



women's voice 女聲



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女聲話

古語云:「老吾老,以及人之老」;「幼吾幼,以及人之幼」。

繼勞工及福利局張建宗局長來到與青少年「談心」,這次到訪的是行政長官曾蔭權先生,他來探訪女青年會的長者義工,聽聽長者分享他們的農耕樂,吃吃他們所做的美點。說到長者服務,「女聲」還會介紹獲社署最佳「老有所為活動計劃獎」的幾個耆年服務單位。

除了關顧長者外,今期「女聲」焦點也在幼兒,因為我深信幼兒如何長成,是否懂得愛護別人,一切是從少學起。

The Chinese saying goes, 'take care of the old and the young as if they were our own parents and children'.

In our last issue, we reported on Matthew Cheung Kin-chung, Secretary for Labour and Welfare, coming to our teenage sharing session. In the current issue of Women's Voice, the Chief Executive Donald Tsang meets a group of elder volunteers and shares their joy of working in the field. We will also introduce four elderly service units which won awards in the Opportunities for the Elderly Project of the Social Welfare Department.

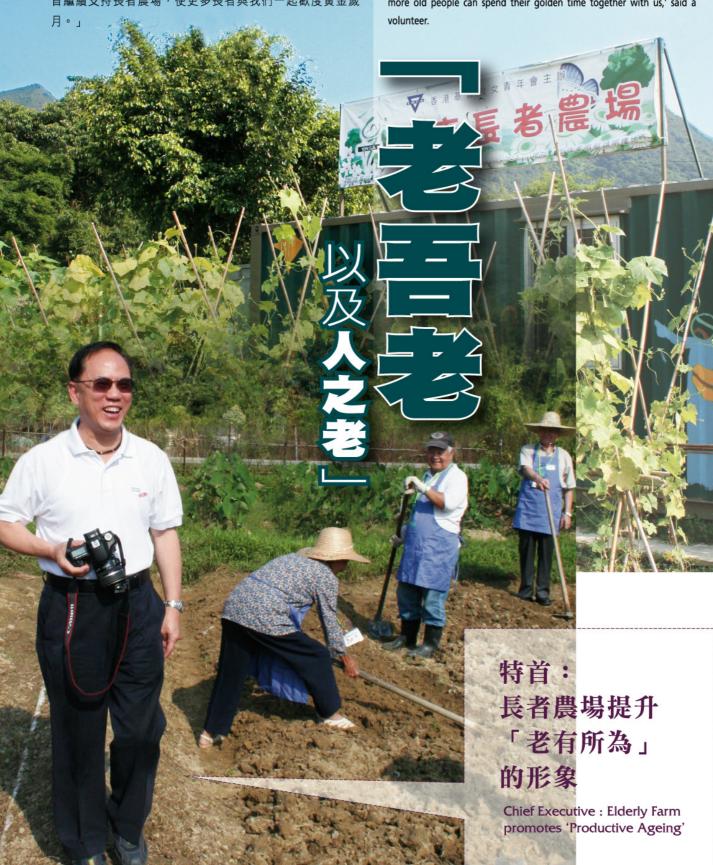
Apart from the elders, children is another focus of the current issue, as we believe how people grow to love and care is moulded at very early age.

在十月發表的施政報告提出了不少關注長者的政策,而早在報告推出前一個月,特首曾蔭權先生就特意探訪了香港基督教女青年會位於粉嶺的健康長者農場,走入群眾,與一班長者義工茶聚聊天,親身體會老有所為的積極精神。

迎接曾特首的長者義工們開懷地分享在農場的點滴:「希望特首繼續支持長者農場,使更多長者與我們一起歡度黃金歲

In the Policy Address this year, the Chief Executive devoted much attention to the care for the elderly. A month before the Policy Address was announced, Mr Donald Tsang paid a visit to the Farm for Healthy Ageing in Fan Ling. Spending an enjoyable day with the elder volunteers, Mr Tsang witnessed 'productive ageing' from our elder volunteers.

'We hope Mr Tsang will continue his support to the Elderly Farm so that more old people can spend their golden time together with us,' said a volunteer















老有所為 推廣環保

「健康長者農場」是香港基督教女青年會秀群松柏社區服務中心在2002年創立的,由一群熱愛有機耕種的長者負責管理和運作,目的是發揮該區長者的農耕專長,藉以提升長者的自我價值。

當日特首以一身輕裝出現,還特別帶備了專業相機,一面參觀農場,一面舉機為農場自然美景拍下不少沙龍照。參觀過後,特首更在農場內與長者義工茶聚,享用他們親手在農場烘焗的麵包和烹調的糖水。

對於這個全港獨有、緊貼地區長者需要而設的農場,特首在茶聚時便盛讚其理念:「這裡空氣好,長者可自由自在地享受農耕樂趣,還有社工從旁協助,不用擔心安全問題,是很有意義的服務。」

農場內的長者既健壯又開朗,亦令特首留下深刻印象。他表示:「很開心有機會來這裡參觀,長者經常躲在家裡湊孫也不是辦法,這裡正好能夠提升長者『老有所為』的形象。」他還認為,是項計劃既能善用鄉郊土地,亦能向社區推廣環保健康生活。他更笑言,將來定要帶太太參觀,體會一下這群長者的農耕樂趣。

- ·位於粉嶺丹竹坑,面積達4萬呎
- ·現有近百位長者義工
- · 栽種過的農作物及花卉達52種
- ・自2002年以來,已接待逾4000位訪客參觀
- ·農場除歡迎長者擔任義工,亦歡迎公眾參觀,可安排的活動包括 農耕體驗、有機種植講解、鮮摘有機蔬菜、蛋糕/麵包製作、環保 手工/再造紙製作等
- ・查詢:秀群松柏社區服務中心2676 2525
- a 40-thousand-square-feet farm in Tan Chuk Tan, Fan Ling
- over 100 elder volunteers
- . 52 kinds of crops and plants grown
- over 4000 visits since 2002
- We welcome elders to join us as volunteers. The farm is also open to public. Activities
 for visitors include on-site farming, talk on organic farming, vegetable picking, bakery classes, green/recycled paper workshops, etc.
- For enquiries, please contact Ellen Li District Elderly Community Centre for the Elderly at 26762525

MR TSANG LOOKS FORWARD TO VISITING THE ELDERLY FARM AGAIN

The Farm of Healthy Ageing was established by the YWCA Ellen Li District Elderly Community Centre for the Elderly in 2002. It is managed and run by a group of elders who are enthusiastic about organic farming. Through putting their expertise in farming into practice, these elderly people have also established a positive and healthy self-image.

Mr. Tsang came in casual clothes on the day of the visit and took a lot of pictures with his professional camera while walking around the farm. After the visit, Mr. Tsang joined the tea gathering of our elder volunteers and enjoyed the bread and dessert made in the farm.

Mr. Tsang gave high praise to this unique elderly farm. 'The elders can enjoy the fresh air and joy of farming here. They are also in good hands of the social workers around so they don't have to worry about their safety. All in all, this is a very meaningful project.'

Besides, Mr. Tsang was deeply impressed by the healthy and happy elders working in the farm. 'It's been a delightful experience for me. I think old people should not stay at home all the time. This elderly farm is a good place to enrich the life of old people.' Mr. Tsang added he liked the farm's idea of making good use of rural land and promoting an eco-friendly life. 'Next time I must bring my wife here and we can work in the field together.'

香港基督教女青年會 健康長者農場 YWCA Farm for Healthy Ageing









樊佩珍婆婆:「農場是我的運動場・」

樊佩珍婆婆健步如飛,健談爽朗,卻原來已經86歲。老如松 柏,樊婆婆直言是當農場義工的功勞。「我們在這裡犁地、 除草、談天、說笑、欣賞青山綠草,身體怎會不好?」她常 掛在口邊的還有這名句:「這裡不單是農場,還是我們長者 的運動場、娛樂場和物理治療場。」

「運動場」和「娛樂場」不難理解,至於「物理治療場」, 背後則有段小故事。原來樊婆婆在2001年曾經不慎跌傷手 臂,須連續數月接受物理治療,至療程結束,護士叮囑她在 家中自行練習,她卻靈機一觸跑到農場,將犁地當作物理治 療。「初時我量力而為,拿著鋤頭慢慢做,我現在甚麼毛病 也沒有。」

樊婆婆活得快活,亦很希望更多長者可以分享她們的歡樂。 她儼如農場宣傳大使般笑道:「我幫忙帶團參觀農場時,如 果對方是長者,我一定鼓勵他一起來玩,即使對方是學生, 我也會叫他帶公公婆婆來喱!」

陳炳堅:「來了農場,我的生活不會空虚!」

跟樊婆婆同年的另一位義工陳炳堅也有名句:「有錢人每早 來粉嶺打哥爾夫球,我每天來農場拿著鋤頭犂地,動作跟他 們揮棍差不多呀。有錢無錢,都可以活得健康快樂!」

時常掛著微笑的陳伯是農場的中堅分子,原本長者義工每次 到農場只須當值半天,熱愛耕作的他卻主動要求每次來一整 天,只因他享受看見農作物漸漸成長。「有次我種了個十多 斤的紅薯,女青年會有位董事用了500元買它喱!」事隔數 年,他說來仍帶著自信的喜悅。

那份只有親身投入才能感受的滿足感,令陳伯覺得晚年生活 更加充實。「我們每周來2天,未到我當值的日子,我會盼 望著當值日的來臨。來了農場,我的生活不會空虛,每天都 有盼望!」

'The farm is my sports ground!' said Granny Fan.

From the way she talks and walks, no one can tell Granny Fan is already 86 years old. She gave credit to the elderly farm for her youthful enthusiasm. 'We plough. We weed. We chat. We laugh. In such a beautiful environment, who won't stay healthy?' She always said, 'It is not only a farm. It is also a sports ground, a playground and a physiotherapy centre.'

'Sports ground' and 'playground' are easy enough to understand. But there is a story behind 'physiotherapy centre'. Granny Fan once fell and hurt her arm in 2001 and it took her months to undergo physiotherapy. At the end of the treatment, she was reminded to continue exercising at home. Then the idea of farming as exercise came to her mind. 'At first I did some light work. Gradually I just get healthier and healthier!'

Granny Fan hoped more elderly people could share her joy working in the farm. 'When I work as the tour guide of the farm, I always invite the elder visitors to join me. As for young people, I also take the opportunity to encourage them to come again with their granddads and grandmas."

'My life has got a purpose after I came here!' said Chan Ping-kin.

Chan is another volunteer who is of the same age as Granny Fan. 'Every morning, those wealthy people come to Fan Ling to play golf. I come here every day to work in the field. They hold golf clubs. I hold my plough. But we swing in similar ways! Being wealthy or not, we can all live a happy life.'

Uncle Chan is the core member of the elderly farm. Usually an elder volunteer comes to work in the farm for half-a-day each time. But Uncle Chan would spend a whole day here every time he comes. It is all because of pleasure he feels when watching the crops grow healthy and strong. 'Once I grew 10 kilos of sweet potatoes. A board member of YWCA bought them all at \$500!'Chan wore a big smile when he recalled.

The sense of achievement through first-hand experience has enriched the late life of Uncle Chan. 'I come here twice a week. When I am off duty, I eagerly look forward to my shifts. I have found a purpose in my life again!'

According to the population forecasts done by the HKSAR, there will be one senior citizen out of every four Hong Kong people 25 years later.

Facing such an ageing population, YWCA, as one of the top 10 social service agencies, strives to improve the services of care homes and elderly community centres, and to expand the number of our elderly activities. It is our goal to promote the idea of 'productive ageing' in the society. In the prize presentation of the Opportunities for the Elderly Project of the Social Welfare Department this year, YWCA won the 'Opportunities for the Elderly Project Best Award',

'Multi-generation Volunteers Award' and four 'District Best Awards'.

分享豐盛

YWCA winning 6 OEP Awards

獲得4個社署 「老有所為活動計劃獎」

> 鄭傍卿紀念松柏苑的「重現南區漁 鄉夢」計劃勇奪三個獎項,當日代 表領獎的長者義工梁觀梅更穿上水 上人的傳統服飾,全場矚目。

> > 「重現漁鄉夢」

全港最佳「老有所為活動計劃獎」、 跨代義工獎、南區最佳 「老有所為活動計劃」獎

勇奪多個獎項的「重現南區漁鄉夢」計劃,可說是 為南區長者度身訂造。位於鴨脷洲的鄭傍卿紀念松 柏苑,約有百分之二十的苑友均有漁民背景。謝剛 華院長表示,是次計劃目的是將這些長者的寶貴捕 魚經驗,及面對風浪不屈不朽的精神,與青少年分 享。計劃過程中,長者與中學生一起經歷了十二項 別具意義的活動,例如出海及上艇體驗捕魚生活、 製作水上居民衣裳服飾、織製漁網、製作漁民回憶 錄、醃製鹹魚及蝦乾等。

透過與年輕一代分享,這班長者改變了對自己的負面形象,不少更由默默耕耘的老人家,搖身變成獲邀請上電視、上電台、行貓步(catwalk)及與香港理工大學社工系學生交流的「快樂水上人」。



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將長者興趣化為助人力量

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東區及灣仔區最佳 「老有所為活動計劃」獎

「長者藝能顯姿彩計劃」的特色是安排參加不 同興趣班的老友記接受義工訓練,讓他們學習 如何運用音樂及藝術治療等方法助人抒緩情 緒,然後設計活動給其他年長的護老者,一方 面提升長者義工的自我形象,另一方面亦可抒 緩護老者平日照顧親人的壓力,具雙重意義, 成功將長者的興趣,轉化為助人的力量。

Ming Yue District Community Centre won the 'District Best Awards – Eastern and Wan Chai Districts'

'Talents of the Elderly Program' gave those elders who had joined different music and art courses volunteer training. In turn they learned the skills to use music and art activities to help other elderly people handle their emotions. In this way, the elder volunteers developed a positive self-image and also helped to ease the pressure of other old people in taking care of their families.



Cheng Pon Hing Hostel for the Aged won the 'Opportunities for the Elderly Project Best Award', 'Multi-generation Volunteers Award' and 'District Best Awards – Southern District'.

'Fishing Port Project' of Cheng Pon Hing Hostel for the Aged was a tailor-made program for the elders in Southern District. 20% of the elder residents were fishermen in Ap Lei Chau. Superintendent Tse Kong Wah said the project aimed at providing a channel for these ex-fishermen residents to share their lives and perseverance as fishermen with local secondary students. The twelve activities of the 'Fishing Port Project' included experiencing the work of fishermen, making traditional clothes of fishing people, making fishing nets, salt-fish and dry shrimps, the production of memoirs of Ap Lei Chau fishermen.

Through interacting with the young, these elders developed a new perspective on themselves. They spoke in radio and TV programs, joined fashion shows, talked with university students and most importantly became 'happy fishermen'.

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發動年輕人為長者寫自傳

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大埔及北區最佳 「老有所為活動計劃」獎

長者見證著社會幾十年的變遷,他們的經歷其實很值得年輕一代借鏡。得獎計劃「樂在耆中」便發動了3所中學的學生,為一群長者撰寫「耆義一生」自傳,促進跨代合作。此外,一群長者義工更特別分別學習了三十二式太極劍、普通話朗誦、中國舞、書法、國畫等,然後在地區不同單位表演,傳達老有所為的訊息。

Ellen Li District Elderly Community Centre won the 'District Best Award – Tai Po and Northern Districts'

The elderly have witnessed the social changes over the past decades. Their life experience can give a lot of insight to young people. The 'Fruitful Life Program' recruited students of 3 secondary schools to write memoirs for a group of elders and promoted inter-generation collaboration. In addition, a group of elder volunteers took courses on Tai-Chi sword, Putonghua choral speaking, Chinese dance, calligraphy and painting and gave performances in the district.

蝴







屯門區最佳 「老有所為活動計劃」獎

合社會服務處

這項得獎項目名為「耆年展才能」社區融和計劃,特色是推動不同年齡的義工一起與長者進行社會服務,促進跨代共融。當中有些精通電腦的長者義工,更加與年輕義工攜手籌辦了「資訊科技開放日」,增加一般老友記對於資訊科技的認識。

Butterfly Bay Integrated Social Service Centre won the 'District Best Award – Tuen Mun District'

'Smart Elders' Community Program aimed at promoting harmony among different generations. Volunteers of different age groups worked together with our elder volunteers and held an 'IT Open Day' introducing information technology to the elderly in the district.

政府正為大澳改善景貌工程進行研究,期望保存大澳獨有的水鄉風情,成為當地居民近來的焦點。一直積極參與大澳發展的香港基督教女青年會便於九月舉行了「大澳十大景點選舉」,藉以提升社會對大澳持續發展的關注。該選舉現已順利完成,並於十月六日公布結果。當中由1187位市民選出的大澳十景,相信對於大澳未來的持續發展具有一定的參考價值。

是次選舉乃由女青年會與大澳鄉事委員會合辦,並由離島民政 處協辦。經過近一個月的投票,千多位市民從廿五個候選景點中,選出他們心目中的大澳十大景點。

The government is lately looking into the revitalization strategy for Tai O. Meanwhile, local residents of Tai O are also pressing on the preservation of the natural scenery and cultural heritage of this fishing village. Over the years, YWCA has been actively involved in the development of Tai O. In September, we held the 'Tai O Top Ten' scenic spots election with an aim to raise public concern over the sustainable development of Tai O. The program was a big success. Results of the election were announced to the public on October 6. These 10 scenic spots chosen by 1187 participants shed light on the future development of the 'Venice of Hong Kong'.

The election was jointly organized by YWCA and Tai O Rural Committee with the support of Islands District Office. During the one-month election period, more than 1000 citizens voted for their favourite attractions out of 25 scenic spots in Tai O.





大景點選舉

為女青年會「大澳文化生態綜合資源中心」掀起序幕

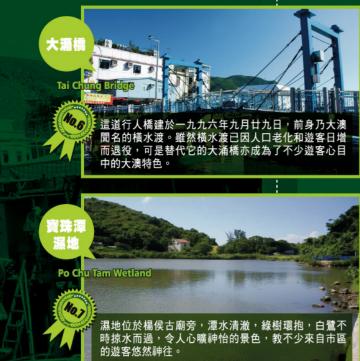
'Tai O Top Ten' Scenic Spots Election and the Opening of Tai O Cultural and Environmental Resource Centre













有關「十大景點選舉」及「澳水漁風大澳漁村生趣之旅」的資料,可見於女青年會網頁「大澳社區工作辦事處」內,網址為www.ywca.org.hk。

For more information about 'Tai O Top Ten' and 'Tai O Fishing Village Tour', please visit the website of YWCA Tai O Community Work Office at www.ywca.org.hk.

綜合資源中心



Tai O Cultural and Environmental Resource Centre

為了喚起社會關注大澳保育情況,女青年會首個社會企業項目-「大澳文化生態綜合資源中心」亦在十月初正式開幕。

該中心目的是善用大澳的社區資本,例如歷史文化、漁 港風情及自然生態環境,以商業營運的手法,並透過鼓 勵居民參與,以達至活化大澳社區經濟的社會目標,使 大澳成為一個可以持續發展的社區。

在過去半年,資源中心已先後接待了近五十多個不同團體,總人數超過二千五百多人。此外,中心亦曾應少林武術中心及旅遊發展局的邀請,協助為專程到大澳旅遊的本地及外籍遊客提供導賞服務,半年來共接待來自美國、澳洲、德國、日本、加拿大、台灣等十個多國家,合共約千多位遊客,使他們對大澳漁村風貌有更深入的認識。

其實早在八十年代,女青年會大澳社區辦事處便致力培訓本地居民,發展具有大澳特色的旅遊體驗活動,有關活動並在二零零五年正式命名為「澳水漁風大澳漁村生趣之旅」,當中的蝦艇網魚、扒沙白、織漁網、曬鹹蛋等富有特色的體驗活動,均廣受歡迎。在今年四月,該辦事處更成功獲民政事務總署「伙伴倡自強」計劃撥款,正式成立「大澳文化生態綜合資源中心」,進一步發展不同類型的旅遊活動。

To raise public concern over conversation of Tai O, Tai O Cultural and Environmental Resource Centre, the first social enterprise project of YWCA was launched in early October.

The aim of this centre is to rejuvenate Tai O's economy and turn Tai O into a sustainable community by making use of different resources such as its local culture and heritage, fishing village history and natural scenery. The centre adopts entrepreneurial strategy and encourages the participation of local residents.

In the past six months, the centre was visited by around 50 organizations comprising more than 2500 visitors. In response to the invitation of Hong Kong Shaolin Wushu Culture Centre and the Hong Kong Tourism Board, the centre provided guided tour service for local and overseas visitors to Tai O. It has so far greeted more than one thousand tourists from over 10 countries including the USA, Australia, Germany, Japan, Canada and Taiwan and promoted to them the fishing village culture of the 'Venice of the Orient'.

Since the 1980s, the YWCA Tai O Community Work Office has worked very hard to train local residents to design and hold tours and activities that reflect the local characteristics of Tai O. These tours and activities were collectively named as 'Tai O Fishing Village Tour' in 2005. Netfishing on shrimp boats, fishing-net workshop and salted egg workshop are some of the well-received programs. In April 2007, the Community Office got the grant from the Home Affairs Department under the Enhancing Self-Reliance Through District Partnership Programme to establish the Tai O Cultural and Environmental Resource Centre and further develop tours of different traveling experiences.



一句「慈善券只需十元,和諧家庭卻是無價」,女青年會獲得了不少市民支持,為籌建「家庭健康促進中心」出一分力。女青年會在8月27日至10月13日舉行的「2007女青慈善券」籌款活動,成功籌得制入十五00元。善款將用於提供「家庭健康促進中心」為個人成長、家庭支援、婚姻及親子關係等服務。

批長者參與本會誌寶松柏中心 「與你共唱顯愛心」活動, 表演同時籌款,十分落力!

女青年會62個服務單位的同工,積極參與是次籌募活動,於全港逾200個流動銷售站,包括大型購物商場、各區大街及火車站售賣慈善券,向公眾推廣「愛家行動,全家起動」的理念。

是次籌款活動獲得六間商戶贊助現金券,並得到多家企業及公用事業協助宣傳工作。此外,鄧萃雯、陳法蓉、王菀之亦支持「家庭健康促進中心」的服務理念,特別擔任「愛心大使」。經過全會各人的努力,各董事、委員及善長慷慨捐助,讓慈善券籌款活動得以順利完成,為社會共建「和諧家庭」添了力量。

The slogan 'A \$10 charity ticket helps build priceless harmonious families' has won YWCA enormous support from the public in the establishment of the Family Wellness Centre. The YWCA Charity Ticket Sale from August 27 to October 13 has raised **about** \$350,000. which will be used to provide services on personal growth, family, marital and parent-child relationship support at the Family Wellness Centre.

Colleagues of 62 YWCA service units gave their full support to this fundraising program. They sold charity tickets at more than 200 mobile sales counters in major shopping centres, on the streets and at KCR stations. At the same time, they got the message 'Make your move, Love your home' across the public.

6 enterprises sponsored our charity tickets while many corporations and public enterprises supported our promotion work. Ms Sheren Tang, Ms Monica Chan and Ms Ivana Wong also joined us as celebrity patrons. With the genuine support from the board of directors, committee members, colleagues as well as the general public, the program was completed successfully and made a heartwarming contribution to the building of harmonious families in Hong Kong.

鳴謝 Acknowledgement to Sponsors







































Actress Sheren Tang learns to love in God's grace

鄧

從神的愛 學會愛家人 藝人鄧萃雯投入女青愛家行動

自小因父母離異而與祖父母同住,18歲因祖父母相繼離世而開始獨立生活,正常家庭生活對於藝人鄧萃雯來說,從來是遙不可及。可是,少年時的隔膜,卻無礙她與父母現在從心發出的親密。因著信仰,她踏出了愛家第一步,亦希望藉著支持女青年會的愛家行動,讓更多人領悟這道理。

在剛過去的「女青慈善券」活動,鄧萃雯因為認同女青年會成立「家庭健康促進中心」培育和諧家庭的理念,義務擔任了「愛心大使」,全力支持女青年會的「愛家行動」。作為虔誠基督徒的她分享道:「我近年才從神的愛中,學會怎樣愛家人,不過我相信不少人還未懂得,所以常常鼓勵其他人放下含蓄,主動向家人表達愛。」

From a broken family, Sheren Tang Shui Man was brought up by her grandparents who passed away one after another when she was 18 years old. Since then, Sheren learnt to stand on her own two feet. Normal family life has always been something so far away from her. Yet, the alienation Sheren experienced at her young age does not create a barrier between her and her parents now. Because of her Christian faith, Sheren took her step to express her love to her family. She also hopes to get this message across the public by joining the Love Your Family Campaign of the YWCA.

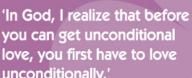
Sheren Tang shares the mission of YWCA's establishment of the Family Wellness Centre to nurture harmonious families. She joined the YWCA Charity Ticket Sale 2007 as one of the celebrity patrons and gave her fully support to Love Your Family Campaign.

Sheren is a devout Christian. She says, 'It is not until recent years that I finally found the right way to love my family. God's grace teaches me so. But I believe that many people still do not know how to love their families. That's why I always encourage people to put aside their reservation and express their care and concern to their families.'

In fact, Sheren has always been a very responsible daughter. She meets her parents for lunch or dinner and gives them pocket money regularly. However, the alienation between her and her parents is only known to her.

'In the past, I could never let go the fact that they owe me a lot. At the same time, what I did for them was kind of done in conditions. But I am not the same person anymore.'

一大要無條件十五憂。 從信仰領會到,原來你渴求無條件的愛:





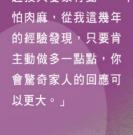
其實雯女一直是孝順女,定時約父母吃飯、給家用,可是心中那份疏離感只有她才明瞭。「以前仍會記掛著他們對自己的虧欠,為他們付出的是有條件的、計較的。」她續道:「從前我不怕乘飛機,因為常感自己孑然一身,無牽無掛;現在卻會怕自己有意外,照顧不了父母。」

全因「我們愛,因為神先愛」這句話,要女解開了多年心結。「以心比心,有誰不想被愛?」她於是開始為父母主動踏出許多第一步,例如向來獨立堅強的她,竟罕有地「嗲」爸爸。「記得前年冬天我到青島拍劇,天寒地凍很孤單,原本爸爸只來伴我數天,我卻主動懇求他不要走。我一說出來,立刻感到他很心甜。」

經歷這件事,她更體會到原來一句說話、一個轉變,可以瞬間 拉近距離。「數月前,我原本答允陪伴媽媽去教會,怎知我突 然忙得分身不暇。以前我只會冷淡地致電簡單解釋。那次我通 知她後,卻加上一個長得如論文的短訊。」這個誠意的短訊教 雯女媽媽十分欣慰。「教會聚會完結後她立刻給我打電話,甜 甜地說:『來不到不要緊,兩母女是明白的!』」雯女明白到 無論子女多大,父母都希望為他們分憂解困。以往她因怕父母 擔心而報喜不報憂,彼此的關係反而更疏遠。

要女認為,雖然家人通常會諒解自己,但這並非必然,所以她會用各種方法向父母表達心意,例如打電話、傳短訊,甚或在門上貼一張Memo(備忘)等等,那種從心而發的親密,

就這樣一點一滴累積。她呼籲大家一 起投入愛家行動:「不要



Sheren continues, 'In the past, taking a flight never worried me. In case any accident happened, let it be. Because I felt I was totally on my own. But I don't feel the same way anymore. Now, I am worried that no one will take care of my parents if bad things happen to me.'

'We learn to love because God loves us unconditionally.' This statement brought a new perspective to Sheren. She asked herself, 'Who don't want to be loved?' Then she took the initiative to bridge the gap between her parents and herself. She recalls the experience of softening her tough side in front of her father. 'Some years ago, I spent the winter in Qin Dao for the production of a TV series. It was so cold and lonesome there. Dad came to visit me. He originally planned to stay for a couple of days only. But I begged him to stay for a few days more. I could tell it was very sweet to him.'

After that, Sheren realized that a statement or a change, no matter how small or unimportant it seems, can bring people a lot closer in no time. 'A few months ago, I promised my mother to go to church together with her. Unfortunately, I was totally caught up at work by that time. I could have only given a short call to give a lukewarm explanation, like what I would do in the past. But that time, after I informed her about that, I added a text message as long as a thesis!'

Sheren's mother was touched by her thoughtfulness. 'After the meeting at church, my mom phoned me and said in a sweet voice, "It's okay that you couldn't come, honey. I understand you are busy. Afterall, I'm your mom and you are my dearest daughter.' Sheren now understands that our parents hope to share our problems no matter how much we have grown up. She used to keep sorrow to herself, but that only created bigger distance between her and her parents.

Sheren says that in most situations our family would understand our difficulties. Yet we should not take it for granted. As a result, she makes use of every opportunity to express her love to her parents, like giving them a phone call, sending them a text message and sticking a memo on the door. All these little bits are from the bottom of her heart and in turn build a very close relationship between her and her parents. Sheren hopes to see more people join the Love Your Family Campaign. 'Don't feel uneasy about doing all these. My experience these years tells me that if you take the initiative to express your care and love, you will be amazed by the feedback of your family.'



齊關

女青年會轄下的兩間安老院舍 - 在深水埗的雲華護理安老苑及香港仔區的鄭傍卿紀念 松柏苑,一直本著以人為本的信念,為一群年老、體弱的長者提供一個安全舒適的家。

經過十多年的營運,院舍環境日趨殘舊,如嚴重的天花剝落,食水喉生銹及破損情況四處可見。此外,住院長者日漸年長,身體越見衰弱,院內設施漸漸未足夠應付長者的需要。因此,女青年會正積極推動兩苑修建工程,希望本年度內開展工程,務求為長者締造一個既現代化、家居化,又安全舒適的家園。

為應付龐大的工程開支,本會仍然等候社會福利署審批資助申請,此外,還需要各界的捐助,才可望完成兩苑的修建工作。早前我們舉辦了一連串的籌款活動,包括「2006敬老護老愛心券」、「女青護老戲曲慈善夜」及「一人一磚運動」等,至今籌得善款\$4,220,000。



安老院社修建工程

Renovation of Care Homes





兩苑同工現時仍為籌款工作努力,並正舉行「房間命名權認捐計劃」,藉以進一步完善兩苑的設施。本會提供69間可供命名的宿房及功能室中,有31間已獲得善長的認捐。 我們歡迎更多社會人士與我們攜手,共建長者安樂窩,認捐兩苑的房間命名權。

With the principle to serve people, YWCA Wan Wah Care and Attention Home in Sham Shui Po and Cheng Pon Hing Hostel for the Aged in Aberdeen have been providing safe and comfortable accommodation for the elderly.

Sadly, after running for over ten years, the two old elderly homes are plagued by problems like spalling ceilings and rusted and broken water pipes. Their existing facilities also fail to meet the growing demand of the elderly residents. As a result, YWCA is planning to start a repair program in two elderly homes by the end of 2007, so as to provide our residents with a warm and modernized home.

The repair cost will be huge. We are still waiting for the approval of grant application from the Social Welfare Department. In the meantime, we also need the generous support from the public. Events held for this project in earlier time include "Care for the Elderly" Charitable Tickets 2006, YWCA Chinese Opera Night and "Each Person One Block" Campaign, which have in total raised a total of \$4,220,000.



「退休

社會的長者,難免有點抗拒,尤其一批「年輕」的退休人 士(50至60歲),一旦沒有工作,生活就失去寄託。

香港基督教女青年會的服務一向著重「老有所為」的理 念,正當香港面對老齡化的情況,長者服務的轉變及發展 實在刻不容緩。有見及此,本會在2003年成立「長者持 續教育中心」,以自負盈虧形式為五十歲以上人士提供語 文、藝術、健體及資訊科技等課程,還設立創新的「師資 培訓學院」、「網上學習」培育長者擔任班組導師。

爭取更多資源 展現長者無限潛能

從女青年會的服務經驗看到,「終身學習」可使退休人士 繼續在社會發光發熱。為使現時的「長者持續教育中心」 惠及更多退休長者及提供更多元化的服務,女青年會參加 了在10月27日至12月2日舉行的「敬老護老愛心券」籌 款活動,向社會人士銷售每張10元的「愛心券」,期望 能籌得100萬元善款支援本會長者持續教育服務。

For a lot of elderly people who have devoted their youth to the good of the society, 'retirement' is not something they can comfortably get over. Especially for those who retired young (elders from 50 to 60 years old), life without work could mean a loss of direction.

YWCA believes that the life of elderly people should be fruitful and meaningful. In light of Hong Kong's ageing population and the growing demand elderly services, the YWCA Elderly Continuing Education Centre was established in 2003. Running on a self-financing basis, the centre provides language, art, exercise and IT courses for people at the age of 50 or over. It has also established a tutor-training institute and an online-learning platform to train the elderly as tutors of these workshops.

More resources on elderly services

From our experience, life-long learning can help the elderly continue to make contribution to the society. In order to extend the service of the Elderly Continuing Education Centre, YWCA has joined the 'Care for the Elderly" Charitable Tickets fundraising program held from October 27 to December 2. Each charitable ticket is sold at the price of ten dollars. It is hoped that this fundraising program can help YWCA to raise one million dollars in support of our elderly service programs.



Please support "Care for the Elderly" Charitable Tickets 2007 齊來支持「2007 敬老護老愛心券」 助女青長者持續教育



女青年會即將開拓的「退休人士服務」:

Future services for retired people:

- 以「長者持續教育中心」為基地,標誌為本會退休 人士的「專門店」,並以外展方式在全港推動退休 人士服務
- 延展優質師資培訓服務,進一步發揮退休人士潛能
- 發展「網上學習」及「電腦學習教學中心」
- To provide territory-wide outreaching services for retired people
- To extend elderly tutor training program
- To develop online learning and computer & IT education centre



薪火相傳

國情教育節閉幕禮 暨嘉年華2007

립티

'The Spirit Goes On' – National Education Festival Closing Ceremony cum Carnival 2007

女青年會一直相信民族精神及文化傳統,不能單靠書本傳授,還有體驗與交流。去年首辦了「國情教育節」,目的就是要推動女青年會的會員,尤其是青少年了解國情,加強國民身份的認同。今年國情教育節以「薪火相傳」為題,亦藉迎接明年北京奧運,提升青少年對國情的興趣。

自7月的「東莞民工(留守兒童)服務計劃」交流團,掀開今屆國情教育節的序幕,期間女青年會還舉辦了「奧運大檢閱」及「活力迎奧運」大挑戰。而10月13日在維多利亞公園舉行的閉幕禮暨嘉年華上,青少年毫不吝嗇地分享了對國情的看法,他們更擔任大使傳揚國民教育的訊息。

It has always been the belief of YWCA that our culture, traditions and national spirit are to be passed on from one generation to the next not only through books but also through first-hand experience. Launched in 2006, the National Education Festival aims at fostering a better understanding of the mother country's development and a stronger sense of national identity among YWCA members, particularly our teenage members. At the advent of the Beijing Olympics, 'The Spirit Goes On' – National Education Festival 2007 focused on raising the interest of young people in national matters.

The Dongguan Labourers (Left-behind Children) Service Project Exchange Visit in July kicked off the National Education Festival this year, followed by the Olympics Parade and the Saddle Up for the Olympics Challenge. In the Closing Ceremony cum Carnival held in Victoria Park on October 13, many teenagers shared their views on national education.









參加東莞交流團的青年義工娓娓道出那些居於垃圾房孩童的生活,一天只以四個饅頭充饑;還有是「留守兒童」的故事,他們留守家中等候在外省工作的父母回家,部分兒童一直失學,缺乏照顧。這種種都令十多歲的青年義工十分震撼,並為繁榮背後的不足感到可惜。

Volunteers of the Dongguan Exchange Visit recalled children living in refuse chambers who could only live on four buds a day. They also told the stories of some 'left-behind children', whose parents had left home to work in other provinces. Left alone and on their own, some of these children even dropped out of school. Our young volunteers were shocked by these sad stories and began to reflect on the dark-side of the rapid development of our country.

'In Dongguan, we invited kids we met on the street to join our activities. They would ask, "Do we have to pay for that?" Later, we found out that these children were very cautious about being cheated. But kids in Hong Kong would ask, "What gifts will I get there? Are they cool?" This reflects two totally different worlds,' said Chim Fu-wing, a volunteer in the closing ceremony.

More than twenty young volunteers formed a national education team and planned to visit those poor children in Dongguan on regular basis in future. This is a definite encouragement to the work on national education of YWCA.

青年義工詹賦榮在閉幕禮上的分享:

「我們在東莞街頭邀請小孩參加活動,他們會問:"這些專錢嗎?" 很來知道他們很怕被騙錢。回想在香港,孩子會問:"有甚麼禮物呢?禮物漂亮嗎?"的確是兩個世界呢!」

二十多位青年義工主動組織起國情教育小組,計劃 定期到東莞探訪這批貧困的兒童。這對女青年會日 後在國情教育方面的工作,誠然打了一枝強心針。







女青年會兩年一度的「香港女聲:年青女性領袖培育計劃」,於7月嘉 計禮上獲得冠軍及最傑出組員的16位年青女性,在8月21日至28日遠 赴瑞士日內瓦探訪交流。這批優秀的年青女性在參觀了當地多個機構, 包括世界女青年會、國際紅十字會及聯合國總部,並出席以女性為題的 分享會及聯合國總部的專題工作坊,從而加深年青女性對國際事務及婦 女議題的了解。





組員於世界女青年會分享「香港女聲」計劃



進行街頭訪問,了解當地人民及遊客對女性議題及 性別意識之看法



The prize presentation ceremony of the second "Women's Voice - Young Women Leadership Training Programme" was held in July. A total of 16 award winners of this biannual program went on a visit to Geneva, Switzerland from August 21 to 28. They visited many organizations like World YWCA, International Red Cross Society and the headquarters of the United Nations. They also attended conferences on women-related issues and the workshops held at the United Nations headquarters.

After the 6-day visit, the participants expressed they had got a deeper understanding about international affairs as well as a new perspective on themselves. They were confident that their experience in Geneva would be of great assistance to their work in YWCA and the Hong Kong community as a whole in future. This is exactly the aim of Young Women Leadership Training Programme - to nurture a group of young women leaders with gender perspective, strong leadership and international perspective who can speak up for all women in Hong Kong.



原本一直希望探訪遠赴他鄉的女性領袖, 世界衛生組織(世衛)總幹事陳馮富珍女 士,但行程未能安排,而且陳太亦正在他 國探訪,起初有點失望。怎知,因為我們 在巴士跌倒失措,卻引來由香港派駐世衛 總部醫生的注意,就這樣,我們的回憶不 單是在世衛總部外的照片,還有這位香港 駐外人員的分享。

: 與世衛有個約會

We had always looked forward to meeting Dr Margaret Chan, WHO Director-General, in person in Geneva. To our disappointment, Dr Chan was on a trip by that time. Yet, because of a small accident on the bus, we got to know another doctor from Hong Kong who is currently working at WHO in Geneva. As a result, our recollection of the visit not only includes a picture taken outside the WHO headquarters, but also the genuine sharing with a Hong Kong fellow working overseas.



Enhancement of Life 生命的栽培 Y.W.C.A. Y.W.C.A. Y.W.C.A



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-subvented 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-subvented 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\$_

我想成為義丁, 並有興趣參與以下服務

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

- □ 婦女事T 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: Please issue a receipt. Please specify if the name of the receipts differs from the donor:

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.

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

□ 毋需發收據,以幫助節省行政開支。

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

Address: 1 MacDonnell Road, Central, Hong Kong • Tel: 3476 1300 • Fax: 3476 1364 Email: ywca@ywca.org.hk • Website: www.ywca.org.hk