

Cultural Show & Hong Kong Harmonious Family Drive
Award Presentation Ceremony

香港各界婦女
慶祝回歸 10 周年
文藝晚會暨「香港和諧家庭選拔」頒獎禮

日期：二零零七年六月廿三日(星期六)

地點：晚上七時假座香港體育館舉行



婦協活動預告 HKFW Coming Events

日期 2007 年	活動
5月23日至5月26日	香港婦協 2007 北京訪問團 HKFW 2007 Visit to Beijing
5月26日至7月14日	精裝電腦(二十)之文書處理 Word Processing Training Course
5月29日至6月20日	*家務助理訓練課程 Domestic Helper Training Course
6月6日至6月15日	*基礎電腦及鍵盤輸入法訓練課程 Basic Computer and Keyboard Control Training Course
6月13日至6月26日	*基礎電腦及鍵盤輸入法訓練課程 Basic Computer and Keyboard Control Training Course
6月19日	成功婦女的天空講座 The sky of Successful Women Seminar
6月23日	香港各界婦女慶祝回歸十周年文藝晚會暨香港和諧家庭選拔頒獎禮 Hong Kong Women Celebrating the 10th Anniversary of the HKSAR Cultural Show and Hong Kong Harmonious Family Drive Award Presentation Ceremony
7月3日	《女人本色》首映禮
7月7日及14日	室內設計工作坊 Interior Design Workshop
7月20日至9月7日	自在人生自學計劃 - 網上世界漫遊 Capacity Building Mileage Programme: Internet Training Course
7月21日至9月8日	自在人生自學計劃 - 輕鬆學電腦 Capacity Building Mileage Programme: Learning Computer for Fun
7月21日至9月8日	自在人生自學計劃 - 家居意外急救法 Capacity Building Mileage Programme: First Aid Programme
7月22日	青少年圍棋 大賽「慶回歸紀念盃」

*僱員再培訓課程 Employees' Retraining Courses

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香港婦協季刊

HONG KONG FEDERATION OF WOMEN

名譽贊助人：香港特別行政區行政長官夫人曾鈺英女士
HON. PATRON: MRS. SELINA TSANG, Wife of the
Chief Executive of the Hong Kong SAR
第四十五期 Newsletter Issue No.45

二〇〇七年四月 April 2007

本會應沙特阿拉伯公主邀請
組團赴吉達及利雅德交流訪問
HKFW ENTREPRENEURS
VISIT TO SAUDI ARABIA

本會女企業家委員會應沙特阿拉伯公主 HRH Princess Loulwah 邀請，一行二十三位代表於三月十六日至二十日專程飛往沙特阿拉伯王國進行友好訪問及交流。訪問團由林貝聿嘉主席，團長何超瓊副主席率領，首席名譽會長劉葉淑婉任顧問。代表團團員包括香港婦協理事、企業家、專業人士、學者及銀行家等。

去年三月，本會應沙特阿拉伯駐港領事館邀請，舉辦首屆「香港-沙特阿拉伯專業女性會議」，並接待由公主率領的二十多位專業女性訪問團到港考察及交流，團員均表感激。是次由公主回請，訪問團行程包括：拜會沙特阿拉伯公主 HRH Princess Loulwah 及王子 HRH Prince Sultan bin Salman AL-Saud，參觀沙特阿拉伯首間私立女子大學 - Effat College、拜訪 Jeddah Chamber of Commerce and Industry、Supreme Commission for Tourism、SAGIA、並出席沙特阿拉伯婦女論壇，與多個著名機構領導會面，包括 Xenel Group、The BinLaden Group、Arab News、AL-Faisaliah Group 等，同時並參觀博物館、古蹟名勝、工廠及舊城區等。

沙特阿拉伯是回教的發源地，國民都很虔誠信奉回教。自抵達吉達一刻，一眾女團員均要開始按照傳統，在公眾場合披上由公主特別致送的ABAYA (黑袍)，感到非常新鮮；並得悉沙特阿拉伯婦女在多方面傳統尚有很多限制，例如女人不能單獨出外，亦不能獨自駕車，男女的出入口要分開等。該國石油收益豐厚，市民無須納稅，大學生均有政府的津貼。為了加強與國際接軌，該國正加建六個衛星城市，並大量送子女往外國求學，接受西方文化。

是次到訪除了成功建立兩地婦女的友誼，更達至兩地的文化交流。透過這次回訪沙特阿拉伯，眾團員均表示眼界大開，擴闊國際見聞，並大大促進港沙兩地未來聯繫及合作機會。訪問團成員包括羅啟妍、李樂詩、楊羅觀琴、李楊一帆、鄺心怡、劉玉珍、周孫方中、趙曾學韜、呂楊俊婷、王熊秀雲、蘇陳偉香、許美端、洪蕭麗雯、梁黃詠愉、梁定謀、劉玉慧、何文琪、毛慧賢、陳翠芳及王錦潤。眾衷心感謝 SAGIA 為是次訪問作出妥善的安排。

HKFW Entrepreneurs Committee was invited to visit the Royal Kingdom of Saudi Arabia from March 16-20, as the guests of HRH Princess Loulwah Al-Faisal. A total of 23 delegates including entrepreneurs, professionals, scholars, bankers and HKFW members participated in the event.

The HKFW, by invitation of the Royal Consulate General of Saudi Arabia in Hong Kong, hosted Saudi Arabia's First "HK-Saudi Professional Women Meeting" in Hong Kong in March 2006. This visit went very well. It also facilitated successfully the enhancement of friendship, cultural exchange as well as co-operation opportunities between the women of Saudi Arabia and Hong Kong.

Saudi Arabia is the largest country in the Arabian Peninsula, playing its important role as "the Crossroad of the World"



HRH Princess Loulwah 設宴款待訪問團
Welcome dinner hosted by HRH Princess Loulwah

主席林貝聿嘉與團長何超瓊致送中國特色紀念品予王子
Presenting Chinese style souvenir to HRH Prince Sultan



在吉達舊城區遊覽
Touring at the Old Town

在 Effat College 與沙特婦女交流
Exchange of views at the Effat College

all along the history of mankind, linking the East and the West. Saudi Arabia is also "the Fuel of the World", supporting global economic development through exporting her natural resources, especially crude oil. Furthermore, as the birthplace of Islam, Saudi Arabia holds a special place in the hearts of billions of Muslims scattered all around the world. During the visit, the delegates experienced her success in achieving modernity without surrendering heritage, faith, or culture.

All delegate found this trip very fruitful which widely broadened their scope of vision and extensively contribute to the exploration of new co-operation opportunities and linkage between Saudi Arabia and Hong Kong in various aspects and thanked SAGIA for organizing the visit.

本會應沙特阿拉伯公主邀請 組團赴吉達及利雅德交流訪問 HKFW ENTREPRENEURS VISIT TO SAUDI ARABIA



1. Xenel Group 設宴招待。
2. 團員與吉達工商總會成員交流。
3. 致送北京奧運會特色紀念品。
4. SAGIA 要員 Ms. Jawaher 親臨接機；團員於機場「女士專用」貴賓室休息。
5. 參觀博物館。
6. 與中國使館官員會面。
7. 出席首次沙特阿拉伯婦女研討會。
8. 參觀 BinLaden Group。
9. 參觀沙特阿拉伯王子的有機農場。
10. 首席名譽會長劉潔淑婉與劉玉珍名譽會長回港後設日本美食晚宴，宴請團友及沙特阿拉伯領事館要員。
11. 參觀當地有名古建築 The Sami Angawi House。

1. Lunch invited by the Xenel Group
2. Meeting members of the Jeddah Chamber of Commerce and Industry
3. Presenting the Beijing Olympics souvenirs
4. Ms. Jawaher of SAGIA met the delegates at the "Ladies Only" airport VIP Lounge
5. Visiting the Museum
6. Meeting the Chinese Embassy officials at the TDC dinner
7. Attending the ever first Saudi Arabia Women Forum
8. Visiting the BinLaden Group
9. At the organic farm of HRH Prince Sultan
10. Reunion dinner hosted by Hon Senior President Mrs Lau Ip Sok Wun, and Hon President Ms. Mary Lau after the visit
11. The Sami Angawi House - an Architectural Heritage



訪問團行程 THE PROGRAM

- 16 March • Depart Hong Kong for Jeddah (via Dubai)
- 17 March • Visit Effat College
(It is named after Queen Effat, mother of HRH Princess Loulwah Al-Faisal, whose concern for women's education culminated in the founding of the Kingdom's first girls' school.)
- Lunch – Hosted by Effat College
 - City Tour – Old Town Jeddah
 - Dinner – Hosted by HRH Princess Loulwah
- 18 March • Visit Jeddah Chamber of Commerce and Industry (Networking meeting)
- Tour of Raheed Shops
 - Visit Amna Ismail Factory
 - Lunch – hosted by Xenel Group
(Founded in 1973 by the descendants of one of the oldest trading houses in the Middle East.)
 - Dinner – Hosted by Arab News
(At the Sami Angawi House)
- 19 March • Attend Saudi Women Forum
(The Reality of Women's Participation in National Development)
- Khadija bint Khowaileed Center
(The Chambers support center for businesswomen activities, training and employment in Jeddah)
 - Depart Jeddah
 - Check into Al-Faisaliah Hotel, Riyadh
 - Dinner hosted by the TDC Middle East.
 - Meet Officials of the Chinese Embassy
- 20 March • Breakfast Briefing by KPMG
- Briefing by SAGIA
(organiser of the visit and it is the gateway to investment in Saudi Arabia)
 - Visit HRH Prince Sultan bin Salman Al-Saud & his organic farm
 - Lunch at the Globe – Al-Faisaliah Hotel (Networking Session)
(Al Faisaliah Group – one of the top 20 Saudi Companies and is a major diversified enterprise based in Saudi Arabia, operating across the Middle East.)
 - Tour of Riyadh: Masmak Palace, Zal Market, National Museum
 - Depart for Hong Kong

arab news

20 March 2007, Tuesday



Renowned architect Sami Angawi speaks to a delegation of Hong Kong Federation of Women on Hijazi culture and architecture at a reception he hosted at his residence in Jeddah on Sunday evening. (AN photo by Hasan Hattarsh)

HK, Saudi Businesswomen Discuss Possible Trade Ties

K.S. Ramkumar
Arab News

JEDDAH — The rising status of businesswomen took center stage at a meeting of a 22-member Hong Kong women's delegation with the Jeddah Chamber of Commerce and Industry on Sunday.

JCCI Vice Chairman Mazen Bantjerje, who chaired the meeting, said the kingdom's new investment law offered a big scope for Hong Kong entrepreneurs in general and businesswomen in particular, especially at a time when the economy was booming and King Abdullah Economic City and other cities were being developed.

"In this age of globalization, markets can no longer remain regional. Each market has to look toward improving its trade and investment prospects wherever they are available," he said, and urged the visiting businesswomen to explore and participate in the Kingdom's development.

Patsy Ho, leader of the visiting delegation of the entrepreneurs committee of the 14-year-old Hong Kong Federation of Women, said the committee was established in October 2001 to promote exchange and cooperation with mainland China and international organizations of women entrepreneurs to advance career development of women through a cooperative effort with all bodies and agencies. It also aims to enhance the status of women entrepreneurs in the economic, political and other areas by encouraging Hong Kong women entrepreneurs to upgrade themselves and organizing activities such as training programs, seminars, study

trips and other related activities. "It also supports the development of businesswomen by providing consultancy service and assistance."

The delegation includes banking, investment, legal, retail, public affairs and media representatives aside from those involved in trade, investment and manufacturing.

Shipping, real estate, hotel and entertainment, movie and TV production, jewelry, health and medicine, and architecture are among the other fields of activity they represent. "There has been tremendous interest in Hong Kong for increasing bilateral business, trade and investment with the Kingdom since the visit of Custodian of the Two Holy Mosques King Abdullah some time ago," she said.

Peggy Lam said since her retirement from government service, she has dedicated her efforts to improve the status of women at social, political and business levels.

Nasrwa A. Taber and Madhusri A. Al-Hassoun, both JCCI board members, spoke about the increasing role of women both at the chamber and also in business.

Taber identified petrochemicals, railway, mining, information technology and communications, power generation, water desalination and sewage water treatment as among the potential areas for overseas investment.

"We women have to play a double role — as a housewife taking care of the family and as a careerist contributing to the family income through a job or owning a business," Madhusri said.

當地報章 Arab News 報導婦協到訪。
News of the HKFW visit reported by the Arab News

會員投稿

“香港，我們為您驕傲！”

Hong Kong, we are proud of you!

五天的沙特阿拉伯之行，所見所聞，非常精彩。雖然回港已快有一個多月了，但還在津津樂道把這些見聞與朋友們分享。其中我最喜歡告訴朋友們的，在此與婦協的姐妹們分享：在一次與當地的官商人員交流時，很高興聽到其中一人說：“香港，這個地方我們很有印象，是一個了不起的城市！也是一個使我們很感動的城市。”當時我很有興趣想知道為什麼他有這種感覺呢？他接著告訴我們，他曾來香港參加過由香港主辦的世界性展覽會，在展覽會的會場內設有特地為沙特阿拉伯參展者禱告的場地；並且很道地的設立男、女分開的禱告區。聽到這裡，我心中在為香港鼓掌，為香港的主辦單位鼓掌，因為凡是去過沙特阿拉伯的都知道當地的習俗中每天數次的禱告是最重要的部分。我們在當地時，每天清晨四、五點鐘時就聽到全城的禱告聲，而且每天有四、五次

特定時間，不能更改。例如，有一天我們安排好去拜訪一位著名的建築師並參觀他的家居。剛到不久，他請我們先自由參觀，因為那個時刻他要與家人到自己特設的地方禱告。而我們剛好可以從另一個方向看到他與兒子在一起；而他的夫人與女兒是在另一邊禱告的。

可想而知，這個禱告的習俗、和特設的男、女禱告區在沙特阿拉伯的日常生活中是多麼的重要。而香港作為主辦單位，能這樣體貼入微、妥善而細心、和人性化的安排，在國際禮儀上使對方深深感受到自己是多麼的被尊重，與此同時也提升了香港在國際間的形象。

香港，我們為您驕傲！

李楊一帆

第五次會員大會，2007-08 年度理事選舉暨 賀婦協成員榮獲特區政府授勳及嘉獎慶祝晚宴 The 5th Annual General Meeting, Election of 2007-08 Council cum Celebration of HKFW Members Receiving Awards and Medals from the HKSAR Government

本會於二零零七年一月十五日假世界貿易中心會舉行第五次會員大會，並選出 2007-08 年度理事。

林貝聿嘉主席報告，本會於零六年積極投入參與多項內地及國際的項目和會議，重視婦女和社區的健康，支持團體會員的發展，並關注婦女權益尊嚴及支持內地的的工作。而本會呼籲各界婦女踴躍參與的「一人捐一百美元」運動，捐資支持 08 北京奧運國家游泳中心場館「水立方」，亦獲得美滿成果。同時，本會為首個婦女團體獲沙特阿拉伯公主邀請組團到當地訪問。此外，為慶祝香港特別行政區成立十周年，本會特舉行盛大的「香港和諧家庭選拔」活動，宣揚和諧訊息並舉辦大型文藝晚會慶祝香港回歸十周年。

林主席代表本會感謝會員及各界人士對婦協的鼎力支持。會中通過理事會二零零六年會務報告、財政報告、委任「廖榮定會計師」為義務核數師；並一致贊成再度邀請范麗泰、曾黃麗群、劉孔愛菊為監察顧問。大會隨即成功選舉 2007-08 年度理事，並於一月二十二日第一次理事會中選出執委會成員。林主席並多謝前律政司司長梁愛詩於卸任後即重新加入本會出任理事。

會後隨即舉行聯歡晚宴，慶祝婦協多位成員於二零零六年榮獲特區政府頒授勳銜，場面熱鬧又溫馨。

The 5th AGM was held on 15 January 2007. HKFW Chairperson Mrs Peggy Lam reported that many programs of various nature and scale were initiated successfully in 2006 and achieved fruitful results.

Projects reinforcing exchange activities of women, contributing for the Mainland development, concerning Hong Kong Affairs and nurturing women and youth etc. were conducted. Mrs. Lam expressed her special thanks, on behalf of the Federation, to the members, public and organization who have rendered full support to HKFW in terms of donation and in kind. The 2007-08 Council Members were successfully elected at the meeting.

Celebration dinner in honour of our members, who received awards and recognition from the HKSAR Government in 2006, was held subsequently.

2007-2008 年度理事會名單如下

主席：林貝聿嘉	伍淑清	唐尤淑圻	丁毓珠
副主席：廖湯慧靄 李楊一帆 蔣麗芸	盧高靜芝	黃汝璞	何超瓊
義務司庫：林康繼弘			
義務秘書：麥樂嫦			
執委兼理事：李桂珍 梁愛詩 蔡月嫻 譚胡秀英	周孫方中# 陳雷素心 蔡關穎琴 蘇曹莊儀	周轉香 勞潔儀 鄺心怡	梁冬陽 黃葉慧瑩
理事：孔美琪 呂楊俊婷 胡陳素英 區艷龍 楊舒振聲* 蔡馬愛娟 羅蔡妙玲	余詩思 李樂詩 唐美馨 梁淑莊* 雷羅慧洪 鄭明明 關莫燕華	余麗芬* 林李婉冰 徐蔡慕慈 陳鄭小燕 趙曾學韜 鍾雅妍	吳玉娟 胡郭秀萍 高李蓓蓓 華慧娜# 蔡李惠莉 顏吳餘英

#「名譽會長委員會」當然理事
*「團體會員委員會」當然理事



副主席丁毓珠 繼 2001 年獲頒銅紫荊勳章後，去年再次榮獲銀紫荊星章。
Vice Chairperson - Ms. Christina Ting BBS, JP (left) receiving Silver Bauhinia Star

中聯辦孫亞清部長出席與新任理事共聚。
The new Council Members.

2007-08 年度理事就職典禮暨春節聯歡大會 2007-08 Inauguration Ceremony cum Spring Gala Luncheon

新一屆理事就職及春節聯歡大會已於三月十一日中午假九龍灣國際展覽中心舉行，邀得行政長官夫人曾鮑笑薇、中聯辦副主任郭莉、外交部駐港特派員夫人張靜姪及何鴻燊博士親臨主禮。

大會再次邀得何鴻燊博士「妙論豬年」，妙語如珠，內容精彩，博得全場掌聲不斷。大會並致送紀念碟予名譽會長、頒發紀念狀予新加入團體會員及義工嘉許獎狀。會上並有婦協合唱團演唱賀年歌曲、安基幼稚園暨國際幼兒園表演等；一如以往，拾獎、幸運抽獎及人人有份禮品非常豐富，出席者均滿載而歸。

謹此多謝何鴻燊博士再度贊助全場午宴、各禮品贊助及機構、理事、名譽會長及副會長等的大力支持，捐贈現金或獎品。是次活動之餘款，將一如以往，撥捐婦協緊急援助基金。

The event was held on 11 March at the Hong Kong International Trade & Exhibition Centre. We were most honoured to have invited Mrs Selina Tsang, Mdm Guo Li, Mdm Zhang Jingya, and the lunch sponsor Dr Stanley Ho, GBS as our officiating guests. We wish to express our heartfelt gratitude to all sponsors, our Council Members, Hon. Presidents and Vice Presidents for their supports in donating cash and lucky draw prizes. The surplus of this event will be donated to HKFW Emergency Fund.



家庭健康月 2007 2007 Family Health Month



「家庭健康月 2007」於四月二十八日及五月五日成功舉行，七個免費講座吸引超過八百人入場。

開幕禮當天由民政事務局常任秘書長林鄭月娥太平紳士、東華三院第二副主席李三元博士、醫院管理局策略發展總監黃譚智媛醫生，JP 及九龍西醫院聯網婦產科部門主管陳健浩醫生主禮，多位理事及嘉賓出席支持。

兩日的講座共有七個題目，包括「常見婦科癌」、「預防大腸癌」、「家居中藥禁忌篇」、「男士泌尿科問題」、「男士常見外科小毛病」、「子宮頸癌新知」、及「預防及普查肝炎疫苗及肝癌預防方法」。

如往年一樣，多間大藥廠送出免費骨質疏鬆檢查及婦科檢查，在各講座後以抽籤形式送出，惠及不少出席人士。

- (左起)首席名譽會長王梁潔華、何鴻燊博士、行政長官夫人曾鮑笑薇、主席林貝聿嘉、中聯辦副主任郭莉及外交部駐港特派員夫人張靜姪參贊。
The officiating guests on stage
- 召集人李楊一帆、周孫方中、(右一及右二)，華慧娜及蘇曹莊儀(左二及左三)與各會長合攝。
The Event Convenors and Hon. Presidents
- 致送紀念碟予新任名譽會長：
Presenting Souvenirs to new Hon. Presidents：
3. 邱吳惠平名譽副會長千金代領、4. 朱李月華名譽會長、
5. 孟顯迪安名譽會長、6. 李周美枝名譽副會長、7. 關李帶歡名譽副會長
- 前保安局局長葉劉淑儀(中)應邀出席，與副主席廖湯慧靄(左)及何超瓊(右)相談甚歡。
Ms Rita Liu, Mrs Regina Ip and Ms Pansy Ho (from left).
- 安基幼稚園暨國際幼兒園表演。
Performance by students of Anchors Kindergarten
- 青年事務小組成員擔任司儀。
Members of the Youth Affairs Group acting as emcee



本會發動全港婦女界 慶祝香港特別行政區成立十周年 團結一百四十多個婦女團體舉辦《香港和諧家庭選拔》 HKFW Uniting over 140 Women Organizations to celebrate The 10th Anniversary of the Establishment of the HKSAR

香港婦協為籌辦慶祝回歸十周年項目，再次發動全港婦女，共一百四十多個婦女團體，組成「慶祝香港特別行政區成立十周年」籌備委員會主席團，以「宣揚和諧家庭」為主題，聯合舉辦《香港和諧家庭選拔》活動。繼去年十二月的啟動禮後，大會特別於二月及三月舉行多項宣傳活動，以增添社會認受性及增強活動意義。

「和諧家庭大使」委任儀式：

活動於二月十一日假澳門賽馬會舉行。大會委任了五位「和諧家庭大使」，包括周梁淑怡議員、梁鳳儀博士、鄭明明教授、郭羅桂珍博士及車淑梅女士，各位並即席分享她們在維繫和諧家庭所發揮的積極作用；以及在維持家庭、事業及社會參與等三方面平衡發展的相處，她們不約而同地提出「樂觀包容」、「相互扶持」的家庭經營之道。各位大使並承諾肩負宣傳任務，協力推廣和諧家庭訊息。



△ 眾和諧大使與眾人分享美滿家庭和諧之道，左起郭羅桂珍、周梁淑怡、召集人蔣麗芸、梁鳳儀及鄭明明。
The Ambassadors of Harmonious families



△ 婦協理事、名譽會長及團體會員領導出席支持《香港和諧家庭選拔》和諧家庭大使委任儀式。
Group Photo with the Ambassadors.

△ 婦協理事、名譽會長及團體會員領導出席支持及宣揚和諧家庭訊息。
A memorial group photo with Stars of Harmony.

「香車巡遊頌和諧」活動暨「和諧之星」委任儀式：

本會在三月八日國際婦女節當天，由婦協理事、名譽會長及各參與團體之領導，特別借出二十三部房車，組成以活動的英文名稱：「HK HARMONIOUS FAMILY DRIVE」車隊行列，向廣大市民宣揚和諧家庭生活。四位「和諧之星」包括李樂詩博士、謝雪心女士、蔣雅文小姐及李逸朗先生，在活動中接受委任狀；並分享他們在維繫和諧家庭的經驗和感受。

車隊由灣仔修頓球場列隊出發，終點為中環天星碼頭。各「和諧之星」更於碼頭派發選拔活動的單張，宣揚和諧家庭的訊息。

《香港和諧家庭選拔》活動已於三月十五日截止提名，本會共收到超過一千份的提名表格，謹此多謝各界人士及婦女團體的大力支持。大會已定於六月二十三日，假香港體育館舉行盛大的晚會及頒獎禮，屆時將以精彩及嶄新節目，讓香港觀眾共慶回歸。



△ 二十三部房車組成「HK HARMONIOUS FAMILY DRIVE」車隊。
The Car Parade



△ 四位「和諧之星」包括李樂詩、謝雪心、李逸朗及蔣雅文(右三至右六)。
Appointment of the Stars of Harmony.



香港婦協代表飛紐約出席聯合國第 51 次婦女地位會議報告 Report by HKFW Representatives attending the 51st Session of the UN Commission on the Status of Women (CSW)

February 26 to March 9, 2007, New York

Introduction

HKFW Council Member Maggie Koong and Vice Convenor of the International Affairs Sub-Committee Clarie Lo were designated by the Council to represent the Hong Kong Federation of Women at the captioned Meeting in the capacity as nominated members of a NGO designated body. The priority theme of this year's Meeting is "The elimination of all forms of discrimination and violence against the girl child". As far as representation from Hong Kong is concerned, it is noted that apart from the Women Commission and the Federation, the Caritas group also sent a delegation together with a girl student especially selected to attend the Session.

By way of Background, the CSW is a functional commission of the United Nations Economic and Social Council, dedicated exclusively to gender equality and advancement of women. It is the principal global policy-making body. Every year, representatives of Member States gather at the United Nations Headquarters in New York to evaluate progress on gender equality, identify challenges, set global standards and formulate concrete policies to promote gender equality and advancement of women worldwide. This year, the CSW meets from February 26 to March 9, 2007.

The Meetings

At the plenary meeting, participants shared experience, practices and views in relation to the elimination of all forms of discrimination and violence against women and the girl child. A number of parallel events were organized by UN Missions as well as different NGO Committees on the Status of Women in addition to the main plenary session. Several girls were brought in to some of the parallel sessions (including one hosted by the Maryknoll Office for Global Concerns) to voice out their experience on unequal and unfair treatments on girls in their respective countries and cultures e.g. forced/early marriages, deprivation of schooling opportunities, etc. Such helped governmental agencies and voluntary organizations to understand more about the needs of girls and what actions were called for in making policy changes on girl child. Another session on the role of men and boys in achieving gender equality was quite interestingly held.

It is noted that the Chairperson of the HK Women Commission gave a verbal statement on the experience of Hong Kong in applying gender mainstreaming in the elimination of discrimination and violence against women and the girl child on 27 February 2007, at the "interactive expert panel on capacity-building on mainstreaming a gender perspective in the development, implementation and evaluation of national policies and programs for the elimination of all forms of discrimination and violence against the girl child".

Other activities

Opportunities were also taken to participate in a no. of networking meetings and functions held with women groups and community leaders in New York. Such included: --

- A breakfast reception hosted by Mayor Bloomberg of New York at the Macy Department store for 300 women leaders to celebrate "Women's History Month" on 1 March 2007.
- A networking lunch on 28 February 2007 hosted by the Chairperson of the HK Women Commission with New York women leaders to exchange ideas on the work on promoting women's well-being. The guests who attended the luncheon include Deputy Commissioner of the Mayor's Office to Combat Domestic Violence, and Managing Director of the Division for International Business, New York City Commission for the United States, Consular Corps & Protocol.
- A tea gathering with the representatives of the Caritas Group from HK. The Caritas Group has been sending delegations to attend the Commission Meeting on a regular basis but now was not sure whether they have sufficient funding to cover next year's event. They expressed interest in the Federation's work and it would be useful to touch base with them prior to future Meetings.
- Reception hosted by the Consulate General of Austria on March 8 to celebrate Women's Day.

Conclusions and Recommendations

Through attendance at the Meeting, we were able to distribute pamphlets and other information materials to Delegates to publicize the work of the Federation. Contacts were also made with other women groups in New York and the rest of the world. All these would facilitate future liaison work with those organizations and women leaders.

Submitted By MAGGIE KOONG & CLARIE LO



△ 本會委派代表往紐約出席聯合國舉辦的婦女地位會議，與婦委會及全國婦聯代表合照，(前左)：孔美琪、盧高靜芝。HKFW representatives attending CSW session in the United Nations, New York.

婦協活動

HKFW Events and Activities



△ 2007-08 年度理事會首次會議。
The 1st Meeting of 2007-08 Council Members

▷ 自在人生自學計劃課程
- 「Keep Fit 之道」。
Capacity Building
Mileage Programme



▷ 婦協會員出席慶祝十周年回
歸項目「萬人齊頌道德經」。
Celebrating the 10th
Anniversary of the
Establishment of HKFSAR



△ 出席中聯辦舉辦「三八」國際婦女節酒會。
Attending Interational Women's Day cocktail reception



△ 禮儀課程中，李楊一帆
副主席(右)教導青年會
員正確的禮儀舉止。
Social Etiquette
Training Class



△ 由香港婦協協辦，香港大學舉行
之「女性反吸煙工作組」，凝聚婦
女力量，宣揚反吸煙之重要。
The Anti-Smoke Campaign



△ 婦協學友會
舉辦香港濕
地公園一天
遊。
"HKFW
Alumni"
1 Day Tour



△ 婦協成員出席梁愛詩任主席之「2007圓夢夜」，支持2008北京奧運馬術比賽香港基金。
2008 Beijing Olympic Equestrian Events Hong Kong Fund-Spring Gala

交流活動

Exchange Activities



△ 中華全國婦女聯
合會張黎明部長
及訪問團到訪。
All China Women
Federation
visiting the
HKFW



△ 上海市婦女聯合會代表團到訪。
Welcoming Shanghai Women Federation



△ 上海婦女代表團到訪。
Shanghai Women Delegation visiting HKFW



△ 貴州鄉村旅遊發展中心到訪代表致送
紀念品予婦協。
Guizhou Village Tourism
Development Center presenting
souvenir to HKFW



△ 貴州省婦聯到訪。
Welcoming Guizhou Federation of Women

健康資訊

Health Care Information

香港婦協於去年底完成並於本年三月出版了婦女健康認知調查，目的是為了解香港婦女對乳癌及冠心病等疾病的認知及預防意識。

冠心病的認識

根據香港婦協的調查，在千多名的受訪者，就有35人(3.3%)已診斷為冠心病病患者;137人(13.1%)曾有家屬患有此症。在眾多受訪者中有超過五成(50.5%)的人士曾接受有關冠心病的檢查，如膽固醇測試(39.2%)、血壓測試(48.2%)或其他形式的心臟檢查(1.3%)。

預防冠心病

- 》注意均衡飲食(多吃五穀、瓜果;適量奶品、肉、魚、蛋及豆;少油、少鹽及少糖)
- 》保持做適當的運動
- 》保持理想體重，體重指標於18.5-22.9之間(即體重除以身高的二次方)
- 》戒掉吸煙的習慣
- 》定期檢查身體(如膽固醇測試、血壓測試或其他形式的心臟檢查)
- 》留意自己身體狀態，是否有冠心病徵狀出現，如有心絞痛、氣促、出汗、心律失常、心悸、頭暈或作嘔的徵狀出現，應盡快尋求醫生的專家診治
- 》經醫生處方之藥物治療

乳癌的認識

在婦協的調查當中，一千多位受訪者中就有十六人(1.5%)診斷為乳癌病患者;亦有五十八人(5.6%)表示曾有家人患上乳癌。香港婦女都比較關注乳癌的問題，有90.5%受訪者認為婦女在更年期開始後應該定期接受乳房X光造影檢查。但實際上會做檢查的人並不多，只有百分之三十五的受訪者曾接受乳房X光造影檢查。乳癌患者是有康復機會的，關鍵在於能否及早發現並向醫生求助。

如何掌握治療機會?

- 》留意自己身體狀態，定期自我檢查
- 》留意乳房有否出現無故的疼痛
- 》留意乳頭有否流血水
- 》審視乳房各部位的對稱度有否異狀
- 》用手以打圈手法按摩乳房，感覺乳房有否無故出現硬塊
- 》定期接受乳房X光造影檢查
- 》若發現身體狀態有異，應立刻向醫生求助

有關更多婦女健康認知調查資料可於香港婦協秘書處索取。



湯水養生 Tonic Idea

香港人生活節奏急速，在面對著不同方面的挑戰及壓力的同時，較容易忽視了自身健康及其潛在的問題。湯水既可養生亦可為家人打打氣，實在是維持家人身心健康的良方。

北芪老鴿補氣湯

Pigeon Soup with Bei Qi

做法 Method

1. 將老鴿剖好洗淨，飛水及過冷河，瀝乾待用
 2. 紅棗先去核，並洗淨各藥材
 3. 將所有材料放入煲內，注入十碗清水
 4. 水滾十分鐘後，轉慢火煲兩小時，飲前下鹽調味
1. Cut pigeon, wash, scald, rinse and drain.
 2. Take out stone of red dates, wash all the ingredients.
 3. Put all the ingredients into a pot. Add 10 bowls of water and bring to the boil.
 4. Boil for 10 minutes, then reduce to low fire and simmer for 2 hours. Season with salt and serve.

材料 Material

- 北芪三錢 3/10 Tael Bei Qi
- 黨參一兩 1 Tael Dang Shen
- 紅棗三粒 3 Red Dates
- 老鴿一隻 1 Old Pigeon
- 杞子三錢 3/10 Tael Qi Zi
- 鹽適量 Salt

功效

具有大補中氣之功效。特別對於中氣虛弱、心血虧少、體倦乏力、表虛自汗均有補氣之用。

禁忌

陰虛火虛者宜，
陰虛火旺者忌用

雋語篇

天才是一份靈感，九十九份血汗。

佚名

兒童需要榜樣甚於批評。

哈伯特



團體會員活動

Corporate Members' Activities



長洲婦女會
Cheung Chau Island Women's Association

舉辦慶祝「三、八」國際婦女節聯歡聚餐，筵開三十七席，出席嘉賓有長洲鄉事委員會主席翁志明先生MH及副主席張明輝先生、該會名譽顧問、名譽會長及各社團等，理事長李桂珍在致詞中期望各姊妹不斷發掘自身潛能，不斷增進知識和技能，提升自己與全港婦女一起改變現狀，務使社會平衡發展，共同為和諧社會出一分力。



沙田婦女會
Shatin Women's Association

主辦第二屆「積極人生 - 擁抱朝陽獎勵計劃」頒獎禮，表揚在個人、家庭、事業、終身學習、社區服務等方面表現傑出或能於逆境自強的人士。



荃灣葵青區婦女會
Tsuen Wan Kwai Ching District Women's Association

與珠海市婦聯合辦「慶祝三·八婦女節、香港回歸十周年暨珠港婦女構建和諧家庭」研討會。出席研討會的嘉賓除了隨團顧問中聯辦新界工作部副部長李才友先生外，還有珠海市婦聯的主席、副主席；同時，更蒙珠海市副市長鄧群芳女士在百忙中亦抽空出席。大會安排了珠港兩地的人士上台，分享了他們在構建和諧家庭方面的心得體會。



屯門區婦女會
Tuen Mun District Women's Association Ltd

於三月六日舉辦「紀念三八國際婦女節暨第十屆活得精彩積極女性獎勵計劃」頒獎禮，目的是為嘉許一班面對逆境仍能活得精彩、積極人生的屯門區婦女。過去十年，獲該會嘉許的積極婦女已超過一百名。



港灣婦女會
Wanchai District Women's Association

「丁亥年新春敬老大會2007」於三月舉行，由港灣婦女會主辦及寶馬山獅子會協辦之，筵開三十三席。席上每位六十歲以上長者獲贈百元利是，而當中十位最高齡的長者更獲致送金牌。



元朗區婦女會
Yuen Long District Women's Association

慶祝成立三十二周年會慶暨紀念「三八」國際婦女節聯歡晚會圓滿舉行。



香港鴨洲婦女會
Hong Kong Apleichau Women's Association

為響應和諧社會應由家庭做起，特舉辦「和諧家庭同心創」，以展板介紹、遊藝節目，帶出溫馨、和諧、包容、諒解之意識，引導家中長幼互助互愛，同心創造美好家庭，和諧社區。



香港天水圍婦女聯合會
Hong Kong Tin Shui Wai Women Association

與紫荊青年商會於三月二十五日合辦了「健康建和諧之婦女健康講座暨陽光家庭選舉頒獎禮」。出席的小朋友活潑可愛逗得觀眾笑聲不斷，掌聲不絕，評審團評選了活力、健康、笑容、合拍和演藝家庭五個獎項。



九龍婦女福利會
The Kowloon Women's Welfare Club

該會在新春舉行「丁亥年新春團拜」，場面熱鬧。

團體會員活動

Corporate Members' Activities



華富區婦女聯合會
Wah Fu Estate Women's Association

與華泰樓互助委員會合辦健康講座「踢走代謝綜合症」；並即場提供免費健康測試，深受歡迎。



國際婦女會
International Women's League Ltd

舉行「慶祝香港回歸十週年暨慶祝雙親節粵曲欣賞會2007」。活動由中聯辦特邀顧問、全國政協委員陳鳳英、全國政協委員吳朱蓮芬，BBS、太平紳士及署理油尖旺民政事務專員馮品聰等主禮，參加者逾一千人。



香港東區婦女福利會
The Women's Welfare Club (Eastern District) Hong Kong

舉行「母親節敬老大會」筵開四十三席免費招待長者，當中十二位高齡母親獲贈金牌，場面溫馨。



婦女服務聯會
Women Service Association

舉辦「家減成趨」環保計劃。該活動是由環境保護運動委員會主辦、環境保護署支持、環境及自然保育基金贊助及婦女服務聯會統籌，宣揚「避免及減少製造廢物」之訊息。內容包括：填色及標語創作比賽、歲晚回收大行動、學校環保週(講座與展覽)及環保嘉年華暨填色及標語創作比賽頒獎典禮。



石澳婦女會
Shek O Women's Association

「敬老親子粵劇慶回歸」由石澳婦女會主辦、蔡素玉立法會議員辦事處合辦、陳李佩英區議員辦事處協辦。活動於四月舉行，約有五百人入場欣賞。



西貢將軍澳婦女會
Sai Kung and Tsueng Kwan O Women's Association

於五月舉行了「母親節卡拉OK決賽暨親子創作及繪畫比賽頒獎典禮綜藝嘉年華」活動，目的主要是希望透過活動，能夠促進親子關係、宣揚溫馨及加強家庭成員的溝通促進子女體會親恩；並提醒年青一代要銘記親恩。



香港華僑華人婦女健康會
The Hong Kong Overseas Chinese Women Sound Health Association

該會在同時舉行慶祝三八國際婦女節、新年團拜及生日會，堪稱三喜臨門。



灣仔羽毛球會
Wanchai Badminton Club, Ladies Member's Section

舉辦「灣仔節粵港羽毛球交流日」，由黃宏泰議員、蕭志雄議員，李碧儀女士，中國教練余以誠先生，裁判李志蘭女士，廣州天河區體校代表團等出席綜合頒獎典禮。



東莞同鄉總會婦女部
The Tung Koon District General Association (Women's Section)

應東莞市婦女聯合會邀請，出席「東莞市各界婦女慶三·八茶話會」，與各界姐妹交流互勉。