

分享成就

Share the Achievement

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「學生哥，好溫功課，咪淨係掛住踢波...」

以前年代的學生，只顧著玩，荒廢了學業，但至少可以真正享受學習生涯。現今的學生，只顧著讀書、讀書、還是讀書，根本沒有時間荒廢學業。壓力大得令一個年紀輕輕的學生透不過氣來。我們都怪社會、怪家長們給學生過重的壓力，然而，我會曾否想過，作為家長亦承受著不比子女輕的壓力呢？這個年代的家長，已沒有既定的形象，亦師亦友，似乎比以前家長式教育更為受落。父母一邊擔心會否給予子女太大的壓力，一邊憂慮過份的放縱又可能擔誤他們的一生，怎樣才取得平衡呢？在房協之友獎學金頒獎典禮上，我們見證了一個又一個成功的例子。當日家長們獲邀連同得獎的學生們出席 2017-8-24 的頒獎典禮。除了分享同學們的喜悅外，最開心的，其實是他們的父母。看見子女跟父母相處開心，言談甚歡。而他們在台上亦表達了對父母感恩之情，場面感動。父母歡愉的面容、肯定的眼神流露著他們對子女的愛。頒獎禮上房協管理層及同學們都分享了讀書的心得、成就。而坐在觀眾席上的父母們，看見他們子女面上的笑容，就是他們一生的最大成就。

Share the Achievement

Students nowadays seem to be more stressed and depress when comparing with the past decades. At the same time, parents are facing pressure on fostering their child. It becomes more complicate to take balance between controls and let alone. However, we could found successful cases in the HSC Scholarship Presentation Ceremony. Students were invited to take part in the ceremony accompany with their parents. They share the honor and happiness, just like best friends. The happiness of their children is the best prize for the parents.

分享愛

時下流行共享經濟，除了交通、消費可以與其他人共享之外，原來「愛」都可以分享！今個中秋，房協之友於屋邨號召一大班義工，將愛心於社區散播出去。進行探訪期間，義工們可以深入接觸鄰舍，即便是未曾正式相識的街坊，往往已在閒時認得大家；碰見熟悉的臉孔時，更格外開懷。在談笑暢聚之間，義工們默默為屋邨注入強大的根基，鞏固社區脈絡，形成更友善的鄰里圈。

持續學習工作坊

今年要過一個 LIGHT 中秋！房協之友搞搞新意思，與義工們分享輕食甜點食譜，製作日式糯米糍。原來糯米粉不單止可以蒸，亦可以「叮」！透過微波爐將糯米粉「叮」熟，大大節省製作時間，確實簡單又方便，義工們都紛紛俾 LIKE！

Love Sharing

During the month of moon festival, HS Community shares the joy and reaches out to the elderlies. HSC sparks off Operation Love gathering volunteers to complete the mission. With volunteers going flat to flat they get to know more of their neighbors. Not only they had presented festive gifts to the elderlies but also strengthen the neighborhood connection and build a friendly community.

Continuous Learning Workshop

HSC shares sweets recipe where volunteers team up to make chocolate and green tea mochi rice cakes. With such easy steps all participants can enjoy their homemade desserts during festive times.

一起「滾」吧! Let's ROLL!

上回提到，房協之友於今年首次舉辦硬地滾球訓練班及體驗班，希望藉著這項非常適合長者參與的體育活動，增強長者手眼協調能力之餘，亦培養長者多活動的習慣。房協之友長者硬地滾球訓練班學員由 5 月底進行了滾球初體驗後，經過短短三個月的準備及練習，決定往外「滾」出去。觀塘花園大廈及祖堯邨分別派出兩隊精英於 2017 年 8 月 30 日參與由伸手助人協會主辦的「全港長者硬地滾球大賽 2017」(公開組)。

「全港長者硬地滾球大賽 2017」於將軍澳體育館舉行，一共有 80 隊來自全港不同機構的隊伍，分成 16 組進行小組賽。雖然我們首次參賽，但是球員們毫不怯場，4 隊隊伍於小組賽共 8 場賽事之中取得 7 場勝利。較可惜的是，我們其中 2 隊隊伍雖然小組賽取得全勝，但因得分數目不及同組對手無緣出線，幸好另外 2 隊則成功出線。

出線後進入更緊張的淘汰賽，觀塘花園大廈隊於 16 強立即遇上一隊強勁的對手，未能再進一步。至於祖堯邨隊於 16 強仍能輕鬆取勝進入 8 強！可惜於 8 強力拼僅負未能進入 4 強。儘管如此，首次參賽加上由初接觸滾球到比賽只有 3 個月，而能夠取得如此成績已經非常美滿。來自房協之友的「教練們」能見證著長者們認真參與及學習，於比賽中發揮出水準也感到非常開心，期望於今年汲取經驗後於來年再創佳績！

*賽制簡介: 80 隊分成 16 組(A-P 組)，每組有 5 隊，每隊打 2 場比賽後計勝出場數，若果相同則計得分數目，只有首名出線，出線後即進入 16 強淘汰賽

Let's ROLL!

Mentioned in our last newsletter, HS Community organized boccia training class since May of 2017 in order to train the eye-hand coordination and promote exercise regularly of the elderly. After three-months training, we decided to join the competition which organized by Helping Hand to test our ability. Two teams from Cho Yiu Chuen and two teams from Kwun Tong Garden joined the competition.

There were a total of 80 teams to compete at Tseung Kwan O Sports Centre at 30th of August including us. We were not afraid even it was our first time to compete. Our teams won 7 games out of 8 games in group matches. Unfortunately, there were two teams could not go into final round. Team of Kwun Tong Garden Estate met a strong team in the Round of 16 match and could not go further. Team of Cho Yiu Chuen defeated their opponents and went into Quarter-finals. However, they were just defeated by another team and could not go into Semi-finals. It was still a very satisfactory result as we were the first time to join competition after we trained only for three months. We are very happy to see the elderly paid so much effort to learn and train. We hope that we can get even better result next year.

*Game rules: 80 teams were divided into 16 groups, 5 teams in each group and compete for two matches; only one team with the best result can go into Round of 16

高手在民間

一顆耀眼的新星又或是一隊矚目的隊伍的誕生，除了本身有實力之外，也需要一個發掘者及一個給他們展示能力的舞台。而房協之友不同的興趣班正是一個絕佳的平台令潛藏於民間的高手浮現。無論是練習場所、登台表演及外間比賽便是高手出沒之地。

房協之友歌詠興趣班(香港區及東九龍)經過不斷的訓練及表演後，參加由基督教家庭服務中心主辦的「全港 50+大合唱比賽 2017」，於 2017 的 7 月 21 日的初賽，歌詠興趣班(香港)更成功脫穎而出進入決賽。而決賽亦已於 2017 年 10 月 6 日假沙田鄉議局大樓圓滿結束。主辦單位讓 50 歲或以上人士發揮歌唱潛能，使 50+ 人士能於舞台上綻放光芒，延續精彩人生。房協之友歌詠興趣班(香港區)以經典金曲《似水流年》參賽，歌曲富有意境，最後更勇奪優異金獎殊榮，賽果令人鼓舞，也鼓勵了長者持續學習，鄰里間互相扶持。

房協轄下屋邨居民其實有無數臥虎藏龍，而且他們多才多藝，當然不單止局限於唱歌。房協之友藉著於 9 月 23 及 30 日分別在觀龍樓及乙明邨舉行的鄰里互愛才藝 SHOW 及於 9 月 24 日在祖堯邨舉辦的中秋嘉年華讓不同的民間高手展示他們的才華。高手包括祖堯邨、觀龍樓及乙明邨粵劇曲藝興趣班、乙明邨歌詠興趣班(新界)及祖堯邨舞運動興趣班(葵青區)。各興趣班學員載歌載舞助慶，將興趣班課堂學以致用，以歌舞會鄰里，盡顯長者活力及能耐。

Talent in the Community

There are three components to discover a glaring star or a dazzling team: talent of the star or the team, the platform to show their talent and someone who discover their abilities. Interest classes of HS Community are the places where contain a lot of talented people as we provided places to train, to perform and to compete.

Our choir teams (Hong Kong District and East-Kowloon District) joined the Choir Contest organized by the Christian Family Service Centre. After the competition in the first round at 21st of July, Hong Kong District choir team went into the finals. The organizer provided the platform to the person who aged 50 or above to show their talent. With outstanding performance, our choir team won the merit gold prize. Other than the prizes, the participants also gained the happiness and support from their neighbors.

Actually, the strength of our residents is not restricted to singing. They could dance beautifully and attractively. During the carnivals in the 23rd, 24th and 30th of September held at Kwun Lung Lau, Cho Yiu Chuen and Jat Min Chuen respectively, HS Community invited our interest classes to show their abilities. They showed what they learnt in the class and brought happiness to the neighbors and other residents in the same estate.

回收 VS 減廢

益智玩具回收

俗語話「舊既唔去新既唔黎」，不過添置新物品的同時，如何有智慧地將舊物品「變身」呢？玩具正是一個好例子，當小朋友漸漸成長，便需要學習取捨，同時亦可以了解到將物品保存得較好可以延續其生命，轉贈給社會上更有需要的人仕。房協之友伙拍香港家庭福利會於暑假期間進行益智玩具回收，集各屋邨的力量為寄養兒童提供援助，孕育關愛社區。

房協之友 環保再生平台 X 香港地球之友「賽馬會酷鄰居齊節能計劃」推廣日

房協之友深信環保教育從社區做起，無論大人小朋友都可以不斷了解更多環保的訊息。有見及此，環保再生平台便誕生，透過環保遊戲及再生回收站，鼓勵居民實踐綠色生活模式。同時，香港地球之友亦推廣其「賽馬會酷鄰居齊節能計劃」，推出手機應用程式讓市民一同參與。大家立即下載，實行慳電儲分，做個醒目綠惜人！

Recycle VS Reduce

Educational Toys Recycling Campaign

How can we act wise to preserve used items while purchasing new ones? Toys are great example as kids grow up learning to make choices they could learn something through the process. Well used items could have longer life expectancy and be delivered to the needy ones. HSC collaborates with Hong Kong Family Welfare Society to launch the Educational Toys Recycling Campaign during summer holiday where toys are collected from estates and be donated to foster families.

Green Platform X Friends of the Earth Jockey Club COOL Neighbours for Energy Saving Programme

HSC believes green education starts from living community where everyone can always learn something new. The Green Platform is launched under such idea to promote green living through games and recycling station. The Friends of the Earth also promotes Jockey Club COOL Neighbours for Energy Saving Programme. Let's download the app now and save more energy!

不是垃圾

每逢節日，各大小商戶便會推出不同類型的應節產品。作為現代都市人，我們可以如何將傳統融入生活，既可保留舊有習俗，亦能夠顧及社會發展呢？今次房協之友便考考住戶的創意，舉辦環保燈籠設計比賽，讓參賽者活用舊物品或環保物料製作環保燈籠。既不用購買新的消耗品造成浪費，更可以將舊物「升級」，實行雙重環保！參賽者亦讓我們大開眼界，幾乎所有日用品包括紙巾桶、膠蓋及舊燈泡等都可以作為素材，緊貼活動主題。寄望居民能夠將意念推而廣之，在日常生活當中添加更多再生元素，讓生活全面「升級」！

We Are Not Trash

Every festival follows with huge amount of festive products and advertisements. As a modern citizen, how can we maintain the balance between traditional custom with the urban development? This Mid-Autumn **HSC** launches the Harmonic Community Eco-Friendly Lantern Design Contest 2017 to brainstorm green ideas. With less wastage and upcycling used items it is a win-win situation. We received lanterns made of everyday items which fully align with the eco-friendly theme. We hope that residents could 'upcycle' more in our daily life!

讓心齡不老

心齡-心境的年齡。人常道，態度決定一切。生活的態度、對人的態度、處事的態度，一直都影響著人生的際遇。常聽到煩惱成年人說「做小朋友最開心，乜都玩一餐，少少嘢都可以開心一日」。雖然成長是必經過程，小朋友終有一天都會變大人，但保持心齡年青卻是我們控制的。有時不妨讓心齡年青一下，簡單的快樂垂手可得。房協的長者們都有年青的心齡，這在房協之友的中秋敬老顯愛心活動中表露無遺。台上可愛的小丑表演著幽默的互動情節，台下的長者們看得時而緊張、時而捧腹大笑，投入程度跟小朋友沒分別。就是他們這種童真，讓他們看上去就份外年輕，充滿活力。這是個天然的抗老方法，你也不妨試試吧!

Keep Young

People miss the time at their childhood. That was the happiest, simplest moment in their life. To keep mentally young, makes us look younger. Simple happiness comes from simple thoughts, which we could easily found from the kids. We could also found from the elder residents from the HS estates as well. They played with the clowns on the stage in the HSC event Mid-Autumn Festival Gathering. They acted just like a kids, laughs, shouts, cheers spread out all thought the place. Keep young in heart is the best natural anti-ageing method.