

記得返屋企飲湯呀!

Appreciate the sacrifices parents subdue for you!

「無論你地喺出面玩得幾開心、幾享受校園生活都好，記得返屋企飲湯呀！」助理總監(物業管理部)潘源舫先生語重深長地叮囑房協之友獎學金頒獎典禮 2018 席上的得獎學生。頒獎禮於 2018-8-17 假香港世界貿易中心會舉行，除了邀請參加房協之友獎學金的應屆香港中學文憑考試高材生外，更邀請了其家人出席，分享喜悅及學習成果。典禮最感人的部份，並不是宣佈及頒發獎項時刻，而是及後的讀書心得分享環節。分享環節由潘先生主持，與幾位得獎學生傾談讀書的苦與樂。言談之間，幾位同學都表達了對其父母感恩情，亦藉此機會感謝父母無私的奉獻及無限的支持。潘先生提醒同學們享受大學自由的校生活之餘，更要飲水思源。適時回家與父母吃飯，真切問候絕不可少。

房協之友獎學金除了獎勵考生的努力，更提供了一個平台，為這個多變、善忘的時代，添上一點感恩、思源的情懷。

“Enjoy your tertiary school life, but remember to go home!” said Mr Poon Yuen-fong, Sanford, Assistant Director (Property Management), HS, in the HSC Scholarship Presentation Ceremony. HSC invited the HKDSE candidates, who won the HSC Scholarship 2018 to meet on 2018-8-17 at World Trade Club. Parents of awardees also witnessed this precious moment. Sharing session was hosted by Mr Poon, with 5 awardees, one of them was from the 2nd HSC Scholarship. They shared their thoughts in studying, expectation in their coming university school life.

做個義氣子女

Volunteer Power

每逢節慶，房協之友都召集一班義氣子女，到訪不同的屋邨，將點點心意送到屋邨的獨居及雙居長者手上。所謂的義氣子女，是指房協之友的義工朋友。每當房協之友舉辦社區探訪活動，他們定必拍拍心口、義字當頭，帶著無私的愛心，參與義工服務。部份「熟手義工」已熟悉探訪的流程，自動埋位，由包裝心意包、探訪注意事項、到與長者傾談的技巧都擦如指掌。

HSC Volunteers deliver love and care throughout Hong Kong to those who are in need. They participate in volunteering with their heartfelt aspiration.

<p>樂善房協齊送暖·樂聚端陽賀 70</p>	<p>Love @ Tuen Ng Festival</p>
<p>房協之友聯同九龍樂善堂，召集逾 500 位社會有心人，於觀塘花園大廈籃球場集合，用愛心加力量，合力砌出大型拼圖，攜手創善舉。當日更邀請九龍樂善堂主席李聖潑先生及香港房屋協會助理總監(物業管理)潘源舫先生致辭，親身為他們打氣。及後由觀塘區福利專員葉小明女士帶領誓師儀式及宣讀誓詞，為探訪活動揭開序幕。</p> <p>義工們來自不同年齡層及職業，他們與受訪長者們細談人生經歷、生活瑣事，閒談之間已將開心力量注滿受訪者身上。</p>	<p>HSC collaborated with The Lok Sin Tong Benevolent Society, Kowloon to call out over 500 volunteers to gather at Kwun Tong Garden Estate. They carried out a huge Love Puzzle with loves and voluntary power to celebrate HS 70th Anniversary. Mr Lee Shing-put, Chairman of The Lok Sin Tong Benevolent Society, Kowloon, and Mr Poon Yuen-fong, Sanford, Assistant Director (Property Management), HS, paid thankfulness and compliments to the volunteers. Accompany by Mr Lee, and Mr Poon, Ms Ip Siu-ming, Chairperson (Social Welfare Department), The Kwun Tong District Welfare Council, hosted the vow of volunteer, and kicked off a meaningful moment of the day.</p>

<p>端午節及中秋節義工探訪 (明華大廈/勵德邨/觀塘花園大廈/觀龍樓)</p>	<p>Tuen Ng & Mid-Autumn Festival Voluntary Visit (Ming Wah Dai Ha/Lai Tak Tsuen/ Kwun Tong Garden Estate/ Kwun Lung Lau)</p>
<p>義氣子女們心美、人都特別美。他們將笑聲、溫暖送到每個獨居及雙居長者手上，令每位受訪的長者都感受到社會的關懷。</p>	<p>Beautiful smile are always on the volunteers' face. They talked to the elders, shared happiness with them during home visit.</p>

<p>樂聚花園慶端陽</p>	<p>Love @ Yin Chee Lau</p>
<p>義氣子女於 2018-6-16 再次集氣到觀塘花園大廈燕子樓，聯同循道衛理觀塘社會服務處義工們，探訪燕子樓的長者。他們三五成群、熱熱鬧鬧的，使本來寧靜的燕子樓，頓時變得朝氣勃勃，到處都充斥著滿滿的愛。</p>	<p>Volunteers gathered at Yin Chee Lau, Kwun Tong Garden Estate to carry out voluntary visit to the elders who live there. They made a peaceful place became a thrilled and energetic place filled with love and care.</p>

盡情滾出去

Boccia Competition

房協之友在去年首度舉辦長者硬地滾球訓練班，帶領長者參加全港長者硬地滾球大賽並取得佳績，成功晉身 16 強及 8 強。參加者們可寓運動於娛樂，玩得開心，所以，今年我們繼續去滾！房協之友長者硬地滾球訓練班(東九龍及葵青區)於 6 月展開訓練，並招攬不少新血加盟。經過一番努力練習後，我們於 2018-8-10 在觀龍樓天台禮堂舉辦友誼賽，讓學員們互相觀摩、切磋。經過友誼賽後，8 位分別來自祖堯邨及觀塘花園大廈的學員代表，參與由伸手助人協會主辦的全港長者硬地滾球大賽 2018。

HSC organized Elderly Boccia Class since last year. We joined the Hong Kong Boccia Competition for elderly and organized new training class in June this year. New faces joined and showed their talent. HSC set up a platform for the players to show their training progress through a friendly match on 2018-8-10 at Kwun Lung Lau.

大賽於 2018-8-28 假將軍澳體育館舉行，我們 8 名選手在初賽發揮出應有水準，既享受比賽亦專注投入。在分組賽滾出 8 戰全勝的成績，其中 3 隊在小組脫穎而出，出線 16 強。雖然 3 隊出線隊伍最終在 16 強止步，但於 80 隊參賽隊伍當中晉身 16 強已值得自豪。展望明年我們汲取更多經驗後能取得更好的成績。加油！房協的滾球兵團。

Eventually, 8 players from Cho Yiu Chuen and Kwun Tong Garden Estate were nominated to be our representatives in the Hong Kong Boccia Competition on 2018-8-28. They performed extremely well and won all matches in the group stage. Although we could only go into the finals 16, experience gained enable us to go further next year.

唱好 50+

50+ Elders Choir Competition

「年輕人，到底有咩野驅使你退休後仍然每星期勤力上堂，不停排練唱歌呀？係愛呀？定係責任呀？」

「係興趣呀！」「有興趣就唔會怕劫！」

原本由三五知己街坊唱 K 團發展成屋邨合唱團，每星期歌詠班聚會使原本互不相識的街坊鄰里變成老友鬼鬼。唱歌除了能發展個人興趣之外，更能成為媒介，使鄰里關係更緊密，從而建立友善社區。

房協之友帶領三班歌詠興趣班(香港/東九龍/新界)於 2018-7-24 參與由基督教家庭服務中心主辦的「全港 50+大合唱比賽」，比賽今年已踏入 30 週年，初賽當日，共二十七隊參賽隊伍一同競逐決賽席位。現場氣氛緊張，評判需要淘汰一半以上的參賽團體，挑選隊伍踏上決賽之路。

「登登登登」公佈結果，房協之友歌詠興趣班(新界)組別成功脫穎而出，以一曲「順流。逆流」打動評審，躋身決賽。決賽將於 2018-10-30 香港浸會大學大學會堂進行。

HSC led 3 Choir Teams (Hong Kong District/East Kowloon District /New Territories District) joined the 50 + Elders Choir Competition organized by Christian Family Service Centre. This is the 30th Choir contest and the organizer provided the platform to members of the public aged 50 years old or above to show their talent.

After the first round of competition which held on 2018-7-24, Jat Min Chuen Choir Team managed to enter the finals which will be held on 2018-10-30 in Hong Kong Baptist University Academic Community Hall.

房協 70 + 沙頭角邨 30 = 100 FUN

Hong Kong Housing Society 70th Anniversary + Sha Tau Kok Chuen 30th Anniversary = 100 FUN

為慶祝房協成立 70 周年以及沙頭角邨落成 30 周年，房協之友於 2018-7-14 聯同沙頭角邨屋邨辦事處及沙頭角中心小學合辦「鄰里共聚嘉年華」。希望透過活動與居民分享喜悅，從而鼓勵鄰里互動，促進彼此關係。

嘉年華當日活動非常豐富，包括有攤位遊戲、歌舞表演以及抽獎活動等等。當中沙頭角邨居民更親自上陣為大家表演「撐龍船」增添嘉年華氣氛。除了沙頭角邨的居民外，沙頭角中心小學的小朋友亦非常落力為嘉年華盡一分力，他們為在場參加者上演了一幕精彩的音樂劇，內容講述自己對未來的盼望，很多住在沙頭角邨的長者們均看得非常投入。說不定長者們就是看著自己的孫兒在演出呢！之後到了雜耍環節，表演者和在場觀眾互動，亦贏得全場掌聲。至於抽獎環節中每一位居民對於抽到為他們特意準備的禮物都感到非常開心。

HSC collaborated with Sha Tau Kok Chuen and Sha Tau Kok Central Primary School in organizing Harmonic Community Carnival to celebrate Hong Kong Housing Society 70th Anniversary and Sha Tau Kok Chuen 30th Anniversary on 2018-7-14. Community building enabled residents to share happiness with families and neighbors in the carnival.

分享知識

Sharing knowledge

你家中有沒有有一些自己用不著，但又有用的物品呢？有沒有想過和其他人分享？時下流行將自己用不著，但又潔淨有用之物與分享。此舉不但減少浪費，舊物送到新物主手中又可以重生，一舉兩得。有見及此，房協之友環保綠色平台設置圖書分享站，將舊書免費分享予居民，為書本找尋新的主人。圖書分享站希望鼓勵居民閱讀之外，更希望養成居民分享資源的好習慣。大家下一次收拾家居時，扔掉舊物前，可考慮它們有沒有更好的出路。

There are always useful items at our home, but not in used. Have you ever thought about sharing them with others? Sharing resources has been a hot topic in recent years. The advantages of sharing is not only waste reduction, but also give the old things a new life. In view of this, HSC Green Platform set up a Book Sharing Station, share the donated books for free, and help to find a new owners for the books. The Book Sharing Station aims to encourage residents to read, and to develop a good habit of sharing resources with the others.

惜物慳錢

Dump Less Save More

「搵少啲!慳多啲!咪嘍嘢!」這口號是否耳熟能詳呢? 減少浪費, 積極回收, 雖已成為大家的日常, 但環保的工作仍需要大家的參與和努力。環境保護署的廢電器電子產品生產者責任計劃(廢電器計劃)於 2018-8-1 已經正式實施, 涵蓋「四電一腦」, 即是指冷氣機、雪櫃、洗衣機、電視機、電腦、打印機、掃描器及顯示器。市民如購買受管制電器, 銷售商必須免費協助移走舊有電器。使得廢電器電子產品得到妥善回收、循環再造、轉廢為材。

房協之友於多個屋邨/屋苑設置環保綠色平台以宣傳、教育環保知識及體驗實踐, 鼓勵居民積極回收廢舊電器, 早日將四電一腦的回收工作化為日常。

“Dump Less, Save More, Don't be a Big Waste!” Everyone is familiar with this slogan. Reduce waste and recycle has become everyone's daily life. Environment protection project still needs everyone's participation and effort. The Producer Responsibility Scheme on Waste Electrical and Electronic Equipment (WPRS) of the Environmental Protection Department was effective from 2018-8-1, covering air-conditioners, refrigerators, washing machines, televisions, computers, printers, scanners and monitors. If the public purchase a new electrical appliance, the seller should arrange a free removal service to dispose of the same class of equipment abandoned by the consumer. Hence, the waste electrical and electronic products can be properly recycled.

HSC Green Platform was set up in HS estates and managed properties in order to promote recycling of used electrical appliances. HSC encourage residents actively recycle used electrical appliances, make it as a daily practice.

遊走香港

Tour Around Hong Kong

常聽到長者們分享養生之道, 要保持身心舒暢, 最緊要就是多出外走走。房協之友當然樂於提供機會, 帶領居民遊走香港。適逢 8 月中旬, 一年一度美食博覽的日子, 我們帶居民「掃貨」前, 與他們一起探索香港的好地方。其中位於香港島繁華的中環核心地帶的「大館」, 最值得推介。「大館」是一個以非牟利模式營運的古蹟及藝術館, 前身為中區警署建築群。它展示了電影、攝影、音樂、表演藝術、設計、文化及歷史文物, 配合獨特的建築設計和多姿多采的藝術文化活動,

是展現香港文化風貌的重要平台。除了到大館外，房協之友亦帶領居民認識香港的部分制服團隊的歷史演變，如香港海關及懲教署物館。既能呼吸新鮮空氣，又可探索新資訊，別猶豫了，與我們一起出走吧！

If you want a health body, you should go outside and travel around, said the HS Elder Residents. HSC is glad to provide opportunities for them. Before the Food Expo tour, we led our residents to different hot spots in Hong Kong, liked “Tai Kwun”. It is the restored Central Police Station compound, a non-profit centre for heritage and arts. It shows and introduces the best part of film, photography, music, performance, design, culture and heritage of Hong Kong. Other than “Tai Kwun”, our residents also visited to the Museum of Hong Kong Customs and Excise Department and Hong Kong Correctional Services. Join us and walk around Hong Kong!

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