

# 紅白藍

## HUNGBAKLAM

AUGUST 2015  
NO.25

封面故事 COVER STORY

走遍世界角落 徒手助人建設家園  
Mission Possible

今期熱話 HOT TALK

為尼泊爾燃點亮光  
Delivering Hope to Nepal

義工・點滴 VOLUNTEER FOCUS

童心築起教育夢  
Building a Tomorrow

部落格 BLOG V

夜訪都市邊緣  
One Night with the Homeless





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# 走遍世界角落 徒手助人建設家園

## MISSION POSSIBLE

OLIVIA

香港太古集團領導發展總經理黃嘉盈(Olivia)於過去十年走遍不少發展中國家，協助貧困人士建設家園。對Olivia而言，無論是切割竹子，或是為牆壁抹上灰泥，每一步都充滿難度。但她認為，能夠靠自己雙手讓當地村民得以安居，點點辛勞根本算不了什麼。

Olivia是國際志願機構仁人家園(Habitat for Humanity)的義工之一，她曾到過世界各地，包括天氣極端的蒙古、尼泊爾，以及印尼巴淡島(Batam Island)，其足跡亦遍及四川、柬埔寨、匈牙利、羅馬尼亞和海地。

Olivia早在多年前在美國攻讀工商管理碩士時已認識仁人家園，2004年發生南亞海嘯期間，她當時身在新加坡任職國泰航空地區經理，代表公司為仁人家園的義工提供優惠機票飛往斯里蘭卡，協助當地災民重建家園。Olivia自己亦參與其中，從此便與仁人家園結下不解之緣。

Building a house with one's bare hands sounds like a formidable, if not impossible task. For Olivia Wong, General Manager of Leadership Development at John Swire & Sons (HK) Limited who has helped many rural villagers build their own homes, it is indeed a physically challenging undertaking. Everything from cutting bamboo with a machete to building walls with plaster is hard work. But all the drudgery pales into insignificance when compared with the benefits that Olivia's work has generated for those in need.

Over the past decade, Olivia has travelled to many different parts of the world, helping to construct permanent, decent shelters for locals in the capacity of a volunteer for international NGO Habitat for Humanity ("Habitat"). Olivia has helped build houses in extreme weather conditions in Mongolia, in Nepal, and on the





## 封面故事 | COVER STORY

Olivia說：「仁人家園的特別之處，是其義工著重的並非單方面的施與，而是身體力行參與其中，為沒有能力的人伸出切切實實的援手。」

建造房子不單講求體力，更需要專門的技術及懂得就地取材。Olivia早前在尼泊爾建屋便入鄉隨俗，取材當地的竹子，她形容過程比想像中艱巨。「竹子是一種環保的物料。我們把幼嫩的竹子穿過較成熟堅固的竹子，建成一道道牆。我們需要用到手製砍刀切割竹子，這是相當艱難的任務！」

Olivia加入仁人家園時對建房子毫無經驗，但這些年來她的技術不斷進步，更成為仁人家園其中一位義工領袖，帶領其他義工在世界各地完成不同的任務。Olivia亦藉此結交了不少知心好友，但最令她欣慰的，莫過於來自受惠村民的一份肯定。

於一次任務中，Olivia帶領15名來自香港並沒有建屋經驗的女義工，前往巴淡島為當地一個家庭的房子填平地板，並作最後修飾。一週後，Olivia再次到該島為另一個村落建屋。那個家庭的屋主得知Olivia來訪，顯得非常雀躍。



island of Batam in Indonesia. Her passion has also taken her to Sichuan, Cambodia, Hungary, Romania and Haiti.

Olivia first learned about Habitat when she was doing her MBA in Michigan and since then she has always wanted to do something with the charity. Then in 2004, when a massive tsunami devastated communities around the Indian Ocean, Olivia, then Country Manager Singapore for Cathay Pacific, offered discounted air travel to volunteers from Habitat travelling to Sri Lanka to rebuild homes for local people. She also joined one of the trips herself, marking the beginning of her commitment to Habitat.

“I think what makes Habitat different is that it is not so much about giving handouts, but a ‘hand up’ to others,” Olivia says. “You are helping people not because they don’t want to help themselves, but because they do not have the ability to do so.”

Indeed, it takes skills and knowledge to do what Olivia and her fellow volunteers do. During a recent undertaking in Nepal, for example, they followed the local custom of using bamboo to build houses. This proved much easier said than done.

“Bamboo is an eco-friendly material. We wove younger bamboo shafts through sturdier ones to make a wall for a house. It was easier in some ways, but also tough because you had to use a machete to cut the bamboo by hand, which is quite a daunting task!”



## 封面故事 | COVER STORY

Olivia憶述：「她邀請我到她的新居作客。她的家沒有甚麼傢具，我席地而坐，她給我端上一杯水，謂可以給我的就只有那杯水。她很感激義工給她所做的一切，並驚嘆我們十多位女士只用上一個週末便能把工程完成。她這番話令我至今難忘。」 Olivia續說：「她給我的其實並不只於一杯水，更是一份希望，讓我確信當一群懷著同一信念的人走在一起，任何事情都可以實現。」

在太古集團，Olivia負責招募和培訓人才，她的專業知識於義務工作上亦大派用場。她說：「義工團隊匯集了一群來自不同背景的人，我的任務是要啟發他們，並協助他們達到其義務工作的目的，這跟培訓人才如出一轍。」

現時Olivia正積極招募義工一起於11月前往尼泊爾的博卡拉(Pokhara)，參與仁人家園的大型建屋活動「仁人家園義工週」(Jimmy & Rosalynn Carter Work Project)，屆時美國前總統卡特及其妻子將會率領數以千計的義工共同建屋。

如果您有興趣與Olivia一同參與這項任務，請電郵至 [anson.wong@habitat.org.hk](mailto:anson.wong@habitat.org.hk)。

### MORE PHOTOS



From a volunteer with practically no building experience, Olivia has gradually improved her skills over the years to become one of the team leaders, supervising and inspiring other volunteers. The teamwork nature of the volunteering work has also given her the chance to make some "amazing and awesome friends". But nothing beats the joy of getting recognition from the beneficiaries.

On one trip, Olivia led a group of 15 female volunteers from Hong Kong – all without building experience – to Batam, to help a family level the floor and do the final work on their house. A week later, she returned to the island, this time to help another village nearby. When the mother of the family heard of her Hong Kong builder's return, she was thrilled.

"She invited me to her home. There wasn't much furniture inside the house. I sat on the floor and she gave me a glass of water. She said there was nothing she could give me except for that glass of water, but she was very thankful for everything we had done. She was also impressed that with 15 women, in just over a weekend, we could actually help her complete her home. That was most memorable for me," Olivia says. "What she gave me was more than a glass of water. She gave me hope and a belief that when people come together and really believe in what they do, anything is achievable."

At Swire, Olivia is involved in recruiting and training staff; in the realm of volunteering, she puts her professional skills to good use. "When you are volunteering, you're bringing together a group of people who are very different," Olivia explains. "What you do is inspire them and make sure they fulfil their purpose through the volunteering work. This pretty much links to leadership development as well," she says.

Olivia is currently trying to put together a team of volunteers to travel to Pokhara, Nepal, where there is a site dedicated to the Jimmy & Rosalynn Carter Work Project, an annual home-building blitz organised by Habitat. During the week-long trip running from 1st to 8th November, the team and many other volunteers will be joined by ex-US president Jimmy Carter and his wife to build homes for Nepalese families.

If you are interested in getting involved in Olivia's volunteering mission, please contact Anson Wong at [anson.wong@habitat.org.hk](mailto:anson.wong@habitat.org.hk).





# 為尼泊爾燃點亮光

## DELIVERING HOPE TO NEPAL

尼泊爾於4月25日及5月12日先後發生7.8級及7.3級強烈地震，是該國80年來最嚴重的一次地震，造成重大的傷亡及破壞，大量居民流離失所。地震發生後，太古集團慈善信託基金即時向香港紅十字會捐出港幣七十五萬元，集團旗下公司亦紛紛響應賑災。國泰和港龍航空在5月1日至15日透過與聯合國兒童基金會香港委員會（UNICEF HK）合辦的「零錢布施」機上籌款活動，共募集港幣二百六十萬元。國泰航空集團亦於4月底發起為期兩週的員工籌款活動，並為員工捐款作等額配對，籌得港幣近三百四十萬元支持UNICEF HK。除了捐款外，國泰及港龍航空亦免費協助多間慈善機構運送緊急救援物資及拯救隊伍往災區，受惠機構包括香港紅十字會、香港世界宣明會、國際十字路會和災後心理輔導協會等，該項支援總值達港幣四百萬元。擁有不少尼泊爾裔員工的太古酒店亦向員工籌款，經等額配對後共籌得港幣超過四萬二千元捐予香港紅十字會。衷心祝願當地災民能夠早日克服時艱，重投正常的生活。

The massive earthquakes that hit Nepal in late April and early May have taken the lives of thousands while leaving many more injured and homeless. The Swire Group Charitable Trust pledged a donation of HK\$750,000 to the Hong Kong Red Cross, while various Swire group companies initiated different relief efforts to assist those affected. The Cathay Pacific Group and its wholly owned subsidiaries raised HK\$6 million to support UNICEF HK's relief efforts; this amount included HK\$3.4 million raised by staff and matched dollar-for-dollar by the Group, and HK\$2.6 million collected from Cathay Pacific and Dragonair passengers through the "Change for Good" programme. In addition to cash donations, both airlines offered free support to several local and overseas charities in delivering relief supplies and rescue teams to the quake-stricken areas. The support in this area has an estimated value of HK\$4 million. Swire Hotels also matched employees' donations dollar-for-dollar, raising more than HK\$42,000 for the Hong Kong Red Cross.



# 太想滑翔 PRIDE



## IN WHAT WE RIDE

今年4至6月，太古地產愛心大使聯同社福機構人人設計（IDEA）及致力於青少年服務的協青社合作推出「太想滑翔」（YO BRO! SKATE4GOOD）計劃，讓30位熱愛滑板的青少年盡情發揮創意，合力將協青社滑板場大變身。

計劃由太古地產社區關懷基金撥款贊助，糅合設計及運動元素，鼓勵青少年親身參與打造屬於自己的理想板場。協青社希望利用翻新的板場向公眾人士推廣滑板活動，同時接觸更多邊緣青年，以達致社區共融。

When Hely Shu, Swire Properties' Community Relations Officer and a Community Ambassador, got on a skateboard for the first time in her life, she was surprised to find it glided gently forward without making her fall. "I never thought I could make it! But it was all thanks to the patience and encouragement of my teenage friends," Hely say.







在首次活動中，愛心大使與IDEA義工在年青人的指導下，一嘗踩滑板的滋味，並拍攝滑板微電影，記錄勇敢嘗試的一刻！來自公共事務部的愛心大使許妍智（Hely）說：「一直覺得踩滑板很酷，但從未想過自己也做得到！全靠年青人的耐性及鼓勵，讓我學會這項運動。」

在為期三個月的計劃裡，大家將已磨蝕的舊滑板升級再造，變成充滿現代感的長橈，又把舊滑板切割成五花八門的字樣，成為獨特的掛牆裝飾，為舊物賦予新生命。Hely最難忘的，就是與年輕人一起在滑板底裝上噴漆，於白色木板上舞動，繪出各種繽紛的色彩，作為新板場的天花部分。

這次計劃讓義工有機會與時下年青人互動交流，Hely坦言特別欣賞他們直率的態度和勇於嘗試的精神，這絕對是一次互相學習的難得體驗。

The event Hely took part in was “Yo Bro! Skate4Good”, a three-month sport-and-design project launched by Swire Properties Community Ambassadors, in conjunction with non-profit design group IDEA Project Hong Kong and NGO Youth Outreach. This initiative engaged 30 young skateboarders in transforming the skateboarding space at Youth Outreach’s Hang Out centre. Sponsored by Swire Properties’ Community Caring Fund, the project aimed at engaging at-risk young people in a fun and creative activity and helping them design a vibrant, welcoming new space to meet and enjoy the positive benefits of skateboarding.

#### MORE PHOTOS





# 還他們一個童年

## A CHILDHOOD THEY DESERVE

位於非洲中西部的喀麥隆雖然近年持續錄得經濟增長，但亦面對各種社會問題。在太古海洋開發集團（SPO）西非辦事處任合約經理的Patricia Luam，是土生土長的喀麥隆人，她居於杜阿拉，是喀麥隆最大的城市，但當地有不少兒童流連街頭，除面對濫藥及酗酒等問題外，更要飽受街頭暴力的威脅，令已為人母的Patricia甚為感慨。

Patricia說：「杜阿拉有不少家庭因家境貧困或家庭計劃意識不足，把孩子遺棄街頭，或對他們疏於照顧。每當我看到街童行乞，我便不禁問自己可以怎樣改善他們的處境？」

Patricia於是自薦為SPO義工隊擔任統籌，更與社福團體AGAPE Association展開合作。AGAPE為當地介乎7至16歲的弱勢兒童設立日間庇護中心，為他們提供康樂、輔導和補習等服務，避免他們流連街頭，誤入歧途。為擴展庇護中心的服務，SPO義工向外界籌款，加上SPO的贊助，於庇護中心內開設宿舍，提供六個宿位予無家可歸的男孩，並資助他們學費及生活所需。SPO義工亦定期到中心義教英語及擔任運動教練。

Patricia說：「這些孩子的學業成績有明顯進步，課堂出席率亦上升了。他們能夠重拾童年，比以前開朗和健康。見證他們不斷進步，實在令人安慰。」



In Cameroon, homeless children are a serious social issue in big cities such as Douala. Usually abandoned by their parents due to extreme poverty, these youngsters are left vulnerable and can be exposed to drugs, alcohol abuse and sexual exploitation. They are also easily subject to street violence and physical abuse. The situation worries Patricia Luam, a Cameroonian who works as a Contracts Manager for Swire Pacific Offshore ("SPO"). The mother-of-two says: "When I see children begging on the street, I'd ask myself what I can do to help improve their situation."

Which is why she became the coordinator of SPO's volunteer team. At the end of last year, the team began to collaborate with Douala-based charity AGAPE



NEXT >>





ROBERT

兩年前來到喀麥隆擔任非洲和北海地區財務經理的Robert Etchells，是義務運動教練之一。每個星期六早上，他會到底護中心教授兒童足球、欖球和游泳。他說：「運動為我的童年帶來最快樂的回憶，亦可提升兒童的社交和學習能力。能夠為這些孩子帶來這些學習體驗，我認為很有意義。」

除了與AGAPE合作，義工隊亦有為以孤兒和被遺棄小孩為服務對象的New Destiny兒童之家捐贈糧食和物資。由於New Destiny的現址將被改作其他用途，SPO現正為他們物色土地興建新的兒童之家，令孩子們不至於流離失所。

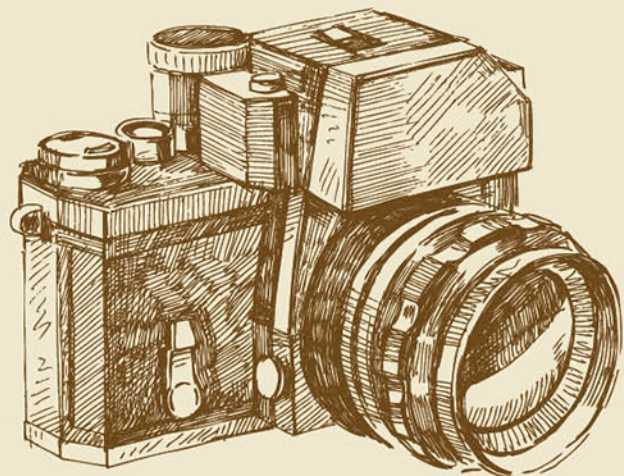
Patricia補充道：「每個人也可以改變社會，儘管我只是茫茫人海中的一員，只要願意付出多一點努力，也可以令身邊的人活得更好。」



Association to launch the "Holistic Dormitory Project". The project saw SPO raise funds to establish a six-bed dormitory for homeless children within AGAPE's daytime refuge centre for underprivileged children in one of the poorest quarters of Douala. The funds will also be used to support the children's schooling and general living expenses. SPO's employees also volunteer as English teachers or sports coaches at the refuge centre on a regular basis.

One of the volunteers, Robert Etchells, who took up his current job as SPO's Regional Finance Manager (Africa and North Sea) two years ago, spends his Saturday mornings coaching football, rugby and beginner swimming lessons for the children. "I remember being happiest as a child when I was playing sport. Sport also has huge social and learning benefits for children, so it is great to be able to get involved and allow the kids of Douala to have these opportunities that most people take for granted." SPO and AGAPE's efforts have led to a recorded improvement in the children's school attendance and performance. "It's comforting to know that some lives are now being positively influenced at such a basic level," Patricia says. SPO is also working on a long-term project with New Destiny Orphanage to purchase a site and build a new home for orphans.





## 老還童照相館 HAPPY SNAPPING

四月下旬，十多位香港機場地勤服務公司(HAS)的義工和親友來到香港家庭福利會九龍城長者服務中心，義務為85位「老友記」拍照留念。

於HAS任職網絡分析員的吳志邦（David）是攝影發燒友，平日拍攝運動員的英姿駕輕就熟，但當日則是首次為長者拍照。運動攝影講求分秒必爭，David起初以為長者拍攝會較輕鬆，但原來卻需要很多耐性及心思。他說：「長者們平日甚少拍照，要他們在鏡頭前『擺甫士』，表情難免有點生硬。於是我要使出渾身解數逗他們發笑，才能捕捉他們最自然的一面。」

有份參與是次活動的助理系統管理員吳敬濶（Kay）難忘與「老友記」們圍在電腦前挑選照片，其中一位「模特兒」令他印象深刻。他說：「翻看那位婆婆的照片時，看見她自信地擺出各式各樣的姿勢，盡現青春可愛、活力充沛的一面，令我不自覺地會心微笑！她讓我明白，晚年雖是人生必經階段，但只要保持年輕的心境，自己快樂之餘，亦能散發非一般的正能量，感染身邊的人。」

Equipped with cameras, a group of HAS volunteers recently spent time at the Hong Kong Family Welfare Society's elderly services centre in Kowloon City taking 'keepsake' pictures for 85 elderly people. One of the seasoned photographers, David Ng, a System Analyst with HAS, says: "These elderly people don't get photographed very often. They looked rather stiff at the beginning. I tried to do everything I could to make them smile, to capture their natural expressions." Another volunteer, Kay Ng, Assistant System Administrator, was especially impressed by one granny. "She struck a variety of poses and was full of beans. She made me realise that ageing is part of life and what matters is to keep yourself young at heart. Then you can bring a positive vibe to others."





# 助基層減「洗」費

## AWASH WITH CARE

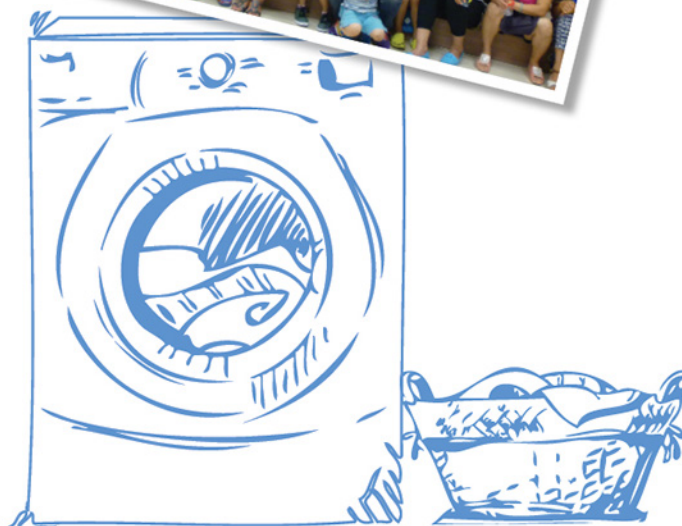
假如做女人難，那麼做基層家庭全職主婦就是難上加難！她們除了打理日常家務外，更要肩負開源節流的重任。為了幫助減輕一群基層婦女及其家庭的生活負擔，雅潔洗衣分別於4月及6月份舉辦了「靚太好易做」洗衣講座以及「太陽暖笠笠」計劃，讓同事利用自己的專長回饋社會。

洗衣講座由雅潔洗衣及香港家庭福利會西九龍分會深水埗（西）綜合家庭服務中心合辦。雅潔助理人事及行政主任陳淑潔（Angela）是策劃講座的義工之一，她說：「我們向12位基層家庭主婦傳授洗衣秘笈，包括分辨洗衣標籤、不同質料之處理方法和洗衣時常犯的錯誤。由於主題設身，參加的靚太也很投入，還互相交流心得！」

而「太陽暖笠笠」計劃則旨在為15個居於深水埗劏房的基層家庭提供義洗服務，每戶可免費清洗寒衣和棉被各兩件。計劃自2012年推行以來，已經有45個基層家庭受惠。多年來都有參與統籌的Angela指：「換季期間把衣物拿到洗衣店清洗，對很多基層家庭來說是奢侈之事，因此公司構思這計劃，為這些家庭減低洗衣成本。」

It's no mean feat to be a full-time housewife, especially when money is tight. With this in mind, Vogue Laundry and Hong Kong Family Welfare Society co-organised a seminar on laundry care in April, catering to housewives from underprivileged families. "All the ladies appeared very interested when we explained essential laundry tips and common mistakes," says volunteer Angela Chan, Assistant Personnel and Administrative Officer at Vogue Laundry.

Then in June, Vogue Laundry held its annual free laundry service for deprived families. The service, which offers free washing of winter blankets and jackets to families living in partitioned flats in Sham Shui Po, has benefited 45 households since its launch in 2012. "For underprivileged families, it's a luxury to have a blanket cleaned by a laundry. Hopefully this service will help them a bit," Angela says.





# 牽小手 清潔郊外

## A LITTLE HELPING HAND

4月下旬，香港航空發動機維修服務有限公司（HAESL）的義工帶同17位播道兒童之家的成員，到城門水塘郊野公園清理垃圾。HAESL與播道兒童之家合作逾十年，這次是HAESL首次帶同播道兒童之家的小朋友參與義工服務，希望透過活動讓他們明白自己也可以為社會出一分力，並鼓勵他們保護環境。

城門水塘以景色優美見稱，但當日所見遍地盡是垃圾，約30人的義工團在短短三小時內已檢到約1,400件廢物，當中包括食物包裝紙、紙巾和煙頭等。

任職客戶服務代表的蘇鎮漢（Michael）亦於當日帶同其十歲女兒蘇菀盈（Vivian）參與活動，Michael留意到兒童之家的小朋友十分認真清理垃圾。他說：「只要給這些小朋友一個機會，他們也會盡力為別人服務，回饋社會。」Michael亦很高興看到女兒於參與活動後開始思考環保和公德心等問題，他說：「活動翌日，Vivian向老師和同學分享這次義工經歷的，並鼓勵身邊的人愛護大自然，切勿亂拋垃圾。」

這次活動亦讓Vivian接觸到播道兒童之家的小朋友。Michael說：「他們不少也是來自破碎及困難家庭。女兒與他們相處期間，得悉並非人人都如她一樣可以擁有遊戲機。事後她告訴我，她往後會更樂意與別人分享自己所有。」

Shing Mun Country Park is known for its natural beauty. Unfortunately, it is also littered with trash. In mid-Spring, a 30-strong volunteer team, consisting of staff from HAESL, their family members, and children from Evangel Children's Home, set off to the park to clear up the rubbish there. In three hours, the team collected a whopping 1,400 pieces of trash, including food packaging, tissue paper and cigarette butts. Michael So, a Customer Service Representative with HAESL, brought along his 10-year-old daughter, Vivian. "The next day, she told her teachers and classmates what she did as a little volunteer," Michael recalls. "She even started to preach the importance of protecting the environment and the problem of littering."







# 摘星奇緣

## BE AWARE, BE UNDERSTANDING

在內地和台灣，自閉症兒童有「星星的孩子」的別稱，寓意他們像星星遙不可及。廈門太古可口可樂自2009年起推出「心舟啟航」項目，除了在公司招募義工外，亦培訓大學生，讓他們每週到特殊學校義教，透過特別設計的遊戲和課堂活動增強這些孩子的溝通能力，並發掘他們的潛能。

在財務部工作的陳仁貴，是「心舟啟航」的義工之一，對於「星星的孩子」，他別有一番領會。「我和其他義工曾邀請他們在可樂瓶上畫畫，從他們畫在瓶上的白雲與花朵，我能感受到他們眼中獨特和美好的世界，進一步了解他們，助他們發揮天賦。」

另一位義工侯苑是廈門太古可口可樂招募的大學生，為「心舟啟航」擔任隊長的她，至今已累積了三年義教經驗。她表示：「自閉兒童一般較沈默寡言，只信任最親的人，我們因而需要花更多時間和耐性與他們相處。」侯苑尤記得一位小男孩最初不太願意參與集體活動，但經過數個月的相處，他終於主動牽著侯苑的手，更向她展示舞步，讓她感動不已。

除了針對自閉兒童和的義教活動外，「心舟啟航」的義工亦有為腦癱兒童舉辦義教活動，及定期為外來民工子女舉行遊戲課堂。「心舟啟航」項目推行至今六年，已培訓了超過1,300名義工，受惠學生超過16,000人。

Autistic children may be loners who engross themselves in solitary activities, but with patience and consistency, it is possible to change their behaviour. Since 2009, Swire Coca-Cola in Xiamen has been running a flagship programme that trains employees and students from Jimei University to provide weekly coaching for children with autism and also migrant children. One of the volunteers, Chen Rengui from the company's finance department, said: "We once asked the children to paint on Coca-Cola bottles. The little clouds and flowers they drew gave me a glimpse of their unique and beautiful world." Programme captain Hou Yuan, a university student, said autistic children only opened up to people closest to them, so it took time and patience to interact with them. "There was a little boy who didn't like to play with us. But after several months coaching him, he held my hand one day and danced in front of me. That was very moving." Volunteers also regularly run mental coaching activities for children with cerebral palsy and migrant children. To date, the programme has trained over 1,300 volunteers and they have helped more than 16,000 children with their studies.



(拍攝於2013年)



# 童心築起教育夢 BUILDING A TOMORROW

兩年前，太古地產助理建築測量師麥淑蘭（Milan）在機緣巧合下報讀了一個生命教育課程，沒想到這課程為她的人生帶來新的啟發。

在課程即將完結之際，Milan有感自己應多貢獻社會，她遂想到利用自己的專長為農村學校維修校舍。於是她與七位志同道合的同學自組義工隊，在一位內地朋友的介紹下，於2013年開始定期到訪廣東省紫金縣柏埔鎮洋坑小學。「還記得初次到訪洋坑小學，我們都被殘破的校舍嚇倒！有學生更因為不慎撞到破爛的窗而受傷，眼角留下一道疤痕。」Milan說。

義工隊遂聯絡工程人員評估校舍需要改善的地方，又為學校籌得近港幣十萬元的善款，替校舍進行「大翻身」，包括把生鏽鐵窗換成鋁窗、木門換成鋁門，又為樓梯加上扶手，避免再有學生受傷。

義工隊期間更三次到訪小學檢查進度，又為學童送上新校服。「和那些小朋友接觸，讓我重拾一顆童心。其中一位小女孩更送我一包自家種的花生，她的笑容天真燦爛，令我永誌難忘。」Milan說：「義工隊正計劃為孩子們引入新的學習元素，例如藝術教育等，希望讓這些孩子擴闊知識。」

另外，Milan亦於去年起參加由香港測量師學會和東華三院賽馬會天水圍綜合服務中心合辦的「擦亮童心」伙伴同行計劃，為6至12歲的小朋友當生命導師。「這些義工經歷令我變得更有耐性。畢竟，每個人背後總有他的故事，我們應該耐心地了解別人的需要。」

When Milan Mak took a life education course two years ago, she was inspired to use her professional knowledge in surveying to help others in need. It was a small idea that went a long way. Together with seven course mates, she formed a volunteer team and visited a primary school in Guangdong that was in bad repair. "We were shocked at its dilapidated state! One boy had even cut himself on a broken window, leaving a scar near his eye," says Milan, now an Assistant Building Surveyor with Swire Properties. The team was quick to act. They asked building professionals to assess which parts of the school should be renovated, before raising HK\$100,000 in funds for the school to undergo a facelift. Now the school is a much nicer, safer place for its pupils. Yet the biggest satisfaction for Milan comes from seeing the smiles of the school children. "They make me feel young again. One girl gave me a bag of home-grown peanuts and a lovely smile that I will never forget."



MILAN



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# 助人有「髮」 TRESSES FOR CHARITY



在港龍航空任職事業拓展及服務表現管理經理的湛麗清（Sabrina）從小到大也束著一頭飄逸長髮，六年前卻毅然把它剪掉……

當年，Sabrina因為聽到一位當總艙務長的同事剪掉長髮並將之捐贈給非牟利組織的故事而深受感動，決定把頭髮捐給有需要的人。Sabrina說：「我透過互聯網認識美國非牟利機構Locks of Love，該機構致力幫助美國及加拿大因患病而面對長期脫髮問題的弱勢兒童，而我認為兒童較需要他人的幫助，因此決定支持Locks of Love。」

當年第一次把秀髮剪掉，其實十分猶疑，但Sabrina並沒有後悔。當看見一頭短髮的自己，她以一字來形容：「爽！」，身邊的人也一致讚好。

Sabrina至今已捐過四次頭髮予Locks of Love。每次剪髮前，她都會先小心清洗頭髮，然後拜託髮型師將頭髮束成馬尾再剪下來，之後她便会將之寄往Locks of Love在美國的總部。平時她亦會細心保養頭髮，以達至捐髮要求，如避免漂染，亦不時自製髮膜，務求令頭髮保持最佳狀態。

透過捐髮，Sabrina還開始反思勇於改變對個人成長的重要性。她說：「對我來說，剪掉一頭長髮是艱難的一步。但踏出這一步以後讓我對其他事情都能抱持開放的態度，亦有助我面對工作上千變萬化的挑戰。」她表示，直至頭髮斑白前，她都會繼續捐贈頭髮給有需要的人。

When Sabrina Chum had her trademark long tresses cut six years ago, she hesitated for a moment, took a deep breath and told the hairdresser to go ahead. Now sporting a cool, short hairstyle, Sabrina, Manager, Career and Performance Management at Dragonair, has so far donated her hair four times to Locks of Love, a non-profit US charity that accepts donations of human hair to make wigs for children suffering from long-term medical hair loss. Her commitment motivates her to take extra care of her hair. When it has grown long enough, she gets her hairstylist to cut it in a ponytail of at least 10 inches in length and mails it to Locks of Love. "So long as my hair hasn't turned grey, I'll continue to donate it!"



據香港理工大學及香港房屋協會在二月出版的一項研究顯示，有高達16.7%的香港長者曾於研究期的一年內在家中意外跌倒。有見及此，太古地產愛心大使於2014年8月聯同香港房屋協會及香港基督教女青年會明儒松柏社區服務中心推出為期一年的「太想家——長者住安心計劃」，為鰂魚涌區的長者提升家居安全。參與計劃的愛心大使、長者義工及小學生義工至今為了超過50位長者進行家居安全評估。而來自「維修特工隊」的愛心大使更於3月下旬為16位長者的居所安裝安全扶手及其他安全裝置，減低他們跌倒的風險。

## 維修「女」特工 SAFETY IS NO ACCIDENT

在太古城中心工程部任職樓宇保養技術員的劉惠英，是「維修特工隊」內唯一的女義工。活動當日，她在鰂魚涌走訪四名獨居長者，在他們家中「擒高擒低」，由度位、鑽牆以至安裝扶手均一手包辦。「這類粗活往往被視為男士的工作。其實，只要有決心，女士也能完成任務。工程進行時我一直汗流浹背，但當看見長者滿足的笑容，再辛苦也是值得的！」活動除了讓惠英以一技之長助人外，自己亦多了一份反思，她表示：「我的母親長居內地，見面機會較少，今次的義工經驗亦不時提醒我應多花點時間探訪媽媽，關心她的需要。」

A recent local study found that 16.7% of elderly people in Hong Kong suffer an accidental fall at home every year. With this in mind, Swire Properties Community Ambassadors launched the "Welcome Home – Elderly Safe Living Scheme" in August last year, to help elderly residents in Quarry Bay make their homes safer. To date, the Ambassadors have conducted more than 50 home safety assessments, following which their "Mr Fix It" team installed safety grab bars and other safety fixtures in 16 homes to help reduce the risk of falls. Lau Wai-ying, Technician (Building) from Cityplaza Management Office's Technical team, the only lady in the Mr Fix It team, says: "Women can also excel at physical tasks. All it takes is

willpower. It's all worth it when you see the smiles on the elderly people's faces. The experience also reminded me to spend more time with my mother, who lives in Mainland China."

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# 零錢布施 潤澤貧瘠大地 KEEP THE CHANGE

國泰航空與聯合國兒童基金會香港委員會自1991年起舉辦「零錢布施」機上籌款活動，迄今累積善款逾港幣一億四千四百萬港元，用以資助聯合國兒童基金會(UNICEF)在全球150多個發展中國家的工作。

今年5月份，24位國泰義工到訪四川，了解善款如何改善當地有需要兒童及其家庭的生活。義工們分成兩組，其中一組到訪位置偏遠的涼山，考察UNICEF於當地推行的「赤腳社工項目」。該項目致力培訓當地居民成為兒童福利主任，為村內的弱勢兒童提供支援。國泰國際事務部的總經理助理呂丹丹(Diana)亦有參與此行，她說：「中國內地經濟發展迅速，但我們不應忘記在偏遠地區仍有不少生活艱苦的兒童，極需支持和關愛。」探訪期間，她還把帶去的圖書送贈予一位小女孩，寄語她要努力讀書，透過知識改變命運。

任職機艙服務經理的Grace Gotangco則隨另一組來到2008年汶川地震災情最嚴重之一的安縣，考察「兒童友好家園」。

該計劃為受地震影響的兒童提供遊戲、運動及心理支援。Grace是考察團中少數的外籍人士，她特地排練了一首中文歌，並以夏威夷小吉他伴奏。她說：「當我開腔時，小朋友都顯得很興奮！我希望這次跨文化的經歷能夠開拓他們的眼界，助他們作多元發展。」

此外，義工們亦見證了「中國貧困兒童資助項目」的成效。該項目透過現金援助，鼓勵及協助貧困家庭享用UNICEF及其夥伴提供的婦產及兒童醫療服務。



The Change for Good inflight fundraising scheme, operated annually by Cathay Pacific in partnership with UNICEF HK since 1991, has raised over HK\$144 million to date. In May, 24 Cathay Pacific Volunteers flew to Sichuan to see for themselves how loose change donated by passengers can make a difference to children and their families. Inflight Services Manager Grace Gotangco visited An County, which was badly hit by the 2008 Sichuan earthquake. During the visit, she played her ukulele and sang a Chinese song to some children - even though she speaks little Chinese. "They were so excited when I sang! I hope this cross-cultural experience will expand their horizons and nurture their all-round development in some way." Another volunteer, Diana Lyu, Assistant to the General Manager International Affairs, visited the remote Liangshan prefecture and was pleased to see how UNICEF supported local children in various ways. "Mainland China's economy has been growing rapidly, but we should not forget there are still many children that need our care and support," she says.

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# 夜訪都市邊緣

## ONE NIGHT WITH THE HOMELESS

撰文：蘇洪德，太古可口可樂香港主任 — 廣告工程

我自小於深水埗區長大，對於這社區有一份深厚的感情。所以當我得悉太古可口可樂香港義工隊「樂義幫」將於4月底舉辦「送暖到街頭」活動，探訪深水埗區的露宿者，我便義不容辭報名參加了。

這次是「樂義幫」首次以露宿者為服務對象。活動當晚，我們準備了160多份熱食、飲品和日常用品，與慈善團體「耀陽行動」（註）一同走訪深水埗和油麻地一帶的露宿者。

在我的印象當中，露宿者大多為癮君子；但這次活動卻讓我發現事實並非如我所想。在南昌邨公園，我遇到手抱小孩的露宿家庭；在油麻地高速公路旁，我看到年輕女子獨居在空地上。他們有的只有一張舊床褥，較好的便以四塊木板蓋成一個「家」。我們逐一為他們遞上禮品包，他們或多或少對我們存有戒心，不太願意和我們交談，接過禮品包後便匆匆掉頭鑽回自己的天地。雖然我很希望了解這班露宿者背後的故事，但在主辦單位的提點下，我們派發禮品後便徐徐離去。

探訪完結的一刻，我百感交集。我一直認為「家」是人最基本的需要，亦不能想像居無定所的感受。我嘗試努力想像他們背後不同的露宿故事，以及怎樣可以協助他們走出困境。但無力感亦油然而生，單憑一小撮人的力量或這類一次性的探訪，可以做到的只是杯水車薪。或許我能做到的，是先反省自己對待弱勢人士的態度，以平常心去看待他們，並放下奇異的眼光，尊重對方及了解他們真正的需要。

註：「耀陽行動」是本地的慈善組織，致力關注露宿者的需要。

By So Hung-tak, Advertising Maintenance Team Supervisor, Swire Coca-Cola HK

I was one of the Swire Coca-Cola HK V Group volunteers that took part in a hot meal distribution initiative one night in April. We joined NGO Sunshine Action delivering hot meals and bags of necessities to the homeless in Sham Shui Po and Yau Ma Tei. I always thought many homeless people were drug addicts, but how wrong I was. In a park at Nam Cheong Estate, I saw a family with an infant; in Yau Ma Tei, I encountered a lonely young woman taking shelter on a sand-covered site. Most of them were cautious and wouldn't talk to us, retreating to their world on receiving our gifts. The visit made me reflect on what else I could do to help these people. Perhaps I should start by changing my attitude towards the disadvantaged. One should not judge, but show them respect and try to understand their real needs.

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於7月15至17日，雅潔洗衣連續第五年與匡智屯門晨崗學校合作，派出幾位義工到學校協助「小一預備班」的老師維持課堂秩序，並與幾位有特別學習需要的準小一生一起為新學年作好準備，克服戰戰兢兢的心情。

In mid-July, Vogue Laundry volunteers helped teachers at Hong Chi Morninghill School maintain classroom order during the annual preparatory classes designed for newly enrolled primary one students with special learning needs; it is the fifth consecutive year that Vogue has volunteered at the school.

5月17日，來自港機工程的一群義工響應由義務工作發展局舉辦的「義動全城日」，到黃大仙探訪十多位獨居長者，並為他們送上由市民捐贈的愛心百福袋。活動當日共有2,000名來自不同界別的義工到全港各區探訪有需要的長者及弱勢家庭。

HAECO staff were among 2,000 volunteers in Hong Kong who answered the Agency for Volunteer Service's call to give back to the community on 17<sup>th</sup> May. The volunteers visited elderly people living alone in Wong Tai Sin and gave them gifts donated by members of the public.



一直深受書迷歡迎的「書出愛心 十元義賣」，已於4月下旬在太古坊ArtisTree圓滿舉行。自2009年起，太古地產每年都會舉辦這個活動，今年活動吸引了逾一萬五千名人士入場，共售出六萬本書籍，善款更刷新紀錄，籌得超過港幣五十一萬元善款，用以支持香港小童群益會的「結伴再成長」兒童發展基金計劃。計劃透過培訓活動、導師計劃和配對捐款協助基層兒童成長。此外，太古地產亦贊助了163個家庭於活動期間免費選購書籍，鼓勵他們多閱讀。這次義賣得到超過300位義工的支持，當中有些更是已退休的前太古船塢和太古糖業員工。

More than HK\$510,000 was raised at this year's Books for Love @ \$10, setting a new record for the beloved annual charity book sale organised by Swire Properties. The four-day event, which took place in late April at ArtisTree, Taikoo Place, attracted over 15,000 visitors and sold about 60,000 books. All sales proceeds have been donated to the Boys' and Girls' Clubs Association of Hong Kong's "Growing Partners II - Child Development Fund" which supports children from underprivileged families. More than 300 Community Ambassadors volunteered at the event.



## 活動剪影 | ALBUM V

4月18日，來自香港航空發動機維修服務公司（HAESL）的義工、其他太古義工及親友連續第二年為世界自然基金會的自然環境保護研究中心清除樹枝雜草及種植草坪，學習愛護環境並了解文化及古蹟保育的重要性。中心坐落於吐露港小島元洲仔，前身為政務司官邸，並已於1983年被列為法定古蹟。中心種有逾140種植物，當中包括多種本地及外地引進的植物及大型樹木。

Hard work was the order of the day on 18<sup>th</sup> April when Swire volunteers helped clear weeds and overgrown tree branches at WWF Hong Kong's Island House Conservation Studies Centre in Tai Po. The team consisted of volunteers from HAESL and other Swire companies, as well as family members and friends. A declared monument, Island House is home to more than 140 species of plants. Now into its second year, the gardening activity aims to raise awareness of the importance of environmental and heritage conservation.



太古資源義工隊與基督教勵行會合作，於5月初為15位基層家庭的孩子舉辦攀石活動，藉此鼓勵孩子們突破自我，助他們建立自信及鍛鍊意志。活動當日，14位義工與參加者一同攀登15米高的人工攀石牆，大家互相打氣支持，最終每人都能克服恐懼，成功攀上高峰。

In early May, Swire Resources and Christian Action organised a rock-climbing activity for 15 children from underprivileged families. It took confidence and perseverance to climb the 15-metre-high wall. With the help of 14 volunteers, all participants overcame their fear and made it to the top.



為慶祝太古海洋開發集團(SPO)成立40週年，SPO與觀明醫院(Bright Vision Hospital)開展了一個名為「Project Faith」的義工活動，動員40位新加坡總部的同事於4月底用了一整個下午為醫院繪畫色彩繽紛的壁畫，美化醫院環境之餘，亦藉此為病人及醫護人員打氣。期間儘管下了一陣驟雨，義工們沒有因此而氣餒，在創意夥伴Social Creatives的協助下，最終繪成兩幅別開生面的作品，並將其分別命名為Garden of Faith及Reminiscing Singapore。

In April, in celebration of its 40<sup>th</sup> anniversary, Swire Pacific Offshore co-organised "Project Faith" with Singapore's Bright Vision Hospital and not-for-profit community art promoter, Social Creatives. The project saw 40 SPO volunteers spend an afternoon painting two colourful murals, Garden of Faith and Reminiscing Singapore, to brighten up the hospital environment and to bring colour into the lives of patients and staff. A sudden downpour disrupted progress but failed to dampen the enthusiasm of the volunteers.



## 活動剪影 | ALBUM V

太古地產於2014年開始透過「太古地產社區關懷基金」撥款資助由同事推薦的本地慈善團體，出錢之餘更動員愛心大使身體力行支持相關的慈善項目。4月4日，60名愛心大使參加了香港導盲犬服務中心舉辦的「導盲犬兒童節慈善跑」，為中心籌募經費。另外，40位愛心大使又於5月10日參與由「親切」舉辦的「親切共融之旅2015」嘉年華，協助創意手工坊及遊戲攤位運作，宣揚社區共融的訊息。

Over the past two years, Swire Properties has been funding various local charity groups through its Community Caring Fund. Its Community Ambassadors also play an active part in charity projects run by such groups. On 4<sup>th</sup> April, 60 Ambassadors joined a charity run organised by Hong Kong Seeing Eye Dog Services and on 10<sup>th</sup> May, 40 Ambassadors helped out at TREATS Journey to Integration 2015, an annual carnival organised by local NGO TREATS to promote integration.



7月11日，太古旅遊的義工與協康社合作，帶領15位有8至17歲發展障礙的兒童到訪風景優美的白鷺湖互動中心，親親大自然之餘亦參與一系列以非洲文化為主題的學習活動，如鼓樂及傳統非洲飾物工作坊，讓孩子們多接觸不同的人和事。

Volunteers from Swire Travel and children with developmental disabilities from the Heep Hong Society had a fun day at Lake Egret Nature Park in mid-July, when they took part in a host of activities surrounding African culture, including playing African drums and making traditional African handicrafts.





# King of The Hills

## Mountain Marathon Series 2015-16

### 山野之王



2015-16年度「山野之王」即將開始！一如往年，我們將為每場賽事招募20位義工參與水站工作，並於沿途及比賽終點為跑手打氣！請即報名，成為本年度「山野之王」的一份子！

The King of the Hills Mountain Marathon Series 2015-16 is around the corner! Same as last year, we are now looking for 20 volunteers for each race to serve drinks and cheer on the runners at different water stops throughout the trail. Sign up now and don't miss the chance to be part of this year's King of the Hills!

#### 日期及地點：

2015年11月29日（星期日） 港島線（淺水灣泳灘海景大樓）  
2016年1月3日（星期日） 大嶼山線（南山營地）  
2016年1月31日（星期日） 大埔線（汀角路天后廟附近）\*  
2016年2月28日（星期日） 西貢線（西貢北潭涌郊野公園入口）\*

服務時間：上午8時15分至下午4時15分

（大會將安排車輛接送義工往返最近的地鐵站）

義工人數：每場約20人

任務：於賽事沿途水站為參賽者提供飲料及打氣

報名及查詢：[hbl@jsshk.com](mailto:hbl@jsshk.com)/2840-8039

\*路線由漁農自然護理署審批。

#### Dates & Venues:

29<sup>th</sup> November 2015 (Sun) Repulse Bay Beach, HK Island (in front of Seaview Building)  
3<sup>rd</sup> January 2016 (Sun) Nam Shan Campsite, Lantau  
31<sup>st</sup> January 2016 (Sun) Ting Kok Road, Tai Po (Next to Tin Hau Temple)\*  
28<sup>th</sup> February 2016 (Sun) Pak Tam Chung, Sai Kung (Sai Kung Country Park Entrance)\*  
Service Time: 8:15 am - 4:15 pm (Shuttle bus will be arranged to and from the nearest MTR station)

No. of Volunteers: Around 20 for each race

Duties: To serve drinks & cheer on the runners at water stops along the trail

Registration and enquiries: [hbl@jsshk.com](mailto:hbl@jsshk.com)/2840-8039

\* Subject to the approval of AFCD.



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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類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 "HBL 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](http://www.pmmmedia.com)

