

重建綠嶺

Reconstruct the woods

重建綠嶺

翠綠的樹木，帶給城市清新的色彩。假日走進山林，樹影深深，可以遠離煩囂的都市生活。可惜，不明山火總會燒毀翠綠如茵的樹林。掃墓人士不小心燃燒冥鏹香燭，行山人士於林木間煮食抽煙，都會送走片片綠林。香港植樹日是每年一度的植樹活動，通過栽種本地原生植物來修補被毀的園林、綠化香港，並且宣傳環保信息、提醒我們保護山林的重要性。房協之友帶領居民環保大使，於2016年3月19日參加元朗大棠大樹下西路的香港植樹日。今年已是房協之友第13年參與植樹活動，多年來為香港郊野共種植過萬棵樹苗。為了將樹林回復到昔日的翠綠如茵，居民及環保大使都不怕路途的陡峭，一步步踏上山頭，將樹苗小心翼翼地種下，期望樹苗茁壯成長。

Reconstruct our Green Neighbourhood

Shading of fresh forest can seclude us from the fast-moving city life. Fires, unfortunately, crudely burn our green woods. Tree Planting Day is an annual country park greening programme to patch up the burnt and remind us the importance of forest protection. HSC joined with near 100 green ambassadors, actively participated with residents from Healthy Village, Cronin Garden, and HS staff, at Tai Shu Ha Road West, Yuen Long on 19 March, 2016. This is the 13 consecutive years when HS participated in Tree Planting Days where over 10,000 sapling have been planted.

鄰里樂 靈猴賀歲系列

Harmonic Community Celebrate the Year of Monkey

人生八十黃金期

有謂「人生七十古來稀」，但隨著社會人口形態的變化，80歲或以上的長者人口已在急劇增加，並非我們所認知的稀有了。在納入「長者」範疇當中超過80歲的長者們，稱為高齡長者。房協之友鼓勵他們開展「第二黃金時代」，豐富其退休生活，在2016-1-26舉辦的賀歲活動喜氣洋洋迎新禧 2016 敬老顯愛心 靈猴賀歲中，由房協管理層代表為他們獻上金鯉魚。除了表揚他們昔日對社會的貢獻外，更對他們退而不休，活到老、玩到老、學到老的精神致敬。在場近千名來自房協轄下20個出租屋邨的長者，當中有300多名超過80歲的長者，他們靈活如猴，不講不知，原來當中有10位已超過90歲高齡。只要懂得養生之道，保持樂觀開朗心情，莫說是七十，現今社會人生九十也不稀呢！

The Golden Age 80

HSC organized the Chinese New Year Gathering 2016 in order to promote respecting and caring elderly in the neighborhoods to archive Age in place. Nearly 1,000 elderlies from 20 estates were invited to Wu Kwai Sha Youth Village to celebrate the Year of Monkey. With this rare opportunity, we celebrated for the birthday with the elderlies with a total age more than 10,000. Golden chubs was presented to nearly 100 elderlies aged 80 or above to celebrate for their longevity.

鄰里樂 靈猴賀歲系列

Harmonic Community Celebrate the Year of Monkey

台上一分鐘 台下十年功

聽曲唱戲，台上表演者短短幾分鐘的精彩演出，看得觀眾拍案叫絕。表演者為了在台上展現光輝一刻，背後所花的心血和努力令人敬佩。喜氣洋洋迎新禧 2016 的表演者亦一樣，在表演前花了大量時間不斷的練習及改進，目的是為觀眾帶來精彩、難忘的表演。他們力求完美的認真態度，絕對不遜於專業舞台表演者。來自家維邨及觀塘花園大廈的長者分別表演詠春套路及歌劇，家維邨的長者更悉心打扮，扮演家傳戶曉當紅花旦，娛樂性豐富，為嘉賓及參加者帶來節日歡愉。

A step on the stage for a few minutes

A fabulous performance only step on the stage for a few minutes, but it takes unabated effort and hard work for performers behind the stage. Performers of Chinese New Year Gathering 2016 also spend much time to prepare for the fabulous performance. Member of HSC interest class and elders from Ka Wai Estate and Kwun Tong Garden Estate presented their talent on stage, performing Wing Chun and drama.

環保-見聞系列

GO GO Green

環保檢閱

《戶外燈光約章》

環境局於 2016 年推出《戶外燈光約章》，約章於 4 月起生效，房協亦率先響應簽署約章，承諾晚上 11 時後關掉對戶外環境有影響的裝飾、宣傳或廣告燈光，為光污染的問題出一分力。

「惜食香港」約章

香港房屋協會作為物業管理的環保先鋒，在社區宣傳綠色訊息亦不遺餘力，成為環境局推動「惜食香港運動」中推動「惜食香港」的參與機構，簽署惜食約章，承諾致力協助減少社區產生的廚餘。

「傳承惜食」計劃工作坊

香港人每天產生 3,600 噸的廚餘，佔固體廢棄物總量 40%。有見及此，香港女工商及專業人員聯會與香港生產力促進局為了推動減少廚餘，推出「傳承惜食」計劃，推廣減少廚餘及透過認識食物生命週期管理，進一步減少廚餘。房協之友亦希望將「家家惜食 減減廚餘」的概念帶給住戶，於 3 月 22 日舉辦「傳承惜食」計劃工作坊，邀請香港生產力促進局的工作人員進行講座。觀龍樓及觀塘花園大廈的環保先鋒亦分享廚餘回收及社區耕種的經驗及心得，一起為減少廚餘而努力。

廚餘重用、社區耕種

房協現時有 13 個屋邨/屋苑辦事處推行廚餘回收，分解物用作屋邨/屋苑園藝用途；在屋邨/屋苑設立社區耕種園地，讓居民親身參與耕種，更深切體會食物得來不易，一齊咪做大徙鬼。

綠色社區

房協之友與及各屋邨/屋苑不時舉辦環保嘉年華、亦會帶領居民走出屋邨/屋苑，參觀國際環保博覽、心靈綠洲等，希望居民把環保訊息從多角度體會，融入綠色生活模式。

多元回收、源頭減廢

香港面臨 3 個垃圾堆填區即將飽和的問題，廢物處理是一大重點。廢物其實是放錯地方的資源，房協屋邨/屋苑支持日常多元化回收，如藍廢紙、黃鋁罐、啡膠樽、玻璃樽回收，節日亦支持各社福或綠色團體舉辦節日回收。

Environmental Review

"External lighting charter'

Environment Bureau launched the "External lighting charter' which came into effect in April 2016. HS responded to sign the charter and committed to switch off all external lightings of decorative, promotional and advertising purposes at 11pm, making an effort to reduce light pollution.

Foodwise Charter

Environment Bureau has been actively promoting "Food Wish Hong Kong" Campaign where HS has signed the Food Wise Charter, committed to help reducing food waste in the community.

"FoodEver WasteNever " Workshop

There are 3,600 tons of food waste produced every day, accounting for 40% of the total amount of solid waste. Women Professionals Federation of Hong Kong and the Hong Kong Productivity Council launched the "FoodEver WasteNever " program to promote the importance of reducing food waste. HSC collaborated with the Hong Kong Productivity Council organized the "FoodEver WasteNever " workshops on 2016.03.22, to share the life cycle principle of reducing food waste. Residents from Kwun Lung Lau and Kwun Tong Garden Estate shared their experience on food waste recycling.

Foodwastes Reuse in Community Farming

13 HS offices piloted to recycle food wastes. Meanwhile, some estates /properties set up community farming plots for residents to plough their vegetables in order to deliver messages for residents to treasure food.

Green Community

HSC and estate offices promote green living to residents by various means, including carnivals, green tours, and leading residents to visit Eco Expo Asia and Urban Oasis.

Diversified Recycling and Source Separation of Wastes

Hong Kong is facing the problem of landfills saturation. Waste disposal is also a major environmental issue. In fact, waste is misplaced resources! HS estates/properties promote source separation with separate bins for waste paper, metal, plastic and glass bottles. HS also support festive recycling such as Chinese New Year gift and cherry blossom recycling for the benefit of a green community.

長者協作舞動全城

「一二...轉個圈...前前後後...點踏前踏...」長者花式體操班學員念念有詞地念著這一堆疑似火星文的口號，一邊協作做出花式操的舞步，不時你提醒我，我跟著你，變化出不同的花式隊形，好不精彩。這已是房協之友參與由香港仔坊會主辦的全港長者花式體操節比賽的第五個年頭，跳舞技巧日漸進步不在話下，團隊精神愈見彰顯。每個年頭都有不同的屋邨長者加入訓練，經過超過半年的訓練，由最初大家互不相識，到成為大家課後結伴共膳的「飯友」。餘暇時他們亦會結伴四處玩樂、做義工、參與不同的社區活動，可謂興趣班成就了他們的友誼。別以為他們就只顧吃喝玩樂，然而在課堂上的他們亦很認真學習、排練，一起研究舞步，分享心得。當有不同意見時，會耐心討論，以達求同存異。花式體操講求的不是個人主義，更重要的團隊精神，互相關心、幫助，房協之友長者花式體操班的學員為此作完美示範！

Dance In the City

This is the 5th year of HSC participated in the Hong Kong Elderly Gymnastic Dance Competition, organized by AKA. Our Elders Gymnastic Dance Interest Classes members got much improvement on dancing skills. Also, team spirit comes strong during the days.

房協之友興趣班晒冷!

房協之友推出不同的興趣班來迎合你不同的口味，開拓你的潛能。保持對事物的興趣及求知慾，可令心境年輕，及激發對生活的熱誠。歡迎房協居民踴躍報名參與!

All we have in HSC!

HSC launches various interest classes to fit you, and to explore your potential capability. Curiosity makes you feel young and energetic. HS residents are welcomed!

Course Details	
粵劇曲藝興趣班	Chinese Opera Interest Class
逢星期四上課 下午 2:00 – 3:30/下午 2:00 – 4:00 香港區/觀龍樓	Every Thursday 2pm-3:30pm/ 2pm-4pm Hong Kong Island/ Kwun Lung Lau
逢星期一上課 上午 10:00 – 12:00 葵青區/祖堯邨	Every Monday 10am-12nn Kwai Tsing/ Cho Yiu Chuen
逢星期五上課 上午 10:30 – 12:00 沙田區/乙明邨	Every Friday 10:30am-12nn Shatin/ Jat Min Chuen
舞·運動 興趣班	Dance Exercise Interest Class
逢星期四上課 下午 2:15-3:45 沙田區/乙明邨	Every Thursday 2:15pm-3:35pm Shatin/ Jat Min Chuen
逢星期二上課 上午 11:30-下午 1:00 東九龍/觀塘花園大廈	Every Tuesday 11:30am-1pm Kowloon East/ Kwun Tong Garden Estate
穿珠藝術興趣班	Handicraft Making Interest Class
逢星期四上課 上午 10:00 – 11:00 明華大廈	Every Thursday 10:00am-11:00am Ming Wah Dai Ha
歌詠興趣班	Choir Interest Class
逢星期一上課 下午 3:00 – 4:30 香港區/漁光村	Every Monday 3:00pm-4:30pm Hong Kong Island/ Yue Kwong Chuen
逢星期六上課 下午 3:15 – 4:45 中西九龍/家維邨	Every Saturday 3:15pm-4:45pm Mid-Western Kowloon/Ka Wai Chuen

逢星期三上課 晚上 7:00 - 8:30 東九龍/觀塘花園大廈	Every Wednesday 7:00pm-8:30pm Kowloon East/ Kwun Tong Garden Estate
長者花式體操興趣班	Elderly Gymnastic Dance Interest Class
逢星期四上課 下午 1 時 30 分至下午 3 時 葵青區/祖堯邨	Every Thursday 1:30pm-3pm Kwai Tsing/ Clague Garden Estate
逢星期一上課 上午 11 時至下午 12 時 30 分 荃灣區/祈德尊新邨	Every Monday 11am-12:30pm Tsuen Wan/ Clague Garden Estate
小提琴班 I/II/III	Violin I/II/III
小提琴班 I: 下午 2 時至 3 時 小提琴班 II: 中午 12 時至 1 時 小提琴班 III: 下午 1 時至 2 時 家維邨	Violin I: 2pm-3pm Violin II: 12nn-1pm Violin III: 1pm-2pm Ka Wai Chuen

鄰里樂系列

Harmonic Community

締造和諧社區

中國文化時常提及「緣份」一詞，相識是一場緣份，能成為左鄰右里亦是一種緣份。都市生活繁忙，人與人之間都漸漸淡忘這一種緣份，各家自掃門前雪，忽略了「睦鄰」的珍貴。緊密的「睦鄰」關係不只為你帶來一位好友，更是一位親人。遠親不如鄰，在緊急時候互相扶持，你借我鹽，我幫忙照顧小朋友，為繁囂的都市生活多添人情味。

房協之友推動鄰里和諧、守望相助，與觀龍樓辦事處攜手於2016-1-18舉辦「房協之友 鄰里樂 和諧社區」遊戲推廣日。透過不同的遊戲提醒居民居住環境共融、家居整潔及安全意識的重要性。藉此教育居民公德及公民意識，為他人設想。當日的參與人次更多達200人，居民積極參與，開心玩樂的同時亦接觸了鄰里和諧知識，共同締造和諧社區。

Create a harmonious community

With the busy life in the city, the precious relationship with neighbors has gradually faded away from our mind. Precious neighborly relations bring you more than friends, you and neighbors can help each other, support each other when an emergency. HSC and Kwun Lung Lau office organized a Harmonious community Game Day in order to promote harmony, mutual assistance and harmony, reminding the importance of environmental communion, home tidy and safety awareness of residents through various games, especially not to falling objects from the height.