

紅白藍

HUNGBAKLAM

APRIL 2016
NO 27

封面故事 COVER STORY

「嘟嘟車」慈善歷奇
The Road to Hope

事件簿 EVENTS EXPRESS

山野打氣王
Cheers, Mates!

義工・點滴 VOLUNTEER FOCUS

半空中的天倫樂
Precious Time Mid-Air



CONTENTS

紅藍

HUNGBAKLAM

APRIL 2016
No 27



P.1



P.5



P.11

封面故事 COVER STORY

P.1 「嘟嘟車」慈善歷奇
The Road to Hope

事件簿 EVENTS EXPRESS

P.4 山野打氣王
Cheers, Mates!

P.5 社區廚神
Food Angels

P.6 小手作 大意義
Faring Well

P.7 慈善特工隊
Rapport and Support

P.8 繽紛曲奇親子樂
Sweet Surprise

義工·點滴 VOLUNTEER FOCUS

P.9 半空中的天倫樂
Precious Time Mid-Air

P.10 向更高處邁進
Every Hour Counts

P.11 鉸剪傳情
Scissor Wizard

活動剪影 ALBUM V

P.12

其他 OTHERS

P.15 埋嚟睇 埋嚟揀
Upcoming Activities

P.16 編輯委員會
Editorial Board

「嘟嘟車」慈善歷奇 THE ROAD TO HOPE



香港太古集團的人才發展經理（Talent Development Manager）李博達（Brett），平日對自己的工作可謂瞭如指掌，但他於去年9月與友人前赴斯里蘭卡參加的慈善歷奇之旅「Lanka Challenge」，過程卻是充滿意想不到的體驗。二人每天一早接過主辦單位提供的日程後，便要趕忙登上「嘟嘟車」（流行東南亞地區的機動人力車）出發，務求於日落前完成當天指定的挑戰。

「打個譬喻，你人在金鐘，翌早在毫無心理準備下便要驅車前往深圳，途中你得自己看地圖尋找正確路線，並要完成各種棘手挑戰。過程非常刺激，但亦有令人氣餒的時候！」Brett回憶道。

Working in the corporate world, Brett Jason Lee has a pretty clear idea of what awaits him in the office each working day. So it was a total departure from his typical life in Hong Kong when the Talent Development Manager at John Swire & Sons (H.K.) Limited took on a fundraising adventure challenge in Sri Lanka with a friend last September. Every morning, the pair were told what distance they had to achieve by sunset in a tuk-tuk - the three-wheeled motorised rickshaw commonly found in Southeast Asia.



這趟別有意義的體驗之旅由Large Minority主辦，Brett夥拍老朋友Andrew Tan，連同其他28位膽色過人的參加者前往斯里蘭卡，展開為期11天、橫越1,250公里的島國公路挑戰。旅程屬慈善性質，一眾參加者在親友的贊助下，共籌得6,500美元的善款，用作支持當地非牟利組織策劃的三個公益項目，分別為學校植樹計劃、兒童英語學習中心建設項目，以及政府學校樂器捐贈計劃。斯里蘭卡經歷了二十多年內戰，再加上2004年南亞海嘯的衝擊，雖然6,500美元不算是大數目，但Brett堅信這份心意能為飽經風霜的當地人送上希望。

在旅程中，Brett與隊友除了要克服陌生環境及地理障礙，沿途還要完成一連串千奇百怪的「任務」，包括生吃紅辣椒醬，以及冒昧借用當地民居的廚房去炮製咖哩；而最匪夷所思的，還數投擲象糞！

「Lanka Challenge」這類歷險旅程正合Brett的口胃。他是土生土長的澳洲人，擁有心理學及精神生理學學歷，曾致力診治抑鬱症患者。他去年由新加坡移居香港，深信助人為快樂之本。此外，Brett是一名老手背包客，旅行經驗十分豐富。能透過歷奇體驗去行善，給予Brett莫大滿足感。雖說在途上遇到不少困難，但Brett強調任何挑戰，都不能跟斯里蘭卡人在生活上面對的困境同日而語。

在旅程中，Brett與Andrew認識了一位名叫Ananda的村民，那次的相遇，讓兩人對當地貧困地區的真实狀況有更深刻的體會。Ananda年逾花甲，從工廠退休後動過髖關節置換手術，他出入需倚靠手杖，生活捉襟見肘。Brett憶述：「有一天我們在路上偶遇Ananda，他主動向我倆問好，認識過後我們便駕車送他返回住處。他的家極為簡陋，連

“It was like you were in Admiralty one day and you woke up the next and were told you had to drive to Shenzhen that day, without a clue how to go about it. You had to figure out how to get there with a map and then they threw in daily challenges to achieve too. It was exciting, but that was also one of the frustrations of the trip,” Brett says.

Together with 28 other intrepid participants in the 11-day road trip organised by experiential tour operator Large Minority, Brett and his long-time friend Andrew Tan travelled 1,250 kilometres around Sri Lanka and helped raise about US\$6,500 through family and friends who sponsored their journey. The money has gone to support three charity projects run by local NGOs: one is designed to plant trees to preserve Sri Lanka's rich biodiversity, the second involves building facilities for children to learn English, and the third is a musical instrument donation programme for a government school. According to Brett, although US\$6,500 is not a massive sum, it has proven valuable in Sri Lanka, a country still struggling with the impact of the Indian Ocean tsunami in 2004 and a decades-long civil war.

The adventure challenge was not simply a matter of driving their tuk-tuk on unfamiliar and sometimes dangerous roads from one point to another, Brett and his teammate had to complete a given list of tricky tasks along the way. One day they had to eat hot chilli paste; on the next, they had to knock on the door of a random local family and ask if they could cook a curry dish in the stranger's home kitchen. Then there was the nearly impossible task of hunting for elephant dung...

A native Australian who moved to Hong Kong from Singapore last year, Brett has an educational background in psychology and psychophysiology and used to treat patients with depression. He says he always enjoys helping people and finds it extremely rewarding.

He is also a seasoned, hard-core backpacker. So the idea of combining adventure travel with charity is right up Brett's street. And, as it turned out, the Lanka Challenge was something of a breeze for him.

During the trip, Brett and Andrew got an insight into the challenging life circumstances facing many locals when they encountered a man called Ananda on the road. Ananda is a retired factory foreman in his 60s, who has had a hip replacement and walks with a stick. Every day he has to find food at the local market and use what little money he can get to survive.

“When we met Ananda, he said ‘Hello’ to us; we were surprised, because he spoke great English.



床也沒有，只能睡在地上。數天後，我與Andrew趁有空檔跑去買了一張床，然後僱車走了450公里的路去送給Ananda，這樣他每天起床時便可避免傷及舊患。惹笑的是，在荒郊地區，床單的選擇實在不多，我們最後只能為他送上Hello Kitty圖案的床單！」

但最感動的一刻，是當Ananda看到Brett和Andrew給他拍的一張照片時，老人不由自主地眼淚直流，原來生活窘迫的Ananda，連一塊鏡子也負擔不起，他已有多多年沒見過自己的模樣。「Ananda看到照片時深受觸動，那情景實在難以形容。他長年生活之艱苦，是外人沒法想像的。我們與Ananda之間的一段緣份，絕對是這次旅程的一大得著。」Brett說道。

雖然二人在大會指派任務方面的表現全軍覆沒，但他們對Ananda的善舉，最終為這對好拍檔贏得主辦單位頒發的慈善大獎。不過得獎與否對Brett來說一點也不重要，由始至終他只想盡一己能力，去幫助有需要的人。

Brett的冒險精神，從這次的「嘟嘟車」歷奇之旅可見一斑，而他亦把這方面的體驗充分應用到工作上。他解釋道：「太古集團向來重視社區參與。在培訓人才時，我會把握機會借用我在斯里蘭卡的所見所聞，與同樣有志透過企業工作回饋社會的領袖培訓生分享，這樣會更有效推動員工令這世界變得更美好。」

今年10月，Brett將再度參加由Large Minority舉辦的另一次慈善之旅。這次目的地將會是菲律賓，Brett會在當地人帶領下，乘坐船隻在島嶼間穿梭，迎戰各種考驗。他估計這次旅程將具備刺激與樂趣的元素，但他更著重的是如何能為當地社區出一分力，送上關懷。如你也有興趣參與此活動，可登入此網站報名：
<http://www.largeminority.travel/sailing-challenge>

We offered to drive him home and we found that he didn't have a bed and had to sleep on the floor," recalls Brett. "A few days later, when we had a free day, Andrew and I decided to hire a car and return to his town, which was about 450 kilometres away. We purchased a bed for him so that he could sleep without hurting his hip. And the funny thing was the bedcover we bought was printed with a Hello Kitty image. There wasn't a lot of variety in the middle of nowhere!"

An even more special moment came when the duo showed Ananda a photograph of himself that they had taken with their camera. With not even a mirror in his primitive home, Ananda hadn't seen his own face for years and had no idea what he looked like. The moment he saw the photo, the old man broke down in tears.

"It was really amazing the way he looked at the photo. I can't imagine what it would be like to be somebody who hasn't seen themselves for years. Our experience with Ananda was surely one of the most rewarding things on this trip," Brett says.

The episode came with a bonus: the pair won the Charity Award at the end of the trip, because of what they did for Ananda, even though they earned the lowest total score for all the challenges. But then Brett never set out to win anything when he signed up for the trip, he was much more interested in helping the locals if he could.

At work, Brett also makes good use of his adventurous experiences to motivate the management trainees (MTs) under his wing. "For corporate groups like Swire, there's a strong element of community. So things like this tuk-tuk challenge give



me an opportunity to coach some of the trainees interested in service to a higher purpose. Where it suits, I'll tell them what I saw in Sri Lanka. To get that element into coaching adds a bit of weight to discussions with the MTs on how they can impact the world around them in a positive way," he says.

In a few months, Brett will have more to share with the trainees. In October, he will take up another fundraising challenge organised by Large Minority - this time in the Philippines. He will hop from one island to another on a boat skippered by locals. Brett reckons the trip will be a combination of fun and tough challenges, presenting him with another opportunity to connect with local communities. You can join him at <http://www.largeminority.travel/sailing-challenge>



山野打氣王

CHEERS, MATES!

一年一度的山野之王馬拉松越野賽已經圓滿結束。賽事自1998年首次舉辦以來，已成為具代表性的本地越野賽。今年賽事由香港東隅、太古資源及太古可口可樂香港贊助，四場賽事分別於去年11月至今年2月底在淺水灣、大嶼山、大埔及西貢舉行，參賽者既能挑戰個人極限，又能飽覽優美風景。

賽事不但吸引廣大越野賽「發燒友」參加，亦得到集團員工全力支持，共有約60位同事報名參與。大家對義務啦啦隊招募亦反應熱烈，同事們組成十人一組的啦啦隊，在多場賽事的終點為全力衝線的參賽者加油打氣，並沿途為他們送上飲品，好讓他們補充一下體力。



服務內容聽來簡單，做起來卻一點也不容易。由於部分賽事終點位於郊外的山嶺，地處偏僻，啦啦隊成員要在大清早集合。而部分賽事舉行當日天氣寒冷，且下起微雨，同事們都要披上厚厚冬衣，部分更自備暖手用品，在寒風中冒雨支持參賽者，但眾人士氣不減，歡呼聲此起彼落。他們的熱情感染了在場每位參賽者，令賽事生色不少。

The annual King of the Hills Mountain Marathon Series - one of the most prominent race series of its kind in Hong Kong since 1998 - was held in different parts of the territory between November 2015 and February 2016. Sponsored by EAST, Hong Kong, Swire Resources and Swire Coca-Cola Hong Kong, the event attracted numerous marathon aficionados and amongst them, around 60 Swire staff members. The Swire group also put together a support team to cheer on and hand out energy drinks to the participants on the move. It was a task more challenging than it sounds, given the exceptionally cold weather experienced in Hong Kong early this year - and that the finishing lines of some of the events were located on remote hills. But the Swire cheerleaders made sure they got up early in the morning, put on warm clothes and equipped themselves with hand warmers, before getting out there to show their support for the runners.



為加強同事對剩食議題的了解，國泰航空飲食服務（香港）有限公司（CPCS）繼去年起向樂餉社¹捐出從抵港航班回收到的未開封、未過期的飲品及食物外，今年又和惜食堂²合作，讓20位同事充當「社區廚神」，把可食用之剩餘食物烹煮成營養均衡的熱飯餐，再派發給社會上的有需要人士。

1月26日，20位「社區廚神」便進駐了惜食堂位於深水埗的廚房，幫忙洗切瓜菜，協助專業廚師煮好飯菜後，又將膳食快速裝入800個飯盒，以便送到社福機構。之後還到惜食堂的社區飯堂，為長者分派晚餐飯菜。

CPCS環保及衛生助理經理陳翠雯（Fanny）平日很少下廚，當日被分派去削薯仔皮，笑言實在「削到手軟」。但她強調，CPCS的義工隊成員其實相當專業：「同事有來自餐務部的，部分也有擺餐經驗，全部都很熟練。惜食堂最初預計我們要一小時才裝好800個飯盒，但最後我們都較預期早完工呢！」

在社區飯堂，Fanny觀察到老友記們胃口大開，有位老伯更一連添了兩次飯菜。這個景象令Fanny大為鼓舞，更開始思考如何在公司及日常生活中進一步善用剩食。部分參與同事更在活動期間查詢下次活動日期，期望能再次一展所長，幫助更多有需要的人。

1 樂餉社是本港首間食物銀行，每日從食物零售商、分銷商及製造商收集剩食，再運送至慈善機構重新分配，捐贈有需要人士，從而減少浪費。

2 惜食堂是一個食物回收及援助團體，向本地飲食界回收仍可安全食用的剩餘食物，經中央廚房烹煮成營養均衡的飯菜，透過合作的社福機構免費派發給有需要的人士。

There is growing public awareness of the food waste problem in Hong Kong, but more needs to be done. Cathay Pacific Catering Services (CPCS) recently joined forces with local charity, Food Angel, to organise an event that aimed to raise awareness of the issue amongst employees. Food Angel is a food rescue and assistance programme that salvages edible surplus food from the local food industry, then prepares it as nutritious hot meals, which are redistributed to underprivileged communities.

On 26 January, 20 CPCS staff members gathered at Food Angel's central kitchen in Sham Shui Po, where they helped prepare dishes and pack 800 lunchboxes to be delivered to local community centres. Then the CPCS volunteers moved on to a canteen run by Food Angel, where they helped serve dinner to elderly people. One of the volunteers, Fanny Chan, Assistant Environmental & Hygiene Manager at CPCS, says she rarely cooks at home, and so peeling a large amount of potatoes was not really her forte. But Fanny and her fellow volunteers managed to get their job done ahead of schedule. Apparently, the elderly folk at the canteen loved the food they prepared: "One old gentleman even had a second helping. That was encouraging and made me think about how I could better make use of food waste," says Fanny.



社區廚神

FOOD ANGELS



小手作 大意義 FARING WELL

現今全球九成的出入口貨物均使用貨船運送，這些貨船依賴超過120萬海員運作。海員們離鄉別井，面對茫茫大海，工作環境充滿挑戰，當中不少更是家中唯一經濟支柱，而他們仍在家鄉的親人的生活亦不容易。為此，Anscor Swire Ship Management Dependents Association (ASSMDA) 致力舉辦各種項目支援海員家人。

ASSMDA是於2007年由Anscor Swire Ship Management成立的非牟利團體，並由太古海洋開發及太古輪船有限公司贊助。Anscor Swire Ship Management的總部設於馬尼拉，這合資公司主要為太古的海洋業務提供菲律賓籍海員編配服務。ASSMDA以Anscor Swire Ship Management在菲律賓的海員家屬為主要服務對象，主要分支在馬尼拉、宿霧和禮智，是覆蓋範圍廣大的支援網絡。ASSMDA不時舉辦工作坊協助海員家屬改善生計，包括製作衣物柔順劑、蠟燭燈，以及利用食物包裝製作小手袋、墊子和錢包。參加者透過學習新的手藝，有機會以此賺取收入幫補家計。早前其宿霧的分支又開新班，教授學員製作洗潔精和洗車臘水等清潔劑。

然而，受惠於這有心團體的遠遠不止海員家屬，工作坊所製成的部分產品，會捐給受天災影響的地區作為救援物資之用。例如去年颱風巨爵吹襲呂宋中央，ASSMDA便向災民分發救援物資，當中包括其中一個工作坊製成的蠟燭。

Today, an estimated 90% of the world's trade is carried by sea, depending on more than 1.2 million seafarers who crew the ships. Plying waters far away from home, seafarers may be exposed to challenging working conditions; but life can also be tough for their families left behind at home and dependent on them as the main breadwinners. Anscor Swire Ship Management Dependents Association (ASSMDA) is well aware of this problem and it is there to help.

ASSMDA is a Philippines-based non-profit organisation, founded in 2007 by Anscor Swire Ship Management - the Manila-based joint venture that provides Filipino manning services to Swire's marine interests - and sponsored by Swire Pacific Offshore (SPO) and The China Navigation Company (CNCo). With main branches in Manila, Cebu and Leyte, ASSMDA serves as a support network for the dependents of Anscor Swire's seafarers throughout the Philippines in times of crisis and need. It also runs livelihood projects designed to equip the seafarers' families with new skills, so they may be able to earn extra income in the future. These projects are fun and also enable the participants to learn a wide



range of skills, including making candles, and creating bags, mats and wallets out of used food wrappers. In November last year, the Cebu branch launched a soap-making project, which taught participants how to make cleaning agents such as dishwashing liquids and car shampoo from wax.

But the scope of ASSMDA's contribution goes beyond the seafaring circle. Some of the products created through its livelihood projects may become badly needed necessities for local communities in times of disaster. For example, when typhoon Koppu struck central Luzon last year, ASSMDA distributed relief goods to people affected by the resulting flood. Amongst the goods were candles made by ASSMDA in a previous livelihood project.

MORE PHOTOS



工作上你們是合作無間的好同事；工餘你們又是目標一致的「慈善玩家」。有什麼比這更美好呢？

「亞洲萬里通」電子產品及科技策劃部門的六位同事，平日在工作上充滿默契，並同樣喜歡於工餘時回饋社會。去年他們便組隊參加由香港圓桌會慈善基金主辦的「香港24小時慈善腳踏車格蘭披治大賽」。一行人花了整整24小時，在維多利亞公園的賽道踩著腳踏車飛馳，為主辦機構籌募善款。

完成賽事後僅僅兩星期，這「慈善特工隊」再次出動，連同約150位「亞洲萬里通」會員、員工及家屬一起參與去年11月29日的「聯合國兒童基金會慈善跑」。這是「亞洲萬里通」連續第九年贊助有關活動，活動宗旨是要協助發展中國家籌款，以預防愛滋病及治療病患者。

此外，「亞洲萬里通」亦鼓勵會員以里數兌換參加慈善跑名額或慈善禮物套裝。慈善套裝可讓孕婦接受愛滋病毒抗體快速測試，並為孕婦及其嬰兒提供破傷風疫苗。在這次善舉中，「亞洲萬里通」與會員合共捐出逾300萬里數。



科技產品及策劃總監翁偉基在兩項賽事舉行期間負責做義務攝影師。「這些活動明顯令一眾同事更加積極和更具衝勁，他們絕對是『又做得、又玩得』的一伙人！」

慈善特工隊 RAPPORT AND SUPPORT

Having good rapport with your colleagues creates a positive vibe in the office. And outside the workplace, the impact of a positive work relationship can spread community-wide, as when a team of Asia Miles colleagues joined two charitable sporting events aimed at giving back to society.

Asia Miles is a major supporter of the Hong Kong 24-hour Pedal Kart Grand Prix fundraiser, and staff from the rewards programme were invited to participate in last November's event. Six members of Asia Miles' eProduct and Technology Planning departments took up the challenge to pedal for 24 hours around Victoria Park to raise funds for local and regional charities.

Two weeks later, on 29 November, the eProduct and Technology team also entered the UNICEF Charity Run, which attracted a total of 150 Asia Miles members, staff and their families to participate. It was the ninth consecutive year that Asia Miles has sponsored the event, which raises funds for HIV/AIDS prevention and treatment in developing countries.

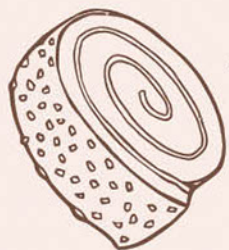


Asia Miles members were invited to redeem miles to secure running places, or to donate miles towards Asia Miles for Good Gift Packages, which included HIV diagnostic test kits for pregnant women and Tetanus Toxoid vaccine. More than three million Asia Miles were raised through the campaign.

Michael Yung, Head of eProduct and Technology Planning, who is also a regular volunteer at company events, says: "I am very proud of my team. As a group of "techies", it's great to seeing them stay fit, have fun and at the same time give back to society. These events have made the team even more positive and dynamic, with a work ethic that delivers results."

MORE PHOTOS





繽紛曲奇親子樂 SWEET SURPRISE



一次寓親子於助人的活動，讓太古資源有限公司（太古資源）人力資源經理韓佩珊（Jacqueline）發掘出孩子的才能，對新移民家庭亦多一份了解。



去年聖誕前夕，太古資源與上環香港小童群益會合辦「聖誕烘焙繽紛Fun樂」，讓一眾公司職員帶同孩子，與新移民家庭製作精美薑餅人和小蛋糕。平日很少參與義工活動的Jacqueline想到九歲的女兒喜愛廚藝，就決定一起參加，她們和一對新移民母女被編為一組，四人中以Jacqueline的女兒廚藝最為純熟，其餘三人不時手忙腳亂，例如使用打蛋器打蛋時弄得麵粉橫飛；上糖霜時又因為拿捏不好力度而令薑餅人「走樣」，但大家合力摸索，最後都愉快地完成製作。Jacqueline驚喜地發現女兒原來非常具創意，會別出心裁地設計圖案及配搭顏色，精緻手工更獲得不少讚賞，令女兒大為鼓舞。談到製成品的質素，Jacqueline笑言：「賣相很好，還可比擬市面出售的產品！至於『走樣』的幾件，我們早已在旁人沒察覺的情況下便吃掉了。」

JACQUELINE

透過這次活動，Jacqueline和女兒一起接觸新移民，她發現今次參與的新移民孩子都主動外向。相信他們平日少有機會參與烘焙製作，所以表現得十分投入。Jacqueline打算多帶女兒參與類似的義工服務，在享受親子樂之餘，亦希望小女兒與不同人士接觸，變得更加自信開朗。

Sometimes we may be surprised by hidden talents in the people closest to us. Last December, Jacqueline Hon, Human Resources Manager at Swire Resources, took her nine-year-old daughter to a pre-Christmas baking class organised by Swire Resources in partnership with the Boys' and Girls' Clubs Association of Hong Kong, with the aim of helping new migrants to Hong Kong to integrate. The duo were assigned to join a migrant family as a four-member team. Jacqueline was surprised by her little girl's creativity: she put in a lot of effort into creating beautiful patterns with the food and everyone was impressed and heaped praise on her work. There was another nice surprise for Jacqueline: "I found that the migrant children were very cheerful and outgoing. They were all very attentive - probably because they don't have much chance to bake. I'm going to take my daughter to do more volunteer work of this kind, hoping that she can meet different people and become more confident."



向更高處邁進

EVERY HOUR COUNTS

「很意外！完全沒想過我的義工服務時數竟是香港太古集團有限公司之冠！」太古旅遊助理票務主任張淑鈴（Deber）剛談了兩句就哈哈大笑起來。她的笑聲充滿感染力，令人精神一振。

Deber參與義工服務的年資只有四年多，但在2015年便付出了共90小時參與集團的義工服務，曾多次為慈善賽事參加者打氣，又參與長者服務，更透過「太古旅遊X新里程2015」和一位患有自閉症及過度活躍症的小朋友成為好友。「參與義工服務後，我的生活比以前更多姿多彩。」Deber說。「現在的我更懂得細心觀察，更容易與人打開話題，增加了與他人溝通的信心。」正因如此，Deber坦言，只要有空、自己力所能及，便會積極參加公司的義工活動。

她憶述首次參與義工活動的難忘經歷：「有位同事約我一起帶視障人士參加由太古集團贊助的戶外音樂會。我和這位同事相識多年，但一直都不知道，原來她有一隻眼睛失明。活動當日，視障人士都很開心，透過他們率真的笑容，我感受到他們那份厚厚的謝意。」

透過長者服務，Deber亦感悟良多，一方面會想起已過世的母親，同時亦因為接觸多了長者，更覺年月流逝是彈指之間的事，因而應盡量享受人生，珍惜身邊人。展望2016年，Deber明言會繼續向更高處邁進，「希望再次成為年度服務時數最高的人！」

Ninety hours may not seem a long time, but to clock up this many hours of voluntary service in the space of 12 months, when one has a busy full-time job, is an impressive feat. Deber Cheung, Assistant Ticketing Supervisor at Swire Travel, was taken by surprise herself, when she learned she was the number one volunteer at John Swire & Sons (H.K.) Limited in 2015, in terms of voluntary service hours. "It was shocking!" she says with a laughing.

Over the past four years, Deber has taken part in a variety of activities in the capacity of a Swire Travel volunteer, including being a cheerleader at charity events and visiting children with autism or hyperactivity disorder. There have been many touching moments, including her debut volunteer activity: "That was the time when a colleague and I took some visually impaired people to a concert sponsored by Swire group," she recalls. "I'd known this colleague for years, but I didn't realise she had lost vision in one eye."

Deber has also met many elderly people through volunteering. They often remind her of her late mother - and also the fact that time passes quickly. The lesson? "It's very important to cherish every living moment," she says. Looking forward, Deber says she will try hard to stay number one in 2016!

MORE PHOTOS



PRECIOUS TIME MID-AIR 半空中的天倫樂



今年1月17日，國泰航空（國泰）舉辦了第六屆「空中之旅」，讓250名從未乘搭過飛機的基層市民和家人一起享受90分鐘的飛行樂趣。今年新增了特別元素，就是賦予參加者不同職責，包括協助登機以及提供機上餐飲服務等。這項社區活動深受國泰員工的歡迎，義工團經常出現候補名單，今年就有逾50位幸運兒擔任義務活動大使。不過，任職Assistant Manager, Editorial Content的林樂婷（Tiffany）和Lean Project Manager鄒銘諾（Aldric）就不必搶著報名，因為他們早被挑選為活動司儀。

Aldric曾在中學時代參加過國泰的「飛躍理想計劃」*，因而對航空業產生濃厚興趣。能夠加入國泰，他直言是夢想成真，並在入職後參與不同的義工服務。

回顧兩年的「空中之旅」經驗，Aldric坦言對去年的一個受惠家庭感受至深：「活動前夕我透過電話訪問他們，得知他們住在大帽山山腳的鐵皮屋，爸爸長時間在外工作，媽媽則要種田。兩個小朋友會幫忙做家務，減輕媽媽的負擔，三母女又會為爸爸準備他最喜愛的餸菜，待他晚上回來享用。各人雖然忙碌，但仍不忘互相關心，這令我得到不少啟發。活動當天，這位媽媽還摘了親手種的花送給其他參加者，令大家都十分感動。」Aldric說。

而Tiffany今年已是第三次擔任司儀，但興奮之情不減，因為「空中之旅」帶來與別不同的義工經驗。而最觸動她的，是機艙內洋溢的那份愛。「其實對參加者來說，飛行經歷還是其次，最重要的是能夠和家人共渡一段開心時光，」Tiffany解釋道。「因為這些家庭的父母通常都要做幾份兼職掙錢養家，平日很少時間和孩子相處，所以他們特別珍惜這90分鐘。」

Tiffany和Aldric都不約而同地表示，希望來年可以繼續為「空中之旅」出一分力。

* 國泰航空「飛躍理想計劃」是一項為期半年的教育項目，當中包括一連串航空訓練、參觀及社會服務等活動。計劃旨在提高青少年對航空業的認識和鼓勵他們服務社群，至今共有3,700名畢業學員。

The Cathay Pacific Community Flight on 17 January once again proved its popularity - not only with first-time flyers from less-advantaged families, but also with Cathay Pacific's own volunteers. Now into its sixth year, the Community Flight 2016 attracted numerous Cathay Pacific staff, vying for about 50 volunteer places on the flight, which took 250 participants on a 90-minute journey over Hong Kong in January. In a first for the programme, some participants were invited to get involved in various duties on the day, including scanning boarding passes at the gate and helping with the inflight meal service. One of the event's emcees, Tiffany Lam, Assistant Manager (Editorial Content), says the 90 minutes were precious moments for the participating families: "The parents of these families are busy making ends meet most of the time and they don't have much time with their kids," she explains.





SCISSOR WIZARD



一把冷冰冰的鉸剪，落在夏穎思（Andrea）手中，便能夠轉化成無限溫暖。

在太古股份有限公司任職風險管理經理的Andrea一直熱心捐助慈善機構，但後來注意到部分機構行政費用高昂，擔心捐款未能惠及有需要的人，於是決定親身參與義工服務。

她表達關愛的方式與別不同，就是拿起鉸剪，每月到訪一次老人院為長者「扮靚」。「其實最初我只負責打掃地上的頭髮，但發現原來剪髮的義工有機會和老友記聊天，就決定學剪。」Andrea說。長者的髮型並不複雜，Andrea只接受了四天訓練，就迎來她的第一次：「我當時很緊張，怕剪得不好看，有些長者坐不穩，我又怕剪傷他們。但結果是，我反而剪傷了自己！」

經過兩年多的定期服務，Andrea如今已是「熟手技工」，更為自己上陣多次從未失手而感到自豪。但偶爾她還是會遇到難題：「因為有些老人家長期臥牀，院舍的工作人員為了方便照顧，把他們的頭髮剪得很短，有時也分不清是公公還是婆婆。」遇到這種情況，細心的Andrea總會向院舍人員查問清楚，再為長者剪出合適的款式。

放下鉸剪，Andrea亦積極參加其他義工服務。踏入2016年，她希望多參與青少年發展的活動，但她仍會定期變身髮型師，為老友記換上新形象。

What is the difference between making donations to charities and getting out there to volunteer for those in need? According to Andrea Har, Risk Manager at Swire Pacific, there are times when monetary donations are not well-spent due to the high administrative costs of certain organisations involved. This motivated Andrea to become an active volunteer in 2013, after years of simply making donations to charities.

Andrea has a unique way of giving back to the community: the key is a pair of scissors. Once a month, she visits aged care homes to be a hairdresser for the elderly residents. "Initially my task was to clear up the hair on the floor. But I decided to learn how to cut hair, so I could really interact with the elderly."

It took Andrea four days to acquire her new skill, but the first time she put what she had learned into practice was nerve-racking: "I was so nervous and worried that I might hurt them. In the end, I nicked myself by mistake!" says Andrea.

Now she's a skilled hair-dresser, she sometimes finds it's a challenge to work out whether her elderly "customers" are male or female - because if they got their last haircut from care home staff, it's invariably far too short!

MORE PHOTOS



01

32名太古集團的員工於3月6日早上整裝待發，參加由香港外展訓練學校舉辦的「外展越野挑戰賽2016」。他們四人一隊，與其餘參賽隊伍共376人接受一連串大自然的挑戰，雖然過程中需要攀山涉水，但大家最後都順利完成15公里的賽事。集團旗下太古地產及香港華民航空派出的隊伍更分別奪得公司組別亞軍和季軍。太古集團為主辦單位籌得港幣12萬元，以資助基層青年參加外展課程，藉以培養他們的領導才能和團體合作精神。

Bracing challenges were the order of the day for 32 Swire group employees on 6 March, when they joined the Outward Bound Adventure Race 2016, an annual fundraiser organised by Outward Bound Hong Kong. In teams of four, a total of 376 participants completed a 15km adventure course, which involved trail-running, swimming and kayaking. Two teams from Swire Properties and Air Hong Kong won first runner-up and second runner-up places in the corporate category and the Swire group raised a total of HK\$120,000 for the Outward Bound Trust, to subsidise underprivileged youth to join Outward Bound courses.



02

新年期間各家各戶互贈禮品，喜氣洋洋。但面對吃不完的賀年禮品，怎麼辦呢？為減少浪費，太古集團旗下公司於新春過後收集員工捐出的賀年禮盒、應節食品、飲品等，全數轉贈聖雅各福群會旗下的食物銀行眾膳坊，再轉贈基層家庭，分享節慶歡欣。

Celebrating Chinese New Year is fun, but often the abundance of traditional festive food leads to waste. This year, Swire group companies took the initiative of collecting employees' unconsumed festive food and drink and donating it to St. James' Settlement's People's Food Bank, to be redistributed to underprivileged families.



03



逾20名「亞洲萬里通」員工於農曆新年期間，參加由公司與本地社企L plus H及慈善團體基督教香港信義會合辦的「Love + Hope毛衣送暖大行動」。他們向葵涌的長者派贈由「亞洲萬里通」會員以里數兌換方式送出的溫暖毛衣，又為他們清潔家居，讓各位「老友記」過一個溫暖舒適的農曆新年。「亞洲萬里通」會員於過去三年合共捐出超過350萬里數（相等於1,500件毛衣）幫助有需要的長者。

Just in time for Chinese New Year, more than 20 Asia Miles staff members visited the homes of elderly people in Kwai Chung to deliver warm sweaters, which had been redeemed by Asia Miles members as part of the "Love + Hope Charity Sweaters Fundraising Campaign". During the event, which was organised in conjunction with local social enterprise, L plus H, and the Evangelical Lutheran Church Social Service Hong Kong, the Asia Miles staff also helped the senior citizens to clean and prepare their homes for the festive season. Since launch in 2013, more than 3.5 million Asia Miles - equivalent to 1,500 sweaters - have been donated by members to elderly people across Hong Kong.

04



2月13日情人節前夕，太古城中心愛意洋溢，約60多名「愛心小天使」參加由太古地產愛心大使與聖雅各福群會合辦的玫瑰花義賣活動。一眾小天使在身為愛心大使的父母親陪伴下義賣手製玫瑰花，以燦爛笑容打動不少途人慷慨解囊，於六小時內一共售出500多枝玫瑰，為弱勢社群籌募善款。

Valentine's Day is not only for lovebirds, but also for the children. On 13 February, some 60 "Little Angels" descended on Cityplaza to sell bunches of roses to help raise funds for St. James' Settlement. Accompanied by their parents (who are Swire Properties' Community Ambassadors), the children had a ball selling the handmade roses to members of the public. No doubt their innocent smiles helped sell their wares, because within six hours, the "Little Angels" had managed to sell more than 500 roses.

05

新年伊始，寒意未減，但一班長者卻暖在心頭。1月16日和2月20日，太古資源和香港機場地勤服務的義工分別向榕光社老人服務團和薈色園可健耆英地區中心的長者送上由員工親手編織的「溫暖牌頸巾」。當太古資源的義工為一班「老友記」慶祝生日，一起玩遊戲及享用午膳，香港機場地勤服務的義工則與受惠長者共進晚宴，令他們笑逐顏開。

Remember those cold days in January and February? Some elderly Hong Kong people certainly do, not least because they were given nice woollen scarves, hand-knitted by staff at Swire Resources and Hong Kong Airport Services, to keep them warm in the cold. On 16 January and 20 February, volunteers from the two companies delivered scarves to elderly people in the care of Banyan Elderly Services Association and Sik Sik Yuen's Ho Kin District Community Centre for Senior Citizens. The volunteers and their elderly friends also ate a meal and shared some quality time together.



06

去年11月下旬，19位來自太古可口可樂香港的「樂義幫」義工隊與香港基督教服務處轄下的樂Teen會合作，帶領24位來自基層家庭或具特殊需要的初小同學到大潭郊遊。小朋友們不但落力參與各項競技遊戲，還品嚐多種燒烤美食，大快朵頤，盡興而歸。這次活動更是部分小朋友的「燒烤初體驗」，好不難忘。

It was a day of fun and frolics for 24 children from underprivileged families or with special needs, when they visited Tai Tam Country Park in late November last year. During the outing, co-organised by the Happy Teens Club of the Hong Kong Christian Service and Swire Coca-Cola Hong Kong's V Group, the volunteers and the children played games and had an outdoor barbecue together. It was the first time some of the children had enjoyed grilled food in the open air!



07

香港航空發動機維修服務 (HAESL) 於3月發起二手書回收活動，鼓勵員工捐出兒童書籍。收集到的部分書籍將被轉贈播道兒童之家。其餘的書籍將於四月由HAESL舉辦的二手書籍義賣活動中出售，籌得的善款亦捐予播道兒童之家。

Reading is great, and so is encouraging others to read. That is why employees at Hong Kong Aero Engine Services (HAESL) organised a second-hand children's book collection campaign in March. Some of the books will be given to children at the Evangel Children's Home; the rest will go into a charity sale to be held by HAESL in April, with the aim of raising funds for the Evangel home.



08



去年12月，由港機（美洲）贊助的第40屆「HAECO Invitational」高中籃球錦標賽假美國北卡羅萊納州格林斯博羅舉行。是次活動透過公司贊助、廣告收益和門票收入，共籌得逾20萬美元予當地8間參賽高中作體育發展之用。賽事舉行期間，港機（美洲）亦在會場附近舉辦航空業職業博覽，為有志投身航空業的人士提供就業資訊，吸引超過6,000名師生和家長參加。

The 40th HAECO Invitational basketball tournament, held in December 2015 in North Carolina, in the US, scored a whopping US\$200,000 in charity funds, thanks to sponsorship from HAECO Americas, advertising revenue and ticket sales. The proceeds have been donated to eight local schools for sports education development. Alongside the tournament, HAECO Americas held a job expo, attracting 6,000 visitors to view the latest job information related to the aviation industry.

09



視障人士也可以下棋？對！2月27日，14位太古地產的愛心大使就和香港盲人輔導會的視障人士一同體驗由社企樂在「棋」中研發的凸字版桌上遊戲。樂在「棋」中於2014/15年度獲太古地產社區關懷基金支持，為視障人士設計各款別具創意的遊戲。各位愛心大使和視障人士在歡笑聲中一同渡過愉快周末。

Being visually impaired does not mean one cannot play board games. On 27 February, 14 Swire Properties' Community Ambassadors and a group of visually impaired people registered with the Hong Kong Society for the Blind had a great time playing board games together. The game was a braille edition, tailor-made by social enterprise, People on Board, and sponsored by the Swire Properties Community Caring Fund during the year 2014-15.



大吉手造梘2016

SWIRE SOAP

農曆年桔的那份清香，原來可以保存留待日後再綻芬芳，並造福社群！太古集團與聖雅各福群會合作，回收太古地產旗下物業的年桔製成手造梘。手造梘工作坊已於四月九日舉行，現誠邀35名義工包裝「大吉手造梘」，一同為這份小小心意「扮靚靚」，製成品將轉贈聖雅各福群會「樂購墟」服務的基層家庭。詳細資料如下：

The lemony-piney scent of kumquat can be preserved - and even benefit a wider community - when the little round fruit is transformed into handmade soap. On 9 April, Swire and St. James' Settlement (SJS) ran a workshop to make soap out of kumquats recycled from the trees used as decorations at Swire's various managed properties. The soap will be donated to SJS's Happy Shopping Fair, which is designed to benefit underprivileged families. Now all we need are 35 volunteers to package the soaps. If you would like to help out, please contact Flora Fung - details below:

日期 : 2016年5月7日 (星期六)
 時間 : 上午10時至下午1時
 地點 : 灣仔石水渠街85號聖雅各福群會
 義工人數 : 35位
 義工角色 : 協助包裝「大吉手造梘」
 查詢及報名 : Flora Fung florafung@jsshk.com / 2840 8871
 截止報名日期 : 2016年4月29日 (星期五)

Date : 7 May 2016 (Saturday)
 Time : 10:00am - 1:00pm
 Place : 85 Stone Nullah Street, SJS's Community Centre, Wan Chai
 Number of volunteers : 35
 Role of volunteers : Packaging Swire Soap
 Sign up/enquiry : Flora Fung florafung@jsshk.com / 2840 8871
 Registration deadline : 29 April 2016 (Friday)

編輯委員會 | EDITORIAL BOARD

香港太古集團

劉映紅 Agnes Lau
公共事務經理
agneslau@jsshk.com
2840 8039

太古地產

梁寶恩 Bobo Leung
社區關係經理
boboleung@swireproperties.com
2844 3949

國泰航空飲食服務

鄧敏賢 Connie Tang
人事助理經理
connie.tang@cpcs.com.hk
2116 2255

香港機場地勤服務

湯志倫 Alan Tong
業務發展主管
alantong@has.com.hk
2928 0628

太古可口可樂香港

陳婉芬 Jenny Chan
經理 - 公共事務及傳播
jennychanyf@swirebev.com
2636 7916

雅潔洗衣

李婉雯 Jess Li
人事及行政部經理
jessli@voguelaundry.com
2460 3501

太古資源

羅嘉韻 Karen Law
助理可持續發展經理
karenlaw@swire-resources.com
2310 6721

香港航空發動機維修服務

陳苑悠 Vivin Chan
可持續發展經理
vivin.chan@haesl.com
2260 3296

港機 (香港)

浦愷文 Catherine Po
集團可持續發展主任
catherine.po@haeco.com
2767 6764

香港聯合船塢集團

馮子健 Oxman Fung
人力資源及培訓經理
ofung@hud.com.hk
2431 2821

國泰航空 / 港龍航空

吳家慧 Ophelia Ng
企業傳訊經理 - 企業社會責任
ophelia_ng@cathaypacific.com
2747 2868



出版 Publisher:

香港太古集團有限公司
公共事務部
Group Public Affairs
John Swire & Sons (H.K.) Ltd.

編輯 Editor: TransHK

美術 Design: PMM



紅白藍為太古員工及友好通訊刊物
HungBakLam is a magazine for staff and
friends of the Swire group



「加減乘」The PMM look

《紅白藍》自第22期起用社企「加減乘」為刊物進行美術設計。「加減乘」由一班志同道合的人士組成，成員來自社會不同界別，致力透過其出版的宣傳刊物《社刊》及不同媒體呼籲大眾正視香港弱勢社群所面對的種種問題。「加減乘」的成員來自社會不同界別，包括：編輯、出版及美術設計等，致力提高香港不同種口的慈善團體及社會企業的知名度，藉此加深港人社會對不同弱勢社群的理解，從而擴大他們的支持網絡，並減少大家對少數的歧視與偏見。

HungBakLam has enlisted the help of the design house PMM Media to take care of the layout since issue 22. As a social enterprise, PMM is founded by a group of like-minded people with different expertise. Through its publication "H.K. Community Journal", PMM aims to help raise the profile of local charity groups and other social enterprises and help society better understand the needs of underprivileged groups, with a view to broadening the social network that supports these groups and removing prejudices.

www.pmmmedia.com