

季刊

Newsletter

香港

Hong Kong Federation of Women



76
June 2020

婦協

名譽轉助人 Hon. Patron

香港特別行政區行政長官

林鄭月娥 大紫荊勳章, GBS

THE HON. MRS. CARRIE LAM

CHENG YUET-NGOR GBM, GBS

Chief Executive of the HKSAR



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齊心
抗疫

面對湖北省等多個省市新冠肺炎疫情嚴峻形勢，全國人民上下一心、眾志成城。香港婦協一直心繫湖北武漢奮戰抗疫的姊妹，於3月開始籌集善款港幣100萬元，並由本會主席何超瓊與一眾婦協領導於2020年3月9日前往中聯辦，把捐款港幣100萬元的支票交予中聯辦代轉中華全國婦女聯會作抗疫援助，為新冠肺炎疫情防控工作略盡綿力。支票由中聯辦副主任仇鴻代表接收。

出席支票遞交儀式的婦協領導層還有創會主席暨永遠名譽主席林貝聿嘉、監察顧問伍淑清、副主席盧高靜芝、黃汝璞、蔡關穎琴、陳鄭小燕及孔美琪。

中聯辦副主任仇鴻(中)從婦協主席何超瓊(左四)與一眾香港婦協領導手中接收捐款支票。

Liaison Office Deputy Director Ms. Qiu Hong (center) receiving the donation cheque from HKFW Chairperson Ms. Pansy Ho (fourth from left) and the attending leaders.

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, 2020, 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.



加油

「香港司法制度如何體驗法治精神」講座

Seminar on "How the Hong Kong Judicial System exercises the spirit of the Rule of Law"



香港特別行政區終審法院非常任法官陳兆愷(前排中)專程蒞臨香港婦協，詳細講解香港司法制度的運作。
The Honorable Mr. Justice Patrick Chan (front middle) conduct a seminar at HKFW on the Hong Kong Judicial System.

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愷法官擔任主講嘉賓，於2020年1月6日舉行「香港司法制度如何體驗法治精神」講座。是次出席講座人數超過90人，會員亦非常踴躍發問。

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。陳兆愷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驗法治精神及確保裁決公正。在講座中，陳法官深入解釋法治精神的目的是為制度提供合法性，為法律提供道德理據，並提供一些基本原則、實質內容與規範。

HKFW encourages women to be more concerned with the community development and to be committed to safe guard 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.

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) 基本的權利和自由的保障
Guarantee of basic rights and freedom
- (3) 司法公義 Judicial justice
- (4) 法律語言 Legal language



本會永遠名譽主席林貝聿嘉博士(左)代表頒發感謝狀予陳兆愷法官(右)。
Dr. Peggy Lam (left) presenting a certificate of appreciation to The Honorable Mr. Justice Patrick Chan (right).





國際事務午餐會

International Affairs Sub-committee Luncheon Talk



查史美倫女士
大紫荊勳賢，金紫荊星章，太平紳士
Mrs. Laura Cha, GBM, GBS, JP

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，並邀得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。

查史美倫女士為擁有豐富地區專業知識和經驗，並透徹了解亞洲商界和文化的董事。查太現為香港交易及結算所有限公司主席、香港上海滙豐銀行獨立非執行副主席，並為滙豐控股獨立非執行董事。她身兼香港特別行政區行政會議成員、聯合利華獨立非執行董事、國際證券交易所聯會董事及蘇富比國際諮詢委員會成員。查太曾於香港證監會工作(1991-2000)，後獲國務院委任為中國證監會副主席(2001-2004)。史女士亦曾獲委任為香港金融發展局主席(2013-2018)。

「利益相關者資本主義」(Stakeholder Capitalism)，意指把企業看作社會受託人，因此是應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。查太指出，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企環境污染等。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，亦可實現可持續發展。

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 honorary 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.

哥倫比亞駐港總領事約巴尼·委拉斯凱茲·奎因特羅當日亦有出席午餐會，更為每位參加者送上花束。

Mr. Yobani Velásquez Quintero, Consul General of Colombia attending the luncheon and brought flowers to all participants.

感動中國

2019年度人物頒獎盛典



恭賀

伍淑清博士獲選為 「2019感動中國人物」 Congratulations to Dr. Annie Wu!

本會監察顧問伍淑清博士於2020年5月在中央電視台舉辦的《感動中國2019年度人物頒獎盛典》獲選為「2019感動中國人物」。《感動中國》組委會給予伍博士的頒獎辭寫道：「四十年前，你說有件事值得做。四十年後，你說有些事必須做。逾古稀而不辭，雖千萬人而往。」頒獎辭讚揚她：「超越港島的遠見，不讓鬚眉的擔當。愛青年，更愛香港，是美心，更是良心。」本會謹此恭賀伍博士！

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!



伍淑清博士獲獎片段

<https://drive.google.com/file/d/1QIDYT33jEPNgITXPM4LFoB4HRrU5UVVWD/view?usp=sharing>

相片及獲獎片段來源：CCTV央視網





關注骨質疏鬆症新聞發佈會

Press Conference on the awareness of Osteoporosis

大會由副主席、社區活動委員會召集人黃汝璞女士(左)致歡迎辭，並由副召集人、尚至婦女健康中心總監梁冬陽醫生(右)於新聞發佈會為大家講解如何預防及治療骨質疏鬆症。

Ms. Marina Wong (left), Vice Chairperson of HKFW and Convenor of Community Activities Sub-Committee (CASC) delivered a welcome speech while Dr. Leung Tung Yeung (right), Vice Convenor of CASC and director of Virtus Medical explained the prevention and treatment of osteoporosis.

香港婦協一直關心婦女健康，過去多年定期舉辦各類型健康講座及活動，讓各位婦女在專注照顧家庭的同時，也不會忽略自己的健康。適逢母親節，本會於2020年5月8日舉辦新聞發佈會，由社區活動委員會副召集人、尚至婦女健康中心總監梁冬陽醫生為大家講解如何預防，及治療骨質疏鬆症，希望藉此引起大家對此病症的關注。

骨質疏鬆症沒有明顯徵狀，患者往往到出現骨折意外後才發現患有該症，因此常被稱為「無聲殺手」，患者容易骨折，一旦骨折後生活便會大受影響。香港每年約有一萬宗髖關節骨折新症，當中五分之一的病人在一年內離世，約一半的病人活動能力永久受損，而約一半病人需要入住院舍。形成骨質疏鬆症的高危因素包括身為女性、年老、曾有骨質疏鬆或骨折的病史、過早收經(45歲以前)、鈣攝取量不足、缺乏運動和曬太陽、吸煙等，而男女患者的比例分別為三分之一和二分之一，因此女性要多加注意。梁冬陽醫生於新聞發佈會上指出，骨質疏鬆症完全可以避免，年紀大的女性及早檢查，或者中年女性趁早注重運動和飲食，將來便可免受骨質疏鬆症之苦。

年老形成骨質疏鬆症的一個主要成因。女性更年期後，由於可抑制破骨細胞的雌激素減少，大大加劇了骨質流失的速度。本港女性平均壽命為88歲，平均更年期(收經)年齡為51歲左右，而一般收經以後的8至10年骨質的密度便會開始降低，所以收經以後的女性應該要檢查骨質密度，目前最準確的檢查方法是使用雙能量X光密度檢查測量儀，而根據世界衛生組織的標準，如果結果在負數2.5以下，便屬於患有骨質疏鬆症，必須吃藥或者打針進行治療。

世界骨質疏鬆基金會指出，在全球50歲以上人士的組別中，三分之一的婦女和五分之一的男性有因骨質疏鬆導致骨折的風險，平均每三秒便有一人因而骨折。最常見發生因骨質疏鬆的

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 Convenor of Community Activities Sub-Committee and Director of Virtus, 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 elderlies, 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、手腕的橈骨末端及肩膊位的肱骨近端。在本港，由於人口老化的問題嚴重，骨質疏鬆症患者的數字持續上升，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，芝士、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，為身體攝取鈣，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時進行骨質疏鬆檢查，以免到骨折發生的情況下才做補救。當然，身為女兒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 menopausal 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.

多位執委出席新聞發佈會支持活動，包括：
(左起) 蔡月嬋、葉賀曾愉及麥樂嫦。

Various executive committee members attended the press conference. From Left: Ms. Choi Yuet Sim, Mrs. Kathy Yip and Ms. Mabel Mak.



香港各界婦女聯合協進會
HONG KONG FEDERATION OF WOMEN

香港婦協新推出「健康熱線」服務，為會員及市民提供家庭健康資訊。任何人士若有關於健康資訊的疑問，可以發 WhatsApp 或 WeChat 訊息諮詢，問題由專業醫生解答，增加大眾對各種健康議題的認識。

婦協
健康熱線



HKFW Health Hotline

6584 5720

WhatsApp / WeChat

WeChat ID ▶ hkfwhealthhotline20

由專業醫生
解答問題

不設通話
只以發訊息回答

所有個人資料
皆會保密



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。感謝理事關嘉潤協助製作短片，大家可登入婦協網址www.hkfw.org或掃描以下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簿中欣賞，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 Convenor, 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/iqxws/wdwh/?1588929416779>

永遠懷念 何鴻燊博士

In memory of Dr Stanley Ho, GBM, GBS



何鴻燊博士(右三)多年來支持香港婦協之工作，更不時親臨指導。
Dr. Stanley Ho (third from right) supported and guided HKFW for many years.



何鴻燊博士(右四)出席本會活動「祖國新貌面面觀」時與時任行政長官曾蔭權(右五)及其他來賓合照。
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.

何鴻燊博士日前（庚子年初夏）辭世，謹此向其家人致以深切慰問。

何博士高風亮節、樂善好施、福澤社群，二十多年來大力支持香港婦協之工作，慷慨贊助各種大型活動，更不時親臨指導，時而發表金石良言，妙語連珠，見證婦協茁壯成長，敝會上下深心銘感。

何博士熱愛祖國，致力推動國家、香港和澳門之發展，積極參與各方面之建設，深受各界敬重，乃後輩楷模典範。我們將永遠懷念何鴻燊博士，毋忘其熱愛祖國、服務社群之信念。

祈願何博士安息。

Hong Kong Federation of Women conveys its sincerest condolences to Dr. Stanley Ho's family for Dr. Ho's passing.

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送抗疫資訊、口罩、消毒搓手液及家居漂白水等給坊眾及有需要人士，以應付新冠病毒之侵襲，派發口罩達三千多個；亦安排幹事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：獨居或雙老同住長者、綜援受助人、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【華夏展關懷長者活動計劃】，透過活動提高長者對社區及坊鄰的關心，藉著班組講座等學習內容，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，這些對長者的心理健康十分重要，亦是我們的活動理念。



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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。市場上出現口罩荒、搶米、搶紙巾潮，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「童心抗疫護樂齡」活動。是次活動合共派發3000個抗疫福袋(內含：口罩、酒精搓手液、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，該會黃戊娣榮譽會長也身體力行與義工一起前往探訪，盼能在最急需時候，為長者及低收入家庭的貧困學童得到適切幫助。



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

該會於2020年1月9日在北角社區會堂舉行一年一度的「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贈豐富禮物包及利是一封，為長者送上關懷與祝福。



赤柱婦女會
Stanley Women Association



該會感謝潘煥珍女士推薦赤柱婦女會加入香港婦協這個大家庭，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坊眾一同參與，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，促進社區和諧。圖一為感謝港區全國人大代表蔡毅先生及商務及經濟發展局前局長蘇錦樑先生與該會一眾義工好友在赤柱村道免費派發口罩。圖二為立法會議員李慧琼, SBS, JP向該會義工成員致送感謝狀。



香港西區婦女福利會
Women's Welfare Club, Western District HK

該會關啟明紀念松鶴老人中心己亥年團年飯暨生日會，歌舞昇平、笑聲不絕，晚宴圓滿結束後，首長、委員與中心一眾義工及職員開心合照。



庚子年春節前夕，該會蕭曾鳳群主席（左二）、李惠愛委員（右二）及鄧詠嫻總幹事（右一）出席探訪活動，為東華三院香港西區婦女福利會護養安老院院友送上節日問候及心意禮品包。



該會松鶴老人中心己亥年團年飯暨生日會，中心長者醒獅隊表演助慶，獲得台下熱烈掌聲。



港灣婦女會 Wanchai District Women's Association

為迎接普天同慶的聖誕佳節及新一年的來臨，該會於2019年12月19日(星期四)下午6時，假香港跑馬地禮頓山社區會堂舉行《聖誕聯歡綜合匯演 2019》，更獲灣仔區議會撥款贊助，免費招待350位會員及區內坊眾。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，為了增添更多歡樂，該會為每位參加者準備了一份聖誕禮物，送上更多溫馨和暖意，務求令到場的參加者皆盡興而歸，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」！



Welcome 歡迎新會員 new members

(2.2020-6.2020)

永遠普通會員

朱靄芸 梁慧妍 梁慧華 溫嘉路 鄭美珠 鄭鳳姿 羅秋媚

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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