



香港基督教女青年會  
Hong Kong Young Women's Christian Association



聲

JUN  
2007

美滿家庭 齊共創

We create our happy family

愛家行動．全家起動





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"Women change their fate through knowledge"

女聲  
編者話

生活質素、食物質素、空氣質素...，卻忘記了最基本的家庭質素！傳統觀念認為家庭是天生，不需花時間培養，或多或少製造了不少家庭悲劇。今期，我們會分享擬於九月設立的家庭健康促進中心的概念，透過多元服務提昇家庭素質。預防總勝於治療，預防與及早介入，有助加強對家庭的支援。正如為籌建中心而舉行的女青慈善券活動的口號：「愛家行動！全家起動」，家庭和諧有賴所有家庭成員的努力。

Quality of living, quality of food, quality of air ...But we missed the quality of Family! Traditional concepts take family for granted, making people pay no effort to maintain it. The thoughts somehow break up many families. In this current issue, we are going to share the mission of the 'Family Wellness Centre' under YWCA and how does it enhance family quality. As the slogan of our raffle tickets chants, 'Love business, the whole family's business!'



# 美滿家庭 齊共創

## We create our happy family

2001年離婚判令13,425宗，05年14,873宗，升幅10.8%；

2005年3,598宗身體及性虐待配偶案件，較01年上升140%；<sup>1</sup>

2007年首三月，家暴案件1,780宗，較去年同期升120%，平均每日20宗。<sup>2</sup>

13,425 cases of Divorce Decrees in 2001, 14,873 cases in 2005. A 10.8% rise.

3,598 cases of bodily and sexual abuse to spouse in 2005, 140% increase from 2001.

1,780 reported cases of domestic violence from January to March in 2007,

1.2 times of that in 2006, 20 cases per day.

大家是否對這些數字早感到麻木？

Are you feeling sick for these figures?

雖然，政府透過社會福利署及非政府機構開設合共61間綜合家庭服務中心，為有需要的家庭提供協助及支援。可是，這些中心的服務已達飽和。以04至05年度及05至06年度來比較，中心的輔導個案數目由35,623增加至41,250，一年間上升幾近兩成，每間中心要處理約700個個案，平均每日新增兩個個案（社會福利署，2006年社會福利服務統計數字一覽）。

Despite the fact that the Government has opened 61 integrated family service centers through the Social Welfare Department and NGOs, the service capacity has been saturated. Social workers in these centers were weighted down with urgent cases and were forced to ignore other non-urgent sparks. These sparks could possibly turn into tragedies.

Emily Lee, Supervisor of YWCA Women Affairs Department, urges that we shouldn't stay at the stage of emergency and ignore those spreading sparks.

1. 社會福利署數字 Figures from Social Welfare Department

2. 香港警務處數字 Figures from Hong Kong Police Force



愛家行動，全家起動

## 美滿家庭 齊共創

We create our happy family

### 家庭工作 急不容緩

單是處理危急個案，現有的綜合家庭服務中心已疲於奔命，不斷忙於撲火及急救，根本無暇料理星星之火。而這些『救火』及『急救』的工作，往往只能做到個案管理之層次，未能做到深入輔導。可知，星星之火可以燎原，非危急個案在未有得到及時處理及介入下，極有可能逐步惡化，成為下一宗家庭悲劇。女青年會婦女事工部督導主任李雯珊指出，女青各個服務單位不時接到個人及家庭成員的求助，他們雖然有動機去改善家庭關係、面對自我的盲點，卻未能受惠於現時政府提供的家庭綜合服務。

### 成立家庭健康促進中心

李雯珊警告說，再不能停留於『撲火』及『急救』階段，漠視在擴散中的星火。參考美國、加拿大經驗及累積女青年會對個人、婚姻及家庭輔導和培育的經驗及服務，女青年會擬於

本年內設立一家適切香港社會需要兼自負盈虧的家庭健康促進中心（Family Wellness Centre），重點不在於治療「病徵」，著重的是在過程中協助個人及家庭發展潛能，增強「抵抗力」。她強調這些發展性及預防性的家庭服務在現代社會中舉足輕重，雖不能代替『救火』及『急救』的工作，卻有助提升普羅大眾的生命素質，大大降低家庭問題日後演變成「急性惡疾」的機會。

### 平衡家庭與工作

女青年會構思中的家庭健康促進中心，主要循著個人、婚姻、家庭這三個系統發展。李雯珊指當中貫穿的理念是，個人作為家庭成員之一，無可避免地，個人素質往往牽引著整個家庭的互動；透過提升個人情緒及壓力管理的能力，有助培育個人生命成長，達致家庭生活及工作之平衡。推而廣之，婚姻關係固然是家庭的基本

### Establishment of Family Wellness Centre

With reference to the practice in America, Canada and the cumulated counseling experience of YWCA, the Association would like to establish a self-financed Family Wellness Center within this year. It aims not to 'Cure' but to enhance 'Immunity' in family development. She emphasizes the importance of services that prevent family problems. Though it cannot replace the 'emergency' work, it can enrich the life quality of the public and prevents the outbreak of 'acute illnesses'.

### Balancing family and work

The conceptual Family Wellness Center will develop in 3 areas, including individual, marriage and family. An individual as a family

member, he/she links with all dynamic interactions within a family. Therefore, individual emotion and stress management could help in balancing livings in family and work. Moreover, marriage is the foundation of family. From dating and pre-marital preparation to marital nurturing and counseling, even adverse marital situations such as divorce and re-marriage are all included. Nevertheless, marriage does not only confine in a couple. The family situation would be completely different when a child joined the family. What the parent teaches the children will have great influence on their development of personality and values. Enhancement of parent-child relationship & parenting skills are also important issues for discussion.



系統，由戀愛、婚前準備，至婚姻培育及輔導，甚至逆境婚姻輔導如離婚、婚外情、再婚等，也包括在內。然而，婚姻豈止局限在兩夫妻間，尤其當愛情結晶品誕生，家庭模式有所轉變。家長對子女的管教直接影響他們人格及價值觀之建立，不恰當的管教方法甚至會對子女造成心靈的傷害；所以，促進親子關係及提升管教能力，不容忽視。

### 舒緩壓力 及早求助

除了面對面服務，不可不提的就是被形容為「社會探熱針」的專線輔導服務。李雯珊分析說，追溯源頭，工作壓力往往是香港萌生家庭問題的始發點，類近的大都會均有近似現象；再者，本港的工時甚長，不同經濟階層的人，也需為口奔馳。工作壓力往往是人們尋求輔導的切入點，尤其是男性。他們主要擔心工作前途，繼而發現原來自己正受困於工作壓力，做出

傷害家庭的事情，然後反過來擔心負面情緒危及工作前途，才意識到需尋求輔導。女青年會處理個案中有五成以上是情緒及精神健康問題，其次是家庭及就業問題。專線服務的特點是，尋求服務者不需露面，透過電話也可獲得專業意見，得到情緒舒緩。

### 認識性別定型 男女有責

此外，從工作經驗中發現，有不少個人問題往往源自兩性角色定型，例如男主外，女主內，以致即使雙職媽媽帶著疲憊的身軀回到家中，有些丈夫仍堅持只由太太負責家務、照顧子女等，令太太身體及精神健康大受影響，亦有損夫婦關係。未來的家庭健康促進中心的服務亦會滲入性別角度的觀點，讓服務受眾去理解自身的處境，作出有智慧的選擇！

## 輔導專線 Hotline service

成立20多年，由專業社工督導、甄選及培訓義工接聽熱線來電

1. 提供抒發情緒和傾訴的機會
2. 初步商談尋求解決問題的途徑
3. 轉介有需要人士接受個人、婚姻及家庭輔導
4. 提供社會服務資源的資料

**電話：2711 6622**

時間：星期一至五 下午 2:00-4:00 及 晚上 7:00-10:00

Established for more than 20 years. Volunteers were supervised, screened and trained by professional social workers.

1. Providing opportunities to ventilate feelings
2. Negotiating for ways of problem solving.
3. Referring cases for individual, marital and family counseling
4. Providing information of social service resources

**Tel: 2711 6622**

Time: From Monday to Friday  
2:00-4:00pm & 7:00-10:00pm

### Seeking help in time Easing the stress

Other than face-to-face services, the center also provides Hotline Service, the 'Social thermometer'. Emily analyses and claims the origin of family problem is working stress, which is a common phenomena in urban cities. In Hong Kong, people are squeezed in extreme working hours to earn a living. Many people seek help to release working stress, especially for men. They worry about their future and trapped in working stress. Not until they had hurt their families and noticed negative emotions would affect working performance, they turned to seek help. Hotline service allows service-seekers to obtain professional advices and release their emotion through indirect contact.





# 婚姻培育

Nourishing Marriage of All Ages

愛家行動，全家起動

## 10對老夫老妻共享燭光晚餐 活到老愛到老

老夫老妻還說「情情塔塔」？年過半百便要告別浪漫情懷？相處數十載就不需要花費精神維繫婚姻關係？

無疑這是一般人的觀念。女青年會破天荒開設以長者為對象的婚姻培育計劃——「濃情滿婚相處小組」，更安排十對老夫老妻共享燭光晚餐，漫步星光大道。

誌寶松柏中心單位主任江國儀分析，隨著現代人愈來愈長壽，夫婦共對的年月亦愈來愈長，加上不少雙職夫婦退休後生活模式驟變，老夫老妻其實都需要調整相處之道，為婚姻注入新養份。「夫婦退休前日間要上班，相

處時間主要是晚上，退休後天天對足廿四小時，磨擦衝突隨之而來。」據江國儀表示，該中心平均每月都有長者因夫妻不和而前來求助，相信未敢尋求援手的個案還有更多。

其實，隨著人口老化，長者婚姻問題已經在世界各地亮起紅燈。在韓國，每5對離婚夫婦便有1對是長者；再看日本，婚齡30年以上的離婚率在過去20年激增4倍，出現「熟年離婚潮」。江國儀警告說，香港雖較少這類統計，可是，從附近發展程度相若的亞洲國家趨勢可預測，香港若不及早正視，將會湧現愈來愈多問題家庭。



### 「我以後會等埋你！」

原來很多長者夫婦平日外出都是一前一後「各有各行」，昔日手挽手逛街的情景幾成絕響。經過社工提醒之後，67歲的司徒國均才醒悟自己經常在街上撇下太太走到老遠。聽見老伴這麼說，陳奕金當然高興：「一起走好啦，這樣才能有傾有講、有商有量嘛！」均叔語帶歉疚地表示：「以為對了那麼多年，一定深入了解，參加小組後方發現原來有時忽略了太太，現在學會做甚麼都先想一想她的感受。」

### 10 old couples enjoy Candlelight Dinner to voice Love Forever

Should the topic of romance and passion be excluded for the elderly? YWCA has launched a history-making marriage enrichment project, the 'Perfect Marriage Group', for old couples to enjoy candlelight set dinner and walk along the Avenue of Stars.

Ivy Kong Kwok- yee, Office-in-charge of Chi Po Neighbourhood Elderly Centre, claims that it is necessary to adjust the inter-relationship between old couple, especially when both of them have retired and turned into a different living style. Conflicts could easily break out as the time they face each other increases. By gross evaluation, cases of conflicts in old couples are reported to the centre every month. And we believe there are still many hidden ones.

In fact, the problem of old couples is becoming more serious all around the world. Phenomena of 'Old-aged divorce hit' occur in Japan and Korea. Ivy urges Hong Kong to face the problem sincerely and prevent the oncoming family problems.

### Face elderly domestic violence

Apart from divorce, there are often violence problems in dealing with conflicts by old couples. Since they are not used to relieve their emotions, they tend to solve by violence once their anger burst out. However, cultivation in elderly marriage has been ignored in the society.

Another characteristic of old couples is that they tend to 'live independently'. Thus, paired games teach them to appreciate the importance of mutual support and interaction.



# 無分年齡

## 長者家庭暴力不容忽視

除了離婚，年長夫婦處理衝突時，不少時候會出現暴力問題。「長者不習慣正面表達自己的感受，經常以為結婚多年對方應該知道明白，事實卻非如此；當不滿一直積壓，直至按捺不住爆發出來，便容易傾向訴諸暴力。」本港的家庭服務大多集中在支援最危急的問題家庭、培育親子關係等，長者婚姻培育的需要並未受注視。

年長夫婦另一特點，是傾向「各顧各」生活，這是因為長久以來，兩老專注自己職責，例如「搵食」和照顧家庭，令雙方生活太獨立。因此小組安排他們玩合拍遊戲，例如其中一方須帶著矇眼的一方進行不同的遊戲，

Besides, practising massage and social dance are also ways for the old couple to boost love through body touch. Meanwhile, traditional concepts of men having higher status than women alter while elder husbands learn to serve their wives.

Other than breaking through traditional belief, the group would also like to coordinate different views towards sex between the two genders. Sex is a common major cause of conflict among old couples, as husband finds sex a need while wife takes it as a shame. The 'Couple and Sex' seminar did help the elderly to express and exchange their views to sex openly. Understanding each other through effective communication helps striking a balance in different views about sex issue. Ivy deemed that it is necessary to provide regular family services for retired couples earlier to prevent family tragedies.

讓他們重新領會互相扶持的重要。

促進夫妻感情，身體接觸是良方之一，這對年輕夫婦來說並不難，長者卻會覺得難為情，或沒有需要。基於這原因，小組安排參加者學習穴位按摩及社交舞，希望透過這些活動消除年長夫婦身體接觸時的拘謹，增進感情。江國儀還補充，教授穴位按摩尚有另一目的，就是鼓勵習慣於男尊女卑的男性長者，拋開固有觀念，反過來服侍太太。

除了破除舊有觀念，小組亦期望能夠協調男女長者對於「性」的迥異看

法，因而特設「夫婦與性」講座，讓男女長者分開參加，各自真情剖白。「有些丈夫會說，到死那天依然有性需求，太太卻認為七老八十仍有性生活是令人羞愧的，雙方差距往往成為吵架，甚至打架的導火線。」江國儀表示，透過講者作為溝通橋樑，可讓男女雙方皆明白對方更多。「男的不要太勉強太太，女的亦不要一刀切拒絕丈夫的要求，尋找當中的平衡點。」江國儀認為隨著人口老化，必須透過常規化的家庭服務，盡早協助未有危急需要的退休夫婦，才能避免更多家庭悲劇發生。







## 美滿家庭 齊共創 We create our happy family

愛家行動，全家起動

### 你有幾多「Love dollars」？

廣告宣傳聲帶，不斷重複良好儲蓄習慣為家人提供更好生活保障；其實，同一道理，儲蓄起愛，不正正是為更和諧家庭生活作出規劃嗎？

女青年會深水埗綜合社會服務處最近舉辦一項為期半年，別開生面的「存·家愛」儲蓄計劃，以「愛心存摺」累積愛心積分 (Love dollars)，推動關心家人行動。

家庭成員在「愛心存摺」內紀錄對家人付出的愛與關懷，真真切切的將愛化為行動，並存放在每個家庭成員的心坎中。

### How many 'Love dollars' do you have?

Saving love to plan for a more harmonious family is of the same principal as saving money to secure your living for the family!

YWCA Sham Shui Po Integrated Social Service Centre has launched a half-year programme, 'Saving Family Loves', promoting family caring actions by using 'Love account passbook' to save 'Love dollars'. Records of love and care will be marked deeply in every hearts of the family members.

### 愛家行動 每項5分

(愛家行動類別及例子)

- 類別一 主動關心家中成員 例子：慰問患病的家人、為辛勞的媽媽按摩、教弟妹做功課等
- 類別二 協助處理家中事務 例子：子女幫手掃地、洗碗，爸爸幫忙換燈泡
- 類別三 向家人表達欣賞 例子：當子女完成功課，給予鼓勵的說話。當媽媽煮了一頓美味的晚餐，向媽媽道謝

#### Love family actions 5 marks per item

Category 1. Active caring for family members.

Category 2. Assisting in domestic work.

Category 3. Expressing appreciation to family members.



# 家中最重要是...

「給您一個五星級的家！」家庭是每個人的生活支柱，難怪廣告商都喜歡以「家」為招徠！究竟您心目中五星級的家，甚麼才是最重要？是地產商標榜的豪華裝修、尊貴氣派？是年輕人趨之若鶩的 PS3、Wii 等遊戲機？

任選十項家中最重要的人 / 物件 / 設備 / 元素，您會怎選呢？

The 10 most important things at home are...

Helen

11歲 Helen, aged 11

1. 「咪咪」(即媽媽)
  2. 「BB」(即爸爸)(說了「咪咪」，不能不提「BB」)
  3. NDS (消閒娛樂必備)
  4. 手提電話 (煲電話粥怎可沒它)
  5. 金色尋回犬 (因為牠很靚)
  6. 手提電腦
  7. 電視機
  8. 冷氣機
  9. Play Station 3
  10. 美金5億元 (可以做很多事)
1. "MiMi" (Mum's nickname)
  2. "BB" (Dad's nickname) (Mum is on the rank, she shouldn't miss Dad.)
  3. NDS (a necessity for entertainment)
  4. Mobile Phone (How to gossip with others without it?)
  5. Golden Retriever
  6. Notebook
  7. Television
  8. Air Conditioner
  9. Play Station 3
  10. Five hundred million US dollars (She could do a lot of things then!)

羅婆婆

70歲

Grandma Law, aged 70

是長者中心的活躍份子。

跟老伴「為頭家」拼搏了數十載，一手撫育7個子女成才。現在子女已經各自成家，開枝散葉，她亦成為了8個孫兒的嫲嫲婆婆，不過說到家庭，無論如何，還是「仔女老公」排在第一位！

1. 子女孝順
  2. 丈夫健康
  3. 自己開心
  4. 孫兒孝順
  5. 自己健康
  6. 自己活動要多姿多采
  - 7-10. ....(這樣的家庭已很幸福，如願足矣，別無所求)
1. Children
  2. Husband
  3. Happiness
  4. Grandchildren
  5. Health
  6. Wonderful life
  - 7-10. .... (Such a blessed family! Really can't think of anything to add!)

方太

Mrs. Fong, aged around 30  
30多歲，育有1女

1. 女兒
  2. 丈夫 (始終有家人才是家)
  3. 電腦 (最重要有電腦讓我可以上網打機，消磨時間！)
  4. 雪櫃
  5. 冷氣 (天氣熱，沒冷氣，在家很難感到舒適)
  6. 狗
  7. 舒服的床
  8. 舒服的按摩椅
  9. 電話 (太愛跟人聊天)
  10. .... (想不到了，其實出外時間多於在家，所以很足夠了！)
1. Daughter
  2. Husband
  3. Computer (especially the computer games)
  4. Refrigerator
  5. Air conditioner
  6. Dog
  7. A soft bed
  8. Massage chair
  9. Phone
  10. .... (Can't think of any more)

阿仁

30歲 Yen, aged 30

忙於上班拍拖，在家時間甚少，每月交上的家用被母戲稱為「房租」。

1. 父母 (父母不能不選吧！?)
  2. 未來太太
  3. 和睦 (家人常常見面，如果不和睦，怎可以呢?)
  4. 舒適環境 (家是充電的地方，一定要舒適！)
  5. 小狗
  6. 音響
  7. 床
  8. 遊戲機
  9. 食物
  10. 清潔
1. Parents (Must be on the rank!)
  2. Future wife
  3. Harmony (Family members always face each other, harmony is very important.)
  4. Comfortable environment (Home is a place for re-charging! It must be comfortable!)
  5. Puppy
  6. Hi-fi set
  7. Bed
  8. TV games
  9. Food
  10. Cleanliness



# 幼兒生活體驗

## 促進幼兒閱讀理解的鎖匙



到麵包店買包包、搭輕鐵、入錢買車票……，

這些成年人平凡不過的生活，對沒有多少生活經驗的幼童有著甚麼意義？

當幼兒注意環境中的符號、圖案、標誌、文字，並運用生活經驗和知識去推測、辨認、思考這些資訊的意義，閱讀即已開始發展。

閱讀是一個推理與猜測的過程，讀者會運用已有的生活經驗和知識去思考推測，從而理解事物。可是對沒有甚麼生活經驗的小人兒來說，根本沒有充足的生活經驗，讓他們聯繫單獨字詞的含義。這時候惟有靠成人為他們「製造」生活經驗，讓幼兒獲得具體經驗，好讓在閱讀時能更有效運用已有經驗，將圖書上的畫面連結起來，培養對圖像和文字的興趣，達致從非文字的閱讀走向文字閱讀的階梯，思維和想像力才得以發展。

女青年會安定幼兒學校校長楊嘉儀指，牙牙學語的幼兒，縱然掌握大量口頭詞彙，但對書面字詞卻是陌生的，她認為有需要藉著生活經驗和已

有詞彙的結連，來猜測新的詞語。她強調培養幼兒閱讀能力時，不應單單依靠圖書中的視覺信息，還需要重視幼兒對有關背景所掌握的知識。背景知識愈多，愈能促進理解；理解能力愈高，閱讀興趣也愈濃。

不過，根據香港大學教育學院比較教育研究中心進行的「全球學生閱讀能力進展研究(2003)」顯示，香港的閱讀教學法，較少涉及閱讀策略，反而偏重字詞解碼。香港僅有57%學生學習如何就剛讀過的材料，和個人經驗對比；與此同時，不足半數約為43%的學生，曾接受「預測文中接著會發生的事情」的訓練，兩者皆低於國際水平。

## Daily Experience: Key for promoting young children's comprehension



Reading is a process of deduction and guess. Readers will make use of their experience and knowledge to comprehend unfamiliar issues. But for children, how can they understand a new word or phrase without any experience? Here, adults can 'create' daily experience for them. Through actual experience, children can easily link it with the materials written on books, thus, the interest in reading can be enhanced. At the stage of childhood, thoughts and imaginations develop from non-written form of readings.

Yeung Ka-yee, the Principal of YWCA On Ting Nursery School, claims that it is necessary for young children to link with learnt words and experience to guess the meaning of a new word. In training child's reading ability, not only the visual messages on books should be emphasized, but also the background knowledge of the child. The more the child knows the higher is his/her ability to comprehend.



從事幼兒教育多年的楊嘉儀表示，為安定幼兒學校學童設計一些配合學習內容的合適活動，滿足小朋友求知探索的好奇心，實行將一般人認為靜態的閱讀與動態的活動連為一體，期望培養小朋友成為「獨立閱讀者」。全日課程正好賦與校方有較充裕教學時間，實踐理想教學模式。

### 日常生活 幼兒體驗生活的最佳場所

活動的設計需按學生年齡的差異，設計一連串與他們年齡相配的學習活動。譬如，剛脫離牙牙學語的兩歲班幼兒，對食和玩的興趣最濃，課堂上各式各樣的小食嘗試引得他們興致勃勃，在試食中探索不同食物質感。3歲班學童則喜歡自己動手做的學習活

動，透過學做湯丸感受白矇矇麵粉加水後黏附著的變化，再放入水中煮熟，成為 Yummy Yummy 的湯丸甜品，整個實踐過程豐富了小小年紀的生活經驗。

年齡較大的4-6歲幼兒所需要的生活經驗，再不滿足於抽空客觀環境中的場景，這便是他們衝出學校的時候了。帶他們到社區走一趟，有助擴展生活空間，如到麵包店買麵包，認識糕點種類，也可了解麵包師父製作麵包的工作是怎麼一回事；或到鄰近輕鐵站嘗試搭乘輕鐵，認識購票程序、上落車的安全守則及禮讓等，培養良好的公民責任。

楊嘉儀表示，為幼兒設計活動，並不需大費周章，日常生活是小朋友體會

經驗的好場所。過馬路不就是讓小朋友學習觀察馬路情況和過馬路的各種設施的好時機。又或趁上茶樓，教幼兒認識茶葉，咬一口茶葉，觀察未沖水前茶葉的模樣，都是生活體驗哩！在幫助兒童深入理解某一作品上，楊嘉儀建議，教師及家長可以進一步引導兒童轉移作品的經驗，譬如在將要閱讀介紹超級市場的書本前，先帶幼兒到超級市場走一趟，讓幼兒將自身體驗與書中內容結合，產生共鳴和理解。經驗愈多，討論的話題及主動性愈多，每一個細節都是儲存經驗的鎖匙。透過閱讀，幼兒透過自己的感知去找尋故事中的線索，觀察書中人物間之關係、前後頁畫面間之關係，推測故事內容，這都是從日常生活經驗中學回來的。

### 選擇不同作品予幼兒閱讀時，須注意以下選書原則 Guidelines of choosing reading materials for young children

- |  |  |
|--|--|
| 1. 使用有圖畫的文本協助初學者閱讀                     | 1. Choose reading materials with figures and pictures for beginners  |
| 2. 選擇圖書時一定要結合幼兒的年齡特點和已有經驗              | 2. Match with the child's age and experience   |
| 3. 內容應選擇生動有趣的動物故事、家庭生活以及各種與兒童生活經驗相符的圖書 | 3. Choose interesting animal stories, family stories and any kinds that can match with the child's life experience |
| 4. 注意書中的文字內容能否給予更多線索予幼兒預測              | 4. Notice whether the content can give clues to help the child in deduction  |

However, according to the research by HKIED, the 'Global Reading Ability Progress of Students 2003', indicated that the teaching style in Hong Kong didn't emphasize much on reading strategy but decoding words. Only 57% of students in Hong Kong know how to link up their experiences with the reading materials, and only 43% of students have received trainings in 'predicting the next in the passage'. Both findings were lower than international standard.

### Daily living environment: The best setting for children to gain experience

Dynamic activities should be age-appropriate. A 2-year-old child would receive a different training from a 3-year-old child. For instance, 2-year-old children would be trained to feel the texture of food through a taste trial while 3-year-old children could try to make sweet dumplings. The whole practical process enriched their daily experience.

For the elder 4-6 year-old children, they will not be satisfied with the 'man-made' indoor environment anymore. Thus, it's time to have a walk inside the community. Activities such as buying breads in bakery and trying to get on the Light Rail, could surely widen their living horizons.

Designing dynamic activities is simple and easy. We could make good use of our daily living environment. Yeung suggests teachers and parents to shift their children's learning from books to life experience. For example, bringing the child to supermarket before reading a book about it. When the child knows how to match their actual experience with content in book, comprehension becomes much more easy. More experience will lead to more discussions and participations. Children use their cognitive sense to track the clue in a story and understand how people and figures are connected in the book. These were all learnt from daily experience.





婦光團 讓婦女發放每一點光

The Fu Kwong Club makes women shinning bright

讓女性從台下走到台上

# 羅馬蓮彩

Mrs. Lo Ma Lin-Choi: Leading women onto the stage

「女人甚麼都不懂！」早在三、四十年代，這句話可謂概括了當時本地婦女的地位。若果你是女性，縱然你學貫中西，你仍須放棄事業；即使你創意無限，你只可在家中發揮。在這時代背景下，香港基督教女青年會匯聚了一班學歷相當的婦女組成婦光團，銳意栽培這班婦女在不同層面發揮潛能，貢獻社會。現年九十歲的婦光團元老之一羅馬蓮彩女士，正正見證著女青年會數十年來如何培育女性發亮發光。

不說不知，原來婦光團的成立，其實沿自二十年代初女青年會另一組織「學生少女組」。這個組織目的是栽培女學生，當時不少女校都有其分團設立，例如聖士提反女子中學的「巾幗團」、聖心書院的「三光團」等等，而羅太則是「三光團」的團員。羅太說，當年學生少女組的活動已很多元化，她就曾為港督到訪而表演英文話劇，更曾遠赴廣東清遠交流一周。

'Women know nothing!' This comment concluded the situation of sexual discriminations in 1930s to 40s. You could only show your ability or express your talents at home. Notwithstanding this kind of cultural background, a group of educated women gathered to form the Fu-Kwong Club to bring their potential into a full play in that society. Mrs. Lo Ma Lin-Choi, who is now 90, has witnessed how YWCA made women shine in these decades.

Before the Club, set up there were girl student units in early 1920s. Many girl schools were the unit members, such as St. Stephen's Girls' School and Sacred Heart College. Mrs. Lo told us that the girls activities there were of different varieties.

The popular exchange programmes nowadays have been practiced by YWCA early in 80 years before. 'The students in Qingyuan City were from different provinces of China, some were from overseas. My mum disapproved me to join at first. Thanks to my aunt Mrs. Ma, the first president of the Association, to convince her.' We have discussions, performances and competitions with youths from different schools. 'I wrote the drama script for competition and we won prizes!' Mrs. Lo's well-known creativity was first revealed through drama.





本以為中學生交流文化近年才開始盛行，想不到女青年會早在八十年前已率先帶領學生衝出香港。「當時到清遠的學生來自中國各地，有些更是從外國回流的，男生女生都有，當年來說是很前衛的，我媽媽原不許我去，幸得我伯娘，即女青年會第一任會長馬應彪夫人替我游說。」她還記得，當時須與不同學校的年輕人組成小組，然後一起討論問題、表演、競技。「其中一項活動是話劇比賽，我那組的劇本就是由我編的，還得獎哩！」原來以足智多謀見稱的羅太，早在當年嶄露頭角，初顯話劇創作天賦。

### 衝破性別界限 擴闊女性眼界

學生少女組讓當年的女生得以衝破性別界限，擴闊眼界。當這群少女逐漸成長，開始建立自己的家庭，女青年會亦察覺到她們另一階段的需要。羅太憶述：「那時不少公司不僱女人做事，因為仍有『女人也都唔識』的觀念。」許多如羅太般有不錯教育程度的婦女，因此往往無法一展所長。婦光團便是在這背景下於一九三八年成立，目的是促進家庭婦女的學習交流，加強她們的家庭生活教育，發展潛能。

初時婦光團成員只有二十多人，活動多是互相探訪聯誼，或者舉辦插花班、烹飪班等興趣課程等等。別看輕這些活動，在當年婦女地位不高的情況下，這些其實是讓許多婦女走出家庭的機會，繼續發展所長的基礎。

當婦光團漸具規模，成員亦開始由聯誼學習，進一步走出女青會所邁向社區，自發參與不同的社會服務，例如探訪醫院病人、成立拆紗布組替醫院服務、成立編織組織毛衣頸巾送贈弱勢社群。

### 讓婦女發亮發光 致力慈善活動

讓婦女也有機會發亮發光，是婦光團的理念。身為婦女團元

老、曾任婦女部主席的羅太，幾十年來便身體力行演繹了這個理念。「當年婦女做善事，像認捐女青會所的房屋，都是先生出錢的；我便想，為何不能自己出錢呢？我雖沒工作，但在婦光團及香港大學校外課程教插花也有點薪金，我再託朋友買滙豐股票投資，後來總會所的『羅大亮伉儷室』便由我自己出錢認捐的。」

羅太也是憑著這個理念，與孔楊邦樺女士一起去領導婦光團發展，讓團員發揮所長，貢獻社會，高峰期更有達二千位團員。其中最為人津津樂道的，莫過於婦光團，連續十年在大會堂公演話劇，為公益金每年籌款十萬元，富有藝術天份的羅太更是當中的靈魂人物，專責撰寫劇本。「我們可說是唯一台前幕後都是全女班的劇團，雖然我們並非職業劇團，可是後來也找來話劇界名人，如鍾景輝、麥秋、杜國威、陳有后等鼎力相助，非常專業。」

其實婦光團多年一直落力支持女青年會的籌款活動，例如天生喜歡「度橋」的羅太，便曾想出妙計，讓女青在一夜之內籌得五十萬元善款。「邀請別人捐錢，有時不免令人難為，我卻想到要令人『笑著捐錢』。有一年女青慈善晚宴，我邀請了很多名人的孫兒到麗晶酒店(現稱洲際酒店)表演，他們的爺爺、公公、婆婆、爸爸、媽媽，愛孫愛子心切，自然忙不迭認捐酒席，還要呼朋引伴一同欣賞，那不是『笑著捐錢』給女青嗎？」

帶領婦女積極參與慈善活動，引領婦女走上社會舞台，正是數十載以來婦光團的使命。雖然當年不少婦女由於傳統性別觀念，或是要照顧家庭，而無法在工作世界發揮才華，然而婦光團正好提供一個平台，讓婦女可在另一層面發放光芒，締造令人值得驕傲的成績。

When the girls grew up, they started to form their own families. YWCA noticed their needs in another area. Companies seldom hired women at that time due to traditional concept. Many educated women lost their ways to develop their talent. For this reason, the Club was formed in 1938 and aimed at enhancing the interactions and family life education among married women.

### Walking out from homes, Walking into the community

Initially, there were only around 20 members. The usual activities were gatherings or interest classes. These activities provided opportunities for women to walk out from homes and continue their learning. They were then walked into the community by participating in various social services.

To make women shine was the vision of the Club. Mrs. Lo acted it out through charity functions. 'In those years, women's donations were from their husbands. I wondered why couldn't women use their own money for charity? So, using my earning from investments and teaching classes in YWCA and the Department of Extra Mural Studies of the University of Hong Kong, I sponsored the 'Lo Tai Yiu Couple Room' by myself eventually.

Mrs. Lo and Mrs. Hung Yeung Pong Wah lead the Club together under this vision. Members hit 2,000 once. The most memorable issue counted the

drama shows in HK City Hall for 10 consecutive years. They have raised over HK\$100,000 for the Community Chest of Hong Kong annually. Artistic Mrs. Lo was the soul of the dramas for her creativity. 'We were the only women opera troupe. Though we were not professionals, famous opera stars such as Chung King-fai, Mak Chau, Raymond To, Chau Yao Ho ...etc did come and help us.

### Giving full support to fund raising

Indeed, the Fu-Kwong Club has given full support to YWCA's fund raising activities. As Mrs. Lo is talented in developing new ideas, she has once raised over five hundred thousand dollars within one night. 'It's quite embarrass to invite donations, so I think about how to make people donate money with smiles. During one of the annual dinners, I invited the grandsons and granddaughters of many famous people to perform on stage. Their grandma, grandpa, dad and mum were then so excited to give donations. Some even brought all their friends and relatives, that's donation with joy!'

Leading women to participate in charity functions, to perform on the social stage were the mission of the Club for over half a century. Despite the fact that traditional cultures had masked women's talents at that time, the Club did provide a good platform for women to shine with their prides.



## 婦光團 讓婦女發放每一點光

The Fu Kwong Club makes women shinning bright



戲裡戲外「心姐」獻善心

# 黃勤添

Ms Mable Wong

Acting out Love from heart

以往，婦女婚後都要專注照顧家庭，只能飾演好媽媽、好太太的角色，婦光團團員黃勤添原本亦不例外。然而藉著婦光團的參與，她的角色不再局限於在家庭之中。她既是女青年會委員，亦是婦光團小團團長，及演藝組組長，並多次飾演話劇女主角，更因飾演杜國威名作《虎度門》裡的冷艷心，現在人人都稱她為「心姐」。賦予家庭婦女更多機會，衝破既定角色界限，正是婦光團數十年來的使命。

In the past, women have to focus on taking care of their families. They could only portray as good mothers and good wives. Ms Mabel Wong, member of the Fu-Kwong Club, was not an exception. However, through joining the Club, she was not bounded by her family anymore. She is a Committee Member of YWCA and the group leader of the Club, the team-leader of the performing arts group, and the leading lady of several dramas. Now, she is named 'Auntie Sum' after performing the "Tiger Passing the Gate". To give more opportunities for women to break through their bounded characters has been the mission of Fu-Kwong Club.



心姐跟數十年前許多婦女一樣，當年為了專心撫育子女而毅然辭去工作。由雙職婦女變為家庭主婦之後，她說當時十分不習慣，整整一年後才能適應身份和生活上的轉變。「我其實掙扎了很久才捨得辭職，以前上班天天接觸不同同事，但專心『湊仔』後生活圈子縮窄了。」

心姐後來獲朋友邀請，在1971年加入女青年會婦光團。她笑言當時也不清楚婦光團的工作，只知活動豐富，有長衫班、烹飪班、插花班等等，正好充實她的生活，擴闊她的生活圈子。

不過，婦光團帶給她的轉變不單如此。當時婦光團籌組了戲劇組(即現時的演藝組)，早有話劇經驗的心姐，其天份因此得以大大發揮，她亦由好媽媽、好太太變身百變女主角。「當時演了許多翻譯劇，例如《格蘭夫人》、《樑上君子》、《緩期還債》等等，記者採訪時也

Auntie Sum quitted her job to look after her children, same as many women in the past. Turning from an occupational housewife to a full-time one was quite difficult. She could only adapt to the condition after a whole year. 'Indeed, I struggled a lot. I could meet different colleagues at work, but my social network became narrowed when I was at home.'

Auntie Sum was then invited to join Fu-Kwong Club in 1971. At first, she was not quite familiar with its work, just knowing there were a variety of activities such as traditional clothing class, cooking class, and flower art class...etc. The Club provided a good chance to enrich her life.

Her changes in the Club were much more than that. The Club formed the drama group (now's performance arts group) at that time. Auntie Sum's talent has been brought into full play since then. She turned from mother and wife into a leading star. 'I performed many translated dramas, such as "Mrs.



說想不到我們業餘劇團也那麼專業。」她續道，參與演出的婦女，雖然不少都沒有演出經驗，有些初時亦感害羞，不過全都愈做愈好，她認為是很好機會幫助婦女提升自信，擴闊眼界。

「我們後來還有許多名人幫忙，杜國威的《虎度門》最先便交給我們的劇團公演。」該劇主角冷艷心正是由她演出，由於演得入木三分，戲內「心姐」之名於是成了眾人對她的暱稱。

此外，心姐表示，婦光團還帶給她很多貢獻社會的機會。原來當年她們上演話劇，每年都籌到一定款項，有些款項便用來購買毛衣送贈有需要人士。她續道：「我們試過探露宿者、親自替醫院病人餵食、到沙頭角探訪等等。」她說，藉著婦光團推行的社會服務，不單令更多人受助，亦有助擴闊自己眼界，繼續與社會保持緊密聯繫。

Grant", "Fast Fingers", "The Delayed Debt" ...etc. The reporters also wondered why we were so professional.' Although some women were very shy at first, they gradually improved. It's a good way for them to gain confidence and broaden their mind.

'Many famous persons did come and support us later on. We even started the first performance of the "Tiger Passing the Gate" by Mr. Raymond To.' As she was the leading character of that drama, her impressive acting skills have gained her the name 'Auntie Sum' since then.

Furthermore, the Club provided her great chances to contribute to the society. For every year, they performed dramas and, at the same time, they raised funds to buy sweaters for the needy. 'We visited street-sleepers, fed patients, and visited Sha Tau Kok.' Not only could we help the others, but we also widened our horizons to keep connected with the society.



# 孫 非 天 一般參與發展婦女自主

Ms Lydia Sun

An extraordinary participation  
in developing women's  
independence

婦光團每年提供數之不盡的班組，活動可謂多姿多采。然而在婦光團學術組組長、小團團長孫天人眼中，婦光團絕不止於文娛康體這麼簡單。「我們與其他組織不同，我們鼓勵團員參與決策籌辦，有深度地提升團員的視野和能力。」

The Fu-Kwong Club provides uncountable classes annually. The activities are of a wide variety. However, in the view of the academic team leader Ms Lydin Sun, the Club represents a lot more than leisure and entertainment. 'We are different from other organizations. We encourage members to make decisions to enhance their abilities and deepen their visions.'





## 婦光團 讓婦女發放每一點光

The Fu Kwong Club makes women shinning bright

80年代移民潮正盛之時，孫天人原與丈夫計劃移民，因而辭掉了會計工作。可是後來他們放棄移民計劃，她亦因此變相提早退休。「我沒有子女，沒有工作，為了消磨時間，我便加入婦光團，天天來女青年會，今天學長衫，明天學跳舞，後天學粵曲，讓時間過得容易點。」

她續道：「在婦光團，可以接觸很多不同人士，而且參與婦光團的婦女教育程度大多不俗，來自不同背景和職業，接觸的層面較以前上班還要闊呢，例如羅馬蓮彩女士籌款了得，從中可以學到很多。」她說，家人亦十分支持她來女青年會，一來女青的品牌予人信心，二來多姿多采的活動亦有助她與家人保持融洽關係。「在家裡太悶，心情自然不好，往往容易將鬱悶渲洩在家人和丈夫身上，反而我有自己的生活，與家人話題多，感情會更佳。」所以，她一直介紹朋友加入婦光團。

雖然近年坊間出現愈來愈多適合婦女參與的活動，不過孫天人認為婦光團依然有其獨特之

處。「我們不是純粹參加出席文娛康體活動，而是一起開會、討論、決策，參與程度更加深入。」她說，婦光團既分為不同小團，亦設多個組別，包括靈修組、學術組、服務組、演藝組、健體組、聯誼組及編織組，每個團員隸屬不同小團之餘，同時須按個人興趣參加不同組別，發揮自己所長協助籌劃活動。以學術組為例，來自婦光團不同小團的學術組組員便要一起開會，決定未來舉辦的講座主題。

「我們每一至兩個月便為團員開辦講座，曾經舉辦的講座題目很多元化，例如抑鬱症、健腦操、更年期、義工服務等等。」她指出，學術組釐訂題目時，須了解團員的需要、新興的社會話題，還要聯繫不同專業人士主講，讓她們有機會參與發揮，亦因此帶來照顧家庭以外的滿足感，提升自主性及自我價值。她說，當初加入婦光團，雖然只為了消磨時間，然而透過深入、高層次的參與，身為女青年會委員的她現在已經覺得自己是女青年會的一份子。

During the hit of emigrations in 1980s, Ms Sun and her husband had planned to move and thus she quitted her job of accountancy. But they gave up the plan later, so she was then became early retired. 'I don't have any children and I don't have work. In order to spend my time, I joined the Club and went to YWCA everyday. Learning different classes being provided, time passed more easily.'

'You could meet a variety of people in the Club. Most women there are quite well educated, coming from different backgrounds and occupations. The extent of contact with people is a lot wider then when I was at work! For instance, Mrs. Lo is an adept in fund-raising, I could learn a lot from her.' She has also gained her family's support, for the good brand name of YWCA and the facilitation of harmonious family relationship after joining those activities. 'It's so boring to stay at home. It can negatively affect one's emotion, and thus anger is easily projected onto family members. But after I have my own live, I have more discussion topics at home and keeping us closer.' Therefore, she keeps inviting friends to join the Club.

Despite the fact that activities for women are mushrooming in the community now, Ms Sun still

appreciates the special features of the Club. 'We are not just attending leisure activities, but having meetings, discussions, and making decisions together. We all devoted in it.'. The Club is divided into several units and groups. They include the spiritual group, the academic group, the service group, the performance art group, the fitness group, the connection group and the knitting group. Members belongs to different units could join different groups according to their preference. Take the academic group as an example, members from different units need to discuss and decide the seminar topics for the coming year together.

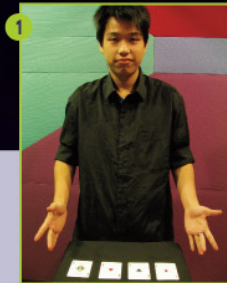
'We launch seminars for members every one to two months. The seminars are of multi-varieties, such as depression, brain health exercise, menopause and volunteer services...etc.' While deciding the topics, we have to understand the needs of our members and relate to current issues in the society. Besides, we have to contact different professionals to be the speaker. These participations could greatly content our members and raise their self-esteem. Though she joined the Club for killing time at the beginning, she feels that she is a part of YWCA now and is now an active Committee Member of YWCA.

孫天人  
Ms Lydia Sun



Live Magic Connecting People

# 拉闊魔術 拉近人心



1 魔術師準備四隻Ace



2 將四隻Ace反轉後，  
展現第一隻 ◆ 牌



3 交給觀眾



4 展現第二隻 ♥ 牌



5 交給觀眾



6 魔術師施魔法



7 觀眾手上的紅色牌  
突變為黑色牌



8 兩隻紅色牌已變回魔術  
師手中

變變變！究竟紅色牌在哪裡？魔術疑幻疑真的奇妙感覺，深深吸引著女青年會樂華綜合社會服務處的義工葉永豪。這幾年來，阿豪嘗試將魔術融入義工服務，與一眾志同道合的青年成立了「Magic KEY」魔術團，定期到不同的社會服務團體或商業機構表演或教授魔術。

這讓他發覺原來魔術的力量真是很大。「不單能為人們『變』來歡笑，連人與人之間的屏障也可以『變走』。」現在，阿豪學習魔術的心態，不再是學習新奇玩意那麼簡單，而是希望令演出更專業，為觀眾帶來更多喜悅，令人與人的關係拉近，體現和諧共融的社會。

Ma li Ma li Hom! Where's the red card? Amazing magic fascinated Yip Wing-ho, who is now a volunteer of YWCA Lok Wah Integrated Social Service Centre. He set up the 'Magic KEY' volunteer group which aim at incorporating magic into volunteer services. Magic is so powerful! 'Not only brings us joy but also takes away the barriers between people.' Ho wishes to bring audiences joys by practicing and performing professional magic, and meanwhile, linking up people to actualize a harmonious community.



# 青洲英坭

## THE GREEN ISLAND CEMENT

Nourishing the next generation with continuous Volunteer Services

## 延續義工服務 為下一代播種

150小時，即是9000分鐘，你會怎樣運用？青洲英坭有限公司的企業義工隊「愛心康樂會」最近便選擇與香港基督教女青年會合作，為一班小朋友貢獻共150小時及贊助圖書，義務為他們講故事，以一對一形式教他們看圖書，務求透過這項延續性的義工服務，培育幼兒閱讀興趣，為下一代播種！



How would you spend 150 hours? The volunteer team, 'Loving Entertainment Club' of the Green Island Cement Company Hong Kong, has chosen to cooperate with YWCA. They are going to spend a total of 150 hours with young children as storytellers. Through this continuous service, they want to nourish the children by increasing their interest in reading.

As the society is promoting the corporate social responsibility, more and more enterprises has devoted in social services in recent years. One of these enterprises, the Green Island Cement, has just started to cooperate with YWCA this year. The continuous 'Young Child Guided-reading Scheme' is their first project with YWCA. Volunteers were first trained with fundamental skills in reading guidance. Then, they will be serving at On Ting Nursery School once per week from April to July. There are a total of 10 1-hour sessions and 22 volunteers, and a cumulative sum of 150 service hours will be accumulated.

隨著社會責任理念的推廣，愈來愈多企業都全力參與社會服務。今年開始與女青年會合作的青洲英坭有限公司，亦是當中的積極分子。不過，該公司首個與女青年會合作的義工項目，並非常見的一次性義工服務，而是具有延續性的「幼兒指導閱讀計劃」。在是次計劃中，義工須先接受基本指導閱讀訓練，然後每周一次在下班後到女青年會安定幼兒學校帶領小朋友閱讀。全個計劃在四月至七月推行，共10節，每節1小時，共有22位義工分別參加，完成後該公司服務總時數將達150小時。





Mr. Eddy Tsang, the Executive Director of the Green Island Cement, shared that the reason behind the devotion was the desire of the company to give substantial help and changes for the needy, and continuous services are used to be more effective than single ones. 'Reading is an important element of learning. However, not every family could spend enough time and be capable of accompanying their children in reading. We would like to develop children's interest towards reading, no matter how many children could be influenced. Reading could bring so many life-long benefits,' He points out that helping others to help themselves is definitely their service vision. As the recent social welfare policy, we won't purely encourage giving out money but to sharpen the competitiveness and self-help ability of the needy.



青洲英坭有限公司執行董事曾百中表示，同事之所以願意投入為數不少的時間，是因為該公司期望服務能為受助者帶來實質的幫助和轉變，而延續性的義工服務較一次性的往往更見成效。「閱讀是吸收知識的基礎，可是未必所有家庭都有時間和能力陪伴小朋友閱讀，所以我們希望可以透過是次計劃啟發小朋友的閱讀興趣，即使在幾十個小朋友中，可能只有數個會因此喜歡閱讀，但是這個轉變對他們來說已是一生受益，因為他們可以藉此不斷提升自己對知識的追求。」他指出，「助人自助」正是其公司參與社會服務的理念，就如近年的社會福利政策，亦不單純主張「派錢」，而是同時協助受助者提升競爭或自助能力。

在推動員工投入社會服務之時，曾百中認為不單履行了社會責任，同時亦為員工帶來轉變。「我常常說，我們有400多位同事，若果他們都活得不開心，怨氣就會轉移到他們家人身上，那麼最少上千人也不開心。作為僱主，我們追求經濟效益之餘，亦希望顧及僱員及其家人。」他相信，鼓勵同事參與義工服務，是其中一個可助同事活得更積極、更正面的渠道。

他續道，企業義工的發展，除了有賴員工的自發性外，僱主的配合亦非常重要。「雖然他們運用的是工餘時間，然而有時亦難免須在上班時間討論及安排上課事宜，作為僱主便須給予足夠的彈性和空間。」

By promoting social service among employees, the Green Island Cement has fulfilled their corporate social responsibility. Meanwhile, the employees are also indebted. 'I usually say, we have over 400 colleagues and their angers would be passed on to their family members if they are not living happily. And there are at least a thousand people affected. Being the employers, we have to balance the economic interest with the psychosocial health of the employees.' He believes that encouraging his colleagues to join volunteer service is one of the ways to make them more positive.

He also claimed that the active participation of employees as well as the cooperation of the employers do facilitate the development of enterprise volunteerism. 'Although they are using their leisure time to serve, they could not avoid discussing the project during work. We, as employers, have to provide enough flexibility for them.'

首辦是次計劃的安定幼兒學校楊嘉儀校長則表示，根據研究指出，經常唸書給幼兒聽，其實影響著幼兒讀書的興趣、知識及能力，然而有些父母未必能夠兼顧小朋友這方面的需要，因此特別希望借助義工的力量，鼓勵更多小朋友閱讀。

Miss Yeung Ka-yee, the Principal of the nursery school, states that some researches have shown reading out books to young child frequently could obviously influence the child's interest in books, increase their knowledge and enhance their ability. However, many parents are too busy. The input of volunteers could definitely encourage more children to read.





## 義工心聲

Sharing of volunteers

在參與是次計劃的義工當中，有些是工程師，有些是專業會計人員，有些是管理層，有些是化驗部及採購部同事，背景各異，亦各有感受。

Some of the volunteers joining the scheme are engineers, some are professional accountants, and some are even executives. They have got different backgrounds and feelings.



岑燕芬 — 青洲英坭有限公司人事部副經理

**Miss Rebecca Sum, Assistant-Manager of Personnel Department of the Green Island Cement**

「計劃很有意義，同時亦讓我更加認識我的同事，發掘了他們在公事以外的另一面。」

'The scheme is very meaningful. I could be more familiar with my staff by discovering more about them.'

梁其釗 — 青洲英坭有限公司維修策劃員及青洲「愛心康樂會」主席

**Mr. Leung Ki-chiu, Maintenance Planner of the Green Island Cement and Chairman of the 'Loving Entertainment Club'**

「原來跟小朋友看圖書也有很多技巧。我又發現，以前同事聚首都是談公事，現在多了共同話題哩！」

'There are so many skills in guiding young children to read! And the staff have also got more shared topics other than business affairs.'

陳明豐 — 青洲國際有限公司高級機械工程師

**Mr. Chan Ming-fung, Senior Mechanical Engineer of the Green Island Cement**

「很希望這個計劃可以繼續推廣，有更多小朋友可以受惠。參加計劃之後，我也發覺同事的笑容甜了！」

'I hope the scheme could be continued, so that more children could be benefited. I could see my colleagues always wear sweet smiles after joining the scheme.'

## 女地青圖

Y MAP

活動	內容	時間	區域	查詢
<b>時光倒流星期五</b> Somewhere In Time - Playing Old Toys with Fun!	讓小朋友認識家中不同年齡長輩小時候所玩的遊戲及玩具。 Let the children have fun with the old toys which are popular during Dad & Mum's kid times.	7月25日開始 下午2時半至3時半 2007/7/25 2:30 - 3:30pm	黃大仙 Wong Tai Sin	2326 0192
<b>電腦親子樂</b> Enjoying Family Time by Learning Computers	專人指導家長及子女學習電腦，以促進親子關係與溝通 Parents and children will learn computer skills together. Enjoy the time with your kids!	7月13日開始(逢周五) 晚上7時半至9時半 2007/7/13 (Every Friday Night) 7:30-9:30pm	屯門 Tuen Mun	2466 0136
<b>濫用藥物訊息分享展</b> Anti-Drug Exhibition	濫用藥物遺害的資料分享及有獎問卷 Introducing the harmful effects of drug abuse	7月14日 下午3時至4時半 2007/7/14 3:00-4:30pm	將軍澳 Tseung Kwan O	2709 3388
<b>健康生活由身體檢查開始</b> Free Body Check	免費量度身高、體重、脂肪比例等 Free body fat measuring, height and weight measuring etc.	7月21日 下午2時15分至3時15分 2007/7/21 2:15-3:15pm	深水埗 Sham Shui Po	2720 4318



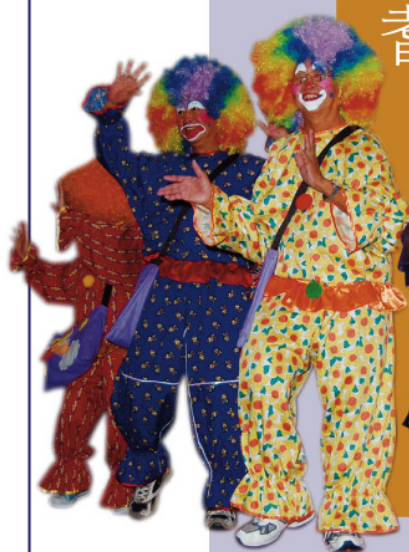
## OUR PRIDE

## 我們的成就

過往所見，長者擔任的義務工作，往往離不開賣旗、街頭義賣等等，角色比較被動，工作亦多為輔助性質。可是，長者的潛能又豈止於此呢？

香港基督教女青年會耆年服務部於五月三十一日舉行的「第十九屆松柏義工嘉許禮」，合共頒發了1,503個義工獎項，獲得最高獎項「榮譽章」及「鑽石章」的37位人士當中，便有26位為長者義工。要取得「榮譽章」和「鑽石章」，長者需要自行策劃義工活動，肩負起構思、統籌、推行整個活動的責任，有的得獎者成功籌辦了公開的書法展、有的自學心理輔導法開解其他長者、有的組織其他長者到幼兒學校推廣品德教育。這班長者的角色不再是輔助者，而是活動的「大腦」。

## 耆年義工服務 Applying positive psychology through elderly volunteer services 實踐正向心理學



「榮譽章」得獎者之一、現年六十多歲的蘇靜懿女士，早年便曾因喪夫而陷於情緒谷底達三年之久，幸而後來偶爾參加了義工服務，才能走出谷底，重享充實晚年。有見不少長者都因長期患病、親人離世、家人不和而終日鬱鬱不歡，感同身受的她，因而在女青年會社工鼓勵下，自學「情緒行為認知治療法」，整理心得後更在本會中心開辦了「心中的一片藍天」一情緒行為認知治療小組，透過不同活動幫助三十多位獨居、孤單的長者學習正面思考方法，重塑快樂心境。

除了蘇靜懿等得獎義工分享感受外，是次頒獎禮亦特別安排了與別不同的長者表演，例如一班婆婆便畫起大花臉、穿起五彩衣，化身「小丑婆婆」表演。女青年會的「小丑婆婆義工隊」已成立近兩年，曾多次到訪幼兒院、安老院、盲人院等，為不同階層、不同需要的人士帶來歡笑。

其實，女青年會近年一直透過義工訓練向長者灌輸正向心理學元素，並鼓勵長者突破自己，讓長者也可獨當一面，在晚年發光發熱。

The Elderly Service Department of YWCA held the 19th Volunteer Appreciation Ceremony for the elderly on 31st May 2007, presenting a total of 1,503 awards. 26 out of 37 getting the 'Honorary Badge' and the 'Diamond Badge' were elderly volunteers. They have to plan volunteer activities by their own, some of them held exhibition of Chinese Calligraphy, some learnt counseling skills to help others, some even gathered to promote moral educations in kindergarten. They were not just participants, but also 'mastermind' of the programmes!

Ms So Ching-Ye, 60, is one of the awardees of the 'Honorary Badge'. She fell into great depression for three years after her husband had left her. Only when she joined volunteer services by chance could she recovered and started to enjoy a fruitful life again. As she understands the feeling of elderly unfortunates, she decided to help others by learning the Cognitive Behavioral Therapy and opened a therapeutic group, the 'Blue sky in heart'. Since then, over 30 lonely elderly were benefited by her good work.

Apart from the sharing of Ms So, there were performances by the elderly during the ceremony. One group of old ladies worn colorful make-ups and dresses and turned into clowns! This clown volunteer team has established for nearly 2 years, they have passed joys to many people from sectors such as kindergartens, elderly homes, and hospital for the blinds.





女青名譽會長

宋李瑞燕

## 讓女性透過知識改變命運

Mrs. Vivian Sung, the Honorary President of YWCA  
“Women change their fate through knowledge”



今天的香港，女性讀書識字已是理所當然；然而早在大半個世紀前，卻是另一番光景。對於成長於二、三十年代、現年94歲的女青年會名譽會長宋李瑞燕來說，體會尤深。

Nowadays in Hong Kong, women take education for granted. However, more than half a century before was a completely different scene.

Mrs. Vivian Sung, who is now 94 and grew up in 1920s to 30s, witnesses the changes.





「那時候的女人很少有機會讀書，能上大學的更加少之又少，剛巧當時專為女生成立了漢文師範大學，我才有機會受較佳的教育，我更是該校的第一屆畢業生。」出生於那個女性權益低落的年代，仍能接受高深教育，宋太自言感到十分幸運。「我的父母都是熱心的基督徒，本著基督的精神，他倆認為人人平等，女性也應有讀書的機會。」

當宋太畢業後，眼見本地不少婦女鮮有機會接受教育，實在希望出一分力幫忙，所以當她後來藉著參加女青年會主辦的祈禱會，而接觸到女青年會的社會服務時，便致力協助女子夜校的拓展。

她記得當時女子夜校還未普及，女青是本地較早開始提供這類服務的組織之一，而且那時候的辦學模式，跟現在單向式的教育亦有點不同。「我們沒有既定的課程，婦女希望學甚麼都可以提出，有些會想學寫字，有些想學英文會話，有些想唸數學，我們會盡量邀請不同的導師教授，滿足她們的學習需要。」

宋太繼續回想道：「我們常會邀請前來女青參加聚會的婦女上夜校，鼓勵她們要爭取機會讀書識字，希望改變她們『女性不用讀書』的觀念。」知識可以改變命運，現今的女生當然清楚了解，可是在那個年代，許多婦女仍未懂得這個道理。「初時來女子夜校上課的人不算太多，有些因為家人反對，有些要照顧家庭，又有些自己覺得不需要，遇上這些情況，我們也明白不能一蹴即就，不能勉強她們，

只好慢慢向她們解釋。」所以，當時女青年會肩負的責任，不單是為女性提供夜校教育機會，更扮演先行者角色，逐步改變社會人士對於女性接受教育的觀念。

快將百歲的宋太見證著女青年會數十載的變遷，作為年紀最長的女青名譽會長，宋太欣喜地表示，其中一件教她高興的事，便是女青推動女性教育的參與。「當時我們幫助了許多人讀書識字，讓她們可以透過知識改變命運。」

當這刻大家閱畢宋太的分享，當大家已視婦女識字讀書為必然之時，大家可有想過，若果當年沒有這些先行者一點一滴的默默耕耘，今天可有多少女性可能尚未能看懂這篇分享呢？

'There was not much chance for women to go to school, only a few could get into university. Fortunately, I have got the opportunity to receive better education through Chinese University of Education and became their first year graduate.' Women's rights were not valued at that time. 'My parents were ardent Christians. They deemed that everyone should be equal and women should have a chance to attend schools.'

After graduation, Mrs. Sung wished to help those uneducated women. Then, she joined YWCA through YWCA prayer meeting and assisted in developing girls' night schools. She remembers that YWCA was one of the earliest established organizations providing this kind of services. Teaching model was completely different from the recent one. 'We didn't have a fixed classroom. Women could learn whatever they want to learn. So, we hired different tutors to meet their needs.'

Mrs. Sung continues her recall, 'we invited those women

visiting YWCA to attend night schools. We encouraged them to strive for a chance to learn, you know they didn't realize the power of knowledge on changing one's fate.' There were only a few girls attended night schools at first, some were opposed by families, some had to take care of family members and some didn't find it necessary. Facing all these difficulties, YWCA shouldered also the responsibility of making cultural changes in people's deep rooted concepts.

Mrs. Sung, who is nearly a hundred, has witnessed the transitions of YWCA for several decades. Being the eldest Honorary President, she was so glad to participate in the promotion of women education. 'We helped numerous girls to attend school and changed their lives through educations.'

When finish reading this article, will you question how many women could read and understand this sharing without the cultivation of these forerunners?





## 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-subservanted 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-subservanted 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 Counselling 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 I would like to support

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 would like to be a volunteer, taking part in the following services

- ☐ 婦女事工 Women's Services    ☐ 兒童及青少年服務 Children & Youth Services  
☐ 基督教事工 Christian Ministry    ☐ 耆年服務 Elderly Services  
☐ 輔導服務 Counselling Services    ☐ 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",  
**Hang 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：  
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Please do not send me a receipt to save administration cost .

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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.

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