

服務焦點 Service Focus

16/10

東華三院文武廟己亥年秋祭典禮

本院於東華三院文武廟舉行每年一度的秋祭典禮，邀得東華三院甲辰年主席何世柱大紫荊勳賢GBS太平紳士主祭，而蔡榮星主席暨全體董事局成員均按照傳統穿上長袍玄褂陪祭，並由東華三院辛巳年主席周振基教授GBS太平紳士擔任頌祝者，東華三院戊辰年主席余嘯天BBS太平紳士則出任贊禮者，一同為本港市民祈福消災。祭典自1957年起舉辦，秉承中國文化傳統，歷年來均吸引不少官紳名人及市民慕名前來觀禮。

Autumn Sacrificial Rites at TWGHs Man Mo Temple 2019

The annual Autumn Sacrificial Rites was held at TWGHs Man Mo Temple, with Mr. HO Sai Chu, GBM, GBS, JP, Chairman 1964/1965, as the Chief Celebrant performing the rites, accompanied by Dr. TSOI Wing Sing, Ken, the Chairman, and Board Members, while Prof. CHOW Chun Kay, Stephen, GBS, JP, Chairman 2001/2002, read the sacrificial odes and Mr. YU Shiu Tin, Paul, BBS, JP, Chairman 1988/1989, acted as the Master of the Ceremonies. All officiating guests and Board Members followed the tradition of dressing in traditional Chinese attire, praying for peace of Hong Kong people. Launched in 1957, the Ceremony inherits an everlasting Chinese tradition and attracts a large crowd of onlookers every year.



▶ 東華三院甲辰年主席何世柱大紫荊勳賢GBS太平紳士（前排中）首次擔任秋祭典禮的主祭，他期望典禮可為香港帶來祥和。
As the Chief Celebrant of Autumn Sacrificial Rites for the first time, Mr. HO Sai Chu, GBM, GBS, JP (front row, centre), Chairman 1964/1965, wished that the Rites could invoke peace for Hong Kong.



▲ 蔡榮星主席（左一）及董事局成員於秋祭典禮前合照留念。
Dr. TSOI Wing Sing, Ken, (left 1), the Chairman, took a photo with Board Members before the Autumn Sacrificial Rites.



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生活與工作平衡月2019

本院積極向員工推廣生活與工作平衡的重要性，並第5年於10月份舉辦「生活與工作平衡月」，為員工籌辦多項輕鬆減壓的活動，包括曼陀羅彩繪擴香杯墊工作坊、瑜珈工作坊及茶道工作坊等，並透過不同渠道向員工發放各種健康生活小貼士，協助同事學習管理情緒和壓力。

Work-life Balance Month 2019

TWGHs is committed to fostering the importance of work-life balance among staff members. "Work-life Balance Month" was organised for the fifth consecutive year in October, with a series of pressure-releasing initiatives including Mandala Drawing Workshops, Yoga Workshops and Teism Workshop arranged for staff members. Through sharing tips on maintaining a healthy lifestyle via various channels, the campaign aimed to help our staff members manage their emotions and stress.



▲ 「畫出我心」曼陀羅彩繪擴香杯墊工作坊
Mandala Drawing Workshop



▲ 「柔韌有瑜」慢活瑜珈工作坊
Yoga Workshop



▲ 「嘗茶樂」茶道工作坊
Teism Workshop

▶ 蔡榮星主席（第一排右八）、人力資源委員會主任委員譚鎮國副主席（第一排右七）及高級職員於「生活與工作平衡月」開展儀式上，呼籲各位同事一同「擁抱生活，樂在東華」。
Dr. TSOI Wing Sing, Ken (first row, right 8), the Chairman, Mr. TAM Chun Kwok, Kazaf (first row, right 7), Vice-chairman cum Chairman of the Human Resources Committee, and senior staff called on staff members to "Embrace your Life, Rejoice at Tung Wah" at the Kick-off Ceremony of "Work-life Balance Month".

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東華三院龍舟隊集訓正式開展

本院龍舟隊成立至今已有19年，共有39位隊員。為祈求本院龍舟隊於新一年的集訓及比賽風調雨順、萬事吉利，蔡榮星主席早前帶領一眾董事局成員及高級職員主持開展儀式，象徵新一屆龍舟之旅正式啟航。

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

The TWGHs Dragon Boat Team has established for 19 years with 39 members. To wish for smooth coming training and races, Dr. TSOI Wing Sing, Ken, the Chairman, together with Board Members and senior staff, officiated at the Kick-off Ceremony, which symbolised the beginning of a new year of practices and competitions.

▶ 蔡榮星主席擔任鼓手，與董事局成員一起體驗龍舟運動的樂趣。

As the drummer, Dr. TSOI Wing Sing, Ken, the Chairman, shared the joy and excitement of dragon boat racing together with other Board Members.



▲ 董事局成員參與開展儀式，為龍舟隊打氣。
Board Members showed their support for the Dragon Boat Team at the Kick-off Ceremony.