

紅白藍

HUNGBAKLAM

DECEMBER 2015
NO 26

封面故事 COVER STORY

小梨子 大啟示
Pear Pleasure:
Fruitful Experiences for a Civil Aid Service Member

今期熱話 HOT TALK

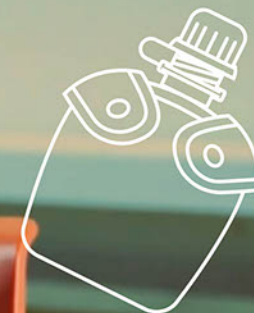
保育馬蹄蟹寶寶
Care for Crabs

事件簿 EVENTS EXPRESS

升級再造
Upping the Green Quotient

義工・點滴 VOLUNTEER FOCUS

讓愛傳開去
Serial Volunteer



小梨子大啟示

PEAR PLEASURE:

FRUITFUL EXPERIENCES FOR A CIVIL AID SERVICE MEMBER



背著大背囊徒步上山兩小時絕非易事，假如攀山的目的地正燒著熊熊烈火，那就更令人卻步。這正是張肇銘 (Marcus) 兩年前遇到的驚險情景，但如今想起來，卻別有一番「甜」味。

於亞洲萬里通有限公司 (Asia Miles) 任職電子產品及科技策劃統籌主任的 Marcus，2010 年加入隸屬保安局的民安隊 (CAS)，於工餘時服務社會。兩年前一個秋日，Marcus 被派到漁護署當值，甫抵埗即接獲火災警報，原來西貢黃石碼頭附近發生山火。

「我當時還未吃午飯，便與其他漁護署隊員立即奉命與一隊消防員接合，一起上山救火。」 Marcus 回憶道。

Walking Hong Kong's rugged hillsides for two hours, with a heavy rucksack on one's back under the relentless, scorching heat of the sun, sounds like no fun at all. And to have to help fight a hill fire at the end of the hike is a positively daunting idea. But for Marcus Cheung, an eProduct & Technology Planning Specialist at Asia Miles, who experienced these events as a member of Civil Aid Service (CAS), it is a precious memory.

Marcus joined CAS, a government-funded auxiliary emergency organisation, in 2010, and took part in his first wildfire-fighting operation two years ago near Wong Shek Pier on Sai Kung Peninsula.

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封面故事 | COVER STORY

這是Marcus加入民安隊以來首次參與撲滅山火行動。Marcus與隊員背載着大量支裝水不停陟上山，爬了兩小時後眾人筋疲力竭，但離災場還有一段距離。就在這時候，一位富經驗隊目眼見隊友疲態畢露，便從背囊拿出一個梨子與十位隊員分甘同味。

「在當時艱辛的環境下嚐到那一片梨，尤如沙漠中的甘露，實在令人驚喜。雖然我只分到一小片，但它象徵我們團隊的合作精神，對我來說可謂意義重大。」

當日災情之嚴峻，同樣叫Marcus難以忘懷。「火場面積約二十個標準奧林匹克足球場之大，火勢則約一個半人的高度，我看到山火時真的很害怕，但我決心要克服恐懼，因為我對自己身為CAS隊員有一份承擔，貢獻社會亦成為我背後的動力。」

Marcus身為民安隊隊員，每年要完成最少30小時的執勤任務和30小時訓練；除了救火外，他亦會協助支援各類拯救及人群管理等任務。此外，他亦積極參與民安隊的活動，例如於2013年便與20位隊友參加了由民安隊以救災為主題的「挑戰日」，眾人要在一個模擬災場內拯救五名傷者，Marcus的隊伍雖然最終只救出一名傷者，但卻憑著出色的救人技巧和安全意識，成功奪冠。



"I had just arrived in the office and hadn't even had lunch! My CAS team immediately joined an Agriculture, Fisheries and Conservation Department team and firefighters and set off for the hill," Marcus recalls.

Marcus and his teammates had to carry water to the site of the fire and two hours into the hike, everyone was exhausted and parched with thirst. During a rest stop, an experienced captain took out a pear he had packed into his lunchbox and generously shared it with the 10 other CAS team members. It was a slice of pear that still makes Marcus smile today.

"We were hungry and exhausted when this piece of pear was offered to each of us. Although it was just one-tenth of a whole pear, its taste was divine and unforgettable! It was also a symbol of our team spirit," Marcus says. It rejuvenated the tired team and gave him the strength to go on and fight the fire.

Marcus also remembers the intensity of the hill fire. "The seat of the fire was as big as 20 soccer pitches, and the flames were fierce - one and a half times the height of a person. I was definitely scared," he admits. "But my commitment to CAS and my desire to serve the community helped me overcome my fear."



封面故事 | COVER STORY

「那次比賽的重點不在於你拯救了多少人，而是強調救人的過程，以及能否把將傷者安全無誤地移離災場。」 Marcus娓娓道出他們的致勝之道。

Marcus表示，任何拯救行動最重要的是人身安全。他舉例道：「在護送受傷的遠足人士下山期間，拯救人員若不適當地移動傷者，可能會為傷者帶來嚴重後果，例如永久傷殘。因此，嚴格的訓練和反復練習是很重要的。」今年年初，Marcus便被借調到緊急救援中隊，接受一連串特殊拯救技能訓練。

加入民安隊令Marcus獲益良多，當中學到的領導技巧更能在日常工作中大派用場，讓他帶領同事工作時更見效率。他補充道：「民安隊的工作要面對不同的情況和背景各異的人，讓我學會更客觀和不偏頗的處事態度，這對我的工作和人生均有莫大裨益。」

他矢志要在民安隊累積更多經驗，希望有一天能帶領團員服務社群。「我希望可以在民安隊服務至60歲，也希望自己可以在30年後擔當那位隊目的角色，拿出甘梨與隊員分享，激勵他們勇敢救人！」

As a member of CAS, Marcus commits to a minimum of 30 hours of public service and 30 hours of training per year. Apart from firefighting, he also supports life-saving operations and crowd control activities when required. Training is an important part of involvement with the CAS. Back in 2013 Marcus took part in a Challenge Day organised by CAS, where teams had to rescue five injured people in a simulated life-saving operation. Although they only managed to rescue one person, Marcus's team won, thanks to the skills and outstanding awareness of safety that they demonstrated.

"The competition wasn't about the number of people you rescued. It was more about the precise rescue procedure and how you managed to help a victim leave the scene of an accident in the safest and most accurate way possible," explains Marcus. "For example, when an injured hiker is carried down from the hill, if you don't pay enough attention to the hiker's physical condition and put him in an inappropriate position, there could be serious long-term physical consequences to him such as disability. This is why detailed training and consistent practice is of paramount importance." Earlier this year Marcus was seconded to the Elite Tactical Unit to undergo special life-saving training, but he believes he benefits from being part of CAS in other ways.

To Marcus, the rewards from joining CAS are legion. "As a CAS member, I have to tackle issues of different kinds and work with people from different backgrounds. An ability to stay objective and unbiased is important, and that is a skill I find very useful," says Marcus. His leadership skills have also markedly improved since joining CAS. That has proved a boon for his work at Asia Miles, where he leads a team managing various IT projects.

For now, Marcus's goal is to build up his experience at CAS and lead a team someday. He says: "I hope that in similar circumstances, I would share a pear with my teammates and motivate them to fight fire without fear! I aim to serve the community until I retire at 60."

MORE PHOTOS



處理賽項



保育馬蹄蟹寶寶 CARE FOR CRABS

太古地產80位愛心大使於今年年中化身「馬蹄蟹保母」，在公司內不同的辦公樓層貼身照顧八隻有「史前活化石」之稱的馬蹄蟹，推廣海洋保育。

太古地產是首間參與香港海洋公園保育基金「馬蹄蟹保母計劃」的企業。原名「蟹」的馬蹄蟹是史前物種，在地球有超過四億年的歷史，較恐龍更早出世。可是，海洋污染日益嚴重，每一萬隻馬蹄蟹幼蟹，只有一隻能夠存活。我們希望透過活動讓同事親身體驗培育馬蹄蟹，從而提升他們對保育的認識。愛心大使分成小組，每四至五日輪流當值，悉心餵飼馬蹄蟹，又為牠們每日度高磅重。部分同事更帶同子女於週末回到公司探訪馬蹄蟹寶寶，讓他們近距離接觸這珍貴物種，希望日後可以由下一代接力宣揚保育馬蹄蟹。

幼蟹經過五個月的悉心照顧，於十月份終於可以回歸大自然，繼續繁殖下一代的任務。當天，約80位愛心大使更協助清潔下白泥泥灘；又為牠們逐一植入晶片，以追蹤牠們的成長歷程。相處了超過五個月，看著幼蟹回歸大自然的一刻，愛心大使都表現得依依不捨。

Swire Properties' Community Ambassadors have proven themselves to be good babysitters as well as competent employees. Eight babies under their recent care have since grown happily and healthily - except they were no ordinary babies, but infant horseshoe crabs!

One of the oldest species on earth, horseshoe crabs now face the threat of extinction because of pollution to their ocean habitats. In support of the Juvenile Horseshoe Crab Rearing Programme of Ocean Park Conservation Foundation Hong Kong (OPCFHK), Swire Properties arranged for the eight baby crustaceans to spend several months in its offices. 80 ambassadors took turns to give them tender loving care, and recorded their weight and size every day. Some ambassadors also took their children to the office at weekends to learn about the species up close.

Five months later, the foster parents took the little ones back to the mudflats in Ha Pak Nai and helped OPCFHK insert a small electronic chip into the crabs so that specialists could track their future growth. Then off the eight went back to the wild!

MORE PHOTOS



升級再造 UPPING THE GREEN QUOTIENT



近年來，環保界興起了一個升級再造（Upcycling）的新概念，將棄置物料進行加工，讓它們變成有價值的產品。港機（香港）的義工最近與香港浸會大學（浸大）學生來一次「升級再造」，運用創意把港機（香港）舊制服改造成布袋、勞工手袖及筆袋，然後捐予有需要的基層學生。

港機（香港）與浸大合辦的「布。滿愛」計劃貫徹Upcycling中循環利用和升級兩個環保元素。港機（香港）先將舊制服交予浸大同學構思設計，再轉交來自聖雅各福群會的基層婦女縫製成再造產品。參與的基層婦女可從中獲得自我認同及賺取社區貨幣，以換取生活所需。有份參與策劃的港機（香港）總經理（策略採購）劉家慧（Carrie）第一次見到由制服升級而成的布袋，不禁眼前一亮：「我非常佩服學生的創意，實在難以想象那是員工的舊制服！」

負責構思的浸大學生吳日光（Ranger）從風褸上的拉鏈得到靈感，把舊風褸升級改造成筆袋。「這是我第一次參與升級再造，看到自己的想法得以落實，又可為環保出力，實在令人興奮！」

就讀視覺藝術的另一位浸大學生羅詠怡（Kosa）保留了她認為甚有特色的HAECO標誌，製成一個新潮的布袋。她說：「香港人愛於換季時添置新衣，將舊有的衣物棄掉，其實只要加點創意，就可令舊衣物重生，大家不妨一試！」

Upcycling is the increasingly popular art of transforming discarded objects into new products in an innovative way. Some of HAECO Hong Kong's volunteers recently had the opportunity to try their hands at upcycling, finding new uses for HAECO uniforms while helping to support some of Hong Kong's underprivileged youths.

The HAECO x BU Lamp Uniform Upcycling Project involved creative students from Hong Kong Baptist University. They came up with ideas to transform the HAECO uniforms into stylish oversleeves, tote bags, and pencil cases. Unemployed women from St James' Settlement were then responsible for making the products, which were then donated to underprivileged young people through local NGOs. The products caught the eye of Carrie Lau, General Manager (Strategic Procurement), HAECO Hong Kong. "I was impressed by how creative the students were," she says. "I wouldn't have guessed the products were made out of HAECO's uniforms!"

Ranger Ng, one of the BU students involved in designing an upcycled pencil case, drew inspiration from the zips found on wind jackets. "It was my first time dabbling in upcycling. It was really exciting to see my idea turned into a real product, while being able to create a positive impact on the environment."

大排檔的一天

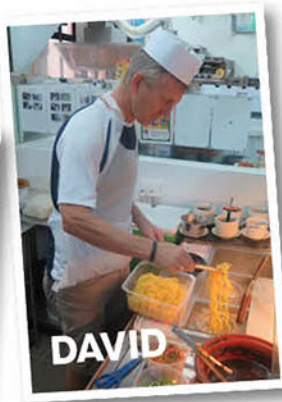
COOK FOR A CAUSE

為慶祝太古海洋開發集團（SPO）成立40週年，40位SPO的同事早前參與由公司舉辦的Project Lunchtreat，穿起圍裙，戴上廚師帽，走進社企廚尊大排檔美食中心（Dignity Kitchen*）學習製作華人美食，當中包括鮮肉包及麵條，並招待60位分別來自兩間長者中心的長者午膳。

在SPO新加坡辦事處任職技術總監的David Marren，平時在公司日理萬機，但當日卻化身「煮麵廚神」。來自英國的他不懂中文，更不懂分辨各種中式麵條，但透過社企的自閉症員工以身體語言從旁指導，最終成功煮成一碗碗美味麵條：「我閒時會與家人到大排檔吃飯，但卻從沒想過當廚師會如此辛苦。那些每天在熟食中心為客人用心煮食的廚師們，真是新加坡的無名英雄。」

商業部門行銷業務主管Lee Lee-chin當日負責做侍應接待長者，她懂得不少方言，不時以普通話、廣東話、福建話及基本的馬來語殷勤地為長者點菜，又說笑話哄得老人家開懷大笑。Lee-chin表示：「是次活動提供與長者相處的機會，亦令我和同事認識到對方工餘的一面，有助我們日後更融洽地工作。」

*Dignity Kitchen是新加坡首間餐飲社企，聘用弱勢社群人士以促進社會共融。其視障收銀員能以雙手辨別不同的鈔票。



Forty employees from the Singapore head office of Swire Pacific Offshore (SPO) recently donned their cooking aprons to prepare and host a lunch session for 60 elderly folks from two nursing homes for the aged. The activity, Project Lunchtreat, took place at Dignity Kitchen, a social enterprise food court in Singapore, and was part of the celebration to mark SPO's 40th anniversary.

Despite speaking no Chinese, Technical Director David Marren managed to prepare noodle dishes directed by a kitchen worker with autism. "We often go to hawker centres," says David. "But what we do not realise is how difficult working in a hawker centre is. These are some of the world's unsung heroes, as they go through life feeding a nation."

Marketing Services Executive Lee Lee-chin acted as the hostess, greeting and chaperoning the elderly guests throughout the event. She enjoyed the opportunity to interact with the elderly guests and also to build rapport with colleagues. "I managed to see the more candid side of my colleagues that I don't usually see at work," she says. "It was a very valuable experience."



「惜」飲 TOO GOOD TO WASTE 「惜」食

坐飛機去旅行或公幹的你，知不知道航空公司為了確保有足夠食物及選擇供應乘客，會預備超過所需的食物份量呢？基於這個原因，每班機都會產生一定數量的剩食。

為減少浪費，國泰航空飲食服務（CPCS）自2015年3月開始，將未開封及在最佳食用日期前的食物捐贈給樂餉社*，再由該社分配予有需要人士。國泰航空在10月招募了共15名義工與樂餉社人員到CPCS，合力收集各抵港航班餐車內的盒裝果汁、粟米片和餅乾等，再捐贈予樂餉社。國泰航空義工每月平均到訪CPCS一至三次，計劃在10月份已捐出逾15,000公斤的食物，相等於36,000份餐，轉贈有需要人士。

機艙服務員周玉嬋（Jessie）是義工之一，她說：「在參與活動過後，我了解到食物回收的處理過程，以後我會更小心為餐車內的可回收食物分類，令義工方便回收。」

另一位義工—國泰航空網頁個人化服務主管方寧鈞（Vincent）表示，參與這個活動後讓他明白珍惜食物的重要。「現在我坐飛機或在日常生活中，一定會帶走未開封或未吃完的食物，我亦會提醒身邊的人減少浪費食物！」

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

How often have you been on a flight and seen the cabin crew collect masses of uneaten leftovers just before touchdown? Just how much food normally goes to waste has been exposed by a project run by Cathay Pacific Catering Services and the Feeding Hong Kong food bank. In October, project volunteers and food bank staff collected a total of 15 tonnes of unopened food items from inbound flights, equivalent to 36,000 meals. This food was then donated to local NGOs.

One of the volunteers was Jessie Chow, a Cathay Pacific cabin crew member. She said she would now make an extra effort to separate out untouched food and drinks on airline meal trolleys, to make it easier for them to be collected. The volunteer experience has also changed the outlook of volunteer Vincent Fong, Personalisation Executive in charge of Cathay Pacific's website. "Now whenever I fly, I'll take away unused or leftover food. It's all too good to waste!"



「暖笠笠」的中秋

ACTIONS FOR MID-AUTUMN

今年的中秋佳節，除了吃月餅、玩燈籠外，太古一眾義工更趁機服務社會，舉辦了一系列充滿意義及創意的活動，讓大家過一個「暖笠笠」的中秋。

中秋「耆」緣

國泰航空飲食服務（CPCS）及港機（香港）一共約30名義工分別到訪兩間長者中心。CPCS廚師為長者精心製作三文治和鮮果撻等美食，一同歡渡佳節。港機（香港）義工則與「老友記」猜燈謎及合唱金曲，又為他們送上燈籠和月餅等應節禮物。

義賣助人

香港航空發動機維修服務（HAESL）於8月向聖雅各福群會旗下社企土作坊，購買了逾千個有機月餅作義賣。土作坊專賣本土的有機食品，並聘請基層人士製作。義賣籌得的善款全數捐贈該會，以支持該會的服務。

「童」心渡中秋

太古可口可樂香港（SCCHK）「樂義幫」一行廿多人到訪麥當勞叔叔之家，為病童及其家人舉行愛心聚餐。義工早一天準備好食材，成功在短時間內製作了羅宋湯、焗瑞士雞翼及鮮雜果沙律等美食，又與病童親手製作花燈同慶中秋；那邊廂，3名雅潔洗衣的義工參加了一所特殊學校的中秋晚會，並為智障學童主持尋寶遊戲。

綠色中秋

為提高公眾環保意識，太古地產於旗下物業設立19個回收點，聯同美心集團一共回收了接近3,000個餅盒，籌得的善款全數捐予救世軍，支援基層社區；同時，又與惜食堂合作，向公眾收集超過4,000個未開封及未過期的月餅，收集數量比上年增加63%，月餅已捐贈予基層市民，既減少食物浪費，又可以關懷社區。



Love was in the air during this year's Mid-Autumn Festival, when Swire Group volunteers took part in various events to help those in need. Here's a snapshot of what happened:

Visits to elderly centres

Volunteers from Cathay Pacific Catering Services and HAECO Hong Kong visited elderly people's centres, taking along yummy snacks for their residents.

Charity mooncakes

HAESL employees held an internal staff sale of mooncakes, originally bought from St James' Settlement's fund-raising social enterprise Ground Works.

Helping children

Swire Coca-Cola HK's V Group made beautiful lanterns with child patients in Ronald McDonald House. Meanwhile, volunteers from Vogue Laundry visited a local school and took part in a treasure hunt with children with special needs.

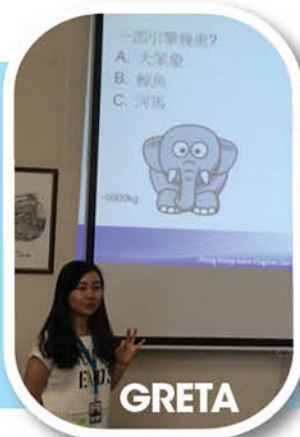
Going green

Swire Properties collected nearly 3,000 mooncake boxes from 19 Swire offices and shopping malls to raise funds for the Salvation Army. Another green initiative was to join Food Angel in collecting some 4,000 uneaten mooncakes that had not passed their sell-by dates [63% more than last year!], which were then donated to underprivileged people.



「大笨象引擎」的魅力

ELEPHANT ENGINE



還記得小時候看見飛機在天際遨翔時那種莫名的興奮嗎？今年仲夏，24位來自播道兒童之家的小朋友首次參觀香港航空發動機維修服務（HAESL）的引擎維修廠房，親眼目睹一座座整齊排列的引擎，亦學習了不少航天知識。

有份帶隊的聶劉甜子（Greta）是10名HAESL義工之一，她很喜歡小朋友，亦希望在工餘時間貢獻社會，今次活動滿足了她這兩個願望。另一位帶隊的林和杰（Chace）與Greta同在HAESL任管理培訓生，他知道這些小朋友大部分未接觸過飛機，為令他們明白艱深的飛行原理，兩位義工絞盡腦汁，以有趣生動的方式向參加者解說，例如以同等重量的大笨象比擬飛機引擎，讓小朋友在愉快中學習飛行知識。

Chace表示，最初得悉參加活動的小朋友不少有學習障礙，原以為他們較為被動，豈料卻健談活潑，其中一位「問題兒童」更一連問了九條與飛機有關的問題。活動完畢後，Greta雖然疲憊，但卻很有滿足感，更表示希望往後可以參與更多義工服務。

How heavy is an aircraft engine? As heavy as an elephant! This was the ingenious answer given by HAESL volunteers Chace Lam and Greta Nie to 24 curious children during their visit to HAESL's aircraft engine overhaul facilities this summer. Graduate trainees Chace and Greta were among ten volunteers leading the tour. As some of the children from Evangel Children's Home had learning difficulties, the volunteers had to find non-technical ways of explaining HAESL's operations and answering questions. One particularly inquisitive child even managed to pose nine different questions in one go - the type of challenge best met with patience, a smile, and a wise word about the weight of an elephant!



和小朋友 做朋友 CHILDREN IN CARING HANDS



太古資源與聖雅各福群會一直合作無間，為了讓少數族裔兒童更加融入社會，義工隊舉辦一連串活動，令雙方更了解大家的文化，共同享受夏日的樂趣。

太古資源助理商品及視象策劃經理莫雅倫（Alan）與10名義工於這個夏天，帶領一班少數族裔兒童到大埔樹屋田莊及社區中心歡度周末。Alan與許多香港人一樣生活繁忙，但無論有多忙，Alan都會定期參與各項義工活動，貢獻社會。

在活動中，Alan帶領小朋友一起玩集體遊戲，讓他們從遊戲中學習如何過群體生活。他自言性格內向，但與天真無邪的孩子在一起，能夠拋開拘謹，跟其打成一片。「我特別記得一個叫Prince的印度裔小朋友，今年6歲，以傳統的印度布巾包頭，樣子可愛。」Prince笑言包頭的好處是在冬天時會較其他人更感溫暖，而他樂天的性格亦為身邊的人帶來不少歡樂。

另一邊廂，任職行政助理的陳玉晶（Veronica）早前連同13名義工，帶領一班基層兒童前往海洋公園，參加「亞洲動物天地幕後之旅」，了解大熊貓的日常起居生活。小朋友參觀後需即場完成工作紙，填寫所學到的新知識，而Veronica則從旁耐心指導。在園內，小朋友牽著她的手，表示要「照顧姐姐」，使她甜在心頭。她憶述：「基層兒童很需要我們的關心，我希望再次參與同類活動，以愛延續愛。」

Many volunteers take a special interest in helping children, and the vital challenge of integrating children from ethnic minorities and underprivileged groups into society. One summer weekend a group of ethnic minority children were able to visit Tree Top Cottage in Tai Po thanks to Swire Resources and St James' Settlement. One of the volunteers leading the children was Alan Mok, Assistant Visual Merchandising Manager of Swire Resources. "I'm an introvert," says Alan, remembering the visit. "But that bunch of adorable kids opened me up!"

Administrative Assistant Veronica Chan also had a ball when she volunteered with children, when leading a group from disadvantaged backgrounds to see the pandas in Ocean Park. "These children are in need of our care," says Veronica. "But during the visit, they held my hand and said they had to take care of me instead. How sweet!"

讓愛傳開去

SERIAL VOLUNTEER



在太古海洋開發集團（SPO）的新加坡總部任職企業傳訊經理的黃惠清（Dorothy），過去十五年來一直醉心義務工作。她善用其公關才能，參與很多跟兒童和藝術有關的義工活動，包括給患病兒童提供情緒支援、為慈善藝術展和攝影展撰寫新聞稿，又為新加坡的醫院籌募藝術品作為美化之用。

2007年起，Dorothy為越南慈善組織Humanitarian Services for Children of Vietnam（HSCV*）擔任義務編輯，後來她更親身前往越南河內，為HSCV員工及義工舉辦英語工作坊，並走到偏遠的村莊探訪該組織的受助人。此外，她曾到訪當地一間孤兒院，院內住了不少因受越戰時使用的化學品影響而先天殘障的兒童，當時的情景令她永誌忘懷。她說：「那一次探訪令我反思人生，我現在常懷著感恩的心，盡己所能幫助有需要人士。」

2008和2010年，Dorothy與慈善組織Raleigh Society一班志同道合的朋友，協助一個為當地慈善團體籌款的毅行活動，她負責宣傳及傳媒管理等工作。兩屆活動共吸引逾1,700人參加，籌得超過14萬新加坡幣善款。她又曾向藝術家和藝術收藏家籌募了80件藝術品，

*HSCV主要向越南貧困兒童提供食物、教育、醫療協助以及其他物資，助他們改善生活，建設美好將來。

What is a serial volunteer? Look no further than Dorothy Ng. For more than 15 years, the Corporate Communications Manager of Swire Pacific Offshore's head office in Singapore has been actively involved in volunteer work. She has applied her PR expertise to causes close to her heart - children and art.

Since 2007 Dorothy has been a volunteer copyeditor for Humanitarian Services for Children of Vietnam (HSCV), a Vietnamese charity. In Hanoi she visited babies and children with extreme deformities caused by chemicals used during the Vietnam War. "Seeing such harsh realities of life makes me appreciate what I have even more, and motivates me to help others in need," says Dorothy.

捐給新加坡一所醫院作裝飾病房之用。令Dorothy最難忘的是，當時一位在該醫院度過人生最後階段的新加坡藝術家，因深受藝術品募捐計劃感動，決定在其遺囑上註明向醫院捐出自己逾200件的作品。

Dorothy說：「當我從院方得悉這個消息，我既驚訝又感動，更加肯定自己過去付出的努力。我很希望計劃能感染更多人，與我一起把愛傳開去。」

In 2008 and 2010 Dorothy, together with friends from the Raleigh Society, helped to plan a walkathon to raise money for local charities. The events attracted more than 1,700 participants, raising a total of over SGD\$140,000. Two years ago Dorothy also spearheaded a project that put 80 artworks on display on the wards of a Singapore hospital. One local artist being treated at that time was so moved that she willed more than 200 of her own artworks to the hospital. "It made me feel that the hard work was all worthwhile," says Dorothy. "I'm glad the project inspired others too."



快樂倍增方程式

PRECIOUS LITTLE THINGS

每個人追求快樂的方式不一，而現任國泰航空飲食服務（CPCS）培訓及員工關係高級主任劉夢霞（Lamon）的快樂之道就是做義工。因此，Lamon多年來以不同方式回饋社會。

Lamon於2008年在國內開始參與義務工作，第一次是擔任北京奧運的香港志願者骨幹成員，負責管理籃球比賽場館的部份義工、處理緊急事務、接待官員和安排傳媒採訪。自此，她便愛上做義工。她曾為醫療輔助隊服務七年，又隨聯合國兒童基金會探訪四川地震災區居民。

服務內地貧困山區人士亦為Lamon帶來深刻體會。四年前，她到訪廣東清遠岩背山區，看見當地學童為了有書可讀，每天攀山涉水徒步上學亦在所不辭。Lamon於是與朋友籌募獎學金和文具以支持他們繼續學習。「我們生活富足，不懂珍惜自己擁有的資源，但其實平凡如文具、衣服以至食物等基本的物資，對貧困地區人士來說都是珍品。」

Lamon的祖父母很早離世，讓她對獨居長者有一份情意結，因此她亦積極探訪獨居長者。Lamon表示：「這些探訪活動令我感受到長者們可愛的一面，成為我繼續關顧長者的原動力。」

參與了義務工作多年，Lamon的熱誠有增無減。她說：「看到受助人快樂，我也快樂倍增！」



Most people find volunteering a highly rewarding experience. But for Lamon Lau, Senior Training and Staff Communication Officer at Cathay Pacific Catering Services, volunteering is the key to her happiness.

In 2008 Lamon was one of the Hong Kong volunteers supporting the Beijing Olympics. She has also spent the last seven years with the Auxiliary Medical Service in Hong Kong. But her most treasured experience was a visit to a remote mountain area in Guangdong, where she saw how the school children had to walk for hours to get to school. That inspired her and her friends to raise funds and create scholarships for the children.

"We live in an affluent society and we don't always cherish what we have," says Lamon. "Simple things like stationery, clothes and food are actually very precious for people living in poverty." Even after many years of volunteering she is still passionate about giving her time for others. "When the people I have helped feel happy, I am even happier!"

LAMON





快樂的元素 HAPPINESS IS A CHOICE



Welcome Home
太想家

人生快樂與否，並非取決於物質或生活環境等外在因素，身為「太想家：長者住安心計劃」愛心大使之一的劉穎珠(Sherine)對這道理感受特別深刻。

Sherine在太古集團任職Company Secretarial Officer，她參與了由太古地產及香港房屋協會(房協)舉辦的「太想家：長者住安心計劃」*，與另外170多位義工為逾80名鰥魚涌區的長者提升家居安全。Sherine在參與家訪及評估家居安全的過程中，認識了兩位截然不同的長者。其中一位80歲、行動不便的獨居婆婆把家居打理得井井有條，但卻顯得心事重重，原來她覺得家中空無一人，經常感到「孤伶伶」。

相反，另一位婆婆的家中堆滿了雜物，猶如垃圾房！「她的家從地板至天花都是雜物，絕不是一個令人稱心的家。但這位長者卻積極開朗，時常談笑風生。這兩位心境截然不同的長者，讓我深深明白到人生快樂與否，並非取決於物質或生活環境等外在因素。我現在時常提醒自己，要用正面開朗的態度感染身邊的人。」透過參與計劃獲得的人生啟發，對Sherine來說可謂「意外收穫」。

Sherine於活動後更主動聯絡那位80歲的婆婆家附近的社區中心，為她安排上門膳食服務，及後相關義工團體又為婆婆進行情緒輔導。過去一年來Sherine注意到婆婆的情緒改善了不少。她說：「我相信只要我們對這些長者多點關懷，便能讓他們多點快樂。」

*為期一年的「太想家：長者住安心計劃」分三階段，第一階段愛心大使會家訪長者及進行家居環境評估。第二階段是根據評估報告，由愛心大使維修長者的居所，安裝安全扶手及其他長者友善家居設施，減低家居意外風險。第三階段則由愛心大使帶領受助的長者，參觀房協位於油麻地的長者安居資源中心，讓他們認識家居安全。

What makes a happy life? There is no easy answer, but Sherine Lau, the Company Secretarial Officer of Swire Group, believes she understands more about the issue thanks to her experience as a volunteer. Sherine spent one year volunteering on the Welcome Home: Elderly Safe Living Scheme, which was co-organised by Swire Properties and the Hong Kong Housing Society to enhance home safety for elderly people.

Over the course of the year, Sherine visited two elderly ladies who made her reflect on the question of happiness. One was 80, living alone and unable to walk properly. Despite a neat and orderly home she was a lonely and sad woman. The other woman, by contrast, had a home full of mess and clutter, but was always cheerful and optimistic. Sherine says getting to know these two very different women was an epiphany for her. "I have come closer to understanding that material possessions don't bring happiness. The volunteering experience has motivated me to be positive and try to be a good influence on people around me."

Sherine has already started to put this determination to work. She contacted a local community centre, and arranged the delivery of hot meals to the lonely and sad 80 year old, as well as visits from volunteers. There has already been a noticeable improvement in the old lady's outlook! It seems that love and care from others is an important part of a happy life.



水的希望

今年夏天，福建山區遇上連場大雨，土壤中的污染物流入水中，令部份山區的水源受到污染，其中受影響的包括連城縣廟上村的一間學校。有見及此，廈門太古可口可樂的義工於9月份親身探訪了該校，送上首批淨水設備。為了幫助更多受影響學校購買淨水設備，公司更在11月與福建省青少年發展基金會合辦「愛·同行」步行籌款活動，透過步行30公里，為山區學校籌款。活動策劃人暨前線義工藍瑩與我們分享她的經驗。

Torrential rain in the mountains of Fujian this summer led to serious problems with pollutants contaminating many water sources. In September, volunteers from Swire Coca-Cola Beverages Xiamen visited a school affected by water pollution in Liancheng County. They brought along water purifiers as gifts for the school. Two months later, the company joined Fujian Youth Development Foundation in organising a charity walk to raise funds supporting water purification projects for schools in the mountains. Lan Ying, one of the event organisers and frontline volunteers, shares her experience with us.

撰文：
廈門太古可口可樂
公共事務及傳播部經理 藍瑩

9月2日，福建山區連場大雨過後，部份山區學校失去了潔淨的水源，我隨其他廈門太古可口可樂的義工及淨水器公司的專業人員帶著淨水器首次到訪廟上小學，此行的目的便是要為學校安裝一批新的淨水器，讓山區的學生得以飲用潔淨的食水。還記得剛到埗時，看到細小的校舍設備陳舊，雨後的操場更積滿了泥濘，但孩子們還是蹦蹦跳跳，絲毫沒有受環境影響。淨水器公司的專業人員二話不說，卷起衣袖便開始動工安裝，不消一個下午，已把所有淨水器安裝好。而我們的義工團隊則與孩子們集體創作了一幅以「藍天水滴」為主題的圖畫，畫出藍天白雲、樹木青草等美麗圖案，又向孩子們講解保護環境的重要性。孩子們知道可以直接通過課室旁邊的淨水器取得潔淨的溫水，都顯得很雀躍。我們又為孩子們送上不鏽鋼水杯，方便他們盛載溫水。其中一位女孩子很喜歡我們送她的水杯，亦很感激我們的到訪，她說有了這個淨水器及水杯以後，她便不用每天從家裡帶著又重又燙的水上學了。那一刻我也很受感動，沒想到我們少少的綿力，這麼一個小小的水杯能為孩子帶來無限希望。

By Lan Ying,
Manager, Public Affairs and
Communication Department,
Swire Coca-Cola Beverages Xiamen

On 2 September, I visited the school in Liancheng County along with other volunteers and technicians from a water purifier company. The school was old and the playground was muddy after the rain. The technicians spent the afternoon installing the water purifiers that we had brought with us, while our volunteer team drew a picture featuring blue sky and raindrops with the school children. This exercise helped us explain the importance of protecting the environment. The children were excited to find out that they could get clean water through the water purifiers. We also gave them stainless steel cups as gifts. One girl told me that thanks to the cup and the water purifier, she no longer had to carry a heavy pot of hot water to school every day. I was touched by what she said: I never thought a small cup could bring children so much hope.



01

蒲公英的種子隨風飄揚，遍地開花，太古地產的愛心大使也積極在社會各處服務大眾，令愛心飛揚。9月份，20位太古地產愛心大使來到香港耀能協會在柴灣的庇護工場，與耀能會員合力在牆壁上畫出一朵朵色彩斑斕的蒲公英，用以美化工場。大家共渡了一個愉快下午，體現了「傷健共融」的精神。

The drifting seeds of dandelions were the inspiration behind the painting of a mural at the Spastics Association of Hong Kong. The session was organised by 20 of Swire Properties' Community Ambassadors in September. The colourful mural will make the workshop a more lively place to work.



02

超過50位從未搭過飛機、來自兒童發展基金的基層青少年，早前參加了由港龍航空舉辦的「讓理想起飛」活動。港龍於其總部首先舉辦了教育工作坊，讓參加者多角度了解航空業的運作、要求和理念，以助他們擴闊視野及規劃未來。參加者更於11月帶同家人及師友乘搭飛機，一行170人於香港上空暢遊90分鐘，實現人生首次的飛行夢！

Over 50 young people from disadvantaged backgrounds were given the chance to fly for the first time thanks to Dragonair's Journey of Dreams programme. The youngsters were all participants in the Child Development Fund, and before the flight took part in a workshop on airline operations. They then boarded a plane along with family members and mentors for a memorable 90 minute flying experience over Hong Kong.





03

香港聯合船塢集團今年11月首次參與假維園舉行的「香港24小時慈善腳踏車格蘭披治大賽」。選手們戴上頭盔，駕著色彩斑斕的腳踏車在賽道上飛馳，攜手為慈善而戰。活動由香港圓桌會慈善基金主辦，籌得的善款將用作支持香港的慈善機構。

Employees from HUD Group were in competitive mood as they donned helmets to take part in the 24 hour Charity Pedal Kart Grand Prix 2015 in Victoria Park. The event is organised by the Association of Round Tables in Hong Kong Charitable Foundation and raises funds for local charities.

04

香港航空發動機維修服務(HAESL)於今年3月一個週末派出30位義工，再次為香港青年旅舍協會修葺旅舍，是次地點為大美督白普理賽馬會青年旅舍。義工先將旅舍內鐵製的門窗重新塗漆，再貼上遮光紙擋去部份陽光，讓室內更柔和舒適。是次活動讓義工有機會走進大自然，並為旅舍換上新裝，看著光潔如新的門窗，眾人均感到非常興奮。

30 volunteers from HAESL worked hard to give a new look to the Bradbury Jockey Club Youth Hostel in the Tai Mei Tuk countryside. Their work included painting the iron doors and windows, making the hostel a more pleasant place to stay.



05

太古地產一名資深的愛心大使向另外32名愛心大使傳授扭製卡通人物汽球的秘技。經過一番苦練後，眾人一起參加了東區及灣仔區義工服務博覽2015，教授在場市民扭製出人見人愛的「壞蛋獎門人」汽球，鼓勵他們學會技能後加入義工行列，藉此宣揚義工精神。

A veteran Community Ambassador of Swire Properties was recently able to pass on his balloon-twisting skills to 32 other ambassadors. After hours of practice they too were able to twist balloons into the shape of the popular cartoon characters the Minions. They in turn then passed on their skills to members of the public

visiting the Volunteer Services Expo for Eastern and Wanchai District 2015, which aimed to promote the spirit of volunteering in the community.





06

8月15日下午，旺角一間餅房內香味撲鼻，原來來自太古可口可樂香港的義工隊「樂義幫」與香港基督教服務處轄下的樂Teen會合作，和20多名石峽尾及深水埗區的兒童正在製作「迷你兵團」彩繪蛋糕，趁暑假讓小孩學習製作蛋糕。大小朋友打成一片，一同烘出香噴噴的愛心甜點。

Members of Swire Coca-Cola HK's V Group were excited to help youngsters make colourful rolled cakes at a bakery in Mong Kok in mid-summer. The youngsters were from Shek Kip Mei and Sham Shui Po, together with the Happy Teens Club of Hong Kong Christian Service.

07

今年暑假，太古地產旗下的太古滙聯同廣東太古可口可樂、太古資源和廣東太古冷鏈物流的義工，為廣州的小孩子們（包括部分特殊兒童）舉辦了廣府文化體驗工作坊。在三場主題活動中，小朋友穿著粵劇戲服，耍槍舞劍，在義工陪同下一同學習粵劇基本功，又以天真童聲唱出粵語童謠。太古義工與一眾小孩子手牽手，共同繪畫對廣州西關文化的印象，藉此加深對本土文化的了解。

A group of children from Guangzhou, some with special needs, were able to take part in a Cantonese culture campaign, including a Cantonese opera workshop and the singing of Cantonese folk songs. The campaign was organised by TaiKoo Hui's Community Ambassadors and volunteers from Swire Guangdong Coca-Cola, Swire Resources and Guangdong Swire Cold Chain Logistics.



08

太古資源的同事於10月組隊參與聖雅各福群會8公里挑戰賽，當日雖有微雨，但無阻大家的熱情。眾人穿上醒神運動服及跑鞋，在科學園附近的白石角海濱長廊起跑，為聖雅各福群會籌募經費幫助弱勢社群。

Spirits remained high among Swire Resources staff despite the rain during the "GOrun Together 2015" eight kilometre charity walk in October. The event, organised by St James' Settlement, began at Pak Shek Kok Promenade and raised funds for the underprivileged.



齊來 Jam — Jam

LET'S JAM!



時間過得真快，聖誕過後不久便是農曆新年！太古集團在農曆新年過後將再度與聖雅各福群會合作，利用新年後於集團旗下商場及寫字樓回收得來的年桔製作美味的大吉果醬！去年義工共製成了900樽果醬，轉贈基層家庭及作內部義賣。現誠邀40位義工和我們一起製作大吉果醬，齊來「Jam — Jam」！

How time flies: the Swire Jam will be coming soon! After Chinese New Year Swire will join hands once again with St. James' Settlement to make delicious Swire Jam, using kumquats collected at Swire shopping malls and offices. Last year, 900 bottles of homemade jam were donated to underprivileged families. We now invite 40 volunteers to join us for a "jamming session".



日期：2016年3月5日（星期六）

時間：上午10時至下午5時（大會將提供午膳）

地點：灣仔石水渠街85號聖雅各福群會

義工人數：40位

任務：負責將柑桔和檸檬去籽切片，再入樽及包裝

報名及查詢：Flora Fung florafung@jssshk.com / 2840 8871

Date: 5th March, 2016 (Saturday)

Time: 10am – 5pm (lunch will be provided)

Venue: St. James' Settlement, 85 Stone Nullah Lane, Wanchai

Number of volunteers needed: 40

Role of volunteers: To slice kumquats and lemons, remove seeds, bottle and package them

Sign up / Enquiry: Flora Fung florafung@jssshk.com / 2840 8871

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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 "+-x 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