香港婦協捐款支持 全國婦聯湖北抗疫
HKFW making a donation to the All-China Women's Federation in support of Hubei's Anti-epidemic work

「香港司法制度如何體現法治精神」講座
Seminar on "How the Hong Kong Judicial System exercises the spirit of the Rule of Law"

國際事務午餐會
International Affairs Sub-committee Luncheon Talk

關注骨質疏鬆症新聞發佈會
Press Conference on the awareness of Osteoporosis

女企母親節活動 - 為母親打打氣
Appreciation to all Mothers
中聯辦副主任仇鴻(左四)及婦聯主席何超瓊(左三)聯合香港婦協領導接納捐款支票。

All People in China banded together to fight the severe Covid-19 situation in Hubei Province and in other provinces and cities. Out of concern of her sisters’ battle against the epidemic in Wuhan, Hubei HKFW raised an amount of one million dollars and had it donated to China in support of its anti-epidemic work. Chairperson Ms. Pansy Ho presented the cheque of one million dollars to Ms. Qiu Hong, Deputy Director of the Liaison Office of the Central People’s Government in the HKSAR on March 9, 2000, to be passed on to the All-China Women’s Federation to China’s battle against the Covid-19.

Present at the donation ceremony were Dr. Peggy Lam, Dr. Annie Wu, Dr. Sophia Kao, Ms. Marina Wong, Mrs. Janice Choi, Mrs. Shirley Chan and Dr. Maggie Koong.
香港婦協鼓勵婦女關心社會發展，致力維護婦女合法權益。為提高會員對香港的司法制度的認識，社會及法律事務委員會邀得香港特別行政區終審法院非常任法官陳兆恆法官擔任主講嘉賓，於2020年1月6日舉行「香港司法制度如何體現法治精神」講座。是次出席講座人數超過90人，會員亦非常踊躍發問。

香港於法治上一直維持良好法制，亦是維持社會穩定和安全的關鍵。陳兆恆法官當日講解香港司法制度的運作、現時香港的情況如何體現法治精神及確保裁決公正。在講座中，陳法官深入解析法治精神的目的是為制度提供合法性，為法律提供道德根據，並提供一些基本原則，實質內容與規範。

當日亦同時講解香港的情況
如何體驗法治精神，包括四方面：
The four aspects of the Rule of Law in Hong Kong explained by Mr. Justice Chan includes:

1. 香港的司法獨立
   Judicial independence in Hong Kong
2. 基本權利和自由的保障
   Guarantee of basic rights and freedom
3. 司法公義 Judicial justice
4. 法律語言 Legal language

HKFW encourages women to be more concerned with the community development and to be committed to safeguard women's legitimate rights and interests. To enhance members' understanding of Hong Kong's judicial system, the Social and Legal Affairs Sub-Committee invited The Honorable Mr. Justice Patrick Chan, a non-permanent judge of the Court of Final Appeal of the HKSAR, as a guest speaker at the seminar, 'How the Hong Kong Judicial System exercises the spirit of the Rule of Law' on January 6, 2020. More than 90 people attended, with many questions asked by enthusiastic members.

Hong Kong has always maintained a good legal system under the Rule of Law, the key to the maintaining of social stability and security. At the seminar, the Honorable Mr. Justice Chan explained the operation of the judicial system in Hong Kong, how the spirit of the Rule of Law had been held and how just sentencing had been ensured. He emphasized that the purpose of the Rule of Law was to provide legitimacy for the system, moral justification for the laws, as well as basic principles, factual contents, and norms.
國際事務委員會於2020年1月7日假雅辰會舉辦一個以「Why is Stakeholder Capitalism the Future of Capitalism」為主題的午餐會，並邀請香港交易及結算所有限公司董事會主席查史美倫女士擔任主講嘉賓。


“利益相關者資本主義”（Stakeholder Capitalism），意指把企業看作社會受託人，因此是對當今社會和環境挑戰的最佳方法。企業存在的目的，是讓所有利益相關者參與共享的、持續的價值創造。在創造這種價值時，企業不僅為股東，也為所有利益相關者，包括社會。查史指出，企業需要制定一個共同的指標，並充分實現「環境、社會和治理」目標，例如制定一些政策如何減少環境污染等，企業需要承擔社會責任，他們既可以幫助這個世界實現共同的目標，亦可實現可續發展。

當日共有50多人出席，並邀得多位駐港領事代表參加，場面熱鬧。

The International Affairs sub-committee held a luncheon talk on "Why is Stakeholder Capitalism the Future of Capitalism" on January 7, 2020 at the Artyzen Club with Mrs. Laura Cha, Chairperson of HKEX as our honourary guest speaker.

Mrs. Laura Cha possesses abundant regional professional knowledge and experience, thorough understanding of Asia’s business and culture. Mrs. Cha is currently the Chairperson of HK Exchanges and Clearing Limited, a non-executive Deputy Chairman of The Hong Kong and Shanghai Banking Corporation Limited, and an independent non-executive Director of HSBC Holdings. She is a member of the Executive Council of the Hong Kong Special Administrative Region, an independent non-executive Director of Unilever, Director of the World Federation of Exchanges and a member of Sotheby’s International Advisory Board. Mrs. Cha worked at the Securities and Futures Commission from 1991 to 2000, was appointed by the State Council as the Vice Chairman of space the China Securities Regulatory Commission from 2001 to 2004 and as the Chairman of the Hong Kong Financial Services Development Council from 2013 to 2018.

The term “Stakeholder Capitalism” means that enterprises are to be taken as trusts of the society and is the best way to face the challenges of the society of today and of the environment. The aim of the existence of enterprises is to enable all the stakeholders to participate in the shared, sustained value making. This value making is not just for the shareholders but also for the benefits of the stakeholders including that of the society. Mrs. Cha pointed out that enterprises should establish a common indicator and to fully realize the “environmental, social and governance” indicators such as establishing strategies on to how to reduce environmental pollution. Enterprises should bear social responsibilities of helping the world to realize world to realize its common goals and to achieve sustainable development.

More than 50 participants attended the talk, including representatives from Consulate General in Hong Kong.
Congratulations to Dr. Annie Wu!

Dr. Annie Wu, Supervising Advisor of HKFW was awarded “The most touching Chinese Person 2019” at the “People who touched China 2019 Awards Ceremony” organized by CCTV. “Touching China” Committee delivered a speech to Dr. Wu, in appreciation of her love and patriotism to China.

Congratulations to Dr. Wu!

https://drive.google.com/file/d/1QiDYT33jEPNJfTXPM4LFoB4HrUr5UVWD/view?usp=sharing
One of the main concerns of HKFW is women's health. In the past, various types of health seminars and activities have been regularly held, so that women will not neglect looking after their own health while focusing on the taking care of their families. To honour Mother's Day, HKFW held a press conference on May 8, 2020 at which Dr. Leung Tung Yeung, Vice Convener of Community Activities Sub-Committee and Director of Virtus Medical, explained how to prevent and treat osteoporosis. These caught peoples’ attention to the illness.

There is no obvious symptom of osteoporosis. Patients often find that they have it after having a fracture which often causes a great impact on the standard of living. Therefore, it is often referred to as the "silent killers". There are about 10,000 new cases of hip fractures in Hong Kong each year. One-fifth of these patients pass away within a year, about half of the patients have permanent impairment of mobility, and about half of the patients need to be hospitalized. High-risk patients of osteoporosis are females, the elderly, those having a history of osteoporosis or fracture, early menopause (before 45 years old), insufficient calcium intake, lack of exercise and sun exposure, smoking, etc. The ratio of male to female patients is one third to one half, so women should be more aware of it. At the press conference, Dr. Leung indicated that osteoporosis could be completely avoided. Older women should get an early check-up, middle-aged women should pay early attention to exercise and diet so as to avoid the suffering later on.

Old age is a major cause of osteoporosis. When women reach menopause, due to the reduction of estrogen that can inhibit osteoclasts, the rate of bone loss is greatly increased. The average lifespan of women in Hong Kong is 88 years and the average age of menopause is around 51. Generally, bone density will begin to decrease 8 to 10 years after menopause, so women after menopause have their bone density checked. At present, the most accurate method is to use Dual-Energy X-Ray Absorptiometry. According to the standard of the World Health Organization, if the result is below negative 2.5, then one is diagnosed of osteoporosis, and must be treated with medicine or injections.
病理性骨折部位有臀部的股骨近端、脊椎骨、腕部的手骨末端及肩胛骨的肱骨近端。在港，由於人口老化的問題嚴重，骨質疏鬆症病者的數字持續上升，已有約30萬名已停經的婦女和10萬名50歲以上的男士患有此病。

在目前新冠肺炎肆虐的情況下，不少人長期居家，以致運動量和曬太陽的時間減少，對於骨質密度來說不是好事。在這樣的情況下，梁冬陽醫生建議大家要多做運動，曬太陽和注重飲食，如土、沙甸魚、腐皮和杏仁的鈣含量較高，同時也可以考慮適量吃鈣片，以保持骨質的密度。

母親節要送給媽媽最好的禮物就是健康。梁醫生特別提醒廣大的婦女要定期進行骨質疏鬆檢查，以便及早發現的情況下才做補救。當然，身為女的也必須提早進行預防，35歲以前就開始補鈣和多做運動，就可以及早預防。

The International Osteoporosis Foundation points out that people over 50 years of age, one-third of women and one-fifth of men are at risk of coming across fractures due to osteoporosis, with an average of one fracture in every three seconds. The most common pathological fractures due to osteoporosis are those of the hip, spine, wrist, and the shoulder. In Hong Kong, with the problem of aging population, number of osteoporosis patients continues to rise. About 300,000 women after menopause and 100,000 men over 50 have this it.

Due to the outbreak of COVID 19, many people have to stay home most of the time, so that the chances of exercising and exposure to the Sun are reduced. This is not ideal for our bone density. Under such conditions, Dr. Leung suggested that one should exercise and sunbath regularly, and should maintain a healthy diet. Cheeses, sardines, tofu and almonds are rich in calcium. Calcium supplements can be considered for maintaining good bone density.

Good Health is the best gift for a mother on Mother’s Day. Dr. Leung particularly reminded the women at large to take regular osteoporosis check-ups so as to avoid remedial measures after having fractures. As for daughters, early prevention is essential. At the age of 35 or earlier, they should start taking calcium supplements and exercise regularly in order to maintain healthy bones.
為母親打打氣
Appreciation to all Mothers

今年母親節，女企業委員會特別舉辦活動慶祝這重要佳節。感謝各位會員分享與媽媽的合照，及寫下小小的感言及心聲，感謝母親的辛勞，在抗疫中向各位母親打氣。

委員會更特別製作了短片，向各位媽媽表達心意。感謝理事關嘉湄協助推製短片，大家可以進入婦協網址www.hkfw.org或掃瞄以下QR code觀賞溫馨短片。如想慢慢細心欣賞短片中的合照及心聲，可於下列網址的音樂相冊中欣賞，輕輕點一點圖，更會有音樂細聽，一起歌頌母親！

感謝召集人暨副主席蘇陳偉香贊助為每位參加者愛心防疫包，為大家送上祝福。

On Mother’s Day, the Women Entrepreneurs Sub-Committee held a special event to celebrate this occasion. Thanks to the members, who photos of their beloved mothers were shared and messages of heartfelt wishes as a token of appreciation to their mothers’ hard work were delivered, giving positive energy to their mothers during the fight against the epidemic.

The Committee produced a short video to honor all the mothers’ hard work, thanks to Council Member Ms. Karen Kwan for her contribution the production. One can log on to www.hkfw.org or scan QR code to view the touching video. One touch on the video below, one would see the picture and messages from members, another touch on the music album, one will hear sons of praise to mothers.

The Committee would also like to thank the Convener, Vice-Chairperson Mrs. Susan So for sponsoring the gift bags.

溫馨母親節短片 For video
https://www.youtube.com/watch?v=rsph1X6q6Sw&feature=youtu.be

合照及心聲 Photos and messages
https://online.fliphtml5.com/qqws/whdwh/?1588929416779
In memory of Dr Stanley Ho, GBM, GBS

Dr. Stanley Ho (third from right) supported and guided HKFW for many years.

Dr. Stanley Ho (fourth from right) participated in opening ceremony of “New face of our Motherland” together with Former CE Donald Tsang (fifth from right) and other guests.

Dr. Ho had been a true philanthropist. Throughout his life, he had continuously put in his best to help those in need, ardently supporting all the charitable activities and making generous donations to them.

For more than two decades, witnessing its growth and development, Dr. Ho had been a staunch supporter of the Federation. He had sponsored and participated in many HKFW projects and grand events, enlightening the audience with his words of wisdom and his humour.

Dr. Ho’s patriotism is what we should look up to: his love for his motherland, his commitment in promoting the development and advancement of the society, of China, of Hong Kong and of Macau. He is ours, and everyone’s role model. His dignity, his integrity, his sound advice, his sense of humour and his exemplary disposition, all will be dearly missed and remembered.

May Dr. Stanley Ho rest in peace.
海怡半島婦女聯合會
South Horizons Women's Association

由於得到區內熱心人士捐贈和贊助，該會於2020年3月期間多次在街頭派發抗疫資
訊、口罩、消毒搓手液及家居潔白劑等給需要人士，以應付新冠病毒的侵
襲。派發口罩達三千多個；亦安排名義工家訪或電話慰問長者，傳播正確訊息以提
升社區抗疫能力。

婦女服務聯會
Women Service Association

為協助市民預防感
染2019冠狀病毒
病，該會於2020
年3月開始在葵
青區不同地方派
發防疫物資，受
惠人士包括：獨
居或長者同住
長者、孤獨受助
人、低收入人
士等。

荃灣梨木樹賢毅社
Tsuen Wan Lei Muk Shue Yin Ngai Society

見的終點！該會於2019
年4月1日至2020年3
月31日舉辦【醫薈集
福長者活動計劃】，透
過活動提升長者對社區及招
鄰的關心，藉著
班級講座等學習
內容，培養其與
人相處的技巧及友情發展，提升社交能力並以愉
快的心情減輕生活壓力及排解寂寞。這些對長老
者的心理健康十分重要，亦是我們的活動理念。

沙田婦女會
Shatin Women's Association

新型冠狀病毒肆虐全球，香港也陷入抗疫時期，市面上出
現口罩荒、搶米、搶搓手液，市民紛紛四出張羅貨
源。該會榮獲香港賽馬會慈善信託基金的「新冠肺
炎緊急援助基金」贊助，舉辦名為「同心抗疫護榮齡」活
動。是次活動共派發3000個抗疫福袋（內含：口罩、
消毒搓手液、米等物品），派送對象分別是85歲以上長
者及低收入家庭的貧困學童。此外，該會安排100位義
工探訪長者及派送抗疫福袋。該會李成節榮譽會長也身
體力行與義工一起探訪，盼能在最急需時刻，為長
者及低收入家庭的貧困學童盡到適當幫助。
該會於2020年1月9日在此社區俱樂部舉行一年一度的「歲晚敬老大會」，免費招待約400位長者，一同欣賞精彩的節目表演，當日每位出席長者更可獲得豐富禮物包及利是封，長者送上市長與祝福。

該會感謝潘煒珍女士推薦赤柱婦女會加入香港婦女這個大家庭，認識不同地區的女性領袖，攜手建設和諧社區。該會於1997年成立，經常舉辦多項活動，給予婦女及社眾一同參與，推動婦女為社會服務，為培養婦女的興趣，舉辦粵曲班、舞蹈班等。透過活動讓婦女融入社區，推動社區和諧。圖一為感謝潘煒珍女士送上的感謝狀，圖二為立法會議員李慧玲，SBS，JP向該會義工成員致送感謝狀。

該會於2020年1月9日在此社區俱樂部舉行一年一度的「歲晚敬老大會」，免費招待約400位長者，一同欣賞精彩的節目表演，當日每位出席長者更可獲得豐富禮物包及利是封，長者送上市長與祝福。

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為迎接農曆正月及來年的來臨，將於2019年12月19日(星期四)下午6時，於香港島馬地頓山社區會堂舉行《聖誕聯歡綜合匯演2019》，歡迎灣仔區議會邀請贊助，免費招待350位會員及社區內坊眾。當日表演節目非常豐富，有不同民族舞蹈、國粵語流行歌曲、及粵曲表演，為日增添更多歡樂，該會為每位參加者準備了一份聖誕禮物，送上更多溫馨和感動，務求令到場的參加者皆滿意而歸，當晚座無虛設，氣氛熱鬧。

香港女童軍總會
The Hong Kong Girl Guides Association

該會今年4月推出「健康生活大使」計劃，讓會員於疫情期間通過在家學習「個人衛生」、「身心健康」及「關心社區」三大主題，認識聯合國可持續發展全球目標3——「良好健康與福祉」，鼓勵女童軍持續學習，同時維持健康生活，至今已有300名女童軍透過網上平台參加挑戰，成為「健康生活大使」。

歡迎新會員
new members

(2.2020-6.2020)

永遠普通會員
朱麗芸 梁慧妍 梁慧華 溫嘉路 鄭美珠 鄭鳳姿 羅秋鳴

歡迎本會會員投稿，題材不限，可分享個人對活動感受或提供非商業新資訊，字數以不超過五百字為限。

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