

得獎人簡介

Brief Introduction of Awardees

尹錦安 - 善用專業 提升安全

一生與交通運輸業結下不解之緣，作為駕駛導師，他立志教導學生駕駛技術外，更重要是灌輸正確的駕駛態度。一九九四年退休後，他便積極為香港道路安全出謀獻策。獲運輸署邀請任嘉賓講者，教導超過一千六百名司機。另外，尹先生亦到長者中心和小學，講授道路安全，由於致力推廣道路安全，貢獻良多，二零零九年獲頒特首社區服務獎狀。尹先生認為有健康的體魄才可服務市民，所以他十分注重健康，堅持每日步行四十五分鐘，舒展筋骨。

Mr. Wan Kam-on (a road safety advocate)

Mr. Wan has close ties with the Hong Kong transport sector, and is dedicated to teaching not only the driving skills, but also instilling a correct mindset and attitude on safe driving. He has taught over 1,600 drivers and has been invited by the Transport Department, as well as schools and elderly centres to talk on road safety. In order to serve the community, Mr. Wan is keen to keep fit and insists on exercising regularly by walking at least 45 minutes a day.

王礎堅 - 孜孜不倦 紙藝高手

一九九五年退休，二零零一年加入長者中心，一直持續學習，他以八十七歲高齡開始學習精細的藝術剪紙，更開班授徒。王先生的這份魄力亦驅使他積極服務社會和地區工作，包括慈善義賣、擔任活動智囊等，每年義工服務時數超過三百小時，竭盡所能，繼續為社會作出貢獻。王先生現仍堅持每天運動，培養均衡飲食的生活習慣。

Mr. Wong Chor-kin (a paper-cutting enthusiast)

Mr. Wong retired in 1995 and started joining an elderly centre in 2001, where he fell in love with the art of paper-cutting at the age of 87. He began teaching others and also supported numerous community services such as charity sales and event organising, serving on a voluntary basis for more than 300 hours a year. Despite his age, Mr. Wong insists on daily exercise and maintains a balanced diet.

李和權 - 愛心無涯 服務中港

二零零五年退休，第二年即與熱心人士創立「香港愛心慈善基金會」，為國內災民籌款，基金會其後更在香港註冊成為慈善組織，幫助國內貧窮的白內障病人重建光明。李先生另外亦成立非牟利團體「太極學友會」，於社區推廣太極運動，為長者提供健康活動。他現任嶺南大學長者學苑常務委員會委員，參與嶺大「長者學習研究計劃」，撰寫論文，反映社區實況，致力推動長者終身學習。

Mr. Lee Wor-kuen (a fund raiser for calamities victims)

Immediately after his retirement in 2005, Mr. Lee set up a foundation to raise funds for the calamity victims in Mainland China and helped the poor on cataract problems. Currently a member of the standing committee of the Elderly Academy at Ningnan University, Mr. Lee takes part in a study and research project on elderly learning. As a Tai Chi lover, he also sets up an association to promote the sports among senior citizens.

徐天俠 - 醉心學習 以舞動人

一九九九年退休後，經過七年潛心苦練和參與一系列的考核，終成為英國國際舞蹈教師協會院士。徐女士樂於挑戰自我，把握每個機會參加本地和國際比賽，屢獲殊榮。她熱心出席各長者中心活動，擔任表演嘉賓，將專業的舞蹈藝術帶給更多長者。徐女士喜歡與他人分享人生感悟和生活態度，從二零零八年至今，已出版四本小說及文集，透過分享人生智慧同天倫之樂，鼓勵長者積極面對晚年生活。

Ms. Xu Tian-xia (a devoted dancer and writer)

Having retired in 1999, Ms. Xu dedicated herself to international dance training and attained fellowship and became an instructor in seven years. She has received numerous awards in local and international dance competitions and frequently performs on a voluntary basis at elderly centres. She is also a writer, sharing her thoughts and life experience on active aging.

陳婉雯 - 以身示教 關懷患者

一九九八年退休後，陳女士就肩負起照顧家中患有認知障礙症的家人，藉着以往專業的護士知識，她學懂照顧知識和技巧後，便積極與他人分享。她擔任香港認知障礙協會家屬關顧組主席，參與大型研討會和講座。由於陳女士的醫護界網絡，她經常邀請醫護界專業人士出席講座。樂觀的陳女士堅持每天做運動、注重均衡飲食並培養不少興趣，令生活美好愉悅。

Ms. Chan Yuen-man (a carer for dementia patients)

After her retirement in 1998, Ms. Chan took up the responsibility of caring for her family member who suffers from dementia. Because of her training as a registered nurse, she soon picked up the knowledge and skills and started teaching others. She is active in promoting public understanding of the disease and invites doctors and nurses to give public talks on the subject. Ms. Chan insists on exercising every day and having a healthy diet, and develops a variety of interests and hobbies.

張幼龍 - 盡己所能 推廣安全

從事機械管理維修工作多年，一九九八年退休後，持續進修「安全工程」課程，並致力將學到的新知識與過往工作經驗相結合，將安全生產訊息傳遞予從業員。他主動擔任勞工處與業界溝通的橋樑，經常向勞工處有關部門反映貨櫃業安全隱患、提出改善建議，希望貨櫃從業員的生命安全更有保障，盡己所能為業界培養接班人。張先生推崇簡單生活，以保持健康身體去繼續貢獻社會。

Mr. Cheung Yau-lung (an advocate on container handling safety)

Mr. Cheung has been actively promoting container handling safety even after his retirement in 1998. Apart from staying abreast of the latest safety news and knowledge in the area, Mr. Cheung also takes the initiative to bridge the views between industry practitioners and the Labour Department, so that better measures are be in place to protect industry workers. To keep himself fit and healthy, Mr. Cheung adopts a simple lifestyle so as to continue contributing to society.

康寶森 - 全人教育 作育英才

二零零四年退休後，與朋友合作分別於香港和澳門籌辦非牟利志願機構，推廣全人教育，每年均獲邀出席十多間港澳中小學的講座，備受教育全工認同及讚賞。康先生並出任香港童軍總會訓練總監一職，負責協調總會所有領袖訓練，期間曾與大專院校合作，成功推動童軍領袖訓練課程獲取大專院校認可資格，課程更獲得資歷架構評審局的認證。獲童軍最高榮譽的金獅獎。康先生注重均衡飲食和適量運動，參與公益事業，令他保持心境開朗。

Mr. Hong Po-sum (an advocate on all-round education)

After his retirement in 2004, Mr. Hong set up a non-profit voluntary organisation in Hong Kong and Macau to promote all-round education. He is active in giving talks to primary and secondary schools to share his views on the subject, and also helps The Scout Association of Hong Kong in obtaining accreditation for their leadership training programmes under the Qualifications Framework. Mr. Hong maintains a balanced lifestyle by having a good diet, regular exercise and contributing himself to community services.

鄒秉基 - 發揮所長 善款增值

二零零八年退任公司董事後，立刻投身公益事務。現任公益金投資小組委員會成員，運用過往金融工作經驗，為善款投資增加回報。目前鄒先生協助兩間復康機構發展，包括為香港紅十字會醫院學校優化財政管理、又為屯門及仁濟醫院粉飾壁畫計劃安排贊助和義工等，鄒先生持續學習慈善機構運作模式，發揮所長；鄒先生一向熱愛草地滾球，退休後更學會游泳，奉行健康人生。

Mr. Chow Ping-kay (an investment management advisor)

After his retirement in 2008, Mr. Chow made good use of his investment expertise to help charity organisations, such as the Red Cross Hospital School, manage their finance for better returns. He also helped solicit sponsors and arranged volunteers to help with the wall paintings projects in Tuen Mun and Yan Chai Hospitals. He is a lawn bowl lover and leads a balanced and healthy lifestyle.

曾煥屏 - 創新課程 迎合長者

二零零五年退休第二天便加入長者中心當義工，實踐自幼心願，當年即獲選為元朗區傑出義工新秀組冠軍，二零零九年獲長者組冠軍。曾女士熱愛「香港第三齡學苑」的義務工作，能準確把握長者的需要和訴求，調配合適的長者參與學苑各項工作。並自學開設綠色食療烹飪課程；更結合過往從事服裝生意的經驗，開創「衣著形象」等熱門新課程，深受學員歡迎。曾女士亦十分注重健康，除做運動外，亦學習中醫常識同穴位按摩，以達養生保健之效。

Ms. Tsang Woon-ping (a devoted U3A leader)

Ms. Tsang has always loved voluntary services. She joined an elderly centre in Yuen Long as a volunteer immediately after her retirement in 2005, and was named an outstanding volunteer that year in the district. She also loves serving in the U3A Network, where she finds great satisfaction in designing and promoting new courses, such as “Green Eating for Better Health” and “Dress to Kill”, which are popular among the U3A students. Apart from exercising regularly, Ms. Tsang is also taking courses on Chinese medicine and Chinese massage to maintain a healthy lifestyle.

鄭寶蓮 - 堅持不懈 自強不息

二零零二年退休後，由於感歎人生不應虛度，應該自我增值。所以，十多年來堅持學習，由原本目不識丁，到現在可以看藥品說明書、報紙等。隨着見識日廣，鄭女士由二零零五年開始，積極參與不同機構的義務工作，屢獲社署頒發義務工作嘉許金狀。她特別注重社區整潔，從不嫌穢怕累，深受親友及街坊讚許。她注重健康及保養，清淡飲食，積極參與社區活動。

Ms. Cheng Po-lin (a lifelong learning devotee)

Ms. Cheng's life motto is one should not squander life. Hence, for more than a decade, she insists on attending class after her retirement in 2002, and she now can read and write. As her knowledge broadens, she began joining various voluntary services in 2005 and received praises from friends and neighbours for her hard work and dedication. She maintains a balanced life with a simple diet and regular exercise.

黎耀勝 - 保育大使 服務南丫

二零零八年退休後，於二零一零年加入安徒生會當義工，由於熱愛綠色和健康生活，特別選擇南丫島作為服務基地，將學習到的郊野知識，融合義工服務「童話綠家園」，教導兒童環保的重要。黎先生與妻子在過去三年每月探訪數十名島上隱蔽或獨居的長者，並帶同島上不同國籍的兒童一同參與，促進長幼和文化共融。另外，黎先生亦於去年南丫海難發生後，響應安徒生會的呼籲，在島上收集途人的關懷慰問，並支援受事故影響情緒的島上居民。

Mr. Lai Yiu-shing (a guardian angel for Lamma)

Mr. Lai joined the Hans Andersen Club on Lamma Island as a volunteer in 2010 after retiring in 2008. His passion for green life made him choose the island his home, and backyard for teaching kids on environmental protection. He and his wife regularly visit the single elderly with children living on the island. After the ferry crash tragedy near Lamma last year, he helped gather condolences from the Lamma community and lend support to those affected.

蘇鑑湖 - 數碼大使 長幼共融

一九九七年退休後，生活變得漫無目的，寄情煙賭，至二零零四年加入明愛元朗長者社區中心，生活從此起重大變化。蘇先生一邊不斷學習及提升電腦技術，一邊開班教授資訊科技課程，兩年內區內服務逾七千人，實踐「學習和服務」相結合，更透過成為「數碼大使」，鼓勵長幼共同學習、加強溝通；蘇先生保持身心健康的秘訣就是熱心參與義務和社區工作，把握每個與人分享退休心得的機會。蘇先生曾獲多個獎項，貢獻備受認同。

Mr. So Kam-wu (a digital ambassador)

Mr. So's retired life took on a dramatic change after he joined the Caritas elderly centre in Yuen Long in 2004, where he found purpose and meaning in serving others. In two years, he had conducted computer classes for more than 7,000 participants, while he brushed up his knowledge and skills in the area. As a "Digital Ambassador", he also encourages the young and old to learn together. The key to good health, he said, is to serve and volunteer with passion. Mr. So's commitment to community service has also won him numerous awards.

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