



軍

ARMY 信 SCENE

2021 1月 - 2月
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我 在 地 上 第 二 個 家



MY ANOTHER HOME

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救世軍知多啲 The Salvation Army Nowadays

港澳軍區總部大樓

救世軍港澳軍區總部位於永星里，總部所在大樓裡除有大眾熟悉的物資回收點外，還有幼兒學校、幼稚園、長者社區服務中心、部隊（教會）九龍中央堂以及卜維廉賓館，透過提供多元化服務以迎合不同人士的需要。

The Headquarters Building for Hong Kong and Macau Command

The Headquarters of The Salvation Army Hong Kong and Macau Command is located on Wing Sing Lane. Apart from the widely known goods collection point, the headquarters building also has a nursery school, a kindergarten, and a multi-service centre for senior citizens. It is also the location of Kowloon Central Corps (church) and Booth Lodge which provide diversified services to meet various needs of the community.

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逆境之中並不孤單

NEVER ALONE DESPITE THE ADVERSITY

今期的《軍信》希望藉着兩個積極面對困境的勵志故事，於新一年為大家打打氣。

封面故事的主角是救世軍卜維廉隊的姊妹—素芳，她自兩年前不幸被診斷患上癌症，就踏上了漫長的抗癌之路。化療的過程令素芳的身心都飽受煎熬，但在團契及教會的弟兄姊妹關懷和鼓勵下，她仍然懷着感恩之心樂觀面對疾病。

另一個故事則講述受社會事件及疫情影響，而無法按原定計劃進行的「長青遊樂團之細閱南山」計劃，如何透過長者和年青人的共同努力，克服重重的難關，讓實體導賞團改以線上形式於社交媒體與大眾互動交流，並廣獲好評。

疫情爆發至今已逾一年，在焦慮繃緊的社會氣氛下，你、我、他都可能正面對着不同的苦惱和困惑。然而身處逆境，我們都不是孤身一人，與親友互相支持，辦法總比困難多。

This issue of *Army Scene* would like to bring encouragement to readers in the new year with two heart lifting stories that exemplify positivity in face of adversity.

In the *Cover Story*, So-fong, a member of William Booth Corps of The Salvation Army who was diagnosed with cancer two years ago and has started her long treatment journey, shared her experience. Chemotherapy has been an extremely demanding challenge to her both mentally and physically, but with the warm support and encouragement of other Corps members, she maintains a grateful and positive spirit while fighting the disease.

Another story is about how the elders and young people from Exploration@Namshan Project worked together. After the launch of the actual tour was held up due to the pandemic, together they reformed the Project's estate guided tour into a series of videos on social media. They have overcome many challenges and found a great channel to interact with the public that has gained great feedbacks.

There has been over one year since the outbreak. In the undercurrent of tension and anxiety in the society, you and I may also find ourselves facing different difficulties and issues. Please remember we are never alone even in adversity. Let's support and help each other and we can always find a way.

MY ANOTHER HOME

我在地上第二個家



卜維廉隊部隊軍官羅惠芳少校 (左) 關心每一位弟兄姊妹，知道素芳患病，她經常慰問她狀況。
Major Alice Tam of William Booth Corps (left) cares for every brother and sister. Knowing So-fong's medical condition, she often reaches out and offers her consolation.

「我很難以筆墨形容對部隊（教會）的感覺，因為已融入我的成長中。」

1956年，年幼的羅素芳因經歷風災和火災，與家人搬到竹園徙置區。當時，救世軍竹園隊在那裡進行救濟工作，因而接觸到素芳一家，素芳從此與部隊結下不解緣，不但從中認識神，更開始與部隊一起編織她生命中一個個小片段。

'It is not easy to describe my feelings towards the Corps (Church), because it has always been a part of my life.'

In 1956, the young Law So-fong moved to Chuk Yuen resettlement area with her family after their home experienced typhoon and fire. The Salvation Army Chuk Yuen Corps reached the Law's family while doing relief work in the area, and it was the beginning of the lifelong connection between So-fong and the Corps. Not only in the Corps So-fong learnt about God, but also with the Corps she created many treasured moments and memories.

Walking with cancer

So-fong was diagnosed with breast cancer while she was just about to retire after decades of busy work. When doctor brought her the bad news, her reaction was so calm that it surprised the doctor. She was calm because she knows life is in good hands with God. After knowing the news, Major Alice Tam, Corps Officer of William Booth Corps, has stayed in touch with So-fong closely and offered her consolation. To treat the cancer, So-fong first received targeted therapy, then chemotherapy and later electrotherapy. During chemotherapy, due to low immunity level and medicine effects So-fong had many side effects such as diarrhoea, itching skin and skin irritation, and the serious oedema in her left arm and tense shoulder muscles confined her movements so much that it gave her an intense feeling of helplessness. After the chemotherapy, So-fong's doctor suggested her to have a breast removal surgery, but she was hesitated about such suggestion. Major Tam and Auxiliary-Captain Jeanette Chan (R) encouraged her to seek guidance from God so she asked God to guide her to a veteran doctor. Later she was able to find a senior consultant doctor and received a clear answer from that doctor whose diagnosis was that there was no need to do the removal in her case.

Since So-fong has opted not to do the removal surgery, she was scheduled to do radiation therapy (electrotherapy). She listened to the advice from Major Tam and a sister in the Corps who is a nurse to apply aloe vera and lotions to the area receiving the treatment, and kept skin intact during the course of treatment. However, the diarrhoea that she had every time before the therapy session has made her nervous and worried. To relieve her tensed emotions, she would sing hymns, pray and recite scriptures during every session and she kept a grateful heart for each successful treatment. For all that time she was grateful for God's keeping and often counted the unlimited grace of God, giving thanks to God for His healing, caring and keeping.

與病同行

勞碌一生，本準備安然退休，素芳於2018年證實患上乳癌。當醫生告知此噩耗時，她表現平靜，就連醫生都感到詫異，因為她知道生命掌握在神手中。而知道她患病後，卜維廉隊部隊軍官羅惠芳少校也密切留意她的狀況，經常慰問她。治療過程中，她先後接受標靶治療、化療和電療。化療期間，她因為免疫力低及受藥物副作用影響，身體出現肚瀉、皮膚痕癢及發炎等情況；左手水腫厲害及肩頸肌肉繃緊等，那種「有心無力」的感覺十分強烈。完成化療後，醫生建議素芳做切除乳房的手術。但素芳心中出現疑問，對於醫生的建議猶疑不決。此時，羅少校及退休軍官陳燕萍輔助上尉鼓勵她尋求神的印證。於是她求神讓她遇到一位資深的醫生，結果，她真的遇到一位資深顧問醫生，她的診斷是不用切除，讓素芳取得明確的確據。

由於不需做切除手術，醫生也安排了素芳做放射性治療（電療）。羅少校及任職護士的教會姊妹建議她使用蘆薈和潤膚膏並塗在要電療的部位上。結果在整個電療過程中，她的皮膚沒有損傷。然而，每次電療前她都會出現肚瀉，令她緊張和擔心，故做電療時，她會唱詩歌、祈禱和背誦經文讓自己放鬆，感恩每次電療都能順利完成。在這段時間，她感謝神對她的看顧和保守，經常數算神在她身上賜予的無盡恩典，感謝神對她的醫治、看顧和保守。



素芳從小與部隊結下不解緣，經常參與部隊服事。

The connection between So-fong and the Corps began when she was young, and it grew deep over the years through her frequent serving at the Corps.



2018年，素芳證實患上乳癌，治療過程中出現副作用，其中左手水腫得非常厲害。So-fong was diagnosed with breast cancer in 2018 and during the treatment she suffered multiple side effects, of which the oedema in her left arm was particularly serious.

The Corps has been with So-fong all her life. From becoming Junior Soldiers, joining the youth fellowship and songster brigade, distributing gospel tracts with other brothers and sisters on Lung Cheung Road, inviting passers-by to evangelical meetings, amalgamation of Chuk Yuen Corps and Tsz Wan Shan Corps and setting up of William Booth Corps, serve in the church... all these are important memories for her. In the Corps she has built up faith and connection with God, so she grew up with an optimistic attitude, for she knows she can seek God when she faces difficulties in daily life or at work (as a social worker). The caring from Corps members has also been her great source of support over the years.

在部隊成長

現為卜維廉隊軍兵的羅素芳回憶從前，發現與部隊有關的片段充斥在她回憶的每一個角落。小時候，竹園隊的軍官對她與家人關懷備至，會從自己的薪金中掏出部份金錢，給他們買食物充饑。年幼的她每逢打風時，家人都擔心颱風會損毀木屋，故會到教會棲身，躲避風災。當時，素芳雖然已跟隨母親返部隊和上主日學，但對神認識有限，直至小學六年級，她第一次真正經歷神：

「當時爸爸逝世，媽媽身體突然出現問題，體重從120磅暴跌至60磅。那天，我探望完媽媽，從醫院出來，站在馬路旁等待交通燈轉燈時，我突然害怕起來。於是，向天說：『神啊，爸爸過身了，我不想這麼快變成孤兒，求祢醫治她吧。』後來，媽媽身體漸漸康復，原來神真是聽禱告的！」

部隊一直陪伴她成長，從成為青年兵、參加青年團契和詩歌班、與弟兄姊妹在龍翔道派福音單張，邀請途人去佈道會、竹園隊與慈雲山隊合併，卜維廉隊成立，在教會事奉等，都是她重要的回憶。因從小在部隊建立信仰，認識神，故她性格也較樂天，無論在生活和工作（社工）上，遇到困難時，都曉得尋求神，而部隊上下亦不時關心她，成為她的扶持。

Growing up in the Corps

When So-fong, a soldier of William Booth Corps, looked back, she found her life filling with memories with the Corps. Since she was young, the officers of Chuk Yuen Corps have been very kind to her family; when the family was short of food, the officers even bought food at own expense for them. In addition, the Corps was the place where the young So-fong would go to take refuge whenever there was typhoon and the family feared their squatter hut would be damaged. At that time, So-fong went to the Corps with her mother and attended Sunday School, but as she did not know much about God, she only experienced the presence of God for the first time when she was in primary 6.

'My father just passed away at that time, and soon after my mother's health suddenly made a bad turn, her weight dropped drastically from 120 pounds to 60 pounds. One day, after visiting her in the hospital, on the way home when I was waiting for a signal to cross a road, and I felt a surge of fear. I looked up to the sky and said, 'God, I already lost my father, I do not want to be an orphan that soon, please cure my mother.' Later, my mother recovered gradually and her weight returned to normal. I realised God really listens!'



對素芳而言，卜維廉隊是她的家。
For So-fong, William Booth Corps is her home.

如置身家中

現時，素芳每隔三星期仍要回醫院打一次標靶藥，以便控制病情。在新冠肺炎疫情期間，部隊牧者知道她需要經常進出醫院，除了為她送上防護能力較強、適合往醫院使用的口罩外，又提醒她去醫院時記得配戴。治療期間，她並沒有停止聚會。每次返主日聖潔會，羅少校都會為她預備一張有軟墊的椅子，令她感到特別窩心。團契及部隊的弟兄姊妹經常給予關心和鼓勵，又為她代禱，就像家人般陪伴著，令她在面對疾病的過程中從不感到孤單。

對素芳而言，在生命中能認識神和在教會中成長，對她十分重要。她很難想像若沒有認識神和教會生活，她會變成怎樣。她推測若沒有認識神，她會是個悲觀、充滿怒氣和失去方向的人；若少了部隊生活，她會少了很多溫暖、關心、支持和愛護她的人，生活上會有所欠缺：「所以我很感恩，讓神在母腹中已揀選了我。認識神是我一生的福氣；而部隊生活已融入我日常生活中，這份親情對我是一份祝福。」



請掃描二維碼，觀看她的故事。
Scan to learn more about her story.

Like being at home

Currently, to suppress the cancer, So-fong still needs to go to hospital for targeted therapy once every three weeks. Knowing she needs to visit hospital regularly during the pandemic, pastors of the Corps sent her high protection masks and reminded her to keep mask on during the hospital visits. So-fong has never stopped attending church meetings even during her treatment. Every time she attends the Sunday Holiness Meeting, Major Tam will prepare a seat with soft cushion for her, which warms her heart so much. Brothers and sisters in the fellowship and Corps often send her care and encouragement, and they also pray for her health. So-fong feels they are like family and she is never alone in her journey of fighting cancer.

For So-fong, knowing God and growing up in the church matter a lot to her. She cannot imagine what her life would be without God and her church life. She guessed she might become a pessimistic person filled with anger and without a direction. Without life in the Corps, she would not have so many people who give her warmth, care, support and love, something would be amiss in her life. 'That's why I'm really thankful for God has chosen me when I was in my mother's womb. Knowing God is my lifelong blessing, whereas life in the Corps is part of my life. This connection is truly a blessing to me.'

我們的部隊 (教會)

港澳軍區屬下有 16 個部隊 (教會) 及一個植堂，每個部隊由救世軍軍官 (牧師) 負責，現時共有約 2,500 名會友。除了透過崇拜、團契、學習聖經、服務社區，以行動傳揚耶穌基督的愛之外，音樂事奉更是救世軍的特色，透過銅管樂隊、手鼓隊及詩班歌頌讚美神，將喜樂的信仰傳揚開去。

Our Corps (Church)

There are around 2,500 members in 16 corps (churches) and 1 corps plant in the Hong Kong and Macau Command, each under the leadership of the corps officers (pastors). On top of spreading the love of Jesus Christ through worship, fellowship, bible study, community services, music in worship is also one of the characteristics of The Salvation Army. We praise God joyfully with brass bands, timbrel brigades and songsters.



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Community Care Services



「你願意講 我們願意聽」關懷項目 '2020 Walk with You!' Caring Programme

青年、家庭及社區服務於去年 12 月中旬推出「你願意講 我們願意聽」項目，鼓勵大眾在疫情和社會逆境下多關懷問候鄰里親朋，以及聆聽他們的需要，互相支持共度艱難時刻。項目除了於網上社交平台分享關懷身邊人的技巧小知識外，亦同時提供支援及求助資源予有需要人士。

Youth, Family and Community Services launched the '2020 Walk with You!' programme in mid-December last year to encourage the public to care and support family, friends and the community during the difficult times. The programme shares tips on how to show care to people around through social media and provides supporting resources to those in need.



疫情下的營舍服務 Camp Service during Pandemic

因應社區需要，營舍服務在配合防疫措施前提下，推出 20 多項不同的特備活動供市民大眾參加，為社區提供了動靜皆宜的空間；同時亦在學校恢復面授課堂期間，將營舍活動帶入校園，與學生們分享關愛及尊重他人的價值觀。

In response to community needs and to align with various anti-epidemic measures, Camp Service has launched more than 20 different special activities, providing sport and leisure activity opportunities for the community. During the time when face-to-face classes were resumed, tailor-made camping activities were brought into school campuses as a way to share with students the values of caring and respecting others.



「用工藝·說故事」4D 計劃共融藝術展 'My Craft Story' 4D Project Inclusive Arts Exhibition

為提升復康學員的工藝能力及工作滿足感，以及讓大眾更深入認識學員的才能，促進共融，恒安綜合職業復康服務與香港高等教育科技學院 (THEi) 於 2020 年 11 月 10 至 15 日合辦「共融藝術展」。展覽展出由復康學員及 THEi 學生製作的工藝作品，並舉行頒獎禮表揚學員的才能及肯定他們的價值。

To encourage the craft enhancement and job satisfaction of rehabilitation students, and to encourage the public to appreciate their talents, Heng On Integrated Vocational Rehabilitation Service organised the Inclusive Arts Exhibition with Technological and Higher Education Institute of Hong Kong (THEi) on 11 to 15 November 2020. The exhibition



showcased craftworks created by rehabilitation students and THEi students, with an award ceremony held to recognise the talents and values of the students.

第二屆粵港澳融合教育論壇 The Second 'Guangdong-Hong Kong-Macau Inclusive Education Forum'

承接 2019 年論壇的成功，本軍於 2020 年 12 月 22 日至 23 日舉辦以「和合相生—融合教育推進及支持策略研究」為主題的第二屆融合教育論壇。改以跨平台方式進行的論壇邀請到多位三地的融合教育範疇學者和專家進行專題演講和分享，救世軍港澳軍區總指揮李光秋上校致辭時強調，融合教育是本軍關注的項目，希望藉着是次論壇進一步促進三地融合教育的交流與發展。

Riding on the success of 2019's forum, the Army organised the second 'Guangdong-Hong Kong-Macau Inclusive Education Forum' on 22 and 23 December 2020, with the theme of 'Harmony and Coexistence - Advancing Inclusive Education and Strategy Study'. Scholars and experts from the three regions were invited to share their knowledge and research in the



cross-platform forum. Lieut-Colonel Bob Lee, Officer Commanding of Hong Kong and Macau Command, emphasised in the opening ceremony that inclusive education is one of the main focuses of TSA. He hoped the forum could further strengthen co-operation of the three regions as well as development of inclusive education.

與子偕老的美麗與哀愁

JOY AND SORROW OF A LIFETIME



救世軍護老者服務
The Salvation Army
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每逢婚禮，我們總是會祝福一對新人白頭到老、永結同心；深思之下，才發現這祝福的重量不輕。與枕邊人相伴老去無疑浪漫幸福，但現實中，對許多年長的護老者而言，照顧老伴的日常其實並不輕鬆。

工作上接觸不少七、八十歲的年長男士，當中好幾位的太太不約而同地患上認知障礙症。其中有一位男士的太太受黃昏症候群影響，常常在傍晚時大發脾氣，大聲喝罵他，更不只一次出手打他。另一位太太不時自己拔掉尿管，引致出血及需入院治理，丈夫常常要打醒十二分精神留意太太的動靜，食不安寢不耐，兩個月下來變得形銷骨立、面容憔悴。

2010 年有美國學者研究 1221 對 65 歲或以上的夫婦，結果顯示照顧患上認知障礙症配偶的長者，自己也患上認知障礙症的風險可比一般護老者高 6 倍之多，而丈夫的風險又比太太高。除了與彼此生活習慣相似有關之外，研究

In weddings we always wish the newlyweds a harmonious union forever, but if we ponder on the idea of 'union forever' we can see the weight behind such blessing. While growing old with partner can be romantic and delightful, for some aged carers the reality is that it is not easy taking care of their partners.

In my job, I have made acquaintance with some elders in their 70s or 80s, whose wives are suffering from dementia. One of the wives suffers also from the sundown syndrome and would become agitated and aggressive in late afternoon, so she often screams at her husband and for more than once hit him. Another wife regularly pulls out her catheter, which causes her bleeding and needing hospital treatments, so her husband has to keep close eye on her daily activities. This task was so demanding that it greatly affected his sleeping and appetite, and in two months he lost a lot of weight and looked pallid.

An American scholar conducted a research in 2010 on 1221 married couples of over 65 years old and found that, compared with regular carers, the risk of dementia for carers of spouses suffering dementia is 6 times higher, in which husband carers suffer even higher risk than wife carers. Results show that dementia condition of carers has great influence on their spouses, and for that

者認為可能還與長期壓力、睡眠不足、情緒抑鬱及社交孤立等因素有關。其實，不論受顧者屬於哪種病患，照顧者的身體及精神健康一般比常人差是意料中事。在我認識的護老家庭中，護老者比受顧長者更早離世的例子並不罕見。

儘管如此，年長夫婦們還是有不少幸福的瞬間。有一次與一對老夫婦參加完活動一起坐巴士離開，看到太太靠在患有長期病患的老先生肩上休息，那背影很美，令我久久難忘。觸動我的不只是夫婦間的親密，更是照顧者與受顧者之間角色的互換。誠然，人際間的施與受往往不是單向，而是雙向互動的。即使認知及行動上有所缺損，許多受顧者仍然可以給予照顧者情感上的依賴及安慰。人與人之間總是彼此依存，照顧與被照顧的界線，常常是頗模糊的。

有位老太太雖然聘請了外傭協助照顧患有認知障礙症的丈夫，但仍然事事親力親為。「他有時會叫錯了我做阿媽。」太太哭笑不得地說。突然轉頭問丈夫：「喂，你說我是誰？」我猝不及防，只見丈夫一臉茫然，空氣好像凝結了。就在我差點忍不住要出聲打圓場時，老先生慢慢地說：「俗啲講，咪老婆囉！」在我鬆一口氣的同時，瞥見太太心花怒放、笑逐顏開的樣子，不禁心頭一暖。也許，就是這些親密的瞬間，支持她繼續照顧下去。

現在參加婚禮時，我仍然會衷心祝賀新人白頭到老，然而，白髮齊眉並不代表只可以由夫妻二人互相照顧，我還是寧願年長護老者適當地尋找支援，不要因為情深和責任就一肩扛下照顧的擔子，然後賠上自己的體力和精神。

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researchers believe that, besides the joint lifestyle, there could be multiple factors such as long term pressure, lack of sleep, depression and social isolation. In fact, no matter what illness or condition the carers have, it is inevitable for their carers to suffer worse physical and mental health than regular people. In the families that I know with carers to look after, it is not rare that the carers pass away even earlier than the carees.

Despite the difficulties, there are many warm moments between these aged couples. Once I saw an old couple leaving by bus after joining an activity, the wife rested her head on the shoulder of her husband with long term disease, it was a beautiful moment that I remember always. What touched me was not just the intimacy between the husband and wife, but the switching of roles between caree and carer. In fact, the give and take in a relationship is not just from one side to another but in both ways. Although cognition and movement ability may be impaired, carees can still give carers their emotional support and consolation. Humans are interdependent and there is no define line between giving and receiving care.

I know an old lady who is still very much hands-on even she has employed a helper to share the work of caring for her husband with dementia. 'He would sometimes be confused and call me mother,' she said, half smiling and half dispirited. 'Hey, do you know who I am?' she suddenly turned to her husband and asked. With the husband's blank expression, the atmosphere went awkward. When I was about to say something to end the awkwardness, the old gentleman said slowly, 'in plain terms, my woman.' I was relieved and at the same time felt warmed to see that his answer made the lady smiled brightly. Maybe it is the intimate moments like that give her strength to continue her role of carer.

Today I still wish the newlyweds a harmonious union forever when I go to weddings. Growing old together does not mean the couple only have each other to count on, I would like to encourage aged carers to seek appropriate help when needed. Please try not to bear all the caring work simply out of devotion and duty as it would burn one out physically and emotionally.

ADAPTING CHANGES IN THE PANDEMIC – ELDERLY AND YOUNG PEOPLE LAUNCHING ONLINE GUIDED TOUR

「疫」境求變 長青合製線上導賞團



雖是初次參與影片拍攝，胡美嫦（中）和其他導賞員都樂於跳出框架，學習新事物。

Although it was the first time they involved in video filming, Wu Mei-sheung (middle) and her fellow tour guide members were happy to try and learn the new things.

「由培訓老街坊成為導賞員，規劃導賞團路線，到邀請學校參與……眼見即將成行，卻因社會事件和疫情而一再推遲，本來期待不已的長者導賞員都十分失望。」

南泰長者中心主任單翠屏 (Bonnie Sin) 娓娓道來。

計劃總是趕不上變化，過去一年的疫情確實令不少已準備就緒的計劃增添波折。可幸的是，憑着「長青遊樂園之細閱南山」計劃的職員、長者導賞員和青年義工的創意和毅力，在「疫」境中迎難而上，成功讓原本起行之日遙遙無期的屋邨導賞團，以嶄新的方式向大眾呈現。

'Old neighbours have finished their tour guide training, tour plan has also been completed, and invitations have been sent to schools... everything was almost ready but has been deferred again and again due to the pandemic. This disappointed the elder volunteer guides who have been looking forward to the tour launch,'

said Bonnie Sin, Unit in Charge of the Nam Tai Centre for Senior Citizens.

Many plans were interrupted by the unexpected changes. In last year many projects and plans that were about to launch had to be held up due to the pandemic. Thanks to the creativity and perseverance of everyone involved in the Exploration@Namshan Project - Estate Guided Tour, including staff, elder tour guides and young volunteers, the tour whose launch date was once unknown is now presented to the public in an innovative way.

趕上線上分享新潮流

疫情之下，線上活動成為全球互動新趨勢。「細閱南山」計劃亦乘着這一般潮流，鼓勵長者認識和使用 Facebook、Instagram 等社交媒體以至其他新科技，將實體導賞團活動重新包裝成名為「南山邨友樂」的一連串線上多元化影片，讓大眾在家抗疫期間仍能「眼睛去旅行」，體驗南山邨的歷史文化和社區情誼。

「我在『細閱南山』計劃中第一次擔任導賞員，也是第一次參與影片製作。讓我認識到不同街坊，又體驗了未試過的任務，我感到十分新奇有趣！」曾參與活動宣傳片及歷史小知識分享拍攝的導賞員胡美嫦說。

「南山邨友樂」短片題材豐富—由廚藝比拼、邨內歷史景點介紹、採訪街坊小店，到現時年輕人間甚為流行的「開箱」影片都應有盡有。部份短片更加插互動小遊戲，邀請網民留言分享心聲，短短數月間已吸引到區內外不同年齡層的支持者，好評不斷。

長青合作同行

活動計劃的成功推行，有賴長者導賞員敢於嘗試新事物和積極參與，然而一眾從旁協助的青年義工亦功不可抹。「細閱南山」計劃特意與區內青少年服務團體合作，邀請青年人參與影片的拍攝和製作，讓長者和青年人可多認識彼此的生活文化，互相尊重包容和欣賞對方的才能。



Adapting the trend and going online

During the pandemic, it has become a global trend for campaign projects to use online platforms to interact and stay connected. Exploration@Namshan Project also caught up with this trend – elders are encouraged to learn and use new technologies and social media like Facebook and Instagram, at the same time content of the estate tour has been rearranged into a series of online videos named as 'Friends of Nam Shan', introducing an online experience of Nam Shan Estate that allows viewers to know about its history, culture and community.

'Thanks to the Project, for the first time I had the opportunity to guide a tour and participate in video filming. Through the experience I have made friends with many neighbours and tried missions that I have never done before – all these are new and interesting to me!' said Wu Mei-sheung, a guide of the estate tour who also participated in the filming of promotional videos and history corner videos.

The 'Friends of Nam Shan' series covers a wide range of themes – fun cooking contests, introduction of the Estate's historical spots, interviews with small shops in the Estate, and even the popular 'unboxing' videos. Some of the videos have also interactive games and invite viewers to share their comments. In just a few months the series has attracted viewers from all ages in the neighbourhood and gained a lot of great feedbacks.

Elders and young working together

The success of the video series is a combined achievement of elders who are willing to try and participate in new things and young volunteers who assist and support them. It is the intention of Exploration@Namshan Project to work with youth service organisations in the community. By creating opportunities for elders and young people to work together, they can know more about each other's lifestyle and culture and achieve mutual respect and appreciation for each other's talents.

年輕時工作忙碌，陳兆東和太太美嫦以往鮮有機會深入認識社區，成為「細閱南山」的導賞員讓他們重新探索、欣賞南山邨。

So occupied in life when they were young, Chan Siu-tung and his wife Mei-sheung did not have the time to know the community in depth. By becoming guides of the estate tour, they rediscovered the Estate and gained deeper appreciation for the place.

長者於影片中大顯身手示範茶粿製作等傳統手藝，又分享兒時回憶；青年人亦將流行文化加入影片之中，與長者一同以「潮語」講通，互相交流學習。

「計劃讓我回味了許多兒時回憶，包括打棉花、織藤條、煮紅豆粥等。雖然這些傳統行業都已經式微，不過我正可以透過導賞團向大家分享這份兒時味道。」

於南山邨居住了數十年的導賞員陳兆東補充。

回望計劃初期，長者對成為導賞員都戰戰兢兢；現時他們於鏡頭前已顯得樂在其中，踴躍提出建議，務求令拍攝盡善盡美。縱然籌備導賞團之路並不平坦，但在走過的曲折彎路中，不論長青都尋獲意料以外的新驚喜，一步步走來，彼此亦有一番得着和新體會。



在影片拍攝中，長者和青年人不時需要共同完成任務，增進長青之間認識。

During the video filming, elders and young people needed to complete tasks together, which enhanced mutual communication and understanding.

「長青遊樂園之細閱南山」計劃

計劃旨在培訓石硤尾區內長者成為導賞員，透過導賞活動和青少年及社會大眾推介區內景點和文化；同時招募長者為傳統手藝工作坊導師，教授參加者傳統手藝，傳承傳統文化，從而讓參加者肯定長者的能力，推動長青共融。

f 細閱南山 @Exploration.Namshan

In the videos, elders showed their cooking skills by making traditional food like Hakka steamed rice cakes and shared their childhood memories. Young people brought trendy culture elements to the videos like mixing in the latest slang words in their conversation with elders. Both sides learn new things from each other.

'The Project brought back a lot of childhood memories to me like beating cotton, weaving rattan and making red bean congee. Although these traditions were now diminished, I can share the memories with others through the guided tour.'

said Chan Siu-tung, an old neighbour who has now become one of the guides.

At the beginning of the Project, many elders were nervous about being the tour guides, but now they are able to have fun in front of the camera and are keen to make suggestions to perfect the filming. Although the preparation of the guided tour had not been smooth, along a winding path the elders found surprises and challenges, and by walking through them they gained new experiences.

Exploration@Namshan Project – Estate Guided Tour

The aim of the Project is to invite elders in Shek Kip Mei to become trained guides for a tour that introduces characteristic spots and culture of the area to the public and young people. Elders are also recruited as instructors of traditional craft workshops to pass on the traditional cultures. By creating channels for participants to recognise the knowledges and talents of elders, the Project promotes inclusiveness across all ages.

粉彩畫我心 PASTEL COLOURS MY HEART



ABBY 透過救世軍隆亨青少年中心接觸到和諧粉彩，發現這項創作令她學懂活在當下，放鬆心情之餘又能儲備抗壓能量。即使不諳畫畫，ABBY 都會拿出粉彩，將所有想法和盼望都畫在粉彩紙上，這一幅幅畫作也代表她跨越了一座座小山丘。受她影響，她兒子也愛上了和諧粉彩，與她一起創作及互相分享。她也常常以「築福者」身份與其他家長及青年人分享作畫技巧，與更多同路人一同體驗忘我，藉着作畫洗滌身心，學懂去愛自己。

Abby learns pastel painting in The Salvation Army Lung Hung Children and Youth Centre. She finds it relaxing and helpful for stress relief. Though she is not a skilled artist, she keeps on expressing herself in her paintings. Every painting she finished represents some challenge that she has overcome. Her change inspired her son to start pastel painting as well and together they create and share with each other their pastel painting experience. Recently, she serves as a 'Hope Builder', sharing her journey and skills of pastel painting with youth and parents. She hopes that by introducing pastel painting to others, they can also cleanse their inner selves and learn to love themselves.



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