

得獎人簡介

Brief Introduction of Awardees

王仁英 - 無私分享 · 樂在耆中

王女士退休後，積極參與社區活動，不斷透過學習充實自己。20 多年來，她學習的課程包括穴位推拿、急救、電腦、普通話、穿珠、書法及空中進修等。王女士更以 80 多歲高齡，嘗試由學員的身份，踏出「執教」的第一步，開設穿珠班，將自身多年學習穿珠的心得教授他人。王女士亦是長者中心的資深會員及義工，在中心擔任組代表十餘年，以樂觀、隨心的人生哲學，關顧其他長者的需要。

Ms. Wong Yan-ying (An advocate of lifelong learning)

Twenty years after her retirement, Ms. Wong has enrolled in courses as diversified as acupuncture massage, first aid, computer, Putonghua, beads handicraft, Chinese calligraphy and classes in the Open College. At the vibrant age of 80, she has even started classes to teach beads handicraft. Ms. Wong is also a veteran volunteer in her community service centre, attending with love and optimism to the needs of her peers.

仇秀鈴 - 學習熱情 · 以身言教

仇女士退休後，自學草地滾球，堅持每星期三次練習草地滾球運動，週末則參加多項聯賽及公開賽。透過多年的努力，她獲獎無數，更入選香港代表隊，成績驕人。仇女士本身亦為舞蹈專家。她十分關注學界舞蹈的發展，更重視年青一代舞蹈的承傳工作。除協助推廣及籌劃香港的舞蹈活動外，她更被香港學界舞蹈協會邀請出任顧問一職，協助推廣香港學界的舞蹈發展。

Ms. Chau Sau-ling (A physical education inspector who has become a lawn bowls player)

After her retirement, Ms. Chau taught herself to play lawn bowls and, to sharpen her skills, she insisted on training three times a week and attended tournaments on weekends. After years of persistency and perseverance, she has become a Hong Kong team player and has won numerous awards. Ms. Chau is also a professional dancer who has dedicated her free time to grooming young dancers in Hong Kong.

李佩貞 – 退下家務 · 惠澤他人

李女士自八十年代從家務崗位退下來後，便積極參與公益事務及義務工作，數十年來從無間斷，達 35 年之久；更關心與學習社會事務及正向心理等課程充實自己。李女士多年來參與多項社區服務，包括擔任醫院義工、長者中心義工，更參與國內扶貧工作，親自步行上廣州為『苗圃行動』籌款。近年，她更主動籌組『慧賢義工隊』，組織家庭婦女關心長者及有需要家庭。

Ms. Esther Lee Pui-ching (A housewife with a passion to serving others through charity work)

For 35 years, Ms. Lee has been actively engaged in community and voluntary works after she was relieved of her household responsibilities in the 80s. Her interest in community affairs has encouraged her to study further on the subject. Apart from being a volunteer at hospitals and elderly centres, she has played an active role in raising funds for the under-privileged in China. Recently, she formed a team of volunteers sharing a similar vision to help serve other older people and families in need.

陳宏謀 - 長者事務 · 地區關懷

陳先生退休後，積極學習靈康操、長者護理及扶抱技巧等課程，更成功通過考核，成為合資格的註冊靈康操指導員。2009 年開始，他積極推動中風人士身心靈復康工作，將所學服務他人。陳先生更積極參與推動葵青區長者友善社區的建設工作，促進社區關注長者需要。他亦參與成立葵青區長者議會，關注地區事務並協助葵青區成功加入世界衛生組織長者友善城市網絡。

Mr. Chan Wan Mow (a bus driver dedicated to elderly care after retirement and addressing the needs of senior citizens)

Since retirement Mr. Chan has dedicated himself to becoming a qualified exercise instructor and care-taker of stroke patients. From 2009 onwards, he has taken an active role in advocating friendly public facilities for stroke patients and the older people in Kwai Ching District. His efforts have helped Kwai Ching district a lot in joining the WHO Global Network of Age-Friendly Cities and Communities.

陳青楊 - 照顧弱勢 · 傷健共融

陳先生退休後，對殘障人士及復康工作尤為熱心及投入，曾協助聾啞人士成立互助團契，協助輔導工作；亦積極協助聽障人士的復康工作，並在學習相關課程後，擔任手語課程導師。陳先生致力促進傷健共融，曾帶領一班學習手語的長者參加『萬人手語傷健傳愛大行動 2014』，成功打破世界紀錄，亦喚起長者對殘疾人士的關愛。

Mr. Vincent Chan Ching-yeung (a worker in marble manufacturing, who has become a Guardian angel to persons with disabilities)

Mr. Chan has dedicated himself to helping persons with disabilities. Before his retirement, he had been providing voluntary services to persons with hearing and speech disabilities. And he even became a tutor of sign language. In 2014, he helped organise a record-setting event in Hong Kong involving 10,000 people performing with sign language.

梁宗宇 - 消防推廣 · 樂在社群

梁先生擔任消防工作多年，有專業的消防知識，退休後致力推廣消防安全教育，義務擔任社區消防安全大使，向不同層面的公眾人士推廣「社區消防安全經驗」，近年亦直接參與大廈管理工作，關注地區事務。他更成功鼓勵所居住屋苑八成的保安人員修畢『消防安全意識』課程，加強有關人員的消防意識。

Mr. Leung Chung-yu (a senior firefighter who leverages on his expertise and promote fire prevention in the community)

Before retirement, Mr. Leung had worked for the Fire Services Department for years and his knowledge and experience has served him well when he dedicated himself to promoting public awareness in fire prevention after his retirement. His enthusiasm has also helped him enroll 80% of the security personnel in his housing estate for a fire prevention course. He has also successfully completed a fire prevention course especially for housing estates.

梁潤強 - 多才多藝 · 服務社區

梁先生退休後，曾繼續擔任護理員及活動助理工作超過兩年，充分體現長者再就業的社會功能及潛力。梁先生為人樂觀積極，多才多藝，退休後不斷學習新知識，並樂於將所學貢獻社會。梁先生非常支持第三齡學苑的精神及理念，尤其在鼓勵積極晚年方面。他除與太太一同參與服務外，更協助深化沙田區第三齡學苑，全力推動自務學習中心的發展，亦鼓勵男士多參與義工服務。

Mr. Leung Yun-keung (a retail salesperson before retirement who has become a passionate U3A leader promoting lifelong learning and volunteerism)

It seems Mr. Leung has never retired, for his diverse interests and positive outlook on life make his retirement one of fun and colour. Both he and his wife believe in active aging, which they have found goes in line with the values and mission of the “University of Third Age”. He actively involves himself in the promotion of the U3A centre in Shatin district, and encourages his male friends to join in various voluntary services.

湯潔霞 - 堅毅學習 · 大學圓夢

湯女士年退休後，在家人的鼓勵及支持下，報讀一項名為『圓我大學夢』的學習計劃。湯女士積極的學習態度及熱誠，讓她最終以五年的時間取得社會科學學士學位，並以二級甲等的榮譽畢業。她同時亦表現出較青年學生更優秀的學習毅力及成就，每個學期均獲大學頒發學術成就獎。她同時參與長者學習研究計劃，協助製作及分析調查問卷，將學習所得與他人分享。

Ms. Tong Kit-ha (a toy-packaging worker who pursued university studies after retirement and completed with good academic results)

Through the encouragement from her family, Ms. Tong enrolled in a university course after her retirement. Her passion and positive attitude towards her study has helped pull her through thick and thin and she attained her Bachelor of Social Science degree with flying colours five years later. At present she is helping in a research on an older people study programme.

劉芝強 - 與病同行 · 活在當下

劉先生早年不幸證實患上早期認知障礙症，但他並沒有因此失去人生方向，反而以更積極的態度面對，包括學習不同認知課程及『快樂七式』等復康運動，盡力延緩病變的速度。他更將正向思維融合於魔術表演，鼓勵長者建立正面人生觀。患病後的劉先生，仍努力建立健康的生活模式與疾病同行，例如參加十項鐵人賽及游泳公開賽等，快樂享受每一天。

Mr. Lau Chi-keung (a company director before retirement who remains an optimist even when he was diagnosed with mild cognitive impairment)

Although Mr. Lau has been diagnosed with mild cognitive impairment, it has not affected his lifestyle in any way. He has come to learn more about the disease and has studied ways to help slow down his physical deterioration. He has even used his example to help others face life positively. He now lives a healthy lifestyle enjoying the marathon and open-class swimming competitions, while contributing his spare time to serving others.

潘樹仁 - 致力宏揚 · 禮樂教化

本著弘揚中華文化及孝道工作的使命，潘先生退休後，開始參與推動中國傳統文化的承傳及開拓工作。他先後出版 7 本著作及 64 篇文章，推廣仁義、孝道等中國傳統文化，並曾參加數十次國際論壇。潘先生亦透過建立文化組織及舉辦『成人加冠禮』、『尊師孝親禮』等禮儀德育活動實踐禮樂教育，建立社會上互敬互重的規範。

Mr. Abraham Poon Shue-yan (a merchant before retirement who has become a disciple promoting Chinese traditions, culture and ethical values)

Mr. Poon has dedicated his retirement to the promotion of traditional Chinese ethical values and culture. Having published seven books and 64 articles on the subject, he is keen to cultivate such values in Hong Kong by organising traditional ceremonial activities such as “Adulthood Capping” and “Respect and Filial Piety for Teachers and Parents”.

關雁卿 - 困境自強 · 迎難而上

關女士 1997 年因中風決定退休。退休後兩年，她開始攻讀工商管理博士學位，更透過自己的經歷，專注研究如何利用資訊科技幫助中風人士復康。2012 年，她進行的『病人為本的研究計劃』獲廣泛分發予政府部門及社會服務機構參考；2014 年 10 月，她更參與『全球中風論壇』，代表香港分享病人自助及互助組織的發展。她於 2011 年獲得傑出專業女性獎，並於 2014 年獲香港特區政府頒發榮譽勳章。

Ms. Edith Kwan Ngan-hing (an IT professional who helps stroke patients using her IT knowledge and expertise)

Ms. Kwan decided to retire early after suffering from a stroke in 1997. She nearly lost the ability to speak and move, but she managed to face her setback head on and made steady progress towards almost full recovery. She then started studying and researching on how IT could help stroke patients recover. In 2012, her research paper was distributed among Government departments and NGOs as reference. In 2014, she attended an international conference, where she shared her views on how to assist stroke patients. Ms. Kwan has also received numerous awards for her outstanding contributions.

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