

## 主席感言



時光荏苒，本人擔任東華三院的主席已轉眼半載，這段日子的工作可說是一項緊接一項，既緊湊又充實。東華三院的每項使命乃承先賢的智慧和功德，同時也肩負起社會大眾對本院的熱切期許，每想到此，我與各董事局成員均倍添幹勁，不敢怠慢。所謂「力行而後知之真」，我在參與東華三院的工作後，亦加深我對生命的體會。

9月底的董事局北京之旅，我們成功在良好的合作基礎上，與各單位建立更緊密的溝通，為未來前線部門的交流奠定穩固的基石，期望雙方能透過經驗分享和借鑒，持續提升服務水平。從北京歸來後，我們馬不停蹄，於10月初隨東華三院小學聯校「有品足球大使」前往日本，親身了解本院有品足球小將過去一年的學習成果。看到有品足球小將訪日時的興奮，讓我想起自己初到澳洲留學時的雀躍，提醒我不要被歲月沖淡對生活的熱情和好奇心。同時，足球小將在綠茵場上展現的堅毅和不屈不撓的鬥心，活出了國學大師錢穆先生的「艱險我奮進」的情操，而這亦是現今香港所需要的一種精神。

秋祭是華人社會其中一個重要的盛典，東華三院承蒙各方信靠，委以重任，每年於文武廟為本港祈福，傳承這項悠來已久的文化遺產。今年秋祭於10月27日圓滿舉行，一如既往，此項盛事不但廣獲市民支持及歡迎，今年更有幸邀得香港特別行政區行政長官梁振英大紫荊勳賢GBS太平紳士蒞臨觀禮。繼去年本院的大型秋祭巡遊活動，明年初為慶祝文武廟建廟一百七十周年的大日子，亦將在2017年初舉辦大型讚星法會，希望能將傳統廟宇文化及華人祭祀的廣益精神進一步傳承下去。

緊接秋祭，東華三院學生大使倫敦參訪團啟程出發，以尋訪孫中山先生英倫足跡為主題，與當地的學生、僑領及不同界別人士交流。我期待同學透過旅程，從孫中山先生貢獻社會的熱誠，以至英國社會及海外華人對不同文化的欣賞和包容力中得到啟發，建立宏大社會觀。

工作儘管忙碌，百忙之中，我抽空觀賞了由東華三院首度以紀錄片形式拍攝的電影《伴生》，故事內容十分感人及震撼。此片於香港亞洲電影節首映，由《子非魚》的黃肇邦導演，以兩年時間追蹤長者和年輕一輩在人生價值觀上的差異和矛盾，影片不單道出了長者不能言說的心事，也真實反映了子女照顧年邁親人時所面對的沉重壓力。我誠意向大家推薦這套電影。

每個人都會年華老去，可是英雄並不一定遲暮，最重要是珍惜有限時光，活得精彩。如何善用時間，活出不一樣的人生？我建議大家借鑒東華三院羅文燦安老院院友蘇金婆婆的選擇。

現年九十二歲的蘇金婆婆於1993年入住本院屬下安老院，自此積極投入院友義工的行列，二十多年來一直孜孜不倦為萍水相逢的人送暖，她的善行不單豐富了自己的第二人生，也令社會不少無依的長者重燃對生活的希望。早前蘇婆婆更在本地媒體主辦的「香港精神獎」中榮獲「關愛社會大使獎」，表揚其為無私奉獻的精神。

東華三院相信，任何人，不論處境，不論人生階段，只要有熱誠及意向，也能活出不平凡的人生，為社會帶來正面意義。我願意以未來的時間繼續服務本院，幫助弱勢社群，也邀請大家在忙碌的生活中不忘騰出時間和空間，一同加入我們的行列，為身邊有需要者施以援手，把關愛的種子廣播到社區每個角落。

東華三院馬陳家歡主席

## Chairman's Message

How time flies! Since I have been the Chairman of TWGHs from April 2016, my schedule has been kept busy and full by projects after projects, which are capitalized on the wisdom and philanthropic spirits of our predecessors. They are, at the same time, undertakings entrusted by the society towards the Group. Precisely, the aspiration of the community has provided the Board Members and myself extra impetus to pursue excellence relentlessly. "Experience reveals the truth" - it is through the work of TWGHs that my understanding of the meaning of life has deepened.

In the Board visit to Beijing at the end of September 2016, we built even closer ties on our existing relationship with various parties, and successfully established a solid foundation for future exchange, pointing to sustained improvement of service standards in the long run. After returning from Beijing, we went to Japan with the TWGHs Joint Primary Schools Soccer Ambassadors in early October 2016 to understand more the outcomes of their training in the past years. The enthusiasm that our Soccer Ambassadors demonstrated during the trip reminded me of my own excitement when I first went to school in Australia and the importance of always living with passion and curiosity. Meanwhile, their will and perseverance on the field lives up to the spirit of the eminent Chinese scholar Mr. CHIEN Mu, who said "It is such uncouth environment that prompts me to struggle for excellence". It is also a sentiment truly needed in Hong Kong nowadays.

The Autumn Sacrificial Rites is one of the most important traditional customs observed by the Chinese throughout the years. TWGHs is honored to officiate this cultural heritage rite in Man Mo Temple each year to invoke peace and prosperity for the people of Hong Kong. Successfully held on 27 October 2016, the Rite was well attended by the public like previous years, and also supported by the Hon. C.Y. LEUNG, GMB, GBS, JP, Chief Executive of the Hong Kong SAR. Following last year's large scale 145 Parade - Man Mo Temple Rites, next year marks the 170th anniversary of Man Mo Temple. A mega Praising the Constellations Rites will also be held in early 2017, hoping to pass on the spirit of common good featuring in the traditional role of temples, as well as the worship culture of Chinese to the next generation.

Soon after the Autumn Sacrificial Rites, the TWGHs Student Ambassadors delegation set off for London to trace the footsteps of Dr. SUN Yat Sen back then, and to meet with local students, community leaders and people from different sectors. Through this tour, we hope the students would be inspired by Dr. Sun's passion and selfless contribution to society, as well as the appreciation and acceptance of different cultures exhibited by the British society and overseas Chinese, thereby developing a broader and macro social perspective.

Despite my busy schedule, I took time off to see "Snuggle", a poignant and humanistic docudrama movie that TWGHs commissioned for the first time. Directed by Mr. JC WONG, who also directed "Fish Story", the movie premiered at the Hong Kong Asian Film Festival. Wong spent 2 years to document the different and contradicting views of the elder and younger generations have on the value of life. The film has not only spelled out some of the unspoken feelings of old people, it has reflected candidly the tremendous pressure faced by sons and daughters who struggled to care for their ageing parents. I highly recommend this movie to every one of you!

Everybody will become old, but the most important thing is to cherish the limited time we have and live it to the fullest. I think we can all learn a thing or two from Madam SO Kam, a resident at TWGHs Lo Man Huen Home for the Elderly, on how to lead a meaningful life.

Madam So, 92 years old, has been an active volunteer at the Home who helped the needy to cross over in life time for the past 20 years since her move-in in 1993. Her acts of kindness not only enriched her second life, it also gave other lonely and helpless elders a new lease on life. Madam So's selfless dedication was publicly recognised recently with the award of the "Compassion Ambassador Award" in the Spirit of Hong Kong Awards organized by local media.

At TWGHs, we believe that anybody, regardless of their situation or age, can live an extraordinary life and make positive impact in society as long as they have passion and intentions to do so. I pledge to carry on serving the Group and the underprivileged in the future. I also invite every one of you to make time and space in your busy lives to join our ranks and lend a helping hand to those in need, and to sow the seeds of love to every corner of the society.

Katherine MA, Chairman,  
Tung Wah Group of Hospitals



## 活動消息 Latest News

## 祝賀東華三院夥伴 獲授勳嘉許

### TWGHs companions recognised in the Government's 2016 Honors List

香港特別行政區政府在10月舉行2016年授勳儀式，今年計有東華三院前任主席、榮休職員及校友，分別獲頒銅紫荊星章及榮譽勳章。各人多年來一直與東華三院緊密合作，竭力服務香港市民。東華三院謹此送上衷心祝賀，並感謝其對東華三院多年來的無私奉獻和支持！

The Hong Kong SAR Government held its annual honors and awards presentation ceremony in October 2016. Distinguished associates of TWGHs, including a former Chairman, a retired staff member and an alumna were recognised this year. TWGHs is honored to have served Hong Kong citizens with them over the years. We congratulate them and are grateful for their years of ardent support towards the Group.

銅紫荊星章 Bronze Bauhinia Star	何超蓮, BBS Ms. Maisy HO, BBS	顧問 (2016/2017)、主席 (2015/2016) Adviser (2016/2017); Chairman (2015/2016)
	陳婉婷, BBS Miss CHAN Yuen Ting, BBS	東華三院馮黃鳳亭中學校友 Alumna of TWGHs Mrs. Fung Wong Fung Ting College
榮譽勳章 Medal of Honor	叢蔣漢, MH Mr. CHUNG Chiang Hon, MH	東華三院呂潤財紀念中學前任校長 Former Principal of TWGHs Lui Yun Choy Memorial College

## 東華三院龍舟隊集訓開展儀式

為祈求東華三院龍舟隊於新一年的集訓及比賽風調雨順，萬事吉利，本院於9月10日舉行龍舟隊集訓開展儀式。儀式由馬陳家歡主席聯同董事局成員主禮，象徵新一屆龍舟之旅正式啟航。東華三院龍舟隊已有十六年歷史，今年更加入了多位新成員，一同體驗龍舟競賽的樂趣。

### Kick-off Ceremony of Practice Sessions for the TWGHs Dragon Boat Team

The Kick-off Ceremony of Practice Sessions for the TWGHs Dragon Boat Team was held on 10 September 2016 to wish for a smooth training season and races. Mrs. Katherine MA, the Chairman, together with Board Members, officiated at the Ceremony, which marked the beginning of a new year. Established 16 years ago, TWGHs Dragon Boat Team recruited new members this year to experience the fun of dragon boat racing.

▼ 董事局成員參與集訓開展儀式，為龍舟隊打氣。  
Board Members officiated at the Kick-off Ceremony and showed their support to the Dragon Boat Team.

