動。本會的「健康長者農場」一向積極推廣環保訊息，今次得到康文署的邀請於花展擺設綠化攤位。一群熱愛有機耕種，於粉嶺農場當義工的長者，不惜長途跋涉從新界北區來到維園，為的是要將農耕樂趣介紹予在場的遊人。

長者義工身兼多職

盡顯老有所為



攤位內擺滿長者親手栽種的植物及有機蔬菜
Green plants and organic vegetable add 'true colour' to the booth.



「這種植物叫做“落地生根”！」
This is called 'put-down-roots'.



長者們為攤位遊戲準備禮物。禮物是生菜及莧菜種子，參加者可一嘗在家栽種的樂趣
Seeds of cabbage and spinach – giveaways for visitors.



一點點的支持...

在這段參展期間，本會雲華護理安老苑的一班苑友亦現身花展，支持「健康長者農場」的一班長者義工，為他們打打氣！

A group of elderly people from Wan Wah Care & Attention Home for the Elderly came to support our volunteers.

對於參與是次花展攤位的長者義工來說，是一次難得的體驗。能夠參與這項大型活動，接觸到這麼多不同年齡階層的人，他們都表現得很興奮。他們既要充當農場的宣傳大使，介紹「健康長者農場」，更將由農場帶來的農作物一一向遊人介紹；又要作環保大使，主動向遊人分享有機耕作的經驗，藉此推廣環保訊息；更要化身為歡樂大使，帶領遊人從遊戲中發掘對園藝的興趣。以上種種，都由長者們一手包辦，這正體現到女青年會積極推行老有所為的服務理念。

In light of a growing public awareness of environmental protection, the Hong Kong Flower Show 2008 was organized by the Leisure and Cultural Services Department to promote greening in the community. Over the years, YWCA Farm of Healthy Ageing has been very dedicated in environmental conservation, and was therefore invited to the Flower Show, which was held between 14 and 24 March at Victoria Park.

Our elderly volunteers of the farm felt very excited about taking part in such a big event, sharing their enthusiasm in farming and green living with visitors of all ages and from all walks of lives. They took up many roles in the Flower Show. As ambassadors of the Farm of Healthy Ageing, they introduced the produce they brought from the farm to visitors; as environmental protection ambassadors, they promoted organic farming and green living; as game booth workers, they also led visitors to experience the joy in gardening. All the above activities were solely organized by these elderly volunteers. This is a vivid example of the serving principle of YWCA - old folks can lead a fruitful and meaningful life.



百仁基金 CENTUM CHARITAS FOUNDATION

100天水圍學童 獲百仁基金贈送電子辭典 100 Tin Shui Wai Youngsters Received Free Electronic Dictionaries from Centum Charitas Foundation

社會人士對天水圍發展一直非常關心，100位來自天水圍基層家庭的學童，在3月下旬便獲贊助免費遊覽屏山文物徑及品嘗盆菜，更全部獲贈電子辭典以助學習。原來背後如此慷慨的有心人士，正是善聚社會名人的百仁基金。

是次「香港歷史文化探索之旅暨盆菜宴」共招待了本會100位正就讀小四至中六的服務使用者，所有支出均由百仁基金贊助，並由東方日報慈善基金協辦。

活動當日，有11位百仁基金會成員，包括恒基集團李兆基的兒子李家傑先生、永興企業公司副總裁鄭健山先生、理文造紙行政總裁李文俊先生、恒通資源集團投資總監施榮忻先生、香江國際集團執行董事楊華勇先生、莊家彬先生、許廣照先生、李家誠先生、李徐子淇女士、劉佩妍小姐及王聯章先生等，更在百忙中抽空親身參與，與這群學童共享郊遊之樂。

眾多名人親臨共聚，許多學童都表現興奮，還紛紛要求合照。當獲贈電子辭典時，他們更愛不釋手，立即雀躍地圍在一起試用，亦認為對學習很有幫助。百仁副主席施榮忻先生表示，基金未來會繼續著力於具有教育性及發展性的工作。

Members of the public have been very concerned about the livelihood Tin Shui Wai residents. In late March, Centum Charitas Foundation sponsored 100 children from grass-roots families of the district for a free tour to Ping Shan Heritage Trail, a big bowl feast and free electronic dictionaries in support of their studies.

The Exploration Tour of Hong Kong Culture and History cum Big Bowl Feast, which was co-organized by Oriental Daily Charitable Fund, received 100 YWCA clients who are studying at levels from P.4 to S.6. All the expenses of the activity was sponsored by the Centum Charitas Foundation.

Around 10 members of the Centum Charitas Foundation joined the cultural tour and Big Bowl Feast. They included board members of Mr. Peter K.K. Lee of Henderson Land Development Company Ltd, Mr. Christopher C.S. Cheng, the Vice President of Yung Shing Enterprise Co., Mr. Raymond M.C. Lee, CEO of Lee & Man Paper Manufacturing Ltd., Mr. Jaime W.H. Sze, Invests The Inspector General of Hang Tung Resources Holding Ltd., Mr. Johnny W.Y. Yu, Executive Director of HKI Group, Mr. Albert K.P. Chuang, Mr. Quincy Hui, Mr. Martin K.S. Lee, Mrs. Cathy Lee, Ms. Reina Lau and Mr. Andrew L.C. Wong.

The youngsters were very excited to see those celebrity guests, asking them to take photos together. When receiving electronic dictionaries, they could hardly wait to try their new gadgets. Mr. Jaime W.H. Sze, the vice-president of Centum Charitas Foundation expressed their commitment in their support of educational and developmental programs in future.



我們的成就



女青年會梁紹榮度假村 建築設計奪獎

Y.W.C.A. Sydney Leong Holiday Lodge Won Architectural Design Award

香港基督教女青年會梁紹榮度假村的建築設計榮獲「香港建築師學會2007全年建築大獎 - 境內優異獎」，度假村以環保綠化為主題，將各大自然環境延伸至室內，度假村將於今年稍後舉行開幕禮。

Y.W.C.A. Sydney Leong Holiday Lodge was awarded HKIA Medal of the Year 2007 of Hong Kong - HKIA Merit Award. While the theme of the lodge is environmental protection and greenery, the natural landscape is incorporated into the indoor area. The opening ceremony of the lodge will take place later this year.

OUR PRIDE

「共諧連您計劃」奪兩區最佳 「老有所為活動計劃」獎

'Family Harmony and You Scheme' Won Two Districts'
Best 'Opportunities for the Elderly Project' Awards

獲得東區及灣仔區最佳活動計劃獎的「共諧連您」計劃，是以讓一班長者夫婦作為推行活動的核心。他們先接受一連串的義工訓練，包括學習正向心理學、溝通、話劇表演及策劃活動等技巧，然後策劃及構思多元化的活動，向區內不同年齡及家庭崗位的成員推廣家庭和諧的訊息。

Family Harmony and You Scheme was the winner of the Best 'Opportunities for the Elderly Project' Awards in Eastern District and Wan Chai District. It allowed a group of elderly couples to take up the key role in promoting activities. The elderly first received a series of volunteer training, ranging from Positive Psychology to skills on communications, play performances and program planning. Then they planned various kinds of activities to promote family harmony to the local residents at different age and of different family status.

本會兩項天水圍服務計劃獲撥款資助

Subsidies Granted to Two Y.W.C.A. Service Programs in Tin Shui Wai

分別獲得「社區投資共享基金」撥款的「愛明天」家庭支援計劃及「公民教育委員會」資助的「同心止暴」家庭關顧計劃，均是由本會天水圍綜合社會服務處負責，旨在推動區內居民以個人專長，支援鄰近有需要的家庭，例如藉著舉辦「糖水會」加強聯繫區內家庭，亦以幼兒暫託服務支援家庭。而「同心止暴」計劃則包括訓練婦女義工，以「過來人」身份協助受虐婦女及其家庭。

Project L.O.V.E. and Stop Family Violence Program receive subsidies from Community Investment and Inclusion Fund and Committee on the Promotion of Civic Education respectively. Both of them are organized by Y.W.C.A. Tin Shui Wai Integrated Social Service Centre. They aim at encouraging local residents to draw on their personal strengths to support families in need in their neighborhood. For example, through organizing the Sweet Soup Club, the connection among families in the district is strengthened; the occasional child care service also offers assistance to some families. As to Stop Family Violence Program, woman volunteers who suffered from family abuse before are trained to help other abused women and their families with their personal experience.



「中石化VIP現金卡」入油優惠計劃

中石化（香港）油站有限公司現為本會會員提供優惠計劃，凡本會會員（18歲以上）均可免費申請中石化VIP現金卡，並享有入油優惠（超級電油 SINO X POWER 折扣：\$1.50/升、普通電油 SINO POWER 折扣：\$1.30/升）。詳情請瀏覽以下網址 <http://mbd.ywca.org.hk>。

SINOPEC VIP Card Benefit Scheme

The Sinopec (Hong Kong) Limited now offers the SINOPEC VIP Card Benefit Scheme to all YWCA members. All members (18 years old or above) of the YWCA are eligible to apply for the SINOPEC VIP Card. By presenting this SINOPEC VIP Card, card holders can enjoy an instant discount offer (Premium Gasoline - SINO X POWER: \$1.50/L; Normal Gasoline - SINO POWER: \$1.30/L). For details, please browse the website: <http://mbd.ywca.org.hk>



回應社會需要 提供適切服務

INITIATE SERVICES TO RESPOND TO SOCIAL NEEDS

隨著社會的變遷，女青年會積極拓展各類型的非資助創新服務，以配合社會不同階層人士的需要；因此我們每年需要籌募龐大的善款，以支付各項擴展服務計劃的經費。您每一分一毫的捐助，對我們的工作都非常重要。

In response to social needs, Hong Kong YWCA develops many innovative non-subsidized services and projects to benefit all walks of life. The Association relies heavily upon proceeds from the society to perpetuate our mission. Therefore, your participation, generosity and continuous support to the Association are of great importance.

支援弱勢社群 全賴有您

Your support is vital to finance our innovative non-subsidized services

- 低收入家庭兒童支援 Helping Children in Poverty
- 危機青少年支援 Empowering Youth at Risk
- 成人夜小學課程 Running Adult Evening School
- 單親婦女支援 Supporting Single Parent Families
- 熱線輔導 Offering Hotline and Counseling Service
- 親職教育 Promoting Parenting Education
- 家庭危機支援 Supporting Crisis Families
- 長者持續教育 Continuing Education for the Elderly
- 國內山區助學 Schooling Sponsorship for Mainland Students
- 少數族裔支援 Strengthening Ethnic Minorities Community Network
- 「愛與關懷」緊急援助專款 "Love and Care" Special Emergency Fund



香港基督教女青年會 HONG KONG Y.W.C.A.

捐款及義工登記表格 Donation and Volunteer Registration Form

衷心感謝您的慷慨支持！ Thanks for your generosity!

捐款與參與 Supporting and Participating

我要捐款 Wish to donate

我願意支持香港基督教女青年會的工作，現捐助：
I would like to donate the following amount to Hong Kong YWCA:

☐ HK\$ 1,000 ☐ HK\$ 500 ☐ HK\$ 300

☐ 其他 Others HK\$ _____

我想成為義工，並有興趣參與以下服務

I wish to be a volunteer, taking part in the following services

- | | |
|---|---|
| <input type="checkbox"/> 婦女事工 Women's Services | <input type="checkbox"/> 兒童及青少年服務 Children & Youth Services |
| <input type="checkbox"/> 基督教事工 Christian Ministry | <input type="checkbox"/> 青年服務 Elderly Services |
| <input type="checkbox"/> 輔導服務 Counseling Services | <input type="checkbox"/> 持續教育服務 Continuing Education Services |

捐款方法 Donation Method

☐ 直接存款 Direct Transfer:

將善款直接存入「香港基督教女青年會」的銀行戶口：

恒生銀行：280-178559-670，請將銀行入數紙連同本捐款表格寄回 - 香港基督教女青年會總會所香港中環麥當勞道1號208室。

Donation can be made by direct deposit at the following bank account of "Hong Kong YWCA",
Hong Seng Bank: 280-178559-670 Please send the bank-in slip together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

☐ 支票捐款 By cheque:

請將抬頭「香港基督教女青年會」的劃線支票寄回 - 香港基督教女青年會總會所香港中環麥當勞道1號208室。

Crossed cheque made payable to "Hong Kong YWCA" and send together with this form to the YWCA Headquarters Office at Room 208, 2/F, 1 MacDonnell Road, Central, Hong Kong.

個人資料 Personal Data

姓名 (先生/女士/小姐)

Name (Mr./Mrs./Miss) _____

會員號碼 (如適用)

Membership No. (if any) _____

電話 (日間) Telephone (day time) _____

電話 (夜間) Telephone (night time) _____

傳真 Fax _____

電郵 E-mail _____

郵寄地址 Mailing Address _____

☐ 請寄回收據。若收據抬頭人並非捐款者，請填寫抬頭人之英文名稱：

Please issue a receipt. Please specify if the name of the receipts differs from the donor:

☐ 毋需發收據，以幫助節省行政開支。

Please do not send me a receipt to save administration cost.

備註：1. 您提供予本會的個人資料只用作處理捐款、簽發收據及寄奉本會籌募活動消息之用，並會提供本會及銀行在工作上有需要知道該等資料的職員使用。

The above information will be used for receipting and fundraising purposes only.

2. 捐助港幣一百元或以上可獲政府免稅。

Donations of HK\$100 or above are tax deductible with a receipt in Hong Kong.

總會所：

地址：香港中環麥當勞道1號 · 電話：3476 1300 · 傳真：3476 1364

電郵：ywca@ywca.org.hk · 網址：http://www.ywca.org.hk

Headquarters:

Address: 1 MacDonnell Road, Central, Hong Kong • Tel: 3476 1300 • Fax: 3476 1364

Email: ywca@ywca.org.hk • Website: www.ywca.org.hk