

一人一故事

**Each Person Has
A Story To Tell**



匯蝶公益

Butterflyers Association Ltd.

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匯蝶公益有限公司

認可慈善機構編號：91/11099

本會背景

匯蝶公益是提供公益法律服務的非牟利機構，於2010年12月由何君堯律師創辦。我們致力發展義工服務和向有需要協助人士提供社會福利工作。更於2012年7月推出「匯蝶公益法律服務計劃」，由公益律師們在不同地區當值親身向市民提供義務法律諮詢服務，我們連繫了超過20間律師行互相合作，在社區上提供15分鐘義務法律諮詢服務，過去三年工作成績略有一斑，已提供了1700名人次的義務法律諮詢服務。雖然我們的組織是稚嫩和資源有限，但仍能匯聚一班志同道合的律師成員為社區服務，實是十分難得！

本會宗旨

除了免費法律諮詢服務，本會亦不斷積極地籌備多元化活動，如旅行、長者茶聚及法律講座等，還定時舉辦興趣班組，如瑜珈班、社交舞班及黏土班等，更不斷組織義工團隊供有興趣人士參與，貫徹「老有所用 少有所為 起動為眾 樂在其中」的社區服務概念。

最近活動

本年度已舉行多場義務剪髮(服務長者和有需要人士)、義助長者改善家居環境(油灰水)、送暖到屯門、一人一故事(由長者口述而學生執筆，即將出版)、愛心採訪(探訪鄉村長者)，與多個友好團體合辦的「糴有啤酒節」及「明月照人迎中秋晚會」等！



公益律師親身向市民提供義務法律諮詢

2014年6月1日糴有啤酒節



2014年5月17日愛心探訪



2014年5月7日一人一故事(採訪)



2014年10月7日愛心義剪



2015年1月17日送暖到屯門



2015年2月5日幫助長者油天花





Butterflyers Association

Non Profit Charity Organization ID :91/11099

Background

Butterflyers Association is a non-profit organization which provides free legal services. Junius K.Y. Ho, an experienced solicitor, is the founder of Butterflyers. Butterflyers aims to provide and improve the social benefits for our community. In July 2012, Butterflyers launched a program that offers a completely free 15 minutes legal consultation where people could sit down one on one with a lawyer for any legal concerns. Butterflyers have so far co-operated with over 20 volunteer law firms to provide such pro-bono legal services and we have handled over 1700 legal enquiry cases. Despite our limited resources, we were still successful in gathering a group of volunteer lawyers who are like minded to serve the community.

Objective

Other than providing legal consultation, Butterflyers Association also promotes diversified community events, such as a one day trip, a tea time gathering for the elderly, and a legal consultation forum. Butterflyers also offers different community classes for people who are interested in learning a skill. For example, we have been running a yoga class, a dancing class as well as a pottery class. On the other hand, some of our clients have become our volunteers and we have different volunteer teams up to now.

Recent Activities

We have successfully organized several events in the last couple of months. One of our first events included free haircuts for the community. The people who registered for a cut got their hair cut by a professional hair stylist. Another memorable event is when we helped to rebuild houses which regularly needed maintenance. Another program called Each Elderly Has A Story to Tell (EEST) which is an event where we had teenagers interviewing the older generation which gave them a rare opportunity to communicate without the use of technology. We believe that there is no such thing as a generation gap as long as we are willing to sit down and spend some time to communicate with each other.



Lawyer to provide free legal consultation to residents

MayFest on 1 Jun 2014



Visit to the Elders on 17 May 2014



Story telling Interview on 7 May 2014 for 'EEST' Issue



Free Haircut on 7 Oct 2014



Deliver the Blankets to the Elders on 17 Jan 2015



Ceiling Printing for the Elders on 5 Feb 2015





前言

在大家還未開始看那些「故事」之前，容我講講構思這本書的概念。

我是一名律師，專業的工作要求我不能鬆懈。我參與多個社區公益團體服務活動，慈善公益並身體力行；無論是法律工作或公益服務會議，每天總是接連不斷一個會接一個，支持我的動力是「我能做到！」的強烈信念。

在一個長者茶聚上，我和他們閒談往事，一個念頭浮現，即製作「一人一故事」，我立即草擬計劃，同時發放訊息，告知匯蝶成員們一起朝著目標進發。

今天，結集成書了。

此書令長者們的回憶備受尊重，令學生們成為小作家。周邊協作的老師、護理人員、社工、長者的家屬都同時感受到那份「我能做到！」的信念。

這是我的回饋，希望以生命影響生命，大家也高呼：「我能做到！」。

Prologue



Before we start looking at these stories, please allow me to tell you a little bit about the concept of this book.

I am a professional lawyer, who is always caught up with work. I have joined a lot of Community Welfare groups which I not only contribute money, I also put in a lot of time into doing volunteering work. Hence why regardless of whether it is work related or volunteering work related, conferences will be held nonstop. But I have a will power, which is the saying of “I can do it!”, and that’s what kept me going.

The other day whilst I was in a gathering with some senior citizens, we chatted about their past and it suddenly got me. I thought why I don’t start something called “Each Person Has A Story To Tell”. I immediately drafted a proposal on my phone, at the same time, notified members of “Butterflyers”. Then we started working towards the target together and finally, it became a book.

The memories of the senior citizens can now be respected. Students became authors, and there was a collaboration of teachers, nurses, social workers and the families of those senior citizens who all had faith in the same saying of “I can do it!”

With our combined efforts, I hope that these stories will affect other peoples’ lives and have everyone saying “I can do it!”

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黃 五女士 92 歲

Ms Wong Ng 92 years old

曹皓銘同學(採訪、中文撰稿)
Cho Ho Ming (Interviews, Chinese writing)

最難忘的是抗日時期的事情。當時，日本投下多枚炸彈，把機場炸得粉碎。買到了米，卻遭日本人強行搶去，只剩下一些養小雞的米。當時也有人餓得去偷日本人的東西，結果被砍了頭，甚是恐怖。被迫一年打一次針，全家最後只剩下了自己一人。這些事令一輩子刻骨銘心，難以忘懷。



The fight scenes of the Japanese army were so horrible that I wake up almost every night thinking about them. In particular, there was one occasion where I witnessed the airport being bombed by the Japanese air force. In addition to my fear, I saw how my neighbors' heads were being chopped off and there was blood splattered all over the ground. We had no food, and that was the punishment when you tried to fight back or rebel against the Japanese army. We all just wanted to survive, but they rejected us.

陳方艷霞 86 歲

Chan Fong Yim Ha 86 years old

曹皓銘同學(採訪、中文撰稿)

Cho Ho Ming (Interviews, Chinese writing)

最難忘的是日治時期的人和事。當時生活艱苦，尤其是派米期間，人民內心都焦急如焚，丈夫跟自己當時也不夠吃。往昔挨饑抵餓、甘苦與共的經歷令人難忘，我時刻想起已逝的丈夫。這些人、事至今仍然深刻在腦際，難以忘懷。現今社會較往昔改善多了，社會對老人家也不錯。滿意政府發放的生果金，生活較以往舒適安定，自己已經別無他求。



Like many other interviewees, the most unforgettable experience was the Japanese's occupation. During that period, we were all looking for rice because we didn't have enough food to provide energy. Everybody was kind of in a rush and they all ran out of patience whenever there was a distribution of rice. My husband and I supported each other and we went through all the challenges together. I miss my husband so much and I refresh the old memories almost every day.

I am totally fine with the benefits that the government runs for my generation, such as the allowance we get which is supporting us financially. Therefore, I am not asking for any better benefits or changes.

朱棧好女士 73 歲

Ms Chu Chai Ho 73 years old

曹皓銘同學(採訪、中文撰稿)

Cho Ho Ming (Interviews, Chinese writing)



My husband was a gambler and that made my life sad because I was the only one who contributed to looking after our children. I was born in Vietnam and I moved to China because of the war. However, years later, when the war also came to China and my uncle got into financial trouble and I had to leave China again although I didn't want to.

My final destination was Hong Kong where I worked in a hardware store. I believe that the government should propose a better policy system for citizens especially with price inflation getting crazy. I think the government should do something to balance this situation.

最難忘的是走難的日子。孩子小的時候，丈夫嗜賭如命，不太顧家，自己辛苦把兒女養育成人。自己生於越南，那些年頻密打仗，與家人逃亡到中國並得到叔叔的照顧。後來叔叔破產，適逢日軍進犯，她再逃走到香港，從事五金工作。這些掙紮的痛苦歲月，譜寫了她成長的足跡，點點辛酸，滴滴汗水。希望社會少些紛爭，多為改善民生著想。另外，她認為現時物價飛漲，特別交通費太貴，租金太高，政府要體恤人民的疾苦。

小記者心聲

Young reporter feeling



經過這次訪問後，我發現老人家以前的生活十分艱辛的，過去他們甚至連買米的錢也沒有。相比之下，現在我們這一代卻只懂得「雞蛋裡挑骨頭」，不懂得惜福，我覺得我們應該好好珍惜現在豐富的資源。

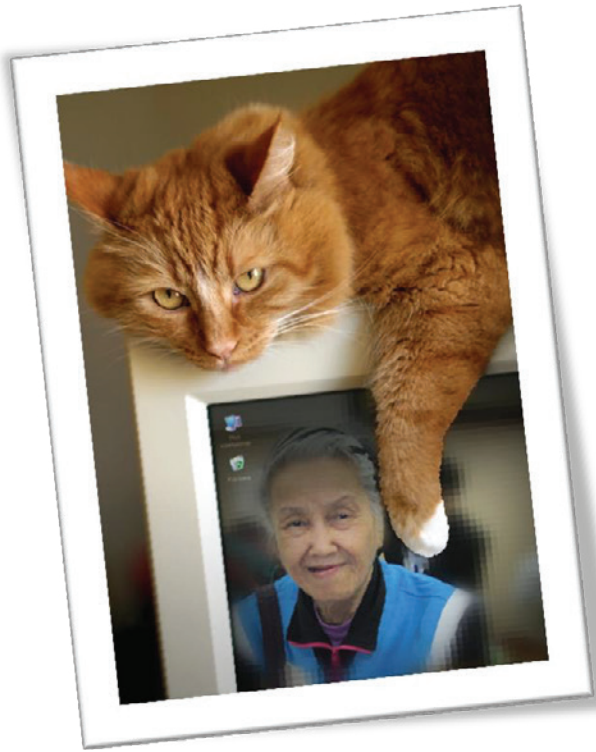
After this visit, I realised that the life of the elderly was really difficult. Most of them do not even have enough money to buy rice. However, our generation only know how to “look for a bone in an egg”. We don’t know how to cherish and we should appreciate the resources we have now.

梁有彩女士 82 歲

Ms Leung Yau Tsoi 82 years old

陳凱維同學(採訪、中文撰稿)

Chan Hoi Wai (Interviews, Chinese writing)



最難忘的是自己的事業。一生投身於五金這個行業，起初非常辛苦難熬，製造的是酒樓的器具。這些器具多種多樣，自己始終克己盡責。即便退了休，老闆也請自己回去幫忙工作，這些回憶很難忘。

覺得現在的社會不太好，一下子無法改善，期望市民要同心同德。自己的人生再沒有甚麼欲求，有兒有孫已經很滿足了。

I didn't attend college much when I was young, so I got my first job at a hardware manufacturing factory which didn't require any level of education. The factory produced a diversity of tableware to be used in restaurants. Although work was tough, I never thought about giving it up. My boss asked me to go back after I retired, but I refused. I don't know how to describe the feelings inside my heart, but my experiences at work were unforgettable.

The bad thing about today's society is that people refuse to work together and they all have their own agenda. I understand that it is not easy for everyone to understand each other's views, so I am asking for nothing now and I am glad that I have a couple of grandsons so I am totally satisfied with my current condition..

郭煊先生 81 歲

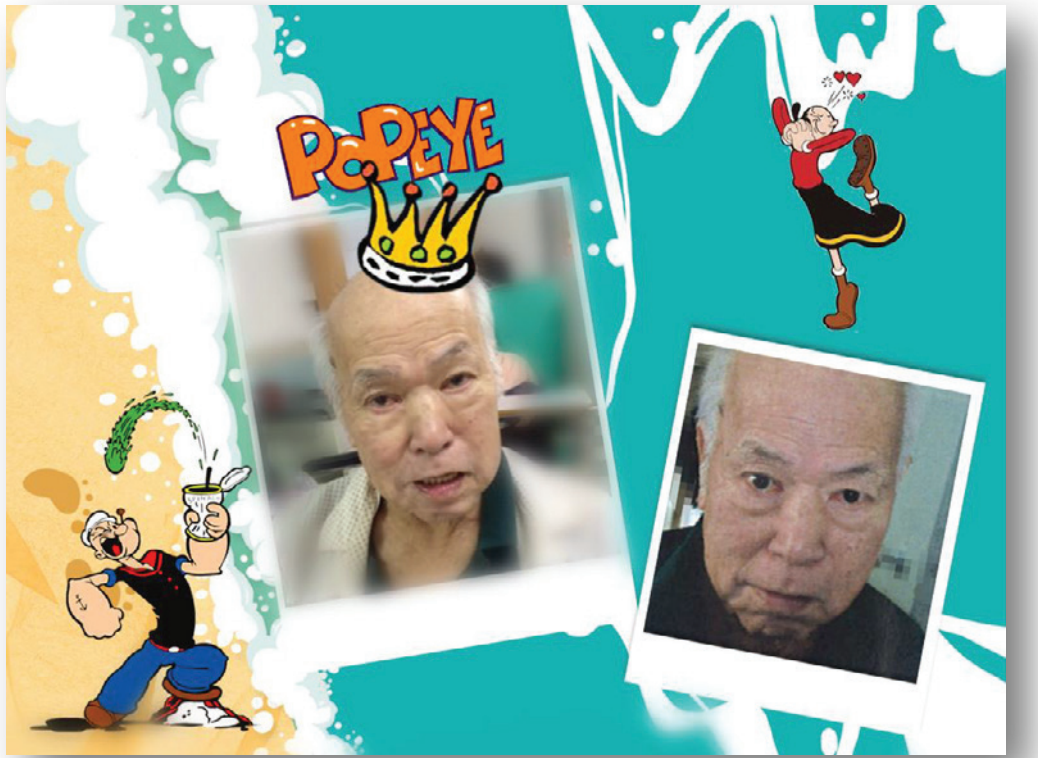
Mr Kwok Yin 81 years old

陳凱維同學(採訪、中文撰稿)

Chan Hoi Wai (Interview , Chinese Writing)

難忘的事是：自己當木工的日子。

那些時候，當木工相當辛苦。他是負責做船的，那些材料都是用來作船身、船桅、木板等等的。那些日子雖然很艱辛，卻又讓他感到幸福快樂，因為那些日子裏頭，他經常跟兒女打成一片，樂也融融。現在想起，仍然百般滋味在心頭。



I was a woodworker when I was young. Being a woodworker wasn't as easy as people thought as it required a lot of physical strength. My company was a boat manufacturing factory, so I had been building boats and people would often see them in the ocean. I met a bunch of good friends whilst working there, so we created a lot of good memories that was essential in my life during the later years.

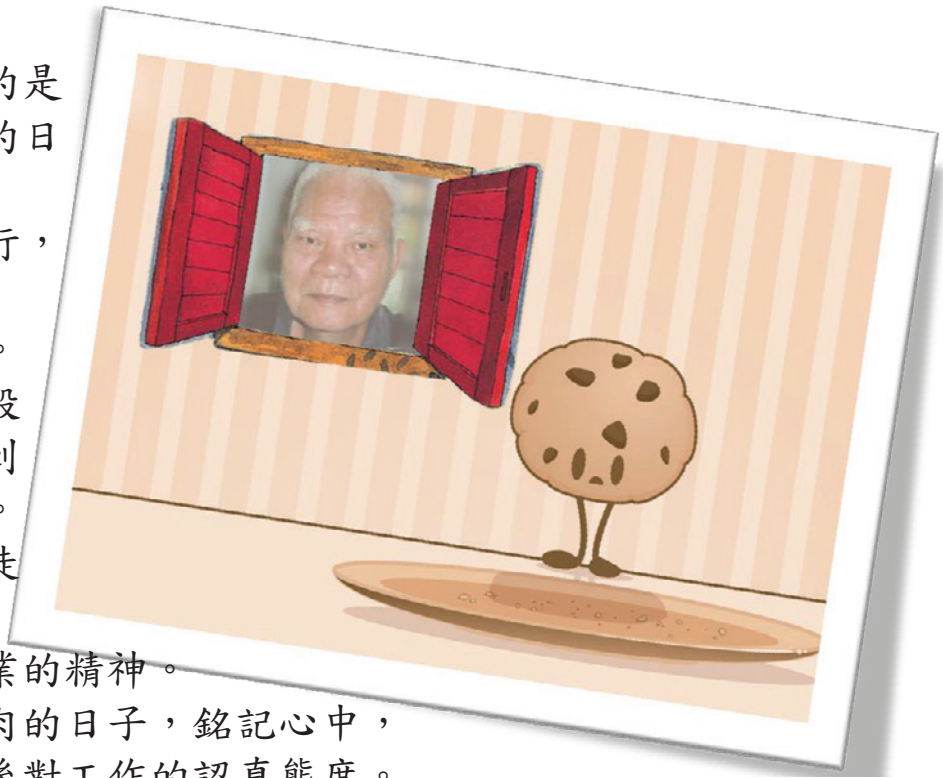
林華玉先生 74 歲

Mr Lam Wah Yuk 74 years old

陳凱維同學(採訪、中文撰稿)

Chan Hoi Wai (Interview, Chinese Writing)

最難忘的是自己當學徒的日子。剛入織羊毛衫這一行，經歷了一段艱苦的日子。學習之初百般辛酸，卻學到了很多東西。那兩年的學徒生涯，歷練了我敬業樂業的精神。那些有血有肉的日子，銘記心中，也堅定了日後對工作的認真態度。



對社會滿意，沒有甚麼希求，只冀望自己的生活平平穩穩就好了。

I was an apprentice learning to weave clothes. Being an apprentice was tough but what I learnt helped me survive the tough times and was useful as I was able to apply this attitude towards every situation in my life. The old days were full of sweat and blood, but it was also a good experience making me a better person.

I am not looking for anything more because I am fine with what I have now. I just want to have freedom and enjoy the rest of my life.

小記者心聲

young reporter feeling



在做完這一次訪問後，我感覺老人家的一生是一本本多姿多彩的歷史書，他們有著很多豐富可感的事件。這些都需要有心人去閱讀、聆聽、感受和回饋，更好把它們好好記錄下來。我們這次是很成功的，因為我們做到了，也讓老人家知道我們是關心他們的。

After the interview, I feel that the elderly's experiences is like a colourful history book. They have a lot of rich and wonderful experiences to share which requires our careful attention when listening, reading, feeling, and giving feedback to them and so on it's better to note them down. This time we were very successful because we showed them that we care.

韋 葵女士 87 歲

Ms Wai Kwai 87years old

胡棹瑋老師(採訪、中文撰稿)

Wu Chaau Wai, teacher(interview, Chinese Writing)



逃亡的日子是她最難忘的。昔日日本侵略中國，登陸廣州，人民無衣無食。自己曾試過用豆腐渣煮食，那些風雨飄搖的日子，實是淒涼。當時的米糧無法出入口，所有物資都是用軍票交易。部分

人逃往澳門，她自己也跟大姐去了澳門，途中驚見餓死的孩子屍橫遍野，見者心酸。那些日子相當痛苦，致使她難忘至今。

希望政府多多加強老人的福利，現在政治穩定，希望多為老人家提供各種資源，照顧他們的退休生活。

Escaping was a part of my life and I would never forget the days when the Japanese army was invading Guangzhou. In order to have food, we needed the Japanese military yen and that had become a big reason for us to leave. Rice had become so expensive that many of us could not afford it. Soybean curd residue was the only food we could have. I saw many people as well as kids die on the way. The final destination was Macau where we thought would be a good place to start our life over. My older sister and I finally made it to Macau, but whenever we look back to the old days, it is memorable and unforgettable.

The society nowadays is much more negotiable. I hope the government can provide more benefits and resources for us so that we can enjoy the rest of our lives.

梁炳扶先生 76 歲

Mr Leung Bing Fu 76 years old

胡棹瑋老師(採訪、中文撰稿)

Wu Chaau Wai, teacher(interview, Chinese Writing)

他覺得自己最為難忘的是成功撫養了一群兒女，兒女皆長大成人，健健康康，投身社會，作出貢獻。

他眼見香港地少人多，寸金尺土，憂心自己死後沒有殯葬之地；所以希望政府能做好規劃，縱然現今土地供應緊張，也應關注龕位不足的問題。



I think the most memorable event in my life is seeing my children grow up healthily into adults. They are now contributing to the society and I feel proud of them.

Hong Kong's population is increasing every year whereas the land is getting more crowded. I worry about that there may not be enough space to bury me after I die. The government shall also pay attention to population size rather than only focusing on maximizing the lands.

朱春眉 80 歲

Ms Chu Chun May 80 years old

胡棹瑋老師(採訪、中文撰稿)

Wu Chaau Wai, teacher(interview, Chinese Writing)



兒時的回憶最令她難忘。自小生活在農村，由對她並不
太好的繼母撫養成人；後來因政局有所變化，生活稍有好
轉，至今仍然難以忘懷。

現時希望政府能多關注老人的福利，重視香港人的住
屋問題。她希望子女安居樂業，生活穩定快樂。

My mother passed away when I was a kid. Therefore, I ended up living with my stepmother on a farm. My stepmother treated me badly, but I left her when I became an adult. My life was tough and I would never forget it.

I am hoping the government would take care of us as well as focusing more on giving us housing opportunities. Finally, I hope my children can live without worrying too much about the next day.

周 五女士 77 歲

Ms Chow Ng 77 years olds

胡棹瑋老師(採訪、中文撰稿)

Wu Chaau Wai, teacher(interview, Chinese Writing)

她最難忘的是一家人同甘共苦的時候。她以前是漁民，在海上生活和工作。刮風時，他們不能出海打魚，但可以捕獲蝦蟹。他們一家人靠收音機接收颱風消息。兒女們一起出海打魚，共同經歷了許多風雨。這段回憶她特別難忘。



子女現都已經結婚，更有了自己的家庭。她現在希望社會多照顧老年人，並且提供更好的福利和生活條件。

My family were fishermen and we basically lived and worked on a boat where we didn't need a house to settle down. When the storm came, we hid and weren't able to go out fishing. In fact, we especially loved the storms because it allowed us to catch crabs as well as shrimps which always came out after each storm. Therefore storms were the toughest thing and the happiest thing for us over the years and I miss the old days a lot.

Now that my children are all married, I just hope the community would pay more attention to us by adding more senior welfare.

周淑賢女士 88 歲

Ms Chow Shu Yin 88 years old

胡棹瑋老師(採訪、中文撰稿)

Wu Chaau Wai, teacher(interview, Chinese Writing)



當日本人登陸中國，丈夫逃離走了，將自己留在鄉下。她到香港投靠父親，在香港工作，做過保姆帶孩子，用一生積蓄買一幅耕地。

她最難忘的是自己、孩子及生活上的千絲萬縷，讓她勾起種種回憶。希望自己能健健康康，現時著重個人心性修養，只求平安度日，便感到知足快樂。

My husband left me when the Japanese army invaded China. I was the only one who stayed at my village which was the most dangerous place at that time. I later went to Hong Kong to meet up with my father. I then found a job as a babysitter which enabled me to purchase a small piece of land. My most memorable event was the time I spent raising my kids.

I just hope to live healthily and I am not looking for more than a stable life.

寫作感言 胡棹瑋老師

Writing thoughts Mr Wu Chaau Wai, teacher



這次學生得到匯蝶公益的合作邀請，實感榮幸。每一次從訪問、撰稿到落筆，我都看到了他們在進步。我細細品味著他們的感受，發現他們的心靈豐盛起來，甚至可謂一夜成長，發人深省。這種服務學習經驗難能可貴，也叫我們鼓舞雀躍。我彷彿從這量化的回饋中，知道這種體驗式學習讓學生更好的成長，使他們的羽翼豐滿起來，靈魂完整了，甚至對人生、社會有了更廣的心胸、更多的感悟、更大的視角。我藉此謹代表校方衷心感激匯蝶公益提供了如斯寶貴的機會，令我校的學生有所裨益，順祝匯蝶公益福澤四海，愛滿人間。

The students were very pleased to have been invited to this Butterfliers charity event. For every visit, every script and every draft, I saw their progress. Looking at them carefully, it surprised me so much as to how fast they grew up. We were very excited about this valuable learning experience. I feel that it is better for them to learn this way, because their mind will broaden and it will complete their souls. It may even give them a better insight and perspective of life and society. I wish to thank Butterfliers for this valuable opportunity, on behalf of our school and I wish Butterfliers can help more people and fill them with love.

林秀銀女士 77 歲

Ms Lam Sau Um 77 years old

吳佳惠同學(採訪、中文撰稿)
Ng Kai Wai (Interviews, Chinese writing)

一生中，最令人難忘深刻的是日本侵華的一段記憶。當時年幼，戰爭紛亂，見過大炮，又見過炸彈。觸目驚心，仍然歷歷在目，令人感到可怕難忘。難忘深刻是那動盪的歲月和回憶。

希望政府可以為我們爭取福利，讓我們安享天年。



I saw the most dangerous situations during the Japanese invasion where there were big explosions and cannons firing. I was so young, so these memories were buried deep in my heart indeed. As a result, I wasn't able to forget any of these past events.

At the last stage of my life, I hope the government would be able to provide us with more benefits so that we could live peacefully.

鄭少霞女士 81 歲

Ms Cheng Siu Ha 81 years old

吳佳惠同學(採訪、中文撰稿)

Ng Kai Wai (Interviews, Chinese writing)

她最欣慰的是看著自己兒孫健康成長，尤其是孫女已經念完大學，想定必能出人頭地。

兒孫們都有經濟能力，我不必為他們太操勞，這一切使她感到難忘和滿足。

希望政府多給老人家謀求福利，畢竟他們之前也為社會貢獻良多，社會應為長者多做些事，回饋他們。



I feel proud that my granddaughter is graduating from University and my grandson is earning money for us. I can't believe that I am seeing all these precious moments happen at my age. This is a good ending, and I am strong enough to live a couple more years.

Many others and I contributed a lot to Hong Kong, so I think the government considers implementing more benefits for us to live better.

小記者心聲

Young reporter feeling



這次活動讓我深深感受到我們是多麼的幸福。長者們那些年通通都經歷過戰爭、災難以及貧窮，這些故事讓我感知：我要珍惜和努力抓住眼前的一切，不可辜負父母對我的殷切期望。

After this event, it made me realize how happy and lucky we are. There was always wars, disasters, and poverty in those days and it made me aware that we have to cherish and strive to seize what is in front of us. We cannot let out parents down.



陳鳳琮女士 85 歲

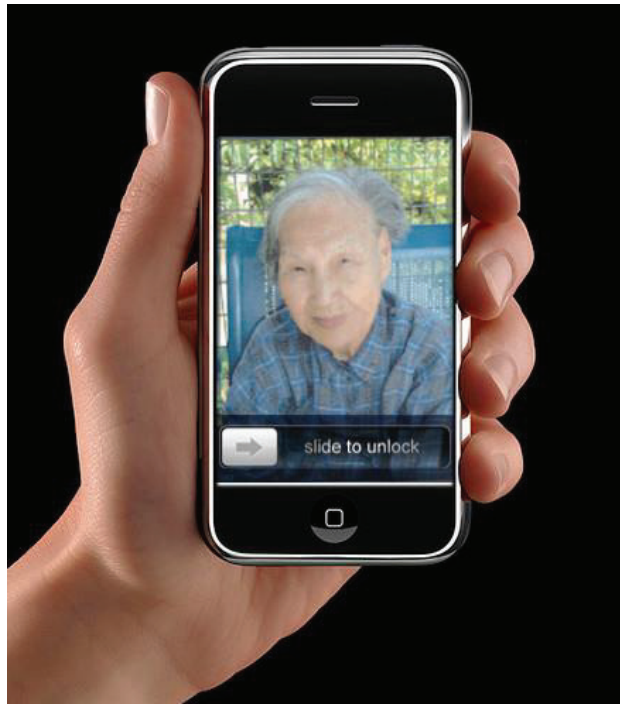
Ms Chan Fung King 85 years old

陳世樂同學(採訪、中文撰稿)

Chan Sai Lok (Interviews, Chinese writing)

她記得日治時期，到處是炸彈。後來到 2005 年，她腰骨出毛病，需要退休休養，不久，她的丈夫與世長辭，她很懷念丈夫。

她覺得現在社會比較複雜混亂，立法會常「拉布」，使政府無法立刻幫助有需要的長者。她希望議員不要「拉布」，也期望年輕人努力讀書。



During the time when England governed Hong Kong there were bombs everywhere. My back was seriously injured in 2005, so I retired earlier than expected. On the other hand, I missed my husband so much. We had gone through every tough situation together, and I could not believe it when he passed away after my retirement.

I think society today is pretty much messed up. For example, the Legislative Council of Hong Kong has always declined a policy that would bring us benefit. Moreover, I think teenagers should treasure and learn more when they go to school.

小記者心聲

Young reporter feeling



經過這次活動，我學會如何與老人家相處與溝通。我深切領略「不聽老人言，吃虧在眼前」這道理。我知道探訪老人家要注意些甚麼，儘管以前沒有這種體驗，但自此後我又長進了。

這次體驗勾起了我的回憶，使我有點後悔自己以往沒有珍惜和爺爺相處的時光。期望將來自己也多些服務社會，讓自己開拓視野。

After this event, I learnt how to communicate and get along with the elderly. I deeply appreciate the saying of “an old man’s sayings are seldom untrue” Even though I have had no such experience before, I knew that I had to be aware of such things when visiting the elderly. This experience brought back my own memories. I regret not cherishing the time I had with my grandfather. I wish I can take part in more social service events in the future, to broaden my horizon.

許冠強 74 歲

Mr Hui Kwun Keung 74 years old

何君堯律師(採訪) 孫健聰(中文撰稿)

Mr Junius Ho, Lawyer (interview)

Mr K.C. Sun (Chinese writing)

許冠強原是寶安人，由於日本的侵華行動和內地經濟的不穩定性，強哥移居香港尋找生機。五十年代的香港正處於發展時期，強哥主要從事建築行業

。當中最刻骨銘心的是與建大嶼山國際機場和東涌油庫。雖然薪金不多，但強哥仍能於一九七二年迎娶妻子，其後更誕嬌俏的女兒。人生短短數十年生活雖然艱苦，但深愛的妻子和女兒是強哥心靈的依靠。現時強哥居住在屯門的一間安老院，他希望人人安居樂業和豐衣足食。



I was born in a small town of China in 1940. After I came to Hong Kong in 1957, I became a construction worker. In my career, I had participated in different building projects. For example, I participated in the construction of the Hong Kong International Airport and the Tung Chung Oil Farm project. I also married a pretty woman and I hoped to see my wife every single night because she was my true love and nothing else mattered. Eight years later, she gave birth to a baby girl but sadly she has now passed away. My daughter has her own family now. I lived in a nursery home located in Tuen Mun. I hope everybody in the world has enough food to eat and everyone may live in happiness.

陳玉瓊女士 82 歲

Ms Chan Yau King 82years old

何君堯律師(採訪) 孫健聰(中文撰稿)

Mr Junius Ho, Lawyer (interview)

Mr K.C. Sun (Chinese writing)



在玉瓊的一生當中，她讀書機會不多，只有兩星期的學歷。她有三位姊姊和一個弟弟，爸爸生前是一名商人，現時生意由她弟弟接手營運。

玉瓊婚後生下四兒四女，雖然夫家相當富裕，她

也曾在木工廠裏工作。她特別提起，玉瓊的家姑待她很好，每次賣出豬隻都會分部份金錢予她，又特意請了四名女工協助家務，玉瓊大半生過得不俗，可是丈夫於十多年前因喝酒過量而離去。

In my life, I've not had much opportunity to study except for a two weeks qualification. I have three older sisters and a younger brother, and my father was a businessman before he passed away and my brother took over his business.

I gave birth to four girls and four boys, and although my husband is quite wealthy I still worked in a woodworking factory. In particular, my husband's mother treated me very well, and would provide money to me from the pigs she sold and she especially hired four maids to assist with the housework. Sadly my husband passed away ten years ago due to excessive drinking.

黃 琮女士 86 歲

Ms Wong King 86 years old

何君堯律師(採訪) 陳明(中文撰稿)

Mr Junius Ho, Lawyer (interview)

Ms Angel Chan (Chinese writing)



回想起丈夫離世時的情境，黃琮眼中閃著淚光。兩人攜手走過半世紀，丈夫最終入住了屯門醫院個多月現行離世。

黃琮十六歲時，為走避“日本仔”從家鄉新會來港。24歲結婚後，由安置區等到上樓，入住屯門大興邨，

實在是十分開心，但好景不長，他們工作的製衣廠要撤回國內，頓失工作，令生活陷入困境，亦開始了夫婦倆的拾荒者生涯。於十年前，黃琮因骨質疏鬆需要有人看顧，被安排入住老人院。現時的她走路較為吃力，但精神十分不錯，白得閃亮的短髮，襯著炯炯有神的眼瞳，可以聯想她十六時美好的娟容。

Whenever I look back to the old days, I always want to cry. I had lived with my husband ever since I was 24, so we walked through all the challenges over the decades. Unfortunately, my husband passed away after he moved into the hospital for a couple of months.

I was sixteen years old. I fled to Hong Kong from China. After marriage, my husband and I moved from the temporary settlements to Tai Hing Estate Tuen Mun which to me was a very happy thing. But good times never lasted. The garment factory, we worked at relocated to mainland China. We had lost our jobs. Life was difficult and we began picking up waste.

I have suffered from osteoporosis for ten years, so I moved to a nursing home because they are able to provide special care for me.

鍾萍招女士 75 歲

Ms Chung Lun Chu 75 years old

孫健聰(採訪、中文撰稿)

Mr KC Sun (interview, Chinese writing)

婆婆在中國農村出生，只讀完了小學便到農場工作，認識了不少良朋知己。

她於 20 歲
申請來到香港，
便一直在工廠
裏做包裝工人。

22 歲開始
拍拖，兩年後
便結婚和誕下
兩兒兩女。

回想一生最
懷念在農場生活的
日子，不但認識了
好多朋友而且最
無憂。

現在希望自己身體健康，更希望孫兒們快高長大。



I was born in rural China. When I finished primary school, I went to work on a farm and met a lot of friends. I migrated to Hong Kong at age 20, and I worked in a factory as a packer. When I was 22 years old, I dated for two years before getting married and having two boys and girls.

The most memorable days of my life was spent on the farm where I not only made a lot of friends but I was free so I have no regrets. I hope my grandson and granddaughter grows up fast and healthy.

林銀娣女士 94 歲

Ms Lam Ngan Tei 94 years old

孫健聰(採訪) 陳明(中英文撰稿)

Mr KC Sun (interview) Ms Angel Chan (Chinese writing)



林婆婆只接受至小學二年級的教育，少年時已投身社會幫忙家計。她的人生大部份時間都在製衣工廠裏工作，算算也有三十多年。二十歲時盲婚，生下一女四兒。

因為丈夫早逝，家計由她一人擔起。現時，婆

婆的子女都已成家，自己在老人院生活，並沒有甚麼可令她特別開心，除了是家人的到訪。婆婆表示，如果不是她出行不便，她會親自去探望子女。

由於她的兒女和孫子們生活繁忙，而且工作時間很長，較少來探訪她，所以她希望政府的勞工政策可以減少勞工的工作時間。

I only went to school for two years and I worked to earn money to help my family as a teenager. I worked for about thirty years in a garment factory. Aged 20, I married my husband, although I had not met him before. I gave birth to one girl and four boys. Since my husband died young, I was responsible for the family finances. Now, my children are married and I live in a nursing home. Nothing makes me very happy, except when my family visits. I long to be able to visit my children and grandchildren, but it is too physically difficult.

Due to her children and grandchildren being busy and working long hours they visit me less. I hope the government's labor policies can reduce workers' working hours.

趙萍萍女士 67 歲

Ms Chiu Ping Ping 67 Years old

廖美蓮(採訪) 陳明(中文撰稿)

Ms Jolene Lui (interview)

Ms Angel Chan (Chinese writing)

經過「文化大革命」、
上山下鄉」的日子，
趙萍萍夫婦倆都是
知(識)青(年)，
為了下一代能
在自由的地方成長，
所以婚後移居香港。
趙萍萍於來港第二年已
懷有長子，隨後次子和老
么也出生，她在家照顧丈夫
和兒子們的生活。兒子們都十分孝順，但礙於工作繁忙，
難以周全的照顧母親，經商議後，亦得趙萍萍同意，將她
送入安老院。



兒媳子孫經常到安老院探視她，令她十分安慰，如果
幼子能快點結婚，那就是現時最希望和快樂的事。

Being a victim of the Cultural Revolution, my husband and I were hoping our children could one day live in a country where freedom is priority. Our wish became our strength to move to Hong Kong and we made it.

I quit work after I gave birth to two sons and stayed at home to provide care for my family. Time flies and my husband has passed away. My three sons are very filial, but due to busy work, it is difficult for them to take care of me comprehensively; after deliberation and my consent, they sent me to a nursing homes for the elderly.

My sons and grandsons visited me frequently which was very comforting, my only hope now is for my younger son to get married soon and I would be very happy.

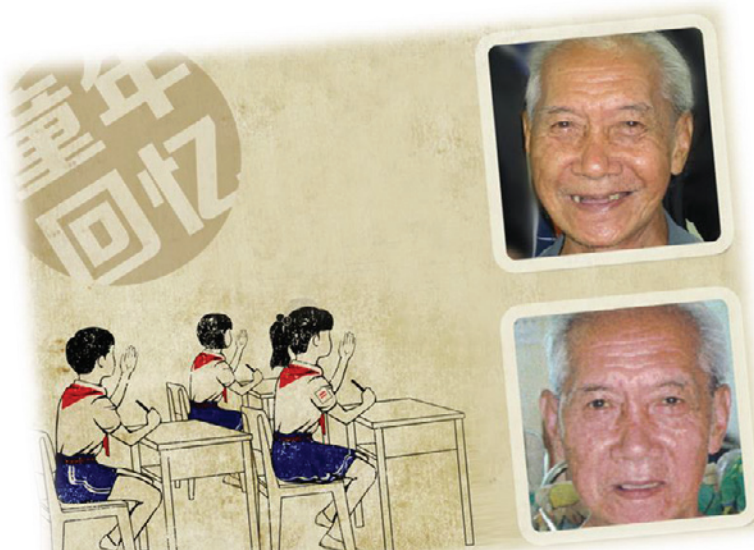
吳衍松 80 歲

Mr Ng Hang Chung 80years old

陳建業同學(採訪、中文撰稿)

Chan Kin Yip (interview, Chinese writing)

他曾從事於不同的行業，如律師行、會計師行等。雖然學歷不高，但靠著熱誠以及不斷進修英語，懷著幹勁，使生命圓滿和充滿難忘的經歷。



他希望政制日漸完善，人人互相幫助，不分彼此。希望年輕人改善道德修養，培養責任心，不要只顧玩手機，更希望青年人做事不要輕易放棄，也不可只說不做，要務實行事。

I worked for many firms before my retirement, which included a law firm and an accountant firm. I did not go to school much, but I did work on my English skills so that it would become a benefit. I loved my work and I feel good whenever I think about the good old days.

As a citizen of Hong Kong, we are supposed to help each other. We should not hate, hurt, or ignore each other since we live in the same place. I also want to say something about the teenagers nowadays. I suggest that they should not be using their mobile phones every minute and should instead, work harder on being more respectful and realising their responsibilities to their families and society. By achieving this, they will be able to set up goals for a brighter future.

呂秀珍 86 歲

Ms Lui Sau Cheng 86 years old

陳建業同學(採訪、中文撰稿)

Chan Kin Yip (interview, Chinese writing)



她最難忘的是被騙往山上工作。小時候，母親捨棄了她和兩個妹妹，把她們賣給「拐子佬」。

她們要上山砍柴、幫忙種菜，經常沒有充足的膳食，當工作饑餓時，她們只好採一些野果，讓嘴巴甜一甜，止一止饑餓。

那段日子的經歷至今仍然記憶猶新。

希望親人多抽些時間陪陪她，她已經很滿足了。

My two sisters and I were abducted and we were forced to work on a hill. Later on, we found out that it was our mother betrayed us. My mother sent us to an abductor for some money. We were forced to chop trees and plant vegetables. If we felt hungry, we would pluck and eat fruits on the road. That is something unforgettable.

I wish my family would come visit me more often and I want nothing more.

歐英女士 80 歲

Ms Au Ying 80 years old

陳建業同學(採訪、中文撰稿)

Chan Kin Yip (interview, Chinese writing)



小時候，日本侵華，自己被獨留在家中，適逢遇上空襲，當時自己非常害怕。這段回憶至今令她深刻難忘。戰亂結束後，她就來了香港，後來她結婚，生兒育女，一切變得順利如意。

希望過著安穩的生活，便很滿足。

When I was young, the Japanese army was attacking our lands so I was forced to stay home for safety reasons. Every time I saw the aircrafts fly over my head, I was so scared. After the war ended, I came to Hong Kong. And I got married and shortly gave birth to a boy and a girl.

Everything became so perfect without having to worry about life or death.

I am satisfied as long as I continue to live under steady conditions.

小記者心聲

Young reporter feeling



訪問——聆聽——撰稿，很簡單的三個步驟就能瞭解一位長者的故事。感受著他們那種緬懷過去的心情，自己也隨著他們的話語進入了他們的故事。他們的故事讓我們省思。現在不少的青少年缺少了責任心，對很多事情不負責，馬虎了事。長者們的故事正好讓我們反省自己：我是不是也就如他們所說這樣呢？是的話，我們馬上改；不是的話，我們要繼續保持下去。

長者的話如鏡子一樣，照出我們的陋習。希望這些「鏡子」能一直敞亮我們。

Three simple ways of showing you care is by visiting, listening and writing, by doing this we can understand the story of an elderly. By looking at how their expression changes as they think back to their past, our hearts are drawn to their stories as they talk about it. Their stories makes us reflect on ourselves, to how young people nowadays lack responsibility. Their stories makes us wonder if we really are as bad as they think we are? If so, then we must change; if not, then we can continue the way we were. Elderly words are like mirrors reflecting our bad habits. I wish these “mirrors” will always give us a clear reflection of ourselves.

馮苑珍 80 歲

Ms Fung Yuen Chun 80 years old

文軼夫同學(採訪、中文撰稿)

Man Yat Fu (interview, Chinese writing)

她最難忘的是打仗的事。當時日本侵略中國，姐姐和她一起逃難，身邊不斷有炸彈爆炸。到處發生斬人、抓女人的事，姐姐在兩人臉上塗上污泥，她們才僥倖的逃過



一劫。當時生活辛苦，打工也不容易。這些往事時至今日依然讓她深刻難忘。她的牙都老掉了，卻又沒錢鑲牙；吃飯時咬不動，希望政府能幫助老人家們，讓他們都可頤養天年。在老人院舍的膳食很不錯，不過還希望有更多的飲食選擇。

Wars had never stopped especially when Japanese army was invading our country. While my aunt and I were running, the bomb explosions were close by where dead bodies could be seen everywhere on the ground. We also saw how people were being chopped and raped. We put soil and dirt on our faces as make up and I still remember this scary moment even now. I found a tough job later after we left the battlefield. However, life had never been easier. Those lifetime events in my life are still giving me nightmares and I hope war is really over.

My teeth are old and have fallen out, but I have no money to replace a denture, I cannot bite to eat very well. I hope the Government can help the elderly, so that they can be enjoying their later years. Homes for the elderly is very good, but I also want to have more dietary choices.

陳啟康先生 75 歲

Mr Chan Kai Hong 75 years old

文軼夫同學(採訪、中文撰稿)

Man Yat Fu (interview, Chinese writing)

他最難忘的是自己和老板的姐夫打架。當時，他在餐廳打工，老板信任他，老板的姐夫煮麵食時偷工減料，卻道他是非。他怒不可遏，便跟老板的姐夫打起架來。他平生最討厭那些拉攏關係的人，難忘是那種不公平的待遇。他認為香港黨派之間的內部矛盾拖慢了社會的發展步伐。政府經常受到批評，各人為了自己的利益，致使政制混亂。他希望香港人要爭取民主搞好建設，同時多為老年人籌辦戶外活動，令老人家健康快樂。



I used to work in a restaurant and I have always hated those people who rely on connection, relationship, or taking advantage of someone. I once found out that a coworker was doing a sloppy job where he put fewer ingredients into the dishes that the customers ordered. This guy told me not to gossip and we fought at the end. My boss trusted him and I could not take this anymore.

There are so many political parties in Hong Kong in which I think the battles between these groups are slowing things down Hong Kong. Furthermore, people put criticism on our government only for their personal interests. I think people should work together in order to help Hong Kong to move forward. Also, I hope that the government could arrange more activity programs for us.

小記者心聲

Young reporter feeling



參加了「一人一故事」這個活動，我體悟到老人家的人生經歷。

我感覺像坐上了一輛穿梭時光的巴士，在他們的人生道路上欣賞著沿途美好的風景。

我明白到：記憶可以淡去，但對過去的依戀是沒法徹底抹掉的。我為自己盡這份社會責任，心感自豪。

After joining this “One Person, One Story” Event, I suddenly realized that the elderly have their own experiences in life.

It feels like you’re on a time machine, travelling through their life with all the beautiful scenery. I learnt that memories can be forgotten, but the past cannot be erased. I feel proud that I can put in some responsibility, services and feelings back to the society.

麥秀英女士 84 歲

Ms Mak Sau Yang 84 years old

周建超同學(採訪、中文撰稿)

Chow Kin Yin (interview, Chinese writing)



以前她從事五金工作，最難忘的事是自己幸福地跟丈夫共偕連理，攜手建立小康家庭，並且生了個可愛活潑的女兒。結婚生育使她人生更添美滿、難忘和幸福。

她希望女兒生活過得更好，也像自己一樣幸福快樂，嫁個好老公。

Mak Sau Ying worked in a hardware store for her entire life and it was as simple as many other girls. Her life became more colorful after getting married with a man who agreed to build a family together and they gave birth to a baby girl where that girl also became something they relied on.

Her husband was a good father as well as a good husband, so she is hoping that her only daughter can marry a good man who is willing to walk through all the challenges with her until the end.

鄭愛妹女士 85 歲

Ms Cheng Oi Mui 85 years old

周健超同學(採訪、中文撰稿)

Chow Kin Yin (interview, Chinese writing)



年輕時務農為生，生活雖然刻苦，但很豐足。她最難忘的是自己跟丈夫邂逅、結婚及誕下個個帥氣十足的孩子，而且生活總算安定。

子女已長大成人，也有自己的家庭生活了。自己在生活上也別無所求，十分滿足於現狀。她希望子女身體健康和生活平穩。

When I was young I worked on a farm. Although working as a farmer was tough, I was able to provide a good living for my family. The most memorable encounter was meeting my husband whom I married and gave birth to handsome children, and life was finally full of happiness.

My son and daughter have their own families now and I hope they will have a peaceful life.

王德樂先生 65 歲

Mr Wong Tak Lok 65years old

周建超同學(採訪、中文撰稿)

Chow Kin Yin (interview, Chinese writing)



小學的時候，自己參加了一年一度的運動會。經過自己的努力的練習，最後終於拿到跑步賽的第三名。那時候，站在領獎台上的情景，至今他依然難以忘懷。

他希望可以無欲無求，平平淡淡過日子，更渴望可以過上沒有煩惱、逍遙自在的美好生活。

When I was in primary school, I participated in the annual sports day which I practiced hard before racing. Although I only came third place over all, I have no regrets as I tried my best. I would not forget the moment when I received the award on the stage because that was the most brilliant moment I ever had. I just want to live without having any big trouble now and that's my wish.

小記者心聲

Young reporter feeling



「一人一故事」活動，我感覺是充滿意義的，也對我的成長有著無限的鼓舞。雖然這次活動計劃時間短暫，可是我在活動中收穫了很多，例如怎樣和老人家溝通、態度應該如何等。我以前是一個害怕跟老人家溝通的人，不過經過上一次去廣西交流和這一次訪問老人家後，我開始大膽起來，不再腼腆害羞。我勇敢地踏出溝通的每一步，這就是我這一次最大的收穫。

This “One Person, One Story” event was rather meaningful and it gave me a lot of inspirations towards life. Even though this activity did not last long, I learnt a lot, including how to communicate with the elderly and what our attitude should be like. I used to be scared of communicating with the elderly but I was less scared and shy after this event when I went to an exchange program to Guangxi and I had to visit an elderly. My greatest achievement is that I have become braver for every step I took towards communicating with people.

萬文輝 65 歲

Mr Meng Man Fai 65 years old

黃家勁同學(採訪、中文撰稿)

Wong Ka King (interview, Chinese Writing)



他最難忘老婆離棄了他。雖然這事已經過了二十多年，但他依然忘不了他的老婆。

但忘不了些甚麼？他又記不清楚。大概是歲月裏那份深刻的情感，以及彼此心裏經不起考驗的愛。

他覺得現在生活過得很好，別無所求。閒時在護老院開開會聊天，做做運動，他已經心滿意足了。

I would never forget that my wife left me without leaving a word twenty years ago. It was really painful to be a victim especially when you loved someone so deep. Like I said, it happened twenty years ago and I couldn't remember every single story between us, but I loved her and this would never change no matter what.

I am not looking for a change because I am satisfied with my situation now and I enjoy the regular meetings and sports days.

小記者心聲

Young reporter feeling



這次文藝社的活動讓我獲益良多。不僅讓長者們分享了他們特別難忘的事情，而且增強了我的語言表達和溝通能力。其中，我訪問的一位老人家脾氣不好，這讓我有點膽戰心驚。雖然我接了這個訪問任務，但是老伯伯不太想回答我的提問，讓我有點無可奈何，幸好當時老師在旁協助和開導。總而言之，這次活動加深了我對長者的認識，也提升了我的語文涵養。

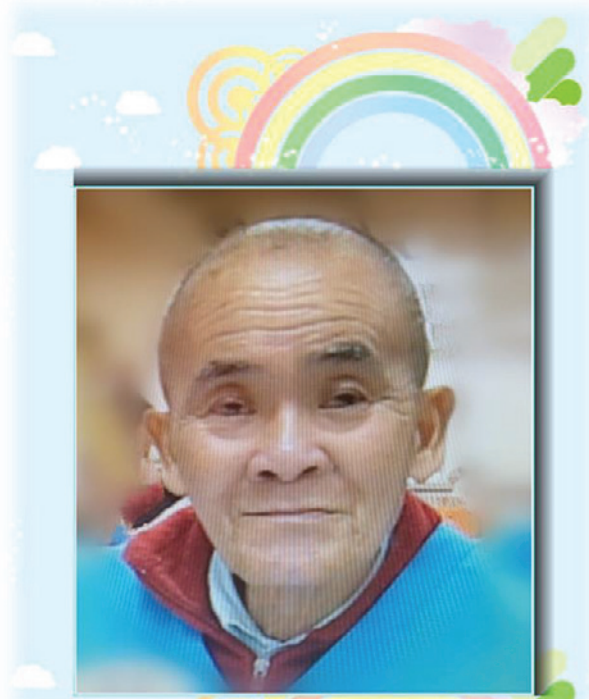
After this literary club event, I have learnt a lot. I not only enhanced my communication and expression skills, I also found out a lot about the memories of the elderly. There was another elderly who has bad temper, which I was a bit scared of but I still made a visit. He did not want to answer any of my questions which made me a bit helpless but fortunately, there was a teacher around to assist and enlighten them. All in all, this even deepened my understanding of the elderly and also improved my communication skills.

周全先生 83 歲

Mr Chow Tsuen 83 years old

鄧浩銘同學(採訪、中文撰稿)

Tang Hoi Ming(interview, Chinese writing)



一生中做過很多工作，其中最難忘的是從事地盤工作。當時正值日本侵華，香港淪陷了。自己的薪水還算不錯，足夠一家人的生活。當中難忘的是在這段時期承受著社會的動盪不安和各種欺壓，記憶特別深刻。

現在的社會比以前好多了，打工仔的薪水翻了許多倍，時代又和平，不必天天擔憂自己的生命安全。香港現時經濟蓬勃，生活安定，自己也很知足。

Chow Tsuen had entered different working fields before his retirement. In fact, the most memorable working experience that he thought was working in the construction site due to the Japanese's invasion of China. Although the city was under attack, he earned a good amount of salary therefore he could still provide a good living for his family.

Comparing to the old days, the society we live in today is much safer and better than it used to be. We live peacefully now and we get paid more as Hong Kong's economy is growing fast. I am totally fine with my living conditions.

關 運女士 89 歲

Ms Kwan Wen 89 years old

鄧浩銘同學(採訪、中文撰稿)

Tang Hoi Ming(interview, Chinese Writing)

她最難忘的是自己有份參與「忠靈塔」的建設。日治時期，她在金鐘附近當泥工，負責搬運東西。



當時這些工作並不很賺錢，但重點在有米可領，因此她毅然去做泥工。這些工作令她至今依然難忘深刻，因為這幫助了她一家人的生活。

現今社會，兒女工作忙碌，無暇照料她。她有些感慨：父母養育子女，子女卻沒法用行動關愛父母。她希望家人多些關懷她，也希望社會多關愛老人家。

I was one of the builders of the Japanese War Memorial Tower delivering when Hong Kong was under the domination of the Japanese. Those days I was a soil forwarder responsible for delivering soil. Salary wasn't good, but we were given rice in exchange for our hard working attitude. We all got through the toughest period of our time.

I feel bad for my children because they work long hours. Today's society causes us to spend a lot of time apart from each other.

顧燕萍女士 83 歲

Ms Wu In Ping 83 years old

鄧浩銘同學(採訪、中文撰稿)

Tang Hoi Ming(interview, Chinese Writing)

她一輩子過得平凡，
最難忘的要算是在快餐
店打工時，不小心打
破了快餐店的東西，
當時老板要她按
價賠償。那是
她人生中很
深刻難忘
的體驗。

她希望政府可以
加強老人福利，發錢給
有需要的老人家，令她們
感受到社會仍在支持、關心她們。



I was a waitress when I was younger and I mistakenly broke the appliances in the restaurant almost every month. One day, my manger spoke to me that I had to pay for an expensive cup because he thought I didn't learn my lesson after breaking so many appliances. I spent half of my salary paying for it which was an unforgettable event to me.

One of the ways to show concern to the oldest people in today's society is to review the governments' policies about supporting the older people in the society. For instance, the government should give away more allowances so that the elderly could live without asking too much from their families.

小記者心聲

Young reporter feeling



經過這次「一人一故事」的活動，我的確獲益匪淺。我們和老師一起訪問了一些退休的老人家，瞭解了不少關於他們的故事。當中令我印象最深刻的是一位不擅言辭老伯伯，他為香港付出了很多，他犧牲了不少青春歲月以及與家人相處的時間共同創造了今天繁榮成功的香港，他對此無怨無悔。現在他退休了，他的兒女因工作繁忙的關係就把他送進老人院。他在老人院雖然認識了很多朋友，但他總是希望他兒女能多些陪伴他。我希望未來大家可以多去關懷這些香港功臣。

After this “One Person, One Story” event, I learnt a lot. Our teacher and us visited some retired elderly and understood a lot about their stories. One of the most memorable story was an old man who was not good with his words but actually did a lot of good deeds for Hong Kong. He sacrificed a lot of his youth and time with his family in exchange for the prosperous success of Hong Kong today, but he never regretted. Because his children do not have time to look after him after he retired, they sent him to nursing home. He met a lot of new friends there and he wishes that he could spend more time with his children. I hope that in the future we can give Hong Kong’s real hero more love and care.

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老有所用 少有所為
起動為眾 樂在其中

推廣社區公益事務 發揮義工服務精神