



# 匯蝶公益

(註冊非牟利團體)

## Butterfliers Association Ltd

Approved charitable organization no.: 91/11099

# 人 故 事

(第四輯)

4<sup>th</sup> edition





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## 前言 Foreword



在過去的兩年裡，我們的社會一直與一個無形但具有威脅性的敵人作鬥爭。COVID-19 的突然爆發，以及在香港街頭爆發看似無休止的抗議活動無疑對社會造成了嚴重破壞，導致許多企業倒閉，並擾亂了我們曾經和平的社會。我們所有人的生活都受到影響，而如果我們要度過這些艱難時期，我們最需要的是和諧。

現在不是我們互相指責的時候。相反，我們應該堅持我們服務社區的主要目的—欣賞彼此的才能和潛力，了解彼此的價值，找到最適合我們社區的資源並享受整個服務社區的過程。我很高興地宣布，最新一期的《一人一故事》收錄了香港老年人及匯蝶公益義工的一些最鼓舞人心的故事。他們真實地反映了他們的日常生活，希望能促進香港社區內的社會包容、尊重和同理心的文化。

考慮到這一點，我希望向我們社區中所有需要一點點鼓勵的人傳達一個積極的信息，即我們將在逆境中繼續表現出韌性、團結和毅力。

何君堯  
匯蝶公益創辦人  
2021年12月

For the past two years, our society has been battling an invisible yet threatening enemy. The sudden outbreak of COVID-19, along with the seemingly endless protests that erupted on the streets of Hong Kong, has undoubtedly wreaked havoc on society. Many businesses had to foreclose, and families were separated by travel bans. What we need right now is determination and perseverance through these trying times.

Now is not the time for us to place blame or point fingers at one another. We should remind ourselves of the aims of this project: to appreciate each other's talents, understand each other's worth, and find ways to best serve one another. I am glad to announce that the latest issue of Each Person Has A Story To Tell contains some of the most inspirational stories of the seniors of Hong Kong. They reveal to us the rich history and wisdom they have cultivated throughout their lives.

With this in mind, I hope to spread a positive message to all those in our community who need that little bit of encouragement: Do not falter! I promise you that we will continue to show resilience and unity in the face of adversity.

Dr Hon. Junius K.Y. Ho, JP  
Founder  
Butterflyers Association Ltd.  
Dec 2021



# 匯蝶公益有限公司

## 本會背景

匯蝶公益是一個註冊慈善團體，為有需要的人提供免費法律服務。經驗豐富的何君堯律師是匯蝶公益的創始人。他渴望改善我們的社區並提供優質的社區服務。為了將這一夢想變為現實，匯蝶公益自2011年建立以來，推出的第一項計劃便是為有需要人士提供15分鐘的免費法律諮詢，可以與律師會面，討論任何法律問題或疑慮。迄今為止，匯蝶公益已與20多家志願律師事務所合作，提供免費法律服務。

## 本會宗旨

除了提供免費法律諮詢外，匯蝶公益還推廣各種社區活動，包括短途旅遊、本地一日遊、長者下午茶、義工晚會和法律諮詢研討會等。匯蝶公益亦經常舉辦興趣班，為熱愛社區的會員提供不同的興趣課程。我們曾經舉辦瑜珈班、舞蹈班、詠春班和茶藝班，不單照顧長者和成年人的需要，也有兒童興趣和學習班、更有一些年輕人參與義工活動，提升待人接物的社交技巧及建立自我的價值感。匯蝶公益的宗旨是：對社會不同階層忠誠的服務[老有所用，少有所為，起動為眾，樂在其中]。

## 社區服務及最近活動

近年匯蝶公益舉行了多場義務剪髮、愛心家訪、派發愛心抗疫用品、愛心月餅、粽子及年糕等！我們更有和其他團體合作的「親子嘉年華」、為長者美化家居的服務和為有需要人士而設的社區支援互助計劃，例如支助考取駕駛牌照或的士牌照、職業培訓及愛心的士覆診服務等！



# Butterflyers Association

## Background

Butterflyers Association is a non-profit charitable organization founded by Mr. Junius K. Y. Ho. In 2011, our founder launched a programme that provides free legal services to those in need, allowing clients a free 15-minute legal consultation with a legal professional to discuss any issues or concerns. So far, Butterflyers has collaborated with over 20 volunteer law firms to provide pro-bono legal services.

## Objective

Other than providing legal assistance, the Butterflyers Association also promotes a variety of community events; which includes, but are not limited to, short distance getaways travel, one-day local tours, senior tea meetings, volunteers gatherings and legal consulting seminars. Butterflyers also feature a multitude of community classes for individuals who are interested in acquiring a new hobby. We have been running yoga classes, dance classes, Wing Chun classes and Chinese tea art classes. Not only do we cater for the elderly and grownups, we also have children's activities as well as encourage young people to give back to the community by participate as volunteers, to build up their interpersonal skills and confidence.

## Community Services and Recent Activities

We have successfully organized several events in the past, such as providing free haircuts for the elderly, home visits, distribution of anti-epidemic supplies, and our annual festival celebration events to distribution of rice cake, rice dumplings, mooncakes to the locals. Recently, together with other charitable organizations, we have organized family galas, home renovation for the elderly and needy individuals and our Support Our Community Program that features grants for obtaining a driver license/Taxi driver license and free Taxi Service for medical appointment etc.





# 君事觀察：新振興動力

筆者近日去沙田排頭村走訪，發現這條已有至少150年歷史的村，依山而建，旺中帶靜，是一個假日好去處。如果民政事務總署能悉心維護好排頭村的外貌，在車水馬龍的城市中顯出村落的文化和傳統，不可多得。為此，民政署應多花點心思，民政事務專員要全力以赴為當區居民服務，多和居民建立聯繫，多聽他們的意見，多用他們的本事。筆者認為，民間有很多高手，尤其是許多銀髮一族，應該得到政府的重視，去善用他們的才華。

筆者在8月5日的文章提到，政府在教育方面要善用人力資源，而銀髮一族是新動力。香港目前需要一些有經驗、有能力、有魄力、有時間、有機動能力、無後顧之憂的生力軍去協助政府施政，銀髮一族在其中可發揮重要作用。

統計處2021年年中人口數字顯示，60至64歲人口共有逾60萬，65至69歲人口有逾47萬。其中不少都是退而不休，相信仍有理想的人不少，他們往往不太看重錢財，只要政府能給他們認同、褒獎和少少津貼，便心滿意足。

政府善用這一些人，可獲得額外人手，免去額外聘用人手的麻煩，而且只要通過NGO來組織和撮合他們當義工，組成龐大的義工團隊，為民服務，這對社會來說是一個天大的喜訊！再加上60歲或以上人士只需付兩元車資就可四處活動，富有機動能力，如此資源不能浪費不用！



眾所周知，香港人口老化問題日趨嚴重，香港最多人的年齡組別是55至59歲人士，人口逾62萬，5年後便成60至64歲。根據《香港人口推算2020-2069》，長者人口未來20年將增加近一倍，到2039年，每3個港人就有一個是銀髮一族。但只要轉變思維，人口老化問題也可帶來機遇，政府只要善用銀髮一族，並形成長效的機制，豈不是香港的寶貴資源？對緩解人口老化問題可謂百利而無一害。

對於銀髮一族來說，這也是一個雙贏，他們不僅能利用退休後更多的空間來參與義務工作，發揮自己的專長，貢獻社會，為下一代及社會盡點綿力，並將自己寶貴的人生經驗延續下去，正所謂少有所為，老有所用，何樂而不為？筆者認為，政府通過志願組織或非政府機構多加善用銀髮一族，提供完善的培訓及管理系統，加上相對合理的資源投放，銀髮一族完全可以成為香港社會發展振興新動力！





### 01 鄭志航 78歲 Uncle Zheng 78 years old

鄭伯伯有6名子女，係大澳出生是原居民，自覺是一個好幸運的人，大澳是一個小香港，是轉運港口，亦有很多漁民居住。在當時大澳是窮鄉僻壤的地方，自己能有書讀已經好有福氣，小學五年班的時候老師幫忙改名為鄭志航，希望他有遠大的志向。鄭伯伯年少時經常要跟隨著父母出海打魚，後來也沒有繼續升學了。想當年早婚是很正常的，由親友做媒人介紹了太太，大家都是水上人，十幾歲便結婚了。20多歲離開大澳改行在碼頭做遠洋船起落貨，10年後又返回大澳做建築馬路工程。後來70年代看到荃灣的發展，了解到興建地鐵後荃灣一定會更繁華，所以為了子女讀書着想，購入了荃灣私樓搬到荃灣居住。鄭伯伯感恩說幸好搬到荃灣居住，現在交通和醫療方便，使得他們兩個老人家能夠保持身體健康。

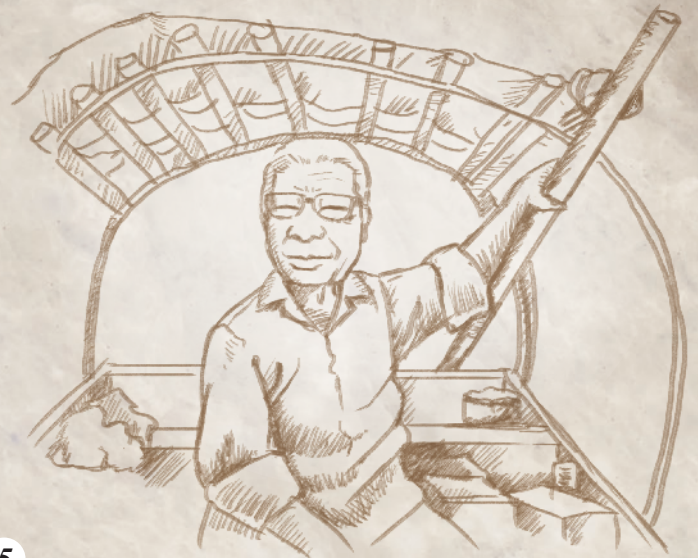
鄭伯伯非常敬愛母親，鄭伯伯說媽媽雖然沒有學識，但人品非常好，又勤力工作。在大澳交收魚獲的店舖很受歡迎。鄭伯伯自幼受母親教誨，做人最緊要勤力忠誠，不貪威，拿定宗旨，所以鄭伯伯特別懷念母親。現在退休生活安定，子女孝順，亦希望時下的青年好好做好自己本份，勤力虛心學習，生活一定會過得好及實在的。

Uncle Zheng has six children. He was an indigenous inhabitant of Tai O. When he was young, Tai O was considered a miniature version of Hong Kong with its own port for handling incoming goods, and a lot of fishermen resided there. Uncle Zheng considers himself a very lucky man because he was allowed the opportunity to study in primary school even when living in such a poor remote rural area. In fact, it was one of his fifth year primary teacher who gave Uncle Zheng his Chinese name. He followed his parents out to sea to fish at an early age, so he eventually had to drop out of school. By the time he reached his 20s, he left Tai O to pursue a career working on cargo ships. In his 30s, he moved back to Tai O and worked on road construction projects. In the 70's, he noticed how quickly Tsuen Wan was developing and realised that once the MTR was built, Tsuen Wan would be a prosperous city. For the sake of his children's future, he bought an apartment and moved to Tsuen Wan with his family. He was very thankful for the move, believing that he and his wife's health had benefited from Tsuen Wan's convenient transportation system and medical facility.

Uncle Zheng stated that he really respects his mother for her work ethic and perseverance. Although she had received very little education, she was well liked by the shop owners at Tai O. His mother taught him that he would get more mileage in life if he is diligent and disciplined. This piece of wisdom has drilled him to be wary of the corruptive nature of greed and undeserving power. He hasn't lived a day without keeping in mind of his mother's words of wisdom.

Now that he is retired and living a stable life, he is grateful that his children are looking up to him as he did to his mother. He wishes that all young people could do their part to make the world a better place.

Stay in school, study diligently, and live a humble life.







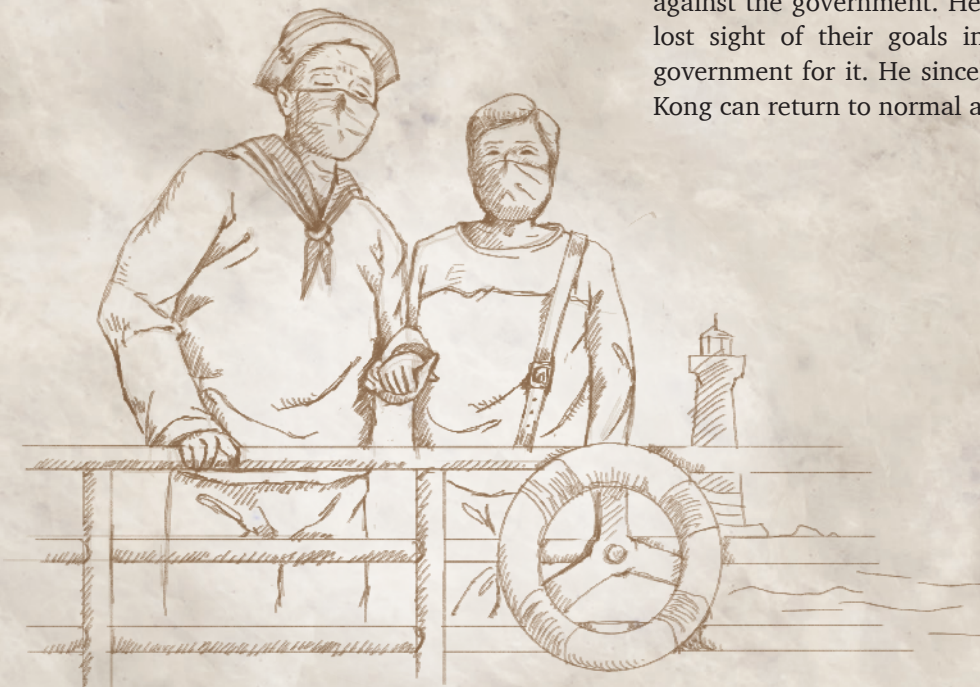
### 02 葉頌良 82歲 Uncle Ye 82 years old

葉伯伯是一個很踏實及容易滿足的人，年青時為生活曾經去當船員，做了一段時間後返回香港尋找工作，及後認識了太太便安定下來，共太太同育有三個兒女。

葉伯伯自己做人的態度是最緊要開心隨和，事事斤斤計較做人不會開心，所以活到現在覺得香港政府對於老人家已經很好，大家應該滿足，他不明白反對派為什麼對政府有諸多批評的聲音及破壞，他感嘆現在的青年人自己都不知想怎樣。葉伯伯希望疫情過後香港能盡快回復正常生活。

Uncle Ye is a very down-to-earth and contented person. When he was young, he worked on deck for a brief period of time. After that, he came back to Hong Kong looking for work. Soon after, he met his wife and settled down, and had three children together.

Uncle Ye believes that we should not take everything too seriously, and to live a life that makes everyone happy is the most important thing. He is grateful to the Hong Kong government for taking care of the elderly, and he cannot fathom why the younger generations are so against the government. He thinks that the young have lost sight of their goals in life and are blaming the government for it. He sincerely hopes that life in Hong Kong can return to normal as soon as possible.







### 03 何惠玲 77歲 Madam Ho 77 years old

玲姐是個樂天派的人，她在廣州出生，生於一個環境不錯的家庭，父親本是做生意的，有三位太太，大媽有一個女兒，爸爸在香港認識了玲姐的媽媽，娶了媽媽回廣州後，生了三男三女，玲姐另外亦有兩位姐姐在三媽媽過身後才搬回家跟他們一起住！玲姐是家中最小的，感到一家人相處亦算融洽！

玲姐讀書至中學二年班，便沒有繼續了，當時初出茅廬的她找到了出入口的工作，在碼頭做上落貨管制員。15歲時，希望能有更好的發展便隨著哥哥坐船仔偷渡到香港來了！這一別離，18年後才得以回去廣州探望父母！

初到香港玲姐經歷過多份工作，19歲的玲姐遇到了丈夫，拍拖兩年便結婚了！那一年是1966年，婚後育有四名子女，丈夫是中港司機，經常不在港，她一個人全心全意負擔起照顧四名子女的生活，實在已填滿所有時間。子女長大了些後，為了增加收入便也出來工作。

玲姐曾經在聯誼會做傳送餐點的工作，因工作經驗不足，有時會被客人玩弄整蠱，幸好當時的老闆很照顧及賞識她，其後更升了她的職位為收銀員，回想當時，悲喜交集！她感恩子女相繼長大，並且成家立室，各自家庭美滿。二十多年來，玲姐也有在學習跳舞唱歌，閒時亦做義工擴闊自己的圈子，退休日子也懂得享受人生，她認為自己是一個幸福的人。

Madam Ho is an optimistic person. She was born in Canton, in a relatively well-off family. Her father was a businessman and had 3 wives. His first wife has a daughter. He met Madam Ho's mother in Hong Kong, married her, and had 3 boys and 3 girls. However, her 2 older sisters moved in with the family after their mother passed away. Madam Ho is the youngest of the family. She remembers that they were a harmonious family. Madam Ho studied until junior high form 2 and did not carry on. Instead, she found a job in a trading company and worked at the port to manage cargos. At 15, she wanted to lead a better life, so she followed her brother on a little boat to enter Hong Kong illegally. She had to stay in Hong Kong for 18 years before she was able to return to Canton to see her parents.

When she first arrived to Hong Kong, she worked many jobs. She met her husband-to-be at the age of 19, and they were married 2 years later. Together they have four children. At the time, her husband worked as a driver who had to frequently travel between the Mainland and Hong Kong. As a consequence, he was often not at home. But because of this, she dedicated all her time to taking care of her children. Once her children were all grown up, she decided to return to work and contribute towards the family income. Madam Ho once delivered meals for a sorority club. Some customers would take advantage of her due to her lack of work experience. Fortunately, her boss at the time took good care of her and appreciated her work. He even promoted her to the position of cashier.

Now that Madam Ho is retired, she is grateful that all her children were able to grow up healthily, and have happy families of their own. She also now dedicates all her free time learning how to sing, dance and doing volunteer work. She strongly encourages others to help out too and learn how to appreciate the little things in life.







### 04 龔秋霞 78歲 Madam Gong 78 years old

龔婆婆是紫金人仕，在她四歲時媽媽便離世了，爸爸喜好賭博，哥哥便帶他到香港來。後來爸爸也到了香港，哥哥便把她交回給父親照顧。龔婆婆小時候很想讀書，住在上水，記得六歲時經常徘徊在上水鳳溪學校，但是因為不是本地人，所以不被取錄。後來發現一間木屋學校，雖然要交四元一個月的學費，幸好獲得爸爸同意，前前後後便讀了兩年書。

九歲時便開始幫忙照顧別人的孩子賺生活費。十三歲時便去報身份證，為了可以找工作她報大三歲，更搬出荃灣去跟哥哥住，婆婆回憶着說以前綠楊一帶都是牛皮廠，十三歲的她很想找到全職工作，便背著孩子在鞋廠外流連，鞋廠師傅看到她，便問她背著孩子有人工嗎？她說一天五毫子，鞋廠師傅便收了她的學徒，師傅多番照顧下便成為全職了！後來又到南海紗廠找到工作，一天工資八毫！因為一班工廠妹工廠仔一齊去圓玄學院旅行，便認識了丈夫，結婚後育有三女一子。現在78歲的龔婆婆是太婆了！

龔婆婆原本與太婆、丈夫和大女兒一起住在荃灣三坡坊的板間房，後來用 500元在大窩口自建木屋，大約半年後獲便得安排去安置區，後來又搬去石梨貝邨，因為家庭有增長，最後調遷到石圍角邨。

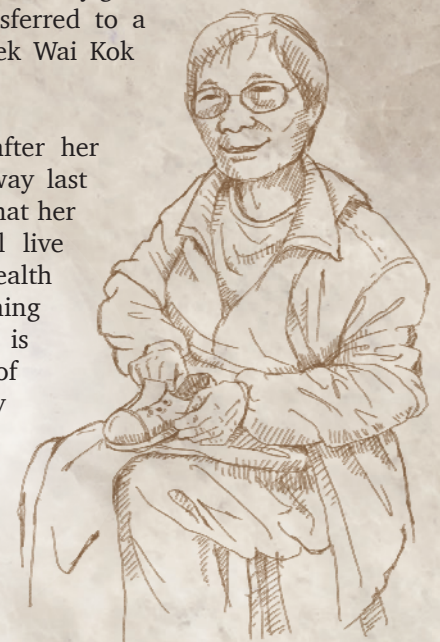
去年丈夫過身，現在一個人住，子女也在附近住，非常孝順，經常相見。現在身體健康，每天早上去做晨運，好多朋友，生活十分自在！

Granny Gong was originally from Zijin, China. When she was four years old, her mother passed away, and she was left with a father who's a compulsive gambler. Her brother eventually brought her to Hong Kong in search of a better life, but in the end Madam Gong ended living with her father once he also relocated to Hong Kong. Grandma Gong wanted to study when she was a child living in Sheung Shui. She remembers vividly that she would wander around at the Fengxi School in Sheung Shui when she was six. But she couldn't enroll because she was not a permanent resident of Hong Kong. However, she was able to find another 'school', which was basically a wooden shed, that was willing to take her in for 4HKD a month. Thankfully, her father agreed to pay for her tuition and thenceforth studied there for two years.

At the age of nine, she began babysitting to earn her living, and by the age of thirteen, she applied for a Hong Kong Identity Card, and falsely claimed that she was three years older than she was in order to get a job. She moved to Tsuen Wan to live with her brother, where a tannery was stationed. Granny Gong recalls that she would often wandered outside a shoe factory with the child she was babysitting on her back, and this caught the attention of a shoemaker. One day, the shoemaker asked her whether she was getting paid for the babysitting, and she replied that she was getting 50 cents a day. The shoemaker decided to take her in as an apprentice out of sympathy. Under his care and guidance, she eventually became a full-time worker. Later on, she went to the South Sea Textile Manufacturing Company to work, earning 80 cents a day. She met her husband when a group of workers happened to gather for a night out at the Yuen Yuen Institute.

Originally, the couple, along with Madam Gong's grandmother and their firstborn, lived under the same roof in Sam Pei Square, Tsuen Wan. When they saved enough, they spent 500HKD to build their own wooden house in Tai Wo Hau. About half a year later, the government offered them a government apartment at Shek Lei Estate. When the family grew in size, they were transferred to a larger apartment in Shek Wai Kok Estate.

Now, she lives alone after her husband had passed away last year, but she's pleased that her sons and daughters all live nearby. She is in good health and does her morning exercises diligently. She is blessed with lots of friends and lives a very comfortable life. She's also a great-grandmother now!







**05 莫包瑞 89歲**  
**Mr Mok 89 years old**

莫先生在國內讀書至中學三年班，十八/九歲時獨自從國內來到香港生活。那是一九四九年的時候，當時他在一間藤器傢俬店工作，一天工作九小時，有時晚上加班四小時，每月工資是三十元，加班費一元一天！他從雜工開始，後來升為點貨員。二十九歲時在兄弟介紹下認識了太太，後來結婚生子，育有兩女一男，現時兒孫滿堂，四代同堂，有兩位曾孫！

莫先生本來一家住在葵芳，因為是鹹水危樓，所以政府要求搬遷，很高興能搬到石圍角邨，因為那裏近山所以空氣非常清新。一住便是三十多年，實在是非常感恩。莫先生覺得香港社會會繼續前進，順其自然，會慢慢好起來的。

Mr Mok studied in China until form three in high-school and came to live in Hong Kong by himself when he reached the age of eighteen. It was 1949 when he worked in a rattan furniture shop. He worked nine hours a day on average but would often work overtime into the night. His monthly salary was 30 HKD, and his overtime work would fetch him an extra dollar a day. He started as a handyman and was later promoted to stock manager. He was introduced to his future wife at the age of 29. They had children after marriage, two daughters and a son. Now, he is blessed with grandchildren and great-grandchildren – four generations in total!

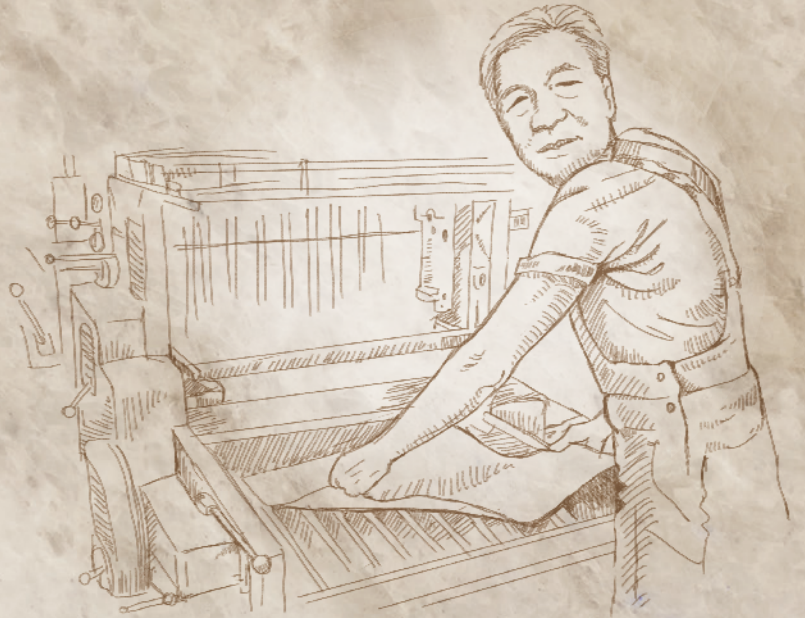
Mr Mok's family originally lived in Kwai Fong, but they had to move because the building's foundation was slowly being corroded by the salinity of the seawater. The government arranged for their relocation, and Mr Mok was overjoyed to move to Shek Wai Kok Estate since it was closer to the mountains and the air was fresher. Since then, he has lived there for more than 30 years, and is very thankful. Mr Mok has no doubts that Hong Kong will continue to prosper, and the fruits of its labour will eventually be realised.







**06 鍾炳棠 75歲**  
**Mr Zhong 75 years old**



鍾先生現時是一位保安員，以前做了幾十年的印刷員，直至他所做的印刷工種不再流行，公司又轉到國內。因為年紀大了，便改行做了保安員。

鍾先生深感幸運，他在日本仔打仗的時候出生，剛出生的他，嬰兒時手抱避難來到香港生活，僥倖存活下來。

他和太太相識四年後結婚，和太太有兩個女兒。仍然沒有孫兒。鍾先生說做保安也不算太辛苦，仍然有健康的體魄，可以從20樓行到地下！

小孩的時候住紅磡曲街，還記得有條大坑渠，與現時的紅磡大有分別！

鍾先生讀到小學，成績也不好，幸好找到印刷公司，工作穩定，太太也是做印刷的，那是緣份！除了年少時要照顧患病的母親，其餘人生也算平淡安穩，本有樂觀性格，感恩知足。

Mr Zhong is a security guard. He said that being a security guard is not too hard on his body. He is still fairly able-bodied for his age and boasts that he can climb to the 20th floor without a hitch! Prior to that, he used to work as a printer for decades until the type of printing he did was rendered obsolete. Mr Zhong considers himself a very lucky man. He was born at a time when parts of China were under Japanese occupation. He was fortunate to have survived the ordeal and was able to take refuge in Hong Kong at a very young age.

When he was a child, he lived on Qu Street in Hung Hom. He recalls that Hung Hom back then was very different from the Hung Hom we know now. When he was in primary school, Mr Zhong's grades were not good. Fortunately, he was able to find a printing company that would take him in. He met his wife around that time, and she is also in print works. It must have been fate that they met each other, he claims. He is married with two daughters, and he is still hoping for grandchildren.

Life, for the most part, was stable and pain-free for him and his family - except for the time when his mother became chronically ill. He is nevertheless optimistic about life going forward.





**07 王守仁 63歲**  
**Mr Wang 63 years old**

王先生在國內成長，三十多歲時隨太太來到香港生活。他是初中畢業生，自覺學識不多，因此二十多歲起便成為職業司機，來到香港後更考到24噸大車牌，便一直做貨運工作，十分自豪。

他和太太育有三子女，更有四個孫兒。

王先生一直十分支持祖國，最深刻印象是去年的香港暴動，使社會變得十分混亂。王先生十分希望香港社會經歷教育及司法改革後能安定下來，回復和諧穩定。

王先生父母仍在國內，以往一年回去二至三次探望家人，盼望疫情過去，能與父母相聚！

Mr Wang grew up in China and immigrated to Hong Kong with his wife in his thirties. He worked as a professional driver in his twenties because he wasn't given many work opportunities due to his educational background. He was nevertheless able to attain a heavy machinery driver's license in Hong Kong and did freight work to support his family of five.

Mr Wang has always been supportive of his Motherland. He was most distraught when the riots broke out in Hong Kong last year. Mr Wang hopes that Hong Kong will be able to learn from its mistakes in 2019, and a judicial reform will be able to prevent something similar from happening ever again. Mr Wang's parents are still in the Mainland, and he would normally visit them three times a year. He hopes that he will be able to see them again once the epidemic has passed.







**08 李玉珍 73歲**  
**Madam Li 73 years old**

李女士是香港出生的，小時候住在李鄭屋邨，年輕的時候幫爸爸做染廠文書類工作，直至爸爸沒有做染廠了，才改做保母車保姆，亦有做過在沙田馬會投注站的接線生。李女士做過不同的工作，大致上都是文員類的工作，曾經在一間印尼的出口公司工作了超過十年，後來印尼那邊出了事故，而且大裁員，便被裁員了！李女士後來在一間大型汽車公司做接待員及文員工作，直至六十歲退休。

那些年，李女士在朋友介紹下，認識一起去大浪灣旅行的丈夫，拍拖兩年便結婚，與丈夫在荃灣木屋區居住時獲得安排去安置區，在安置區住了五年，那時門口是廚房，住的房子有百來尺，廁所是在外面的公廁！直至小兒子六歲才搬到石圍角邨，雖然4至5人單位仍然很細，但總算有自己的廁所了！一住便是四十多年了！李女士和丈夫育有二個兒子，現在是兩個男孫的好嫻嫻，幫忙照顧孫兒！閒時也去幫忙做義工，退休生活也十分充實！

Madam Li was born in Hong Kong and lived in Li Cheng Estate when she was young. At the time, she helped her father with clerical work in a dye factory and only switched jobs to be a caretaker when her father could no longer work at the dye factory. She also worked in other business sectors, for instance, she once worked for an off-course betting branch for the Jockey Club as a clerk, and on another occasion, she worked in an Indonesian export company for more than a decade. However, due to a major accident in Indonesia, many people were laid off, including her. Finally, Madam Li ended up as a receptionist at a large automobile company until she retired at the age of 60.

In those years, a friend of Madam Li's introduced her to her now-husband. They married after dating for two years and lived in a little wooden hut in Big Wave Bay. However, they had to relocate to Tsuen Wan later on. She wasn't particularly fond of the move because of the design of their new housing. For example, the kitchen was situated at the front entrance of the house and did not have a toilet. They had to rely on a communal bath-house whenever nature called. It was not until their youngest son was six years old before they moved to Shek Wai Kok Estate. They cherished their new home despite its small size, notably because they finally have their own private toilet! They haven't moved since, and it has been more than forty years. Madam Li and her husband have two sons, they also have children of their own. Madam Li takes great joy and pride in taking care of her grandchildren. Madam Li also enjoys volunteering in her free time. She considers her retirement life very fulfilling!







**09 李哈慈 68歲**  
**Madam Li 68 years old**

哈慈與丈夫原籍台山，她有四兄弟，她是家中最小的。在國內，哈慈曾做加工衣物的工作，那時候一天能做十多件加工衣物，每件有幾毫，收入並不高。由媒人介紹，認識了丈夫，結婚後生了三個女兒，為了更好的生活，她丈夫獨個兒在1982年遷移到香港工作，而哈慈與三名女兒要直至1997年才獲批來到香港一家團聚。雖然初到香港的她，廣東話還未講得好，但她還是很快找到第一份工作，是在酒樓兼職賣點心。對於哈慈來說，那是非常難忘的事，到現在回憶起她還能感受到當時第一次出糧的喜悅，當天她與家人外出晚飯慶祝。

現在她和丈夫都退休了！訪問的時候可以感受到哈慈開朗樂觀的性格，她是很滿意現在的退休生活。因為香港與國內的交通方便，丈夫經常來回兩地，她也是十分自由自在，閒時弄孫為樂或與朋友相聚。他們有五個外孫，大孫21歲，已大學畢業，另有2個外孫也正在讀大學，而最細的也已是初中生，他們都經常探訪外祖父母！

哈慈認為香港是個很好的地方，政府對市民也很照顧，只要在房屋及長者福利上再有完善政策，就令市民對香港更有歸屬感及信心，希望香港快些重上軌道，大家都有個安樂窩。

還有一件難忘事，就是接受到匯蝶公益的協助，能將家中天花翻新，而且何律師親自到家中探訪，實在歡喜萬分。



Madam Li came from China and was born into a family of seven, with her being the youngest. She used to process clothing when she was just a young adult, and at the time, she could process ten pieces a day, each netting her a few cents.

Her husband, like Madam Li herself, is from Taishan, and they met through a matchmaker, and they had three daughters after their marriage. Her husband moved to Hong Kong alone to find better opportunities to provide for his family. Madam Li and her three daughters, however, were not able to move until 1997. When she first arrived in Hong Kong, she could not speak Cantonese well, but that didn't prevent her from getting a job selling dim sum at a restaurant as a part-timer. The work was hard, she would nevertheless find great pleasure in serving others. She recalls very vividly that upon receiving a salary for the first time in Hong Kong, she went out with her family to celebrate the occasion.

Madam Li and her husband are retired now, and they are as cheerful and optimistic as they can be. Her husband frequently travels to the Mainland, now that public transport has become increasingly convenient. In her leisure time, she enjoys spending time with her grandchildren or hanging out with friends. She has five grandchildren, the eldest being 21 years old who recently graduated from college. The other two older grandchildren are also undergraduates, and the youngest is currently in junior high. Madam Li's over the moon whenever they visit.

Another unforgettable moment for Madam Li was when she received assistance from the Butterflies Association, and she was able to renovate her ceiling for free. Mr Junius Ho even gave her a surprise visit, and it marked a joyful occasion for her.

Madam Li believes that Hong Kong is a very good place, and the government takes good care of its citizens. The citizens of Hong Kong will have confidence and a sense of belonging so long as there are good policies on elderly welfare and housing. She hopes that everyone can live comfortably here.

Now that she is retired and living a stable life, she is grateful that her children are looking up to her as she did for her mother. She wishes that all young people could do their part to make the world a better place. "Stay in school," she said, "and study diligently, and live a humble life".





**10 周英桃 84歲**  
**Madam Chau 84 years old**

1964年，英桃和丈夫從中國輾轉經澳門抵達香港。當時身無分文，舉目無親，在荃灣看街招招工獲得紡織廠工作，丈夫起初在碼頭做苦力工作，後因語言接近，得上海籍老闆招為海員。英桃特別記得那時十月懷胎，丈夫卻不在身邊，無親無故，甚為徬徨，生產的時候也只能自行到醫院求助。在院期間感恩鄰床的產婦把丈夫送來的飯餸分享給她，萬分感激，一飯之恩，銘記於心，深感人間有情。

回說來港後一切從零開始，身無長物，搬到荃灣河背街租房時都只帶兩個布袋，幸得屋主信任通融延後至發工資時才付租金，家徒四壁不在話下，甚至連水煲都是要借用屋主的！後來兒子稍長，丈夫因健康欠佳放棄海員工作。英桃就在荃灣德士古道的染廠覓得一職，因工作勤懇，甚得老闆欣賞，工作得以穩定下來，生活得以慢慢改善。憶苦思甜，英桃提起當時艱苦的生活，為了節省開支，她經常徒步由荃灣至葵涌上班，當時三毛錢一隻糯米雞也只能望着垂涎！

守得雲開見月明，英桃現在跟兒媳和孫子們一起住，過着溫馨和諧的晚年生活。她懷着知足和感恩的心寄語大家只要人生向前望，總會苦盡甘來。

In 1964, Madam Chau and her husband braved their way from China to Hong Kong through Macau. Though they were penniless at the time and had only a scruffy-looking bag each on their backs, they were fortunate to have found a landlord willing to defer rent for an apartment on Ho Pui Street, Tsuen Wan, until they received their first salary. It was a modest abode without a boiler, but they knew that they could not afford to be picky. With a bit of luck, Madam Chau and her husband found work. Madam Chau was recruited by a textile factory while her husband toiled on the wharf doing manual labour work. However, her husband was later recruited as a seaman by an employer from Shanghai, owing to the fact that both of them could speak the same Shanghai dialect.

Madam Chau remembers vividly the time when she was ten months pregnant and was left to her own devices because her husband was deployed elsewhere. When the time came to deliver the baby, she went to the hospital alone. As she lay on the hospital bed, she was graced with incredible support from other patients adjacent to her bed, who would often share meals with her. She is forever indebted to the kindness and selflessness those strangers showed her.

As her firstborn got a little older, Madam Chau's husband gave up his job as a seaman due to his deteriorating health from overexertion. Madam Chau soon became the sole breadwinner of the family. Fortunately, her boss took notice of her hard-work and dedication and offered her a position with stable pay. Reminiscing about her past is a bittersweet affair; she recalls that she would habitually walk to work to save money and would be tempted to buy a meal of glutinous rice chicken for the hefty price of three cents along the way!

Now, Madam Chau lives comfortably and happily with her daughter-in-law and grandchildren. She said that as long as you look forward to life with perseverance, you will always be happy.

She wishes that the pandemic will pass sooner than later, and that everyone will come out of it unscathed. She also wants to thank the government for the monthly Old Age Allowance.







**11 呂碧怡 75歲**  
**Madam Rui 75 years old**

丈夫家人都在香港，而丈夫則因為過繼給姑母而留了在廣州念書，畢業後被分配到湛江市工作而結緣。1976年丈夫來港視察生活條件，隨後一家於1986年在港團聚。碧怡婚後育有一子兩女，現時有七名孫兒。感恩兒孫孝順，遺憾丈夫因患癌症而在十多年前離世。子女都各自有家庭，碧怡現時獨居於自置物業，慶幸子女會經常抽空陪她飲茶買餸。碧怡曾經從事製衣工作十多年，丈夫離開後便退出職場，因感人生應活在當下而不要只着眼工作賺錢。退休多年，碧怡都積極保持運動，每天會到公園跳健康舞，一來是運動健身，二來是促進社交，確保身心健康愉快。

不久前有一隻眼睛不好，做了白內障手術，現在還是康復階段。疫情關係沒法回鄉，她最想念在湛江九十多歲的母親和弟弟，期待疫情盡快消失，社會恢復安定平穩，人人身體健康，人人有工開。

Madam Rui married her husband in the city of Zhanjiang. They met when he was assigned to work there after graduating from Guangzhou. In 1976, her husband came to Hong Kong to apply for the right to abode. It was only after a few trials and errors that he was finally able to reunite with the rest of his family, who had previously relocated here, in 1986. Madam Rui has a son and two daughters, and her children now have families of their own. Madam Rui is elated to have grandchildren now.

She retired from her job as a garment producer when her husband succumbed to cancer more than ten years ago to focus on her well-being. Though sad as that may seem, her husband lives on through her children, and they accompany her for tea from time to time. Her retirement life consists of staying active by going to a nearby park to attend group dances. She also likes to keep herself busy by participating in social functions that promote physical and mental well-being.

Madam Rui has recently undergone cataract surgery, and she's still in the recovery stage. She also laments the fact that she could not return to her hometown due to the pandemic. She misses her mother, who is in her 90s and her brother in Zhanjiang the most.

She wishes that the epidemic will pass without a hitch and everyone could resume work again. She wishes that everyone good health and prosperity.







**12 殷玉蓮 80歲**  
**Madam Yin 80 years old**

玉蓮在東莞的茶園出生，四歲多便跟媽媽遷移到香港，初到香港的時候玉蓮一家人在西營盤落腳，當時一家人住在唐樓的頂樓，還深刻的記得當時天氣酷熱的時候，晚上會和鄰居一起在天台睡覺，因為沒有空調，為了乘涼，很多鄰居都逼到天台了。

二十多歲時玉蓮經姑姐介紹便認識了當海員的丈夫而結婚了，除了專心照顧家庭，她還做替工幫補家計！玉蓮是四個孩子的母親和五個孫兒的祖母，她現在和最小的兒子同住，感恩兒孫滿堂，子女亦非常孝順。

玉蓮很喜歡聽粵劇，是任白的忠實擁躉，滿足於能經常聽歌。雖然現在年紀大了，因為膝蓋痛行動不方便，但她也經常去打麻雀娛樂，生活過得愉快！

玉蓮十五年前曾經想過皈依我佛，雖然沒有成功但仍然修行佛道，相信擇善而行，現時社會情況工作困難，感恩政府有長者資助，解決了很多長者的一些基本生活問題，相對以前的生活現在還是平穩得多了。

Madam Yin was born in a tea plantation in Dongguan and moved to Hong Kong with her mother when she was around four years old. When she first arrived in Hong Kong, she and her family settled in Sai Ying Pun. At the time, her family lived on the top floor of the building, and young Yin would often join her neighbours to sleep on the rooftop to escape from the sweltering months of summer heat in a non-air conditioned household. When she reached her twenties, her aunt introduced her to her now-husband, who is a seaman. As a mother of four, she was constantly busy attending to the needs of her children and the house. Despite all that, she also managed to pull her weight financially working as a part-timer.

Madam Yin now lives with her youngest son. She is grateful for her children and grandchildren, and they take good care of her. She spends her free time listening to Chinese opera and playing mahjong. She considers these two activities as the greatest simple pleasures in her life. At one point, fifteen years ago, she contemplated nunhood, but one way or another it didn't go as planned. However, she continues to practice Buddhism to this day.

Her mantra is "to be kind and empathetic with others".







**13 林素玉 76歲**  
**Madam Lam 76 years old**

素玉在福建長大，家裏有三兄弟姊妹，幼時她父母是農夫要耕種田地，因為家裏貧窮，她是長姐，自小便要照顧弟妹，便沒有機會讀書了。

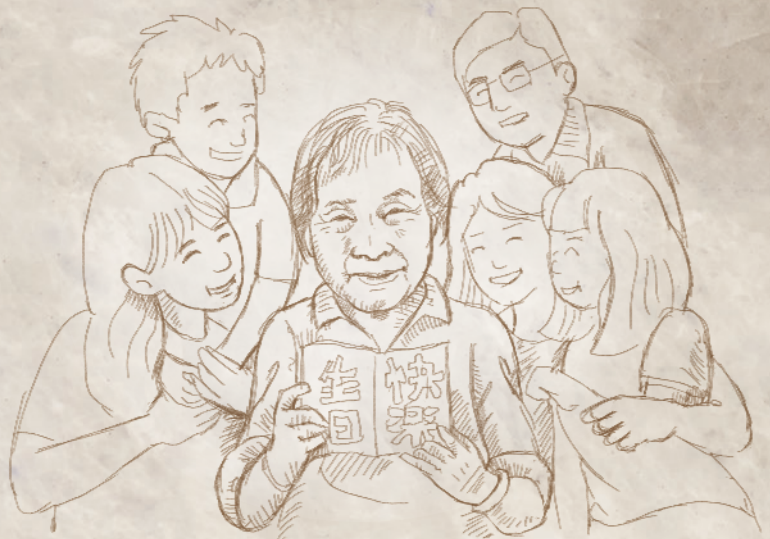
那個時候很多人很年青便接受由媒人介紹結婚，十九歲的素玉也是這樣認識了丈夫而結婚的。婚後亦一直工作，那時候她和丈夫的工作是在照顧長者的。1986年他們只能帶著小女兒一起而遷移到香港，留下四個較為年長的子女在國內繼續生活，雖然後來其他子女都能移居到香港，但因為居住的環境問題他們還是搬回國內了，現在就只有兩個子女住在香港，但各自生活忙碌也不常有見面，節日才會回來團聚吃飯，提到兒孫素玉特別感恩有一位孫女經常有探望的。

現在素玉是一個獨居長者，慶幸身體還算健康，雖然有糖尿病，只要定時食藥，定時覆診，還可以好好照顧自己。以前有去社區中心參與活動，特別喜歡一日遊，又幫忙做義工，參與賣旗活動等，遺憾現在疫情期間不方便出門，已經很久沒有去參與了，甚至減少了其他社交活動。素玉希望疫情盡快過去，能夠盡快恢復正常通關，社區能夠重新活躍起來。

Madam Lam grew up in Fujian in a household of six that tended the fields. Her family wasn't rich, but as the eldest sister, it was expected of her to take care of her younger siblings. Because of this, she also had to forgo the opportunity to study. At the time, matchmaking was a common practice – especially for a young woman like herself. So, at the age of nineteen, Madam Lam met her husband that way and got married. After marriage, they had five children together. She and her husband worked full-time together taking care of the elderly at a retirement home.

In 1986, they decided to move to Hong Kong. Since they were not able to bring all of their children along, they decided to take their youngest, knowing full well that their older children could manage and join them at a later stage. They eventually came to Hong Kong for a short period of time, but they decided to head back to the Mainland out of preference. Though the housing issue in Hong Kong was also a contributing factor. Presently, only two children are living in Hong Kong, but their lives are hectic, and they don't have the luxury for a reunion, except during public holidays.

Madam Lam, who lives alone, mentioned that she is grateful that her son and granddaughter often visit. She is mostly in good health when her diabetes is under control, and she can take care of herself. Before the COVID-pandemic, she used to go to community centres to participate, both as a volunteer and as a participant, in social activities - she enjoys the one day tours in particular. Unfortunately, it is not as convenient to go out now. It has been a long time since she has taken part in anything. She hopes that the pandemic will pass as soon as possible and that the borders will reopen so her children could visit her freely.







14 楊楚蓮 58歲  
Madam Yang 58 years old

楚蓮在國內汕尾長大，家中有七個兄弟姊妹，自己排行第二，可惜自小沒有機會讀書，目不識丁，也沒有什麼工作經驗，曾經在國內賣魚。後來朋友介紹認識在香港的丈夫，結婚七年後，在1998年才能夠來香港定居，為了幫補家計，曾做小販工作，含辛茹苦的照顧丈夫和兒子，生活也過得去，可是十年前丈夫去世了，留下自己和二十多歲的兒子相依為命。

楚蓮帶著兒子生活並不容易，直到現在三十多歲的兒子仍然沒有工作，也有溝通困難，不能面對社會，幸好政府社會福利署有綜合社會保障援助計劃幫助他們應付基本的生活需要。楚蓮和兒子在家也很少有溝通，她自己性格比較內向，每天都如常生活買餸煮飯，甚少朋友，所以也沒有太多和朋友相聚。楚蓮喜歡在家看電視，也談不上有什麼其他的興趣和嗜好！去年偶然有一次知道何君堯律師創辦的匯蝶公益有一個為長者改善家居環境的計劃，因為一直沒有經濟能力更沒有人幫忙，看到家裏的天花牆身也很舊，便立即登記參與，經過師傅的油漆工作，現在天花煥然一新，十分滿意，感覺精神多了！她希望香港疫情能盡快過去，同時感謝何律師的幫忙！

Madam Yang grew up in Shanwei, China, in a family of nine, where she is the second eldest among her siblings. She has never been presented with the opportunity to study, and because of that, for the most part of her childhood, she was illiterate and would find herself selling fish to help support her family.

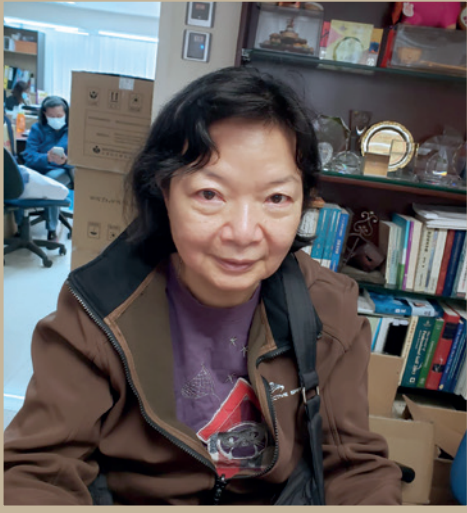
She met her husband through a friend. After seven years of marriage, they were finally able to settle down in Hong Kong in 1998. She was able to help with the family's finances as a hawker whilst taking care of her husband and son. It has now been a decade since her husband had passed away, leaving her with a son in his thirties. It isn't always easy to live with her son, for her son has been unemployed all this time and suffers from Asperger's syndrome. Thankfully, the Government Social Welfare Department has a comprehensive programme to help them meet their basic needs in life.

Madam Yang likes to watch TV at home and surprisingly doesn't have any other interests or hobbies. Last year, when she happened to come across the Butterflyer's Association, she was introduced to a home renovation programme for the elderly. She applied for it immediately since she didn't have the means to do anything about her dilapidated ceilings at home. Now, her home looks brand new, and she is satisfied with the new appearance, which had a huge positive impact on her family of two!

She hopes that the dust will settle in Hong Kong soon, and we will be able to see the pandemic off for good.







**15 舒小龍 69歲**  
**Madam Shu 69 years old**

小龍一生頗為艱苦，幸好她是一個開朗的人。在她五歲的時候媽媽便過身了，自小便由婆婆照顧，但是婆婆亦同時要照顧表兄妹，爸爸又忙碌於工作，且後來小龍十多歲的時候爸爸也不幸地離世了！起初他們在土瓜灣唐樓居住，地方細小，生活也相當困難，幸好後來獲政府安排婆婆帶著孩子們一起搬至公屋邨，生活才得以稍為改善！

小龍讀完小學便要工作，那個時候，為了找工作只得借朋友的身分證充當年紀大一點，除了工廠的工作，為了要有更好的學識和工作，便嘗試供讀夜中學，只是沒有完成中學畢業，因為跟不上課程，讀至中四便退學了！小龍亦曾經做過多份工作，包括酒樓侍應及酒店接待員。

小龍二十三歲的時候結識了丈夫便結婚了，後來生了兩個兒子和一個女兒。那時候一家人住在屯門安定邨，後來覺得購買居屋比較穩妥，便買了附近的居屋。可是供樓實在不容易而且壓力很大，小龍覺得這是其中一個主要導致她和丈夫離婚的原因。

小龍最難忘和遺憾的事情是大姐姐要離世的時候不能在她身邊，因大姐姐發現癌症時已是晚期，她一個人去了國內養病，因小龍沒有時間探望，所以大姐姐離世的時候不能在她身邊！

小龍感嘆子女都長大了亦各自搬離，在家裏媽媽一向是比較嚴厲管教的角色，而爸爸是溫和的角色，感覺自己和子女有些少疏離。現在已經退休了的她和大兒子一起居住，雖然身體不如從前，但照顧自己是沒有問題的。當年辛辛苦苦的供樓，現在解決了供樓的負擔，所以對於現在自由自在的生活也是十分滿意的。

Madam Shu had a tough upbringing but she did not let that bring her down. When she was just five years old, her mother had passed away, and she had to move in with her grandmother, who was already preoccupied with caring for her cousins. Then five years later, her father also succumbed to illness and passed away. Her life turned for the better when the government arranged for her grandmother to move into a public housing estate.

Madam Shu began to work at a factory straight after primary school. She recalls that she would borrow her friend's ID card to present herself as older than she was to gain access to the job market. In addition to working in the factory, she had to find a myriad of ways to make herself stand out more for higher-paying roles. This meant that she had to enroll in a secondary night school. Unfortunately, she could not graduate and had to drop out in Year 10 due to her overwhelming work commitments. Madam Shu has worked in many different jobs all her life, including waitressing in restaurants and dealing with customers as a hotel receptionist.

Madam Shu met her husband and got married at twenty-three. They have two sons and a daughter together. The family lived in On Ting Estate but later bought a flat from the government, feeling that buying a flat would provide them with greater financial security. However, the burden of having a mortgage looming over their heads ultimately strained their relationship; they eventually divorced. One of the most unforgettable and regrettable things for her was that she could not be with her sister when she was on her deathbed. By the time she found out about her ailment, it was already too late. Madam Shu was so preoccupied with her own troubles she failed to realize that her sister also needed help. Today, Madam Shu laments that her children have all grown up and went their separate ways, and because she has always been the stricter parent, she feels that she is a little more alienated from the rest of her children. Madam Shu is now retired and lives with her eldest son. Although her health is not as good as it could be, she still takes good care of herself.







### 16 彭玉儀 76歲

Madam Pang 76 years old

玉儀在國內中山長大，家中有五個女兒，自己是長女。玉儀自小便是一個多病的孩子，家庭環境也不好，所以只能讀到一年班。大約十歲那年，有遠房親戚想找一位小保姆照顧他們家裏的兒子，為了可以減輕父母的負擔，又可以獲得香港的醫療照顧，玉儀便果斷同意跟隨遠房親戚來到香港居住，幫忙照顧小孩。勇敢的玉儀在來到香港後，身體果然好起來了，雖然有時候會遭受其他人的白眼，心裏難受，但總的來說，她是感恩能來到香港生活的。

玉儀十四歲的時候便開始打工了，她還深刻的記得，在工廠做五金，那時一天的工資是大約兩元，後來她轉去製衣工廠工作，收入就好些了！年紀輕輕的她，每次出糧都會寄錢回鄉下給父母的。

玉儀在工廠工作時認識了丈夫，二十九歲結婚，婚後兩人一起工作，他們一直在長沙灣區的工廠工作，除了工作之外，她亦專心相夫教子，照顧家庭，他們育有一子一女，幸好子女自小聽話，十分孝順！玉儀自覺很幸福，十分珍惜和感激一家人一起，健健康康快快樂樂，她深深體會到一家人在一起，做什麼都是幸福的！

八十年代，他們申請公屋，獲得批准後搬到屯門住，一住便是四十多年了！現在每星期和兒孫一起相聚，婆媳關係非常之好，孫女都三歲了，非常可愛，她很滿足於現在的生活！

對於他們這些基層來說，玉儀非常感恩香港政府的社會福利及家庭服務的政策！

Madam Pang grew up in Zhongshan, China. She is the eldest of five sisters. When she was young, she often fell ill. Her family was poor and as a result, she only had one year of schooling. When she was ten, a distant relative wanted to find a babysitter to take care of their son at home. Madam Pang bravely accepted the offer and followed them to Hong Kong believing that she could help her family by reducing the financial burden at home. Besides, she thought to herself, she could also receive the much needed medical attention in Hong Kong.

After she came to Hong Kong, her health improved considerably. However, her life in Hong Kong wasn't necessarily a bed of roses either. She experienced rejection and dislike, but she was nonetheless grateful for being able to live in Hong Kong. As the children she was looking after grew older, the fourteen-year-old Madam Pang started working in a hardware factory where her salary amounted to about two Hong Kong Dollars a day. After that, she transitioned to working for a garment factory for higher pay. She was remarkably responsible despite her young age, as she would send money back to her parents upon receiving her salary.

Madam Pang met her husband through work at the garment factory, and they got married when she was 29 years old. They continued working at the garment factory in Cheung Sha Wan after marriage. They have a son and a daughter who are well-disciplined and respectful individuals. Looking back at her life now, Madam Pang is extremely happy with how her life turned out and is grateful for her family's health and happiness. After all, there is not anything greater than a united family.

In the 1980s, they applied for public housing, and upon having their application approved, they moved to Tuen Mun. They have since lived there for more than 40 years! Madam Pang gets together with her children and grandchildren at least once a week. She has a great relationship with her daughter-in-law. She is blessed with a grand-daughter who is only three years old, and she is as cute as a button.

She is very happy with her life now, especially grateful for the Hong Kong government's social welfare and family policies!







**17 林梓忠 90歲**  
**Uncle Lam 90 years old**

梓忠在開平長大，四兄弟姊妹中他排行第二，他只能讀到小學二年班，他從小便開始幫忙在農地裏耕種及飼養家畜！梓忠三十歲來港，以前的日子香港人大部分都生活艱難。初來報到的日子，經過同鄉兄弟介紹入李維斯公司牛仔褲廠做了製衣，一做就是30年多年，幸虧當時的上司非常關照，後來成為生產部的主管。可是後來廠房遷移去菲律賓，那時他便被辭退了。梓忠後來一直做散工直至退休。

梓忠一直熱愛運動，他是一個非常活躍的人，年青時他曾經參加渡海泳，經常打籃球，喜歡去旅行，現在也常常和朋友相見！如果你見到一個九十歲高齡的老翁，每天早上五時在疫情下獨自在屯門某一個籃球場打籃球，那就是他了！

梓忠在四十多歲的時候，認識了太太，結婚後他們有兩個兒子，現在和太太相依為命，用了一生的積蓄購買了現在的房子！他們享受著獨立的退休生活，兒孫經常來探訪，十分滿意！

梓忠座右銘是“對人好，人會對你好”！他九十年的人生經歷裏，經歷過兩次香港的暴動，包括五六年雙十暴動和六七暴動，但是2019年的暴動，梓忠認為是影響極大，對整體社會這麼大的破壞是他從未見過的！他期望社會和經濟會盡快平靜下，恢復正常生活。

Uncle Lam grew up in Kaiping and ranks second in age among his four siblings. As a consequence of having to help out on his family's farm, raising livestock, Uncle Lam has only received two years of primary school education in his life. Uncle Lam came to Hong Kong when he reached the age of 30, at a time when most Hong Kong people were struggling on a day-to-day basis. He was no exception to the rule, for he too went through the vicissitudes of life and struggled to feed himself.

He made clothes for 30 years. Together with his 'brothers' that came from the same hometown; they worked at a denim jeans factory. His supervisors took great care of him and later even appointed him to be the principal manager of the production line. However, when production went to the Philippines, he was, unfortunately, let go and had to look for miscellaneous part-time jobs until retirement. Uncle Lam met his wife in his forties and had two sons after marriage. They spent their life savings on the very same house that they are currently living in, and they are enjoying their life in retirement. Having their children and grandchildren visit often is more than a plus for both of them!

Uncle Lam has always loved sports and is very active by nature. When he was at his prime, he would swim in open waters and play basketball. He is particularly fond of travelling and meeting new people along the way! So if you ever see a 90-year-old man playing basketball alone on a basketball court in Tuen Mun every morning at 5 o'clock, that would be him! Uncle Lam's motto in life is to "treat others how you would like to be treated"! In his 90 years of life, he has experienced a few major riots in Hong Kong, including the riots in 1956 and 1967. However, he reckons that the riots in 2019 is probably the most devastating one and could not believe what he had witnessed.







**18 張馬傳 80歲**  
**Uncle Cheung 80 years old**

張叔是土生土長香港新界人，他記得就讀在屯門拔臣小學的時候，一班有40多人，當時能夠讀書的已經是少數了！後來他更升讀到柏雨中學，他還記得那時候的老師，大多數都是從中國遷移到香港的知識分子，很有文化，深受影響！後來他又獲得機會到珠海大學做旁聽生，讀了兩年後由於生活所迫，無奈因為經濟問題不得不出來找工作。

張叔曾經做過多份文職工作，特別記得最長是在星島日報作出版社的工作，其中有兩年在邵氏做攝影師。

張叔喜歡旅遊、登山、他曾經去過西藏、新疆、印度、尼泊爾、克什米爾。二十年前，他參與扶貧助學，接觸到多個少數民族，曾經在廣東雲南地區教過天台學校，甚至也去過北朝鮮。因為匯蝶公益發起的長者家居改善環境計劃，在滿屋書本的房子裏，張叔和匯蝶公益的創辦人何君堯律師見面，兩個志趣相投的文化人滔滔不絕，侃侃而談！張叔很多謝何律師關心，感謝匯蝶公益幫助他改善家居。

張叔認為，對於他這個年紀，最主要是活在當下！他相信香港社會需要和中國融合，他希望中央派人管治香港。他認為年輕這一代缺少了國民教育及環保教育。張叔稱他最討厭三流，系人流、車流和高樓，這些都破壞了自然環境。張叔喜歡高天、高山、高林，他寄語現代的社會和年輕人不要破壞大自然，使大家連天上的星星都看不到，地上動物都慢慢消失了！

Uncle Cheung is a native of Hong Kong and the New Territories. He remembers that when he was studying at Butsan Primary School in Tuen Mun, there were more than 40 students in a class. At the time, there were only a few who could afford the opportunity to study further, and as one of the fortunate few, he was able to attend Pak U Secondary School after primary schooling. He still remembers that the teachers were mostly intellectuals who migrated from China to Hong Kong. They were very educated and profoundly wise. Even to this day Uncle Cheung is deeply influenced by their teachings and wisdom.

Perhaps with a bit of luck and hard work, Uncle Cheung was allowed to participate in lectures offered by Chu Hai College of Higher Education. But shortly after two years of study, he had no choice but to find a job due to mounting debt and other pressures in life. Of all the jobs he had in the past, the times he had been working for Sing Tao Daily and the two years as a photographer for Shaw Brothers were the most unforgettable.

Uncle Cheung likes to travel and is a keen hiker. He has seen many parts of Asia, including Tibet, Xinjiang, India, Nepal, and Kashmir. At one point, twenty years ago, he even went on a mission to help the poor and down-trodden students. He collaborated with ten different ethnic minority groups and spent a majority of his time teaching on school rooftops. He even ventured to North Korea doing the same thing.

More recently, Uncle Cheung has applied to be a recipient of the Butterflyers Association's Home Renovation service. He was pleased to know that there is someone out there helping out the less fortunate, and when he met the Association's founder, Junius Ho, the two conversed as if they had known each other for a long time!

Uncle Cheung believes that for this era, the most important thing is to live in the present, and society must grow with its government. Uncle Cheung sincerely hopes that the central government will send their elites to govern Hong Kong and inspire the younger generation and to teach the young people how to care for the environment along with the rest of the city. He wants to be able to see the sky and sea without being obstructed by high-rising buildings and perhaps be able to gaze upon the stars at night in the absence of light pollution. He believes that it is a real shame how city-dwellers have lost in touch with nature.







**19 吳槐先生 78歲**  
**Mr Ng 78 years old**

吳先生在國內汕尾出世，適逢日本攻打中國，日本人登陸汕尾，隨意搶殺市民。當時吳先生還是嬰兒的時候，日本人來到他們的村，他們搶走了鄰居的豬，吳先生的媽媽和他們起了爭執，結果媽媽在驚慌中把他丟在地上便跑了，幸好當時爺爺及時發現，出來送了一盆雞蛋給日本軍，送走了他們才把他從路邊撿回來，後來媽媽也平安回來了。所以吳先生認為自己是一個大命的人！

吳先生讀書至初中然後開始在汕尾耕田，18歲獨自搬至香港找哥哥，曾經在地盤及雜貨舖工作。1967年期間偶然認識了太太，緣分所致，一年多後便結婚了，育有兩子兩女，在荃灣大窩口新區安置區居住。婚後在大窩口街市開了一間水果店，辛苦工作，努力積蓄，在80年代購買了屯門一私樓定居，記得供樓日子亦非常辛苦，艱苦的日子很難忘，養育子女，供書教學，並不容易！幸好四個子女都學業有成，工作順利，非常孝順，現在兒孫滿堂，吳先生覺得自己不單命大，亦是一個硬漢子，更是一個好命之人！

Mr Ng was born in Shanwei, China. At the time of his birth, China was under siege by the Japanese. When the Japanese army arrived at Shanwei, they pillaged, maimed and killed the people there. When Mr Ng was just a baby, the Japanese came to his village. They snatched a pig from his neighbour and because of that his mother and neighbour got into a heated argument with the Japanese. The Japanese soldiers, however, retaliated and scared Mr Ng's mother so much that she abandoned young Mr Ng on the roadside and fled. Luckily, his grandfather noticed the situation in time and quickly offered the Japanese a basket of eggs for the trouble the villagers "caused". His grandfather saved him from the roadside and later returned him back to his mother.

Mr Ng left school when he was in junior high to tend to the fields. When he was about 18 years old, he came to Hong Kong alone looking for his older brother. He worked at various construction sites and market stores in his early years. He met his wife in 1967, and they got married a year later. Together they have two sons and two daughters. They lived in Tai Wo Hau new resettlement area, and he decided to start a fruit store at the Tai Wo Hau Market once they married. They worked really hard and saved all they could, eventually in the 80's they managed to buy an apartment in Tuen Mun. Paying off their mortgage was not as easy as it seemed, it was a lot of hard work! The memories of their tough days are hard to get: it was never easy to provide for their children and give them the education that they deserved. But thankfully the children are all very well educated, respectful and caring people. Mr Ng has many lovely grandchildren as well! To this day, Mr Ng still considers himself a strong man that is blessed with good fortune.







20 楊耀華 85歲  
Madam Yang 85 years old

楊耀華出生在印尼貧苦農民家庭，3歲時爸爸離開了，因媽媽目不識丁，所以努力讀書，年年考第一，年年當班長。1959在印尼首都中華中學高中畢業，全印尼2名獎學金，她都拿到了。第一個是福建華僑基金會(南安公會)要送她去德國學醫，畢業後一定要回印尼做醫生，第二個是中國大使館。李春鳴校長告訴她，中國大使館也選了她，要她做決定。最後她選了中國大使館，去了福建師範大學，1963年大學畢業分配去泉州當老師。工作廿多年，年年是模範教師，先進工作者。雖然困難，但她工作很開心。她把母親，外公外婆也接回到中國。來香港40多年，一直自立更新，直至去年才退休。

10年前開始關注何君堯，覺得他為人正氣、敢言，和她性格相似。去年國家訂立香港國安法，香港露出曙光。桃李滿門的她，看見學生和外孫(2男2女)學業有成，滿懷安慰，希望他們懂感恩，明天會更好！

Madam Yang was born into a poor family in Indonesia. Her father abandoned her when she was only three years old, and because her mother was illiterate she had to work extra hard at school. Her hard work was paid off with excellent grades and two exclusive scholarships in 1959. One of which was a state-sponsored scholarship offered by the Chinese Embassy, the other one was issued by the Fujian Overseas Chinese Foundation (Nan'an Association) to send her to Germany to study medicine on the condition that she must return to Indonesia to be a doctor after graduation. With little time for consideration and pressure from her Principal, Li Chun-ming, she chose to take the scholarship offered by the Chinese Embassy and went to Fujian University. After graduating from university in 1963, Madam Yang was assigned to be a teacher in Quanzhou where she worked for more than twenty years and became a model teacher for generations to come. The work was hard, but she was nevertheless happy. She had also saved enough to buy her mother, grandpa and grandma a ticket back to China. She has been in Hong Kong for more than 40 years and continued to be self-reliant until she retired last year.

It was about ten years ago when Junius Ho caught her attention. He gave her the impression that he's a trustworthy and upright individual with a personality much like hers. She was unbelievably happy when the state finally enacted the Hong Kong National Security Law last year. She believes that the bill marks the end of the civil unrest that has shrouded Hong Kong for years. Now that she is retired, she is over the moon to see her students and grandsons (a pair of boys and girls) having achieved academic excellence. She wishes them the best in their future endeavors and hopes Hong Kong will become a better place for everyone.

桃李滿門







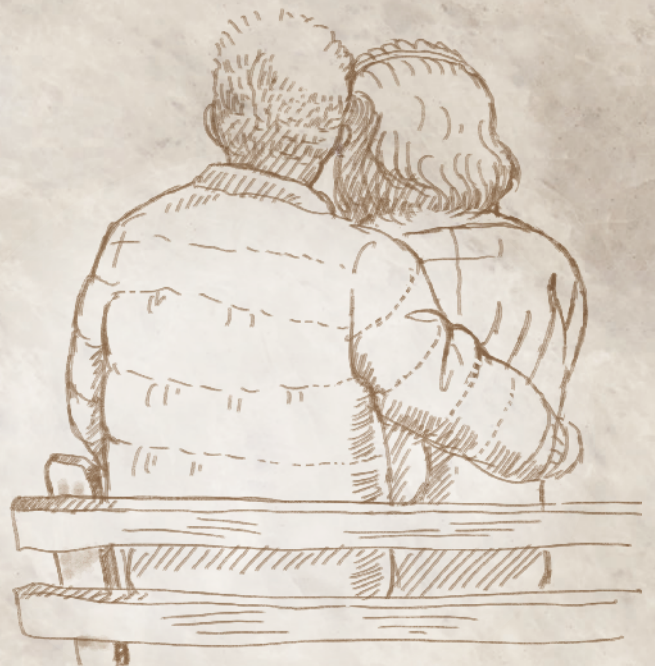
**21 劉德偉 70歲**  
**Uncle Lau 70 years old**

劉德偉今年70歲，祖籍汕尾，育有五子女，均已成家立業，搬出各自生活。退休前在地盤從事五金、打炮工作，因此患了肺塵埃沉着病，10年前某一天突然吐血，送去醫院，因醫療失誤做了兩次手術，自始便失去工作能力，被迫退休。患病期間，沒人照顧，感覺徬徨無助，曾萌輕生念頭。幸好與太太一起生活，相依為命，兒女各自忙碌無奈少有相見，感恩有政府資助及住在公屋減少生活開支及負擔。劉生喜歡經常到辦事處探望，獲得社區主任的協助和開導。

希望晚年生活可以安逸一些，政府能體恤老人，多予照顧，多些福利和資助。感謝匯蝶公益義助長者改善環境計劃，使家居煥然一新。

Uncle Lau is 70 years old this year. He recalls about his life back in his ancestral home in Shanwei, along with his five children, all of whom are now married and have moved out. Prior to his retirement, he engaged in hardware and artillery work in the construction sites. But having inhaled too much smoke and dust from controlled explosions, Uncle Lau suffered from pneumoconiosis. One day, ten years ago, he suddenly coughed up blood and was sent to the hospital. Due to multiple complications throughout the operations he endured, he lost his ability to work and was forced to retire. Scarred and left with a chronic illness, Uncle Lau would often contemplate the easy way out. Luckily his wife supported him through his hardship. Nowadays, their children are busy with their lives so they seldom visit, however, Uncle Lau enjoys visiting our community office where he receives support and friendship.

He hopes that elderly life can be more comfortable, and that the government can be more sympathetic to the elderly by taking care of them, providing more benefits and subsidies. "I have the Butterfly Association's Home Ceiling Improvement Scheme to thank," he said. "Especially for helping the elderly in renovating their living quarters and making their home look brand new."







**22 吳孝新 64歲**  
**Mr Raymond Ng 64 years old**

吳孝新今年64歲，籍貫廣東廣州，十多歲跟油漆師傅學師，自此便加入裝修行列。憑雙手打拼，養活妻兒老少，現子女成才，各自置業安家。2020年底從朋友獲悉何君堯議員“義助長者改善環境計劃”便毫不猶豫參加義工，完成服務社會心願，幫助長者，上善若水！

香港從佔中，黑暴橫行，歪理荼毒年青人，現國安法實施後，社會回復安寧，希望年青人能回復理智，回頭是岸，重新建設香港，每人可安居樂業！

Mr Ng is 64 years old this year, and he was born in Guangzhou, Guangdong. He learned from a professional painter throughout his teenage years and amassed enough experience to do it for a living. His hands worked tirelessly to support his wife and children, and it brought tears to his eyes when he witnessed his children becoming successful individuals with their own place to call home. At the end of 2020, he learned from his friends about the Butterflyers Association's Home Ceiling Improvement Scheme, and he did not hesitate to participate as a volunteer, fulfilling both his aspirations to serve the community and helping the elderly.

Hong Kong was caught between a rock and a hard place for quite some time and has endured violent crimes perpetrated by ideologically possessed youths. After the implementation of the current National Security Law, Mr Ng believes that Hong Kong will finally go back to normal. He sincerely hopes that young people can regain their sanity and help rebuild the damage they caused to Hong Kong, so that everyone can live and work in peace!







**23 張瑞英 60歲**  
**Madam Cheung 60 years old**

張瑞英女士今年60歲，是一名土生土長的香港圍村人，自幼在圍村長大，直至結了婚也搬回圍村住，也順便可照顧年患病的母親，直至母親過身後及兒女開始長大希望子女有更好學習的環境才搬上私家樓住。

2020年可以說是全球每個人都經歷最難忘的一年，2019冠狀肺炎爆發，令所有人都感到憂慮，不安，經濟受到嚴重影響，各行各業受到嚴重創傷，很多行業經營模式都要改變，很多工種受到嚴重影響，亦有很多工種相應需求增加，經過這一次世紀疫症，相信很多人都永世難忘。

我希望疫情盡快過去，市民得以回復正常生活，另外政府須要未雨綢繆，做好應付突發事件的應急措施，讓市民生活安定。

Madam Cheung is 60 years old this year. She is an indigenous villager who has lived in the village since a young age. She left the village briefly and decided to come back to the village post-marriage so she could also take care of her bedridden mother in her final years. Madam Cheung left the village once again when her mother had passed away, and decided to move into a private flat to give her children a better living environment.

2020 could be defined as a memorable year for everyone around the world. With the outbreak of the 2019 COVID pandemic, most people felt anxious and worried. The economy suffered a serious blow and many sectors were affected. Many business operation methods had to change to adapt to the new challenges brought on by the pandemic, and some businesses even became more in demand as a result. She has no doubt in her mind that people will not forget the ordeal they had to live through during this once in a century pandemic.

She hopes that the pandemic will go away soon so that citizens can go back to their normal lives. The government should carry out necessary preparation to cope with future emergencies so that people's lives will be more stable.







**24 林鏗堦 62歲**  
**Madam Lam 62 years old**

鏗堦是一個生長在重男輕女的家庭，9兄弟姐妹，排行第4。70年代社會，很多人十多歲就要出來工作，她是其中一個，朝早返工，晚上返夜校。20歲結婚生子，44歲做麻麻，生活總算滿足，感恩上天！

可以學佛修行是她畢生難以忘懷之事，令自己明白因果，更令自己學習聖賢德行，好好去修改過往生積習的脾氣毛病，踏上聖賢之路！

本來無欲無求的她，已沒什麼冀望，因為世上一切離不開因緣果報，不是她的求也求不得！但當今疫情反覆，當然希望疫情快些結束，要疫情結束不是沒有辦法，就是人心要向善、少殺生、多學吃素。自然身清、債清，就不會與眾生結下仇怨，不與眾生結下仇怨，人就不會受業報，疫情自會結束。如不是的話，將來的不知名病毒，更會變本加厲，這是她對世人的冀望，亦是她由衷之言！多與眾生結善緣！

Madam Lam is currently 62 years old. She was born to a patriarchal family with 9 siblings and she ranked fourth amongst her siblings. In the 1970s, many youngsters had to go to work to earn an income. Madam Lam was one of them, working during the day and attending school at night. At the age of 20, she married and later had children. When she reached the age of 44, she became a grandma. Now, she's content with her life and grateful for everything that has happened.

Being able to study Buddhism is one of the most memorable parts of her life. She learnt how to be “morally indefensible” and righteous, and she reflects on her previous shortcoming of bad temper to improve herself on a daily basis.

As someone without much expectation and wants, she does not have a lot of dreams or aspirations. She thinks that everything in life has its Karma and we will be rewarded and punished accordingly. Like everyone else, Madam Lam wishes the pandemic to end soon. But in the meantime, she believes that we must do more good in life, kill fewer animals and adopt a vegetarian lifestyle. If we are pure and holy, we will not be punished and the pandemic will eventually go away. If we do not reflect on our actions, she believes that a more deadly virus will emerge and punish us.







**25 高妹 90歲**  
**Madam Gao 90 years old**

澳門出生的高妹，家裏只有她和弟弟。家裏生活並不富裕，所以沒有機會讀書。她26歲時丈夫已經離世，當時她一個人帶著兩個孩子，十分艱苦，但為了專心照顧孩子，她努力工作從沒有考慮要再婚。30多歲的時候，她獨自帶著孩子來到香港生活，希望有更好的生活。起初他們在北河街租房，後來成功申請政府公屋，搬至大窩口新區，後來再調遷至東涌，從此才真正的安定下來，住在東涌已經二十多年了！

高妹退休前做了十多年的地盤泥工，再之前她也曾經做過個售貨員及其他工作，有一子一女，子女也有70歲了。很感恩子女十分孝順。

真的希望疫情盡快過去，大家生活可以重回正軌，年輕人應該努力工作，父母撫育長大，給予一切，應該不要忘記他們的養育之恩，要回報他們，孝順他們。

Madam Gao was born in Macau, and she has a brother. Her family was not wealthy, and because of that she never had the opportunity to receive an education. At the age of 26, her husband had passed away, and she had to bring up two children by herself. Life was tough but in order to take care of her children, she worked diligently and did not consider remarrying. When she was 30, she brought her children to Hong Kong, hoping for a better future. Initially, they rented a place on Pak Hoi Street. They then successfully applied for public housing and relocated to Tai Wo Hau, and finally moved to Tung Chung. As of now, they have lived in Tung Chung for more than 20 years!

Prior to her retirement, Madam Gao was a construction worker for 10 years. Previously, she had also worked as a saleswoman. Her two children are 70 years old now, and she is grateful for their filial love for her.

She hopes the pandemic will go away soon so that people can resume their normal lives. She believes youngsters should work hard, and parents should try their best to educate their young and care for them. Madam Gao believes that children have a duty to take care of their parents as they grow older. It is the least they can do to show their appreciation for all the sacrifices they made for their children.







**26 鄧水 91歲**  
**Uncle Tang 91 years old**

鄧伯伯年青的時候在軍部工作，練得一口流利英語，有一次有外國人致電家裏，大學畢業的女兒聽得一頭霧水，鄧水接聽後談笑風生！他常常以操流利英語而引而自豪，陌生人看見伯伯的語言能力均嘖嘖稱奇，真是令人津津樂道！

鄧伯伯作為全村最年長的長者，深受村民愛戴，德高望重，受人尊敬，退休後熱愛賽馬，每逢賽馬日都會推卻所有約會，努力鑽研馬術！他也熱愛烹飪，每天約會三五知己到酒樓品茗後，再到街市買餸煮飯，子女為他聘請的外籍僱工每日都可以享用伯伯烹調的中國美食，打工也是一種樂趣。伯伯的烹調技術精湛，他會記掛每位子孫喜愛的食物，烹調各種美食令眾人大快朵頤。

鄧伯伯現在每天都會做運動保持健康體魄，他以自己的身體狀況良好引以自豪，頭腦非常清醒。

鄧伯伯的願望就是能夠保持健康體魄，有尊嚴地享受退休平淡而充實的退休生活。

When Grandpa Tang was young, he served in the military and became fluent in English. Grandpa Tang is particularly proud of his ability to speak several languages. He would reminisce about the times when he impressed everyone, especially his daughter, as he conversed with foreigners on the phone with much ease.

As the senior elder of his village, Grandpa Tang is well respected and loved by all the villagers. Now that he has retired, he has fallen in love with horse racing and would often cancel all of his appointments to study horsemanship. Grandpa Tang also loves to cook. Everyday he would enjoy dim sum with his close friends and go grocery shopping at the market afterwards to prepare home cooked meals. Despite having hired a domestic helper to help around the house, he still cooks for his family and the domestic helper too. She always expressed that it's a pleasure working for their family because she gets to enjoy Grandpa Tang's delicious cooking! Grandpa Tang remembers all of his family member's favourite dishes and would often cook for them as a way of express his love.

Grandpa Tang exercises everyday to maintain a healthy body. He takes pride in his good physical condition and his clear and sharp mind.

Grandpa Tang's wish is to stay healthy and enjoy a simple yet fulfilling retirement.







**27 黎慕貞 91歲**  
**Grandma Lai 91 years old**

慕貞婆婆是一位目不識丁的農村婦女，年青時，她在外國人家從事家務助理工作，不諳英文的她很努力學習英語和外國人溝通。慕貞婆婆凡事都很努力，認真地做好自己工作，深受外國僱主愛戴，僱主還允許她帶同年幼子女上班。

慕貞婆婆當時相當貧窮，每逢假期都會不辭勞苦帶子女去到香港各處一天遊，海洋公園、兵頭花園、太平山頂及虎豹別墅等等，都留下孩子們的童年回憶！地下鐵開幕就急不及待地帶同子女去大開眼界，因為她希望給予他們盡可能有的機會，在各方面培養子女，只是為了避免子女做井底之蛙！

慕貞婆婆希望能夠保持身體健康，自數年前突然中風後，更覺健康很重要！雖然現在行動不便，慕貞婆婆仍然喜歡和兒孫們講故事，孩子們亦特別喜歡聽她講故事！

Despite not having gone to school and knowing how to read or write, Grandma Lai was remarkably a hardworking farmer. She also worked as a domestic helper in a foreigner's home. Since she didn't know English, she tried really hard to learn to communicate with the family that she was working for. Grandma Lai was dedicated to anything she did and because of her wonderful work ethic, she was beloved by her foreign employers, so much so that they would even allow her to bring her young children to work.

Although Grandma Lai was quite poor, she still made an effort to take her children out on her holidays around Hong Kong so that her children would grow up having happy childhood memories. They would visit places such as Ocean Park, Hong Kong Zoological and Botanical Gardens, Victoria Peak and Haw Par Mansion. When the MTR first opened, she was so excited to explore more of Hong Kong with her children. She wanted to provide her children with as many opportunities as she could afford to show them just how big the world really is.

Grandma Lai hopes to stay healthy. Ever since she had a stroke a few years ago, she realises just how important a healthy body really is. Although it is difficult for her to move around now, she still enjoys telling stories to her family, and they enjoy listening to her just as much!







**28 吳旭權 76歲**  
**Uncle Ng 76 years old**

今年76歲吳伯伯，家有三個女兒一個兒子，想起年輕時也很辛勞，當時他在電燈公司工作，工作長時間，但要養四名子女，還要供養父母，只能勤加努力！70年代加入中電服務直至退休，因中電當時是大公司，福利都很全面，有醫療、書簿津貼和電費津貼等，所以得到很大的幫助！

記得每逢在暴風雨的晚上，接到緊急的通知，他便需要立刻幫助市民盡快恢復電力，真是有意義的工作！

起初他們一家人住在屯門河邊竹園村的木屋，經過新市鎮發展拆遷後搬到大興邨，一家八口住在細小的公屋單位，但幸得太太也幫忙家計，總算過得安逸。

吳伯伯比較喜歡國內自由自在的生活，退休後孩子也長大了，他便獨自搬回深圳鄉下居住，深圳香港兩邊走，來往也很方便，並且經常和朋友遊歷國內的名勝古蹟，享受著他的退休生活！

因現在疫情關係，通常住在深圳的吳伯伯，不能與子女共聚天倫，吳伯伯的冀望是想疫情盡快過去，可隨時回香港和子孫們過節團聚。

76 year old Uncle Ng has three daughters and a son. He often reflects back on the tough times that he's had when he was younger. At the time, he would have to work long hours at an electric company in order to provide for his four children and support his parents. All he could do was work extra hard! In the 70s, he joined the China Light and Power Company (CLP). Since CLP was a big company, he received many benefits such as health insurance and electricity reimbursement, which helped him a lot.

Uncle Ng would often think back on the times when there were lots of crazy storms or typhoon warnings. He would receive urgent calls to help restore electricity to different neighborhoods. It was such a meaningful job!

At first, Uncle Ng lived in Tuen Mun at a village wooden house, but because the area was scheduled for redevelopment, he had to relocate to Tai Hing Estate. Their whole family of eight had to all fit in a tiny apartment! Thankfully his wife was also working to help make ends meet.

Uncle Ng prefers the carefree lifestyle of China. After retirement when his children have all become independent, he moved to Shenzhen to live alone and travels back and forth between Shenzhen and Hong Kong. He often travels around China with his friends to explore different towns.

Due to COVID 19, Uncle Ng has to stay in Shenzhen and he's not able to visit his children in Hong Kong. He hopes that the pandemic will be over soon so that he will be reunited with his family again.







**29 唐發祥 76歲**  
**Uncle Tong 76 years old**

1945年在上海出生，生活異常艱苦，好不容易等到全國解放，上學念到高中畢業，1962年申請來香港，由於不懂廣東話，做了很多體力的工作，曾經在建築公司當學徒，中環恆生銀行大廈及香港大學宿舍都有他的血汗參與！爸爸過身後為了幫補家計，經舅公介紹當海員，月入90美金，從最基層水手做起，但他堅持不斷學習努力上進，最後當了船長，發祥驕傲的說航空母艦都是十萬噸，他掌舵的大貨船是16萬噸呢，就算船頭看船尾都要用望遠鏡哦！當海員前後二十年，亦因海員工作由同事介紹認識太太，後來希望多陪伴太太便離開海上轉到貨櫃碼頭工作，任貨箱策劃員也有20年，一直到2001年退休。

退休後自發為香港參加很多社會活動，發祥無悔為此銀鐐入獄！2019年的黑暴，覺得當時的黑暴年輕人肆無忌憚耀武揚威，他因參與了一次的抗議活動被捕，及後被判干犯參與非法集結及普通襲擊罪。他在獄中睡得不好，每晚在想，“值得嗎？”他不斷反思，在獄中寫了二十三篇文章：關於時事、關於愛國、關於反港獨！他自覺十分愛國，無悔愛港愛國，為那場官司，他花了錢，入了獄，但初心不變，正是如此在判刑時他高呼：“中國共產黨萬歲！中國人民大團結萬歲！”

自回歸後已24年，發祥認為香港情況不理想，沒緊跟祖國一同發展經濟科技，今天已落後內地很多，願香港從今天真正開始落入大灣區的大發展，一同繁榮進步，港人安居樂業，安定繁榮，過上幸福的生活。



Born in 1945 in Shanghai, Uncle Tong lived a hard life and waited for a long time for the liberation of his country. He was finally able to apply to go to Hong Kong in 1962, but due to the fact that he didn't know Cantonese, he had to work many labour-intensive jobs. He worked at a construction company as an apprentice where he had a hand in the construction of the Hang Seng Bank Head Office in Central, as well as the dormitories at The University of Hong Kong! After his dad passed away, he decided to become a seaman through the referral of his uncle in order to earn more money. His new job earned him a large sum of 90USD a month. He started off at the lowest rank, but through his hard work, he soon moved up to becoming the captain! He proudly stated that an aircraft carrier warship only weigh 10,000 tons, but he was a captain to cargo ships that weigh more than 16,000 tons! The cargo ships were so big that you would need binoculars to see the other end of it. Uncle Tong served as a seaman for 20 years, and it was thanks to this job that he was able to meet his wife through a colleague. Since he wanted to spend more time with his wife, he switched to managing cargo shipments at the container terminal back in Hong Kong. He also worked at this job for another 20 years before retiring in 2001.

After retirement, being the patriot that he is, Uncle Tong participated in many anti-riot assemblies and has no regrets about being arrested for it! He joined others to protest against the black-clad rioters but ended up being arrested for participating in an illegal assembly and common assault.

Throughout his time in prison, he never had a good night's sleep. He would often reflect at night and ponder about whether what he did was worth it or not. During his time in prison, Uncle Tong wrote 23 articles on topics such related to current news, his love for the country and anti-Hong Kong independence. He loves his country very much. During his sentencing, he exclaimed “Long live the Communist Party of China! Long live the unity of the Chinese People's Congress!”

After 24 years of Hong Kong's reunification with China, Uncle Tong feels that Hong Kong's current situation is not ideal and the city is falling behind China's technological and economical growth. He hopes that Hong Kong will make good use of the development of the Greater Bay Area to grow.





**30 黃濟芬 77歲**  
**Madam Wong 77 years old**

出生在戰爭年代，芬姐半生生活在大陸東北，2歲時父親遠去台灣，8歲時媽媽過身，幸好得到伯父悉心照顧，從小便開始接受國民教育及德智體的全面發展，心靈裏扎下要愛祖國愛人民，忠于共產黨的思想，更認識到自己的祖國是偉大的。

芬姐在內地結婚，曾在機器廠工作，1982年經世叔伯協助下隻身來到香港生活，初時在印刷廠工作，來港四年後，丈夫與子女亦到港一家團聚。很開心在46歲時能找到一份康樂文化署的公務員工作，至60歲退休。

中國建國七十年，由一窮二白到現在成為一個世界強國，芬姐認為這說明國民教育非常重要，而且要由幼兒開始培養。祇要能使人民生活安定繁榮就是好政府。

芬姐是一個勇敢的人，有需要的時候，找她幫忙，她必定答應，不論是在街上派傳單，街站派物資或是在辦事處幫忙，她都會盡力為之！芬姐認為作為一個老人，祇要有能力就可以為社會服務，做義工是芬姐的心願，也希望老人們能多參與社會服務的活動。

Born in the war years, Madam Wong lived half her life in the northeast of the Mainland. Her father abandoned the family to move to Taiwan when she was only 2 years old. To make matters worse, her mother passed away 6 years later. Fortunately, her uncle took her in, and she was able to receive public education which developed her into an all-rounded intellectual. Because of this she grew up having a strong devotion for her country and her people. A loyal aide to the Communist Party who is proud of her Motherland.

Madam Wong married in the Mainland and worked in a machine factory prior to moving to Hong Kong in 1982. She could not have done it without her uncle's assistance. She worked in a printing plant for four years in Hong Kong as she waited to be reunited with her husband and children. At the age of 46, she was very pleased to have secured a job at a Leisure and Cultural Service Centre and continued to work there until she retired.

Seventy years after the founding of People's Republic of China, from being a very poor state to now a world power, Madam Wong believes that national education is the key to national security and stability. A good government makes people's lives stable and the country prosperous.

Madam Wong is a brave person. She would never refuse help to whoever needs it. Whether it is something simple like distributing goods to locals or helping in the office, she always does her best! Madam Wong thinks that being an elderly and still able to serve the community is a blessing! It is her wish and hope that more elderly can participate in community service.







**31 徐玲仙 75歲**  
**Madam Tsui 75 years old**

1961年來到香港，什麼都不懂的農村姑娘，從上海來到香港這個大千世界，感覺很新奇，一切從頭開始，邊學邊謀生，因為要幫助父母負擔家庭開支，16歲中學畢業後開始工作，後來在一家中央紗廠工作，在虛心學習下升到部門主管，前後做了37年，實是不容易，一生難忘。

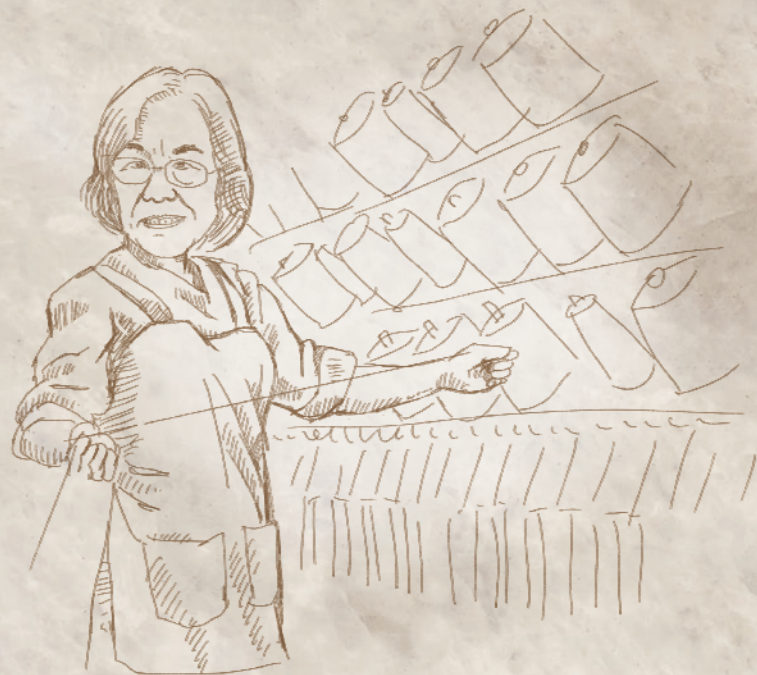
在前幾年玲仙跟丈夫一同參加了何律師的義工工作，覺得退休後參與義工工作令生活很充實，做各種充滿正能量有意義的事，對社會進步有幫助，每次義工活動做完都會都睡得好，吃得下，對身心靈健康很好，所以每次都想參加。

繁榮的香港全靠香港人勤儉耐勞，才有今天，可惜被反中亂港份子倒亂破壞，甚至發生暴動，幸好中央出了國安法，才大致安定，我希望香港從新上路，配合國家的大灣區發展，緊貼發展重新繁榮，大家安居樂業，過上幸福的生活。

Madam Tsui moved to Hong Kong in 1961. Back then, she was a simple rural girl from Shanghai and when she came to Hong Kong at the age of 16, she was fascinated by the modernity of the city and had to learn many new things from scratch. Since she had just graduated from high school, she started work to help with her family's expenses. She found work in a spinning mill and eventually made her way up as the department head; she worked there for a total of 37 years! It was not easy and she considers it one of the biggest achievements in her life.

Few years ago Madam Tsui and her husband began volunteering for Butterfliers Association's services. They feel like they have found their purpose through volunteering making their retired lives more meaningful by spreading positive energies to their local communities. Madam Tsui explained that every time she volunteers, she is able to sleep and eat well, which is good for her physical and mental health, and that is why she will continue to participate in these activities.

Hong Kong is well known for its people's work ethic, but its credibility is now tarnished because of the riots and anti-government sentiment. Thankfully, the National Security Law came into force which brought back stability. Madam Tsui wishes Hong Kong to enter a new phase by joining the Greater Bay Area to achieve prosperity, peace and happiness for the people.







**32 何秀華 82歲**  
**Madam Ho 82 years old**

香港戰亂時代出生，兒時在深水埗居住，親眼見證日本人屠殺香港人，此事令秀華永世難忘。

家中有九兄弟姊妹，兒時沒有機會接受教育，向爸爸訴求連自己的名字都不懂得寫，希望獲得爸爸同意，幸好老師幫忙給予一半學費，才得以在一所愛國的學校，一星期三日的夜校，讀了兩年書！戰前爸爸是開針織廠的，戰後生活大不如前，只能在海邊打魚，有時可以用魚換取碎米，仍然記得和平後一斤碎米是四毫半的！

八歲便和大家姐一起開始幫忙車童裝！可是16歲時爸爸離世，媽媽，姐姐和她便要撐起一家，生活更加艱辛了！慶幸21歲遇到文靜又有責任感的丈夫，結婚後育有1子1女。原本因為丈夫複雜的家庭環境，不考慮他，但是丈夫曾經承諾如果有一碗米都會分一半給她的家人！雖然有三個家婆，眾多家人，但是丈夫做到他的承諾，對秀華關懷備至，樣樣事以她為先，遇到他是秀華一生最開心的事情，可惜幸福的婚姻生活只維持了42年，秀華的丈夫便回到天國，這痛存在心內永不磨滅。

現在子女各自結婚搬出，秀華亦能夠行出社區，參與社區工作，結識愛國愛港的朋友，齊為香港出分力，希望能看到陽光，望到萬象霞光。

Madam Ho was born around the time of the Japanese Occupation of Hong Kong, and has seen first hand the many atrocities committed by the Japanese.

At the time, Madam Ho lived in Sham Shui Po with nine other siblings. She remembers vividly that she would often beg her father for his permission to attend school because she was ashamed that she could not even write her own name. Thankfully, a teacher from a patriotic school took pity on her and decided to pay half of her tuition so she could attend half a week of schooling for two years.

Madam Ho's father used to own a knitting factory; but due to the unforeseen circumstances of war, he had to close it down. He then caught fish at the seaside for a living, and sometimes was able to exchange fish for rice. She can still remember that it was forty five cents for a pound of rice!

When she was eight years old, she started working with her older sister to sew children's clothing using sewing machine. Her father passed away when Madam Ho was only 16 years old, and the women of the family had to work extra hard to support the younger children. When she was 21, she married an introverted yet responsible man. They have a son and a daughter. Initially, she did not consider him due to his family background, but he promised to look after her family, and vowed to share half of everything he owned to her family - even if it were just a bowl of rice! Her husband did kept his promise and always put her first! It was the happiest thing in her life to marry him, but their happy marriage life only lasted 42 years when her husband went to heaven. Madam Ho feels that the pain of losing her husband will never go away.

Now her children are married and have families of their own. Madam Ho is able to step out of the community, participate in community work, and meet like minded friends who love Hong Kong as much as she does. She believes that there is a bright future ahead for Hong Kong.







### 33 曾惠玲女士 62歲 Madam Tsang 62 years old

惠玲是土生土長香港人，在觀塘長大，猶記得六一八雨災事件，那是帶給十多歲的惠玲一個很大的震撼的一件重大事件！那時候她參與了社區組織去幫忙做義工，派發救災物資！此後她也有去其他弱勢社區及有需要的地方幫忙做義工活動。

惠玲中三畢業後亦繼續在夜校進修直至中五畢業。她的主要工作都是在文職方面的，退休後的惠玲，在一次要求中港通關的簽名運動中，深感與何律師的理念相似，便加入了匯蝶公益成為了我們的義工！

最難忘的事是陪伴了惠玲約十四年的狗兒旺旺！在2020年9月下旬狗兒旺旺離開了她，去了彩虹橋，雖然差不多一年，但惠玲還是對牠念念不忘，依依不捨，牠算是丈夫送給惠玲唯一的生日禮物，自從牠二個月大到她家，就與她結下不解之緣。閒時惠玲會帶牠去參加些狗狗聚會，惠玲認為是牠的存在豐富了她的人生。在狗兒旺旺的一生中，曾經歷過大大小小的手術也有四五次，雖然如此，惠玲心存感恩，牠可愛的笑臉帶給他們欣慰！惠玲慶幸收養了牠，好讓自己可以帶牠醫病，可以照顧牠。

惠玲希望政府做些宣傳，呼籲人們要善待動物，不要棄養和虐待寵物，尊重生命。

Madam Tsang grew up in Kwun Tong. She remembers the 1972 “June 18 landslides disaster”. It was a major event that shocked the teenage Madam Tsang! At the time she participated in community organizations that distributed relief supplies to the victims. Since then, she continues to volunteer her time to help other disadvantaged communities.

After completed Form 3, Madam Tsang continued to study in night school until she graduated Form 5. After her graduation, she had many jobs that were mostly clerical roles. She is now retired. Madam Tsang became a supporter of Councilor Junius Ho when she realised that they share similar views. She also quickly learnt of the Butterflyers Association and eventually became a volunteer.

Madam Tsang’s most unforgettable memories were all about her dog Wongwong. Having left Rainbow Bridge for almost a year now, mentions of Wongwong still invokes a great sense of nostalgia for Madam Tsang. Wongwong was a birthday present from her husband, and at the time, the pup was only two months old. It was love at first sight, not only for Ms Tsang but also for the rest of the family. Madam Tsang used to bring Wongwong to dog parties, and watching him wag his tail brings great joy to her.

Though Wongwong had both minor and major operations throughout his life, his smile however never wavered, and Madam Tsang never considered giving up on him. She always made sure that he had the best care possible at all times. Madam Tsang hopes that the Government could do more for animal welfare, perhaps extend their medical services to animals too, and give orphaned pets another chance at life.







**34 謝自立 74歲**  
**Mr. Tse 74 years old**

謝生今年74歲，他祖籍開平，原居於深水埗，搬到東涌也居住了二十多年！他是九弟妹的長兄，他自喻是一個嚴兄，因家中弟妹多，雖然他沒有機會讀書卻對弟妹管教嚴格，盡他的責任照顧他們。

他平日樂於助人，由於自己本身是做裝修的，因此利用所長經常幫助街坊做家居維修，大小事務他都樂此不疲，熱心幫忙，偶爾維修門鎖或簡單換燈，甚至如時間容許，他更會安排幫忙長者翻新單位，因為他深信助人為快樂之本的道理，自己仍然有能力，能幫到人令他感到十分開心！

謝生記得大約14、5歲的時候，當時他和一班朋友到荃灣丁九游泳，朋友游去浮台途中，突然抽筋，他見勢色不對，情況緊急，立即跳入水相救！他憶述，“我吾唔理三七二十一，就跳落水救佢，佢攞住我，然後我慢慢游上岸救番佢，呢件事令我好難忘！”至今他和這位朋友仍有聯絡！

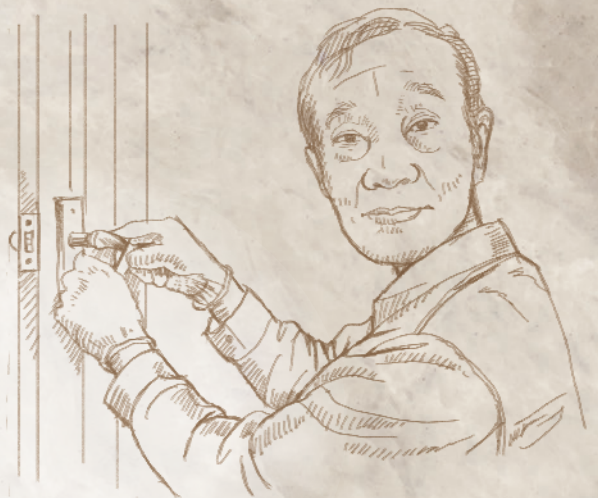
樂於助人，彼此尊重的態度和信念，使他亦交上東涌附近的少數族裔做朋友，過時過節，他們會彼此分享美食！謝生認為做人最緊要快樂！

Mr Tse is 74 year-old. His ancestral home town is in Kaiping, Guangdong Province. He lived in Sham Shui Po originally and moved to Tung Chung for more than 20 years. He is the eldest brother of nine siblings. Mr Tse never had the luxury of education, and because of this he made it a priority to make sure that his siblings do not squander theirs.

Mr Tse is a handyman that is always willing to help others. He applied his skills to help his neighbours by carrying out minor touch-ups like door lock repairs or light bulb replacements. In the future, he may even entertain bigger renovation projects for elderly homes, depending on his availability. He feels the happiest when helping others.

Mr Tse remembered when he was about 14 or 15 years old. He went swimming with his friends in Ding Kau Beach, Tsuen Wan. A friend had a cramp on the way to the floating platform, and Mr Tse noticed his friend was struggling. Without much thought, he jumped into the sea to rescue his friend. He recalled that his own safety did not even cross his mind when he jumped into the sea to help his friend, and his friend clung onto him for dear life until they slowly made their way back to shore. Even to this day, the two are still great friends.

Mr Tse believes that helping others led him to making friends with many minority groups in Tung Chung. Mr Tse would receive many ethnic food items whenever they celebrated their own festivals. Mr Tse believes it is important to live contently and with happiness.







**35 馮麗萍 58歲**  
**Madam Fung 58 years old**

麗萍是一位湖南姑娘，與丈夫結婚後，來港20多年了。

曾經歷過最傷心的三年多，當年他們有一個孩子，不幸四個月大的時候患上了白血病，一家人都付出全部，盡心盡力照顧孩子，直至三歲時孩子終不敵惡疾而離開了。那時候，麗萍自己的健康及情緒也大受影響，便回國休養了一段時間。

當時深刻瞭解，一家人裡，有一個病人，會影響全家人。因此麗萍為了自己健康，也為家人著想，她便重拾心情，開始了舞蹈和太極的學習訓練。

回港後，除了繼續學習，也同時教導他人，在社區設立太極班及舞蹈班。彈指一揮間，眨眼竟然教了19年！

麗萍希望天下所有家人健康、幸福、快樂。她的丈夫也一直十分支持和鼓勵她出來做義工回饋社會！

過去的19年，麗萍為社區做了很多不同形式的義務工作。更特別照顧長者，經常去老人院表演、社區探訪及義務教長者做太極等，見到長者健康開心，就係我做義工最大的原動力。”

現在麗萍另外的兩個兒子也各自長大，不用她操心。但她也沒清閒下來，借疫情中，少出門的機會，出版了一本（麗平健體之友.紀念特刊書）分享了自己的經歷和學習心得！

麗萍也建立了自己的團隊，一起義工為社會盡點綿力，最後祝大家健康快樂幸福。

Madam Fung is from Hunan Province. She lived in Hong Kong for 20 years after she married her husband.

The most devastating period of her life was when her four-month-old child was diagnosed with Leukemia, and despite her family's best effort to save the child, he succumbed to his ailment after three years. Because of this Madam Fung's physical and mental health deteriorated. She eventually returned to her hometown in Hunan Province to rest and recover.

Madam Fung understood that illness affects the whole family, and for the sake of her family, she must keep herself healthy. That's when she began studying Tai Chi and dancing.

After she returned to Hong Kong from Hunan Province, she carried on training and teaching Tai Chi and dancing. Later she established Tai Chi and dancing groups in the community. As the old saying goes, “with a flick of a finger and a blink of an eye”, she has been teaching for 19 years!

Madam Fung hopes for health, happiness and luck to the members of every family in the world. She is grateful that her husband always supports her volunteer work.

For the past 19 years, Madam Fung participated in many different volunteer services, especially caring for the elderly. She would perform dances at elderly homes and teach Tai Chi to the elderly. Seeing the happy faces of the elderly gives her great satisfaction and motivation.

Madam Fung's has two others sons. They are now grown up and she does not need to worry about them. She stayed at home mostly during the period of COVID-19, however, she did not let that get in her way with publishing a book “Li Ping's Friends. Special Edition” to share her teaching and experiences.

Madam Fung has established a volunteer group to serve the community. She wishes happiness, good health and luck to everyone.







**36 林偉民 64歲**  
**Mr. Lam 64 years old**

林生今年64歲，他在國內出生，中學畢業後兄弟兩人一起來到香港謀生，當時住在木屋區，生活艱難，憑着努力，找到低收入的公務員工作，分別在漁農署和水務處工作。70年代，很多人都不願意做那些低收入，苦力勞工的公務員工作，林生堅持他的工作直至退休，他十分慶幸，現在獲得公務員退休長俸福利！

林生在十幾年前經歷了一件非常難忘的事。有一天他在家看電視時，突然眼睛模糊且看不清楚！當時醫院檢查後，醫生說他腦內有個很大的腫瘤，需要立即做手術。林生回憶起，萬幸手術後便逐漸康復，隨後更學懂珍惜生命，健康養生，懂得多休息，閒時享受天倫之樂！林生很感謝香港政府的醫療福利，十多年來，他希望透過參加義工的活動，服務社區，藉此回饋社會！

Mr Lam was born in China. After graduating from high school, he and his brothers moved to Hong Kong. At the time, they lived in a wooden house in a squatter area, which was a difficult time for both of them. They found low-income jobs in the Agriculture and Fisheries Department and the Water Affairs Department. In the 1970s, many people were unwilling to work in those low-income, hard laboring jobs. Mr Lam worked in the same job until retirement. He felt very fortunate that he is now receiving a decent pension from their retirement scheme!

Ten years ago, Mr Lam went through a very unforgettable event. One day as he was watching TV at home, his eyes began to blur and could barely see! After the hospital's examination, the doctor told him that a big tumor was found in his brain and he needed immediate surgery. Mr Lam felt so lucky that he was able to make a full recovery after the operation. He learned to cherish life, to keep healthy, to rest and to appreciate his families' company! Mr Lam is very grateful to the Hong Kong government for providing such excellent medical service to the residents. In the last ten years, he served the community by participating in volunteer activities and will continue to do so to give back to the society!







**37 周均燕 70歲**  
**Madam Chow 70 years old**

燕姐是一個名副其實的順德人，從訪問中就能感受到她是一個非常活躍開朗的人，今年70歲的燕姐不單保持做兼職，還有廣泛的興趣，除了喜歡行街唱歌跳舞，平日也經常參與義工服務！

燕姐憶述小時候在銅鑼灣電器道一帶長大，念小學至畢業，更與青梅竹馬的小學同學一同長大，認定了的人便一生不改變，從一而終，合奏著人生的美滿樂曲！

小學畢業後，燕姐便跟隨母親一同在工廠工作，其後亦在多種行業工作過，婚後除了照顧家人，也有一直認真工作，幫補家計。

燕姐有一對兒女和一個寶貝內孫女，所以她能照顧孫女，看著她一日一日健康快樂成長，而孫女亦很成熟懂事和孝順，就是她最快樂滿足的事！

Madam Chow is from Shunde province. She is a very active and cheerful person. The 70-year-old Madam Chow maintains a part-time job, and has a wide range of interests. She likes to shop and dance in her free time as well as participating in volunteer services!

Madam Chow grew up on Electric Road in Causeway Bay. She went to primary school there, where she met her childhood sweetheart who was one of her classmates. They grew up together and fell in love, forming a family and their love for each other is still going strong!

After primary school, Madam Chow went to work with her mother in a factory. She worked in a variety of industries. She continued to work post-marriage, as well as taking care of the family. They have a son, a daughter and an adorable granddaughter. She is thankful that she can be involved in taking care of her granddaughter, to watch her grow up healthily and happily. She is very proud and pleased that her granddaughter is very mature, sensible and filial!







### 38 葉桂蘭 60歲 Madam Ip 60 years old

蘭姐是匯蝶公益東涌區的元老義工，在這之前她並沒有參與義工活動，慶幸有緣加入義工行列，認識了很多新朋友，更提起勇氣帶領街坊一起辦活動！蘭姐是新界屯門長大的，像很多同年齡的人，小學畢業便出來打工，那時候香港製造業發達，由於香港土地狹小，故香港一直以輕工業為主的發展方向，70年代輕工製造業是最大行業，她也像一般藍領工人，曾在不同的工廠工作過，塑膠花、紡織製、電子產品及玩具等。

數年前丈夫去世，剩下她一人生活，生離死別，至親的人離開到了天國是蘭姐一生中最不開心的事！一生最感恩是做了一件連她自己都不可相信的事，那是數年前在機緣巧合下認識了一位年輕人，由於了解到他生於單親家庭，身世坎坷，當時那年輕人在台灣讀了一年師範大學，卻無法繼續，蘭姐雖與他非親非故，但不想見到一個勤奮的青年因經濟原因而輟學，便應允幫忙供他完成大學。後來那年輕人希望能繼續攻讀碩士學位，雖然她蘭姐是做清潔，經濟有限也堅決援助他！現在他已畢業並考到中文大學碩士學位！今年開始他真正成為一個老師，在一間小學教學，能見到他學業有成貢獻社會，蘭姐感到十分感恩和開心！

Madam Ip is a long serving volunteer for the Butterflies Association in Tung Chung District. She did not participate in any volunteering activities before joining Butterflies. She considers it a privilege to be able to join the volunteers and make many new friends. Madam Ip grew up in Tuen Mun, New Territories. Like many people of the same age, she went out to work at a very young age and only having graduated from elementary school. At that time, Hong Kong's manufacturing industry was at its infancy. The limited land in Hong Kong also meant that the manufacturing capacity of Hong Kong is limited. In the 1970's, light manufacturing was the main type of industry. Madam Ip was a blue-collar worker who worked in different factories that produced things like plastic flowers, textiles, electronic products and toys.

Her husband passed away a few years ago. She now lives alone. She grieves for those who have passed and misses those she has lost contact with.

A few years ago, she met a young man. Upon learning he was from a single-parent family and had a rough up-bringing, she pitied him and decided to help him. Though not related to him, she did not want to see a hardworking young man drop out of university due to financial struggles. So she decided to financially support him to continue his studies in Taiwan. When he completed his degree and returned to Hong Kong, Madam Ip decided to fund his master's degree. Despite not having much herself and working as a cleaner, Madam Ip generously gives to those she cares for. She is proud that the young man is now an elementary school teacher and has a bright future. Madam Ip feels very grateful to be able to contribute to her community!







**39 楊桂賢 64歲**  
**Mr Young 64 years old**

楊生是廣東羅定人，他自從十四歲便跟隨父親學油漆，子承父業，現半退休狀況。他說他是二十年前是第一批遷入天水圍天華邨居民，見證邨內變化與改進。他擔任了八年互助委員會主席，與天華邨一路成長，一直監察管理公司的運作，為居民爭取更好的居住環境。

2019年黑暴期間，親眼看見暴徒放火燒毀何君堯立法會議員天水圍辦事處，感覺非常無奈和痛心，與被人放火燒自己家無異。慶幸的是火燒旺地，何君堯議員百折不撓，積極服務街坊，急市民所急，很快便回復正軌為居民提供服務。

楊生感到十分慶幸可以和敢言、實幹及做事高瞻遠矚的何君堯議員合作，為街坊服務，希望天辦能繼續營運，爭取更多福利惠及街坊。

Mr Young was born in Luoding, Guangdong. He followed his father to become a painter since the age of fourteen. He is now semi-retired. He was the first group of residents to move into Tin Wah Estate in Tin Shui Wai 20 years ago. He witnessed the changes and improvements in the area. He served as the chairman of Tin Wah Estate Management Advisory Committee for eight years. He is committed to monitor the Estate Management Cooperation to ensure the rights and benefits of the residents are met and protected.

In 2019, Mr Yeung saw rioters setting fire to Councilor Junius Ho's office in Tin Shui Wai, which made him feel very distressed. He felt as if his home was set on fire. Fortunately, Mr Ho and his team overcame this, the office reopened and continued to serve the community.

Mr Yeung feels very fortunate to serve the Tin Shui Wai community together with Councilor Junius Ho, who is bold, practical and perceptive. He hopes that Tin Shui Wai officials can continue to operate and strive for more welfare to benefit the community.







**40 游枝強 70歲**  
**Mr Yau 70 years old**

強叔在福建出生，父親是菲律賓華僑。他五歲時隨媽媽從澳門偷渡來香港，在香港仔投靠親戚，五個人睡一張床，十歲便撿瓶子賺外快（酒干倘賣無），在香港仔務實中學讀至中三，因家境問題便輟學，為生活只得做兩份工，日間在春秧街一雜貨鋪打工，晚上幫人搬屋。那時雜貨鋪老闆常跟他說故事，教導他做人要積福，不要做損人利己的事，否則便會不得善終！他不忘父親的教導：“做人要走正路”是他一生的座右銘。

2017年強叔大病一場，無緣無故大昏迷三個多月，醒來時瘦弱得很，皮包骨似的，只有40磅，而且身體非常虛弱不能言語。他經歷“死過返生”後，感覺人生脆弱，要珍惜眼前人，愛護身邊每一個人。後來為強身健體，他便練習氣功，至今仍每天鍛煉從不間斷，精神已大有好轉。

現在熱心做義工，精神有寄托，覺得做人要對得起天地良心，心安理得，睡得安眠，幫人便是幫自己！

Mr Yau was born in Fujian, and his father lives in the Philippines. When he was five years old, his father smuggled him along with his mother into Hong Kong from Macau. They stayed with relatives in Aberdeen, where the family of five squeezed into one bed. At the age of ten, he picked up bottles to make extra money. He dropped out of school at junior high and worked two jobs to make a living: working in a grocery store on Chun Yang Street during the day and working for a house moving company at night. The owner of the grocery store would often recount stories of wisdom. From those stories he learned about karma, to do good and to never harm others for selfish reasons. He never forgot his father's teaching either, "be a righteous person", which became his motto for life.

In 2017, Mr Yau suffered from a serious illness and was in a coma for more than three months. When he woke up, he was very thin and skinny, only weighed about 40 pounds! He was too weak to even speak. He considered himself to have "reborn from the dead", and realized the fragility of life. He learned to cherish the people around him and vowed to do his best to care for them. In order to keep fit, he practices Qi Gong, a traditional Chinese deep breathing exercise. He exercises every day without fail, and his health has improved greatly since.

He is an enthusiastic volunteer since he believes that community service gives him purpose. He believes that people must act according to their conscience and have peace in mind. He believes that helping others is helping himself.







### 41 鄧合強 61歲 Uncle Tang 61 years old

强叔是元朗廈村原居民，在香港讀完中四後，於1978年往美國完成中學課程，及後考入麻省大學，修讀電腦工程，畢業後他在電腦公司工作。工作數年後想探討人生，尋求突破。在康州一賭場從低層做起，兩年後任職賭場經理，在這十多年的工作，看到人生百態，學習到鍛鍊自己、包容別人。

然而在美國生活的強叔，看到他們政治的醜惡：強詞奪理、撩事鬥非、蝦蝦霸霸、要做世界一哥！

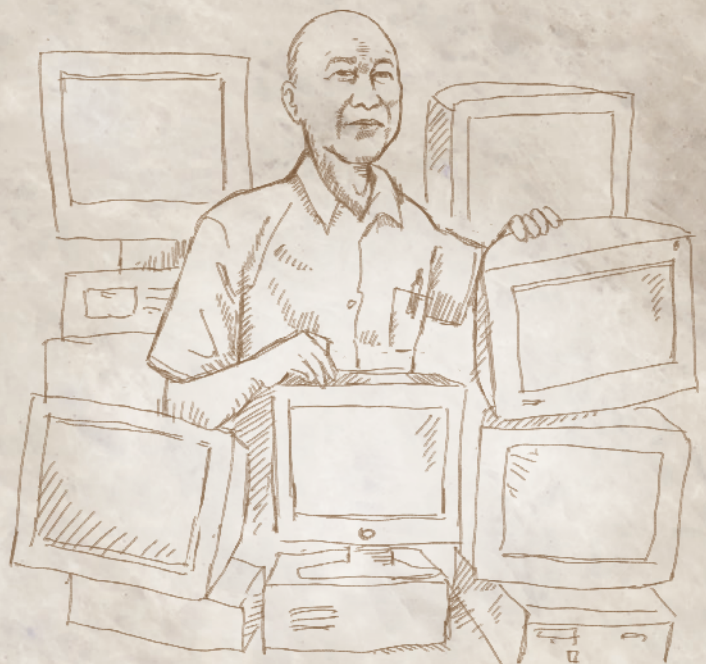
2018年聽從朋友的遊說，到中國大陸買房子度假，回到香港後又重新定位，落葉歸根，照顧年邁母親。

2020年某一天，看到何君堯元朗街站，便主動上前介紹自己，參加義工行列。人生最開心的事，是加入義工，發揮正能量，幫助社會！

Uncle Tang is an indigenous inhabitant of Ha Village, Yuen Long. In 1978, upon finishing Form Four in Hong Kong, he went to the United States to complete the rest of high school and later attended the University of Massachusetts to study computer engineering. Post-graduation, he worked in a computer company. Several years later, he had a change of heart and wanted to explore life. He moved to Connecticut and found a low-level job at a casino! Two years later, he was promoted to be the manager of the casino. Ten years working in the casino, and he had seen the many faces of humanity and learnt discipline as well as tolerance of others.

Living in the U.S., Uncle Tang saw the ugly side of the politics there and believes that the Americans are arrogant bullies that only care for themselves! In 2018, he heeded to his friends' advice, bought a house and moved to China. Later on, he relocated again, returned to his roots, Hong Kong, to take care of his elderly mother.

In 2020, he met one of councilor Junius Ho's staff at a street station and took the initiative to introduce himself and enroll to be a volunteer. The happiest thing in life for Uncle Tang is volunteering, sharing positive energy and contributing to society!







Madam Lee has been enjoying her retirement. Four years ago, she attended her son's master's graduation ceremony in the UK. It was a proud moment for her because she had been closely involved with her son's education since elementary school. She was there every step of the way. She even took him to tutoring as far as Aberdeen! Now that her son has graduated from architecture studies in the UK, he works as an architect. She and her husband are so proud of their son. After attending the ceremony, the family went to Europe for a trip. Madam Lee considers that trip one of her happiest moments in her life!

When asked about Councilor Junius Ho, Madam Lee believes that he is a person worthy of respect, and she agrees very much with what he has to say about the "silver haired generation". We should all continue to serve society and every little helps.

### 42 李燕琴 64歲 Madam Lee 64 years old

燕琴幾年前加入銀髮一族後，便開始享受退休生活！四年前在英國參加兒子的碩士畢業典禮，回想兒子的成長，一起幫他找學校，從幼稚園、小學、中學，一直陪伴他讀書，從幼稚園到小中學的補習，甚至乎去到香港仔補習數學的種種情景，一切歷歷在目。兒子在英國修讀建築系，現在在測師樓擔任測師工作。兩夫婦看到他學業有成，甜在心頭。當時參加完畢業禮後，一家人去歐遊，燕琴認為這次也是她最開心的一次旅遊。

她覺得何君堯議員是很值得受人尊敬的，也非常同意他說的銀髮一族，我們是有作為的，所以出少少綿力繼續為社會服務！







**43 梁耀平 67歲**  
**Madam Leung 67 years old**

平姐是一隻沒有腳的鳥，一生做個很多不同行業，做過保險，開過大排檔，做個大陸生意...等等。但不能停下來，現在是半退休。

她育有兩子兩女，35年前離婚，憑著二千元贍養費，一天做三份工作，含辛茹苦，以單親媽媽的毅力，一手把子女教育成才，大女兒在美國柏克萊大學畢業。

平姐夢想能做社工，幫助別人，特別是年青人及夜青，因為他們沒人關懷，被人感染而誤入歧途，眼見很多人一時想不開，自尋短見，「禍兮福所倚，福兮禍所伏」，人生存在逆境中，要百折不撓，可變逆境為順境。

平姐有一男孫19歲投考警察，但沒被取錄，她鼓勵他從失敗中學習，再站起來，去修讀一些犯罪學課程，重新投考，她深信他一定會成功的！

Madam Leung is like a bird without legs, she could never stop moving. She has worked in many different industries throughout her life, such as insurance, food stalls, and even started a business in the Mainland. Although she is semi-retired, she feels like she can't stop.

Madam Leung has two sons and two daughters. She divorced 35 years ago. She was only awarded \$2,000 in alimony, and had to work three jobs a day to provide for her family. With the perseverance and hard work of a single mother, she raised and educated her children into talented and well-educated adults. Her eldest daughter is a graduate from Berkeley University in the United States.

If money were not an issue, Madam Leung dreams of being a social worker and helping others, especially for young adults. She believes that they young are often misled into making the wrong choices, and they lack empathy for the people around them. She is particularly concerned about the increased risks of suicidal ideation in teenagers. Madam Leung believes that if young people could harness their sorrow and face adversity head on, then they would be invincible.

Madam Leung has a 19-year-old grandson who failed the police recruitment selection process. She encouraged him to learn from his failures, try again, take some criminology courses, and re-apply for the exam. She is convinced that he will succeed!







### 44 高麗紅 69歲 Madam Diana Ko 69 years old

紅姐熱衷義工工作，她是家中五兄弟姊妹排行最小的，她有三個兒子，全都已結婚。

2010年4月因發高燒，由救護車送往醫院轉入隔離病房，當時仍清醒，還懂致電上司-護士長-請假。經多番檢驗後，她被斷症為腦膜炎，三天後開始神志不清了！

她持續發高燒且陷入昏迷，整個人的四肢綁上纖維板以防關節屈曲，雙足也有保護，吊鹽水、鼻飼、尿喉、尿片、還有多處褥瘡，每次給藥後發燒，整個人都出大汗。當時任職護士的姐姐每日兩次探期都要拆解纖維板大換衣服、床單、抹身、按摩。但身體狀況仍越來越差，醫生吩咐家人作最壞心理準備。

後來發現腦部有一塊如同一元硬幣大小的異物，家人知道做腦部手術的風險很大但都同意了。主診醫生心有不甘，試將類固醇藥加倍，怎知一天後便有輕微反應，微弱的眨眼、發聲，觀察多天後，取消手術。一覺醒來，原來已昏迷三個多月，醫生說神蹟，她便從鬼門關跨步走回來。

久臥床上，她雙腳完全無力，需坐輪椅，每天做物理治療，並且可以自己用餐，測試自己腦部神經狀況，感恩她的記憶力完全沒有問題。住了七個月醫院後出院，雖仍要坐輪椅，但紅姐一直沒感到失落，活在當下的心情，回家後她還懂得彈琴，感覺心情舒暢，感謝天父！

病癒後添多了三個孫，一男二女，即現有兩個男孫兩個女孫陪伴她！

紅姐十分感恩主診醫生的專業，對她不離不棄，還有家人的鼓勵、支持和照顧。

Diana is an enthusiastic and keen volunteer. She is the youngest of her five siblings. She has three sons, all of which are married.

In April 2010, Diana developed a high fever and was taken by ambulance to the hospital and transferred into the isolation ward. At that time, she was still conscious and knew to call her supervisor-the head nurse-for sick leave. After repeated tests, she was diagnosed with meningitis and three days later, she became unconscious!

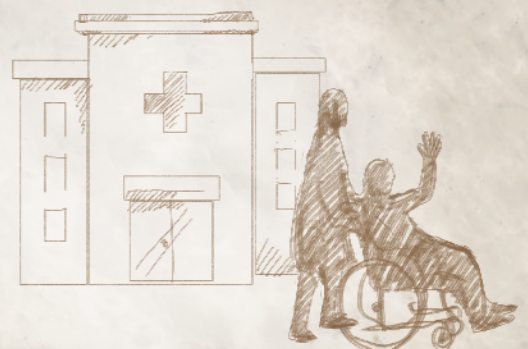
She continued to have a high fever and fell into a coma. Her limbs were tied to a fiberboard to prevent joint flexion, and her feet were also protected. She had saline drips, nasal-gastric tube, urinary drain and diapers - she developed multiple bedsores as a result. The ongoing fever only briefly subsided with each medication administration. She sweat profusely. Diana's sister, who was also a nurse, cared for her on daily visits, helping her to change her clothes, bed sheets, wipe her body, and even gave her a massage twice a day. As she continued to deteriorate, the doctor told the family to prepare for the worst.

Later, it was discovered that a tumor the size of a coin was in her brain. Although they knew it was very risky to operate on her, they all agreed to the surgery. To avoid surgery, her attending doctor gave it a try to double her steroid dose. To their surprise, she had a slight reaction. She blinked and made a faint noise, and after several days of observation and further treatments, they cancelled the operation. When she finally woke up, she had been in coma for more than three months! The doctor thinks that it was a miracle, that she had escaped from the death's door.

After lying in bed for such a long time, her feet were weak, and she needed to use a wheelchair. Other than weakness which required physiotherapy every day, she had no brain damage. She could eat, talk and had no memory loss. She was discharged after staying in the hospital for seven months. Initially she still had to be in a wheelchair, but was eventually able to play piano at home! Today, as she remembers this incident, she thanks her Heavenly Father and is extremely grateful that she made a full recovery!

After recovering from the illness, she had three more grandchildren, a boy and two girls, now she is constantly surrounded by her four grandchildren!

Diana also want to thank her doctors and her supportive family who were always by her side.







**45 蔡婉怡 66歲**  
**Madam Choi 66 years old**

婉怡是八鄉圍村一個土生土長的原居民，父親是村長，她在家附近的八鄉石湖塘小學讀書。她好懷念小時候的各種生活情景。幼時家裡開了一間冰室餐廳，每天幫助家裡沖奶茶咖啡給客人，又煲菊花茶入汽水樽入雪櫃賣。因為附近的軍營，所以常常出現一幕奇景，就是穿着三點色泳衣的外籍女孩們騎馬到清潭游水，回程時通常到她家小店買小食和汽水！

最開心是小時候過年，父母親買新衫過年和收父母利是，過年過節特別多客人來打麻雀，所以利是特別多。特別記得祠堂門口的喜慶喪祭盆菜宴、客家舞麒麟、婚嫁豬頭拜祖先及通宵燒炮仗等大場面，成長於充滿傳統的客家圍村，這就是值得回味的點滴！

說起與丈夫結緣，那就得一提他們的罐頭情緣！她丈夫因為她賣的一罐回鍋肉比別家貴四毫而與婉怡冤家路窄不打不相識了！丈夫是公務員，他們有四位女兒，三個男外孫和三個女外孫，現在退休生活就是揸孫為樂！婉怡深感今生無悔！

婉怡亦熱心義工的工作，她曾在博愛老人院工作，看到很多公公、婆婆在院舍住卻沒有人來探望，她覺得他們很可憐，所以她有時間一定會去做義工，陪伴和協助長者！婉怡希望自己身體健康，能幫助有需要的老人家！

Madam Choi is an indigenous inhabitant of Pat Heung Walled Village. Madam Choi's father was the village chief. She studied at Shek Wu Tong Primary School in Pat Heung near her home. She misses her childhood. When Madam Choi was young, her father owned a local café. She helped make teas, coffees and put chrysanthemum tea into soda bottles to sale. There was a military camp nearby, so they often saw a scene of wonder, that was, western girls in bikinis riding on horses to the Tsing Tam Lake to swim. On their returned trip, they usually stopped by the café for snacks and soft drinks!

Chinese New Year brings back a lot of happy memories for Madam Choi. She remembers that her parents would buy her new outfits and she would collect red money packets (Lai See). During the Chinese New Year, a lot of guests would visit their local café to play Mahjong, and she would be given lots of Lai See! Living in the Walled Village, she especially cherished their ceremonial "Poon Choi" feast at the entrance of the ancestral hall. They would have the Hakka Kirin dance, pig heads offering to ancestors for wedding ceremonies, and the burning of firecrackers all night. These were all memorable moments for Madam Choi!

Speaking of happy memories, getting married to her husband is also one of them! Her husband was actually a customer who got into a dispute with her over the price of a can of pork. Their dispute sparked something in the two and not long after they were deeply in love with each other. Her husband used to work as a civil servant, and now that both of them are retired, their main source of entertainment is babysitting. They have four daughters, three granddaughters and three grandsons. Madam Choi feels very blessed!

Madam Choi is enthusiastic about volunteer work. She used to work in an elderly nursing home where she met many elders that are left by themselves in the home without any visitors. She felt very sorry for them and vowed to volunteer, spending time with the elders and sometimes she would take them out for tea. Madam Choi hopes that she can maintain a good health in order to continue doing volunteer service!







### 46 張細藩 70歲 Uncle Cheung 70 years old

元朗屏山欖口村原居民，退休商人，張伯自幼聽從父親、長輩細說抗日、保家衛國事蹟。

原來元朗流浮山廈村，屏山山下、欖口、大堂一帶有很多愛國遊擊隊隊員居住，是東江中隊分支，現在元朗廣場是日本皇軍憲兵司令部。現年98歲的張廣祥老戰士就在山下村安享晚年。

2019年黑暴期間，看見黑暴分子手持英美等外國旗幟遊行示威，心中氣憤難平，便從廣州買了200面三號國旗、黨旗，組織居民義工在十一國慶前在元朗市區懸掛，亦做了橫幅：〔愛國愛港元朗六鄉居民齊心踢走賣國賊、漢奸、走狗〕。

此後，張伯和不同愛國團體互動、交流，相互扶助愛國愛港活動，期間創立〔惠民社〕，組織義工，關懷社區，扶助弱小，教導年青人宣揚中國傳統文化，參與各種慈善活動和積極支持何君堯議員，為香港發聲，撥亂反正。

Uncle Cheung is a retired businessman and an indigenous inhabitant of Lam Hau Village, Yuen Long. At a young age, Uncle Cheung would often listen to his father and elders discuss plans of resisting the Japanese and defending their country.

Many people who either witnessed the war or had fought against the Japanese still lives in Ha Tsuen, Lau Fau Shan, Yuen Long, Ping Shan Shan Ha, Lam Hou, and the nearby areas. They were branches of the Dongjiang Resistance Squadron. The Yuen Long Square was once the headquarters of the Japanese Imperial Military Police. Cheung Kwok Cheung, a 98-year-old veteran, still lives in Shan Ha Village today.

During 2019 riots, Uncle Cheung was enraged when he saw rioters waving foreign flags from the United Kingdom and the United States. In response, he bought 200 large Chinese National Flags and Flags of the Communist Party of China from Guangzhou and organized local volunteers to hang them up in the urban areas of YuenLong on the night before the National Day on the 1st of October. He also made banner with the slogan, "Love the country, love Hong Kong, the residents of Luk Heung Townships do not tolerate traitors to our country".

Uncle Cheung also made contact with other patriotic organizations and participated in their many of their events. Uncle Cheung also founded the "Wai Man Sa", an organization that recruits volunteers to care for the community, help the weak, and promote traditional Chinese culture. Uncle Cheung and Wai Man Sa support councilor Junius Ho because Uncle Cheung believes that Mr Ho speaks for reason and stability of Hong Kong.







**47 黃潤珍 69歲**  
**Madam Wang 69 years old**

自小潤珍的父母和五兄弟姊妹便要分離，小時候因生活窮困，母親帶著潤珍及弟弟由大陸來香港，父親則留在國內照顧其餘兄弟姊妹。起初他們居住在九龍仔山坡上的木屋區，甚至要4伙家庭同住一戶木屋，記得當時用木板搭成床舖，一家人擠在一起睡！公共衛生也不方便，廁所和沖涼的地方是另外用木棚搭的，雖然欠缺私隱但只能這樣了！母兼父職的母親照顧兩姊妹，生活費緊緊依靠執拾廢鐵變賣來賺取金錢買食物。雖然生活艱苦，母親堅決不會讓孩子們捱飢抵餓。

潤珍十來歲的時候嘗試返夜學，當時要用水燈在家裏溫習，一字不通的她一點也跟不上，所以一星期後退學了！雖然放棄返學，卻沒有放棄學習，後來陪孩子們一起做功課，邊問邊學，現在也能閱讀報紙！

潤珍差不多20歲結婚，婚後家庭環境改善了，幸好得到政府協助，成功申請上樓，在葵芳邨的公屋居住，亦誕下兩女一子，家庭很溫馨。現在兒女長大亦很乖巧，各自結婚後搬離，現在空餘時間多了，所以經常在社區做義工，時間過得充實及開心。

According to Madam Wang, her parents and five siblings were separated when she was very little due to poverty in her hometown. Her mother brought her and her little brother to Hong Kong from the Mainland and her father stayed with her other siblings. When they first arrived in Hong Kong, they lived in a wooden house on the hillside of Kowloon Tsai which they shared with 3 other families. Madam Wang remembers that her family slept together on a wooden plank. Sanitation was not a luxury; the toilets and showers were an outdoor wooden shed. It lacked privacy, but they had to accept that! Her mother made a living by picking up scrap metals. Though life was very hard, her mother ensured that her children did not starve.

Madam Wang wanted to learn to read and write as a child. In her teens, she would attend night classes, however she had to stop when she realised that learning in the dark with a petrol lamp was proving to be too difficult for her. She never gave up on the desire to learn though. She finally learnt how to read by helping her children do their homework. Now she can even read the newspaper!

Madam Wang married at the age of 20. She is thankful to the government for providing government housing, which greatly improved her family's situation. She lives in Kwai Fong Estate and has two daughters and a son. They are a close family. Her children are all grown up, married and even have their own homes. She is enjoying her retirement life, and likes to serve as a volunteer in the community. She feels very satisfied and happy.







**48 周炳海 72歲**  
**Uncle Chow 72 years old**

周生是地道的香港人，兒時在銅鑼灣大坑區生活，爸爸開米舖所以從小便要幫忙，他還記得戰後那個窮困的年代，政府實行配米證的情況，他們米舖便是米站。他特別記得天后大坑的傳統習俗舞火龍，他更自豪著年青時有份參與舞龍心！

周生十六歲時在辦館工作，親身經歷和見證到六七暴動和戒嚴的混亂。想不到五十多年後，香港又再出現一次暴動！

周生喜歡寫書法，寫得一手好字，新年時候經常義務在社區幫忙寫揮春，亦有在油麻地開檔寫揮春，深得街坊歡迎！退休後的周伯伯和太太也非常活躍，除了經常參與社區活動，亦有參與佛教飯會，心中有酷愛的事情，樂此不疲，越活越年輕！

Uncle Chow was born and bred in Hong Kong. As a child, he lived in the Tai Hang area of Causeway Bay. Uncle Chow had to help his father run a shop that sells rice at a young age. He still remembers the time when the government rationed rice through a voucher system for the poor after the war had ended. Their shop was chosen to be one of the few appointed distribution stations.

Reminiscing about his youth, Uncle Chow especially misses the traditional fire dragon dance in Tai Hang. He was so proud of being one of the center performers in the dragon dance!

Uncle Chow worked in a wholesale store when he was sixteen. He experienced and witnessed the 1967 riots and the chaos leading to martial law. 50 years later, to his astonishment, he experienced yet another large riot in Hong Kong!

Uncle Chow likes to write calligraphy and he has a good handwriting. During the New Year, he often volunteers to help write “Huai Chun” (greeting signs) for the community. In Yau Ma Tei, he runs a store selling his Huai Chuns, which is much appreciated by the local community! Since retirement, Uncle Chow and his wife remain active. In addition to volunteering in community activities, they also participate in Buddhist dinners services. Uncle Chow believes if people have passions in their hearts, they will never get tired, and the longer they live, the younger they become!







**49 張琮 61歲**  
**Madam Cheung 61 years old**

琮姐1985年從雲南來到香港，從一無所有到擁有一個小康之家都是自己勤力奮鬥的結果！琮姐曾經做過多種工作包括製衣、保險、倉務員，歌手及電腦，經驗豐富，多虧香港社會一直很和平，直至2019年香港暴亂，我親身親眼看到那些被破壞，焚燒的銀行，被搶掠的商店，一幅幅畫面出現在腦海，直到這一刻都無法忘記那天晚上的情景，心一直在流淚，不明為何那些人要破壞自己的家，香港人很幸福了！人要懂得知足，要懂得感恩，要做一個對社會有責任的人。

希望政府多關愛小朋友，讓他們從小有正確的觀念，懂得孝順父母，尊師重道。祈盼政府建多些公屋讓那些貧窮人士早日安居樂業，希望香港越來越好，世界和平，媽媽健康長壽。

Madam Cheung moved to Hong Kong from Yunnan in 1985. Madam Cheung managed to build herself a comfortable life thanks to the peaceful and prosperous environment in Hong Kong, and her perseverance and strong work ethic! Madam Cheung is proud that she has thorough knowledge and experience in various jobs settings, including clothing, insurance, warehouse clerk, singer and computer sales et cetera.

One night in 2019, as she was out in the street, she witnessed the destruction caused by the riots, burned banks, looted shops, and willfull damage to city infrastructure. She could not get the scene of destruction out of her head. She was so troubled by it that she could not afford a good night's rest. She could not fathom why these people would want to destroy their own homes! Hong Kong people need to understand how fortunate and blessed they really are. They must know how to be grateful, and be responsible citizens.

Madam Cheung hopes that the government will show more empathy towards the children, foster a strong sense of national identity in them, and teach them the importance of respect towards their elders, parents, and teachers. She hopes that the government will build more public housing so that the poor can live and work in peace. She hopes that Hong Kong will continue to prosper, and her mother will live a long and healthy life.







**50 莫錫樓 54歲**  
**Mr Mok 54 years old**

我們都稱呼他為「老莫」，但其實在我們的實力核心義工群中，他是頗為年青的，粗重功夫，擔擔抬抬都是找他來幫忙的呢！

老莫在國內出生，中學畢業後曾任職各行各業，包括藥房、零售、會計、倉務員、保安、水電、飲食業及油天花等等，資歷豐富，有幸他經常來幫忙，是我們最佳的Handyman（好用的男人）！

老莫憶述在2017年2月的一個晚上，突然發病暈倒，不醒人事，幸好太太在身邊及時報警，叫救護車，從而及早得到救治，否則就不堪設想了。老莫非常感恩太太的體諒，讓他做個家庭主夫，在家中照顧小女兒，既可以專心養好身體，又可以全職照顧家庭，打理家務，而太太則在外工作賺錢，各司其職，負擔起家庭的重任！

太太亦十分鼓勵和支持他在空餘時間多參與義工工作，服務社區，助人助己，也能給孩子做個好榜樣。

We all call Mr Mok “Old Mok”, but the truth is, Mr Mok is actually one of the youngest volunteers we have at the Butterflies Association! He is very hardworking and helpful!

Old Mok was born in China. After graduating from high school, he worked in various industries, including pharmacy, retailing, accounting, warehouse clerk, security, water and electricity laborer, catering and oil ceilings painter - you name it! He has a vast wealth of skills and experience. Fortunately, he regularly comes to help in our Tuen Mun office. He is the best Handyman you can find!

One night in February 2017, Old Mok suddenly fell ill and fainted. Fortunately, his wife was by his side and quickly called an ambulance for help. He thought he was lucky to get treatment early, otherwise it would have been disastrous. Since then, for the sake of his health, Old Mok has been staying home to help raise their youngest daughter, while his wife became the bread winner. He is very grateful for his wife’s understanding and support.

His wife encouraged him to participate in volunteer work in his spare time, to serve the community, help others and himself, and set a good example for their children.







**51 趙文合 54歲**  
**Madam Chiu 54 years old**

文合自小在雲南長大，家中四姊妹感情很好，兒時生活也不錯，90年代父母為更好發展先後來到香港，她高中畢業後亦隨家人到香港團聚，現在只有大姊在國內生活。初到香港語言不通，很難適應，不斷努力學習，很多時候都是看電視學廣東話！起初在家照顧兒子，後來找到工作成為職業歌手，直到現在兒子長大了，文合一身輕，可經常參與匯蝶公益的義服工作。

她人生中非常難忘及感到十分憤怒的一天是2019年8月1日，眾所周知，當天是黑暴攪三罷，那天她為了證明她對黑暴不滿的態度，毅然決定照常返工，收工後決定暫到酒店住一晚，在往酒店途中的彌敦道上，看見一群群的黑暴破壞份子，擠身在其中，文合感到毛骨悚然，有一種世界末日的感覺。更加堅定她的決心要出來支持香港警察，愛國愛港及支持何律師的行動。

希望香港繼續繁榮、安定、平穩，人民能安居樂業。

Madam Chiu grew up in Yunnan. Her parents moved to Hong Kong in the 90's in hopes of seeking better opportunities. She has 3 close sisters and enjoyed a happy childhood. After graduating from high school, Madam Chiu joined her family in Hong Kong. Her eldest sister remained in China. When she first arrived in Hong Kong, language was a barrier, and it was difficult to adapt. She studied hard and improved her Cantonese by watching television.

Madam Chiu cared for her son at home, before finding a job as a professional singer. Later when her son grew older, she was able to volunteer at the Butterflies Association.

The 1st of August, 2019, was an inauspicious day. Madam Chiu was very angry, because the "black-clad rioters" were inciting people to stop working to protest against the government and police. To show her dissatisfaction with the rioters, she resolutely decided to return to work as usual. After work, she stayed in a hotel for the night. On the way to the hotel via Nathan Road, groups of rioters crowded the streets. Madam Chiu felt very uncomfortable and felt like an apocalypse was happening upon Hong Kong. This experience strengthened her beliefs and resolution to step out in support of the Hong Kong police. She profoundly loves her country, China and the city of Hong Kong, that is why she also strongly supports Councilor Junius Ho and his vision for a better Hong Kong.

"I hope that Hong Kong will continue to be prosperous and stable, and that the people can live and work in peace and satisfaction," she said.







### 52 楊艷 48歲

Madam Yoyo Young 48 years old

楊艷來香港前在內地做過幼師和社區婦女主任，也是做基層居民服務工作的。來到香港後，雖有不慣也算安穩，曾經經營珠寶生意，因為黑暴事件和疫情影響已經結束了。

最大感受是在2014年佔中時，她帶着父母在佔中地點打卡留念。當時她和父母感嘆着：這資本主義體制真好，政府給市民的自由是天下最大限度的，可以在最旺的交通樞紐設路障長達七天，聞所未聞，試問哪個國家或地區可以民主自由到如此地步？那時候也是感嘆一下，僅此而已！到了2019年8月3日，因為國旗被掉入海，國徽被塗污，國家尊嚴極度受到侮辱！在學校身為升旗手的兒子不淡定了，他說：“媽媽，我們必須站出來去做點事了，這樣下去不行！”就這樣，他們母子兩人便開始了參與愛港愛國義工的活動！為此這兩年來他們認識了很多愛港愛國的義工，在一起維護香港，支持警察嚴正執法！

楊艷細說：“2019年當警察出來執法，當愛國議員像何君堯，說正義話做維護國家主權的事，卻被暴徒辱罵刺殺並禍及妻兒，我很震驚！我們不能再認為政治離我們很遙遠，暴亂就發生在身邊，讓很多家庭分裂，社會撕裂！恐懼，黑暗，狂躁症，抑鬱症都伴隨着我們，我們不再安穩，不再幸福！這時我前所未有的愛國情緒得以暴漲，為守護國家，為正義，為公平，全心投入，積極參與！”

現在《港版國安法》出台，暴徒幕後始作俑者也陸續被抓，受到應有的懲罰！很多反中亂港的機構也解體，違法的始終會獲得報應的。她特別為兒子驕傲，現在他回到廣州星海音樂學院研讀碩士研究生！她希望香港盡快走陰霾，恢復往日安寧，控制好疫情，早日通關，融入大灣區發展，趕上國家“十四五規劃”的好時機！

Yoyo worked as a kindergarten teacher and women's service officer before moving to Hong Kong. But when she made the move to Hong Kong, she struggled to adapt to its way of life. She ran a jewelry business, but due to the social unrest, rioting and the COVID-19 epidemic, she unfortunately had to close her business.

The 2014 Occupy Central Movement left a strong impression on Yoyo and her family. They were dumbfounded when they encountered the protestors for the very first time, especially with how tolerant the Hong Kong government was allowing its citizens to protest as they wished, setting up roadblocks that lasted up to seven days. This was unheard of in China, and they could not help but to think to themselves, "gosh, capitalism allows so much freedom, and this is how they chose to exercise it".

Yoyo's son was a flag-bearer for his school, and at the time of the 2019 civil unrest he was unable to keep his calm, when the Chinese national flag was desecrated by the rioters. They threw the flag into the sea and smeared the national emblem with black ink; they disrespected their own country! He said "Mom, we must stand up and do something, it can't go on like this!" The two of them started to participate in the Love Hong Kong Movement and joined patriotic volunteer activities. Over the next two years, they joined other like-minded volunteers and worked together to safeguard Hong Kong. They are law-abiding citizens that support the Hong Kong Police Force.

When the police came out to enforce the law in 2019, Councilor Junius Ho spoke strongly in favour of them and he very quickly became a staunch advocate for the National Security Bill and for the Hong Kong Police Force. But because of this, Mr Ho was also targeted by the rioters. At one point, he was even stabbed and his family were also targeted by rioters. Yoyo was so shocked to hear this at the time and she could not fathom that people would go that far over their political differences. It was truly a dark time for Hong Kong, and for the first time Yoyo felt unsafe living in Hong Kong. All the rioting and violence, however, only made her more patriotic. She even felt a strong urge to protect her country and fight for justice and fairness. Now that Hong Kong has enacted the National Security Law, the black clad riots is a thing of the past. She hopes that the perpetrators of violence are duly punished in accordance to the law.

On another note, Yoyo is very proud of her son; he went to Guangzhou Xinghai Conservatory of Music to do his masters! She hopes that Hong Kong could restore itself to its former glory as soon as possible and integrate itself along with the development of the Greater Bay Area and perhaps then Hong Kong could live up to the Motherland's expectation as envisioned in her "14th Five-Year Plan"!





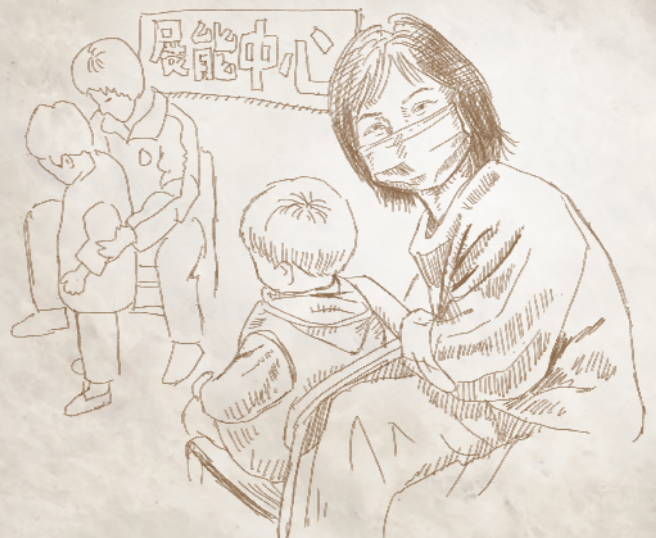
**53 陳雪梅 66歲**  
**Madam Chan 66 years old**

父親一早離開家庭，由母親獨力照顧養大他們兄弟姊妹四人，因為怕他們學壞所以媽媽帶著他們入教會，希望能做一個好人，小時候雖然艱辛但很開心，10幾歲出來工作遇見現在的丈夫，及後丈夫到英國，亦尾隨丈夫到英國做過埠新娘，好快的有了女兒小佩，女兒出生改變了雪梅的一生。小佩出生後幾個月，經常抽筋發羊吊，在英國醫生話好平常但沒有藥物可醫治，眼見女兒經常抽筋發燒，基於愛女心切，毅然返港尋求醫生醫治，因抽縮發燒時間頻密，導致大腦出現問題萎縮，行動不便亦不能自我照顧，直到1989年小佩大概13歲，突然咳嗽及發微燒，睇醫生判錯症女兒體重下降20多磅。看見女兒被病魔煎熬，但意志力非常堅強及懂事，從沒有在父母面前表露辛苦，所以更加令雪梅不怕艱苦繼續並肩同女兒與病魔搏鬥。感恩政府於此時間，有展能中心給予一些家庭的弱能兒童參與活動，有治療師同小佩在家做運動亦有些社工來家教寫字，騰出一些時間空間讓父母休息透透氣。2018年3月與小佩覆診突感覺沒有呼吸，搶救後好轉，3日後又轉為危殆，就這樣女兒離開了，雪梅整個人都崩潰了，更有些怪責自己，很不開心。經過一段時間教會給予好大的支持，身邊的朋友關懷，終解開心結，雪梅感覺人的生命好脆弱，緣份亦天注定，覺得要珍惜現在珍惜擁有的一切。

Madam Chan's father abandoned her family when she was just a child. Her mother was left to raise her and her three siblings alone. At the time, Madam Chan would regularly attend church because her mother believed that her children could learn how to be responsible people through the teachings of Christianity. Despite the circumstances, Madam Chan still considers her childhood a happy one.

Madam Chan started work at a young age, and it was around that time when she met her husband-to-be. When he moved to England, Madam Chan decided to follow him. They got married soon after and started a family. Madam Chan's life changed when she gave birth to her first daughter, Siu Pui. When Siu Pui was only a few months old, she started having seizures. The doctors told them it was normal and Siu Pui would not need to be medicated. However, Siu Pui continued to suffer, and her condition worsened with fever. Madam Chan made the decision to return to Hong Kong to seek further medical attention for her daughter. But despite all of Madam Chan's efforts, Siu Pui's brain had begun atrophying due to her frequent seizures and fevers. Siu Pui soon became reliant on Madam Chan.

In 1989, when Siu Pui was 13 years old, she developed a cough and a mild fever which resulted in her losing more than 20 pounds of weight. Siu Pui, however, never once complained, and she was determined to pull through her predicament and that also made Madam Chan determined to help her fight the illness. At the time, Madam Chan was immensely grateful to have access to government services that catered to disabled children. The health professionals, physiotherapists, and social workers who helped Siu Pui were indispensable, and when they took care of Siu Pui it also meant that both Madam Chan and her husband could afford some respite. Unfortunately, in March 2018, Siu Pui suddenly stopped breathing. Madam Chan blamed herself, and fell into depression. She only managed to pull through thanks to the love and support of her family, friends and the church. Madam Chan believes that human life is very fragile, and people's fate are destined. Her one piece of advice to everyone reading is that we should cherish what we have now.







### 54 袁群嬌 67歲

Madam Yuen 67 years old

七年前，臨近退休，在一次體檢中，竟查出患上乳癌！一生為生活、為家庭、為子女勞勞碌碌，期盼可以好好休息和享受退休生治，卻來這一次的大不幸，令群嬌感到很困擾！

在外國工作和生活的子女，為了慶祝群嬌的六十歲生日和榮休，特意相約一起回港及一起去日本暢遊。為了不想令他們掃興和擔心，與丈夫約定要保守秘密，不讓他們知道她患癌病。

旅遊完畢，子女返回外國，她便作了詳細檢查及安排，包括手術、化療及電療等療程。群嬌明白既來之，則安之，唯有樂觀面對，積極治療，才能令療程中的痛苦減至最低！

女兒回美才一個月，便告知有喜了！女兒邀請她去美國幫忙湊孫，群嬌欣然答應，但仍然為免子女擔憂，決不讓他們知道她患癌症。因為愛一個人，就是不讓他擔心、憂慮和痛苦！

湊孫的承諾，成了樂觀積極抗癌的最大動力和鼓舞！真感恩！在丈夫的愛護、照顧及支持下，整整一年的療程，包括手術，化療，電療都順利完成，身體恢復很快，這時她才向家人坦白情況。順利完成退休後的第一個工程！

孫子出生兩個月，她便去美國湊孫，一去便三年，當中有回港覆診。直到孫子入幼兒學校，她便回港生活，又完成退休後的第二個工程！

回港後，適逢香港爆發社會運動，一向愛國愛港的群嬌，那能看得順眼！於是參加了義工服務，

並認識了很多正直愛國的有識之士，一起為正義及有需要幫助的人士獻出一點綿力和愛心！

原來，退休的生活富足與否，全憑自己的意念。只要我們有正念，正能量，就會有生生不息的活力！時時提問自己：我還可以為他人做些什麼？你便可以找到有意義的答案。

Seven years ago, with retirement looming round the corner, Madam Yuen was diagnosed with breast cancer. Having toiled all her life to provide for her family she was finally looking forward to her retirement. Sadly, for her that was not the case.

Around that time, Madam Yuen's children planned to celebrate her 60th birthday along with her retirement. They worked and lived in foreign countries, so their plan was to return to Hong Kong first and then travel together to Japan. However, throughout the trip, both Madam Yuen and her husband decided to keep her diagnosis a secret. They did it to avoid having them worry and ruin the trip.

After the trip, her children returned to their homes, and soon after Madam Yuen begun her treatment which consisted of surgery, chemotherapy and electrotherapy. Madam Yuen decided to face the illness and treatment with optimism. She felt that was the only way to survive the entire ordeal.

Some time later, Madam Yuen's daughter returned to the United States and she informed Madam Yuen that she was pregnant. She invited Madam Yuen to the United States to help her with the baby. Madam Yuen agreed, though kept her condition a secret to avoid worrying them. She believed that loving someone meant not letting them worry unnecessarily and become upset over things they cannot control!

Madam Yuen's promise of looking after her grandchild became her biggest source of inspiration and motivation to fight to the cancer! Madam Yuen was so grateful for the love, care and support of her husband. She successfully completed all the treatments and made a full recovery. Only then did she confess the situation to the rest of her family. She considers this her most successful project after retirement!

Two months after her grandson was born, she went to the United States to help take care of her grandson. She went there for three years, and she returned to Hong Kong for a follow-up treatment. When her grandson entered nursery school, she returned to live in Hong Kong and thus completed the second project after retirement!

Madam Yuen's return to Hong Kong coincided with the 2019 social unrest. Being the patriot that she is, she felt aggrieved. She joined and participated in Butterflyer's volunteer service where she met a lot of like-minded people who wanted to contribute their time and skills to justice and those in need!

To Madam Yuen, retirement should incorporate the idea of giving back to the people. Her advice to others is to reflect on the question of, "What else can I do for others?"





**55 鄧友梅 69歲**  
**Madam Tang 69 years old**

惠州長大的梅姐，家有九兄弟姊妹，她是二家姐，從小耕田，只有小學的學歷。

梅姐三十多歲便來到香港，雖然學歷不高卻憑著自己的毅力，做過不同的散工，一直努力照顧家庭，現在子女成長十分敬愛她！

梅姐回憶起2019年暴動期間，她親眼經歷滿街黑衣人，看到黑衣人打人的經過，又心痛社會的改變，她感到十分害怕，甚至有段時間她不敢出門，經常鬱鬱不歡，情緒低落及煩躁！幸好當時聽到網上何律師及其他香港KOL發聲，她受到很大的鼓勵！後來在街站認識了何生辦事處的同事，並加入義工，成為了屯門何辦的精英義工團的一份子，尤其疫情期間經常幫忙在辦事處整理包裝口罩及抗疫物資，不單協助社區，更令自己非常開心，擴闊社交，有志同道合的群組，又有地方可以去，增加更多知識，了解更多事物，變得更加開朗了！她對未來的期望便是希望能繼續參與義工工作，為社會出一分力！

Madam Tang grew up in Huizhou. She is the 2nd oldest of nine brothers and sisters. From a young age, she needed to work in the fields to help support her family. She only had primary education.

Madam Tang came to Hong Kong when she was in her 30s. Although she was not well-educated, she worked hard and persevered through various casual jobs as the primary provider for her family. Her children venerate and love her very dearly!

During the 2019 riots she witnessed the streets being filled with people dressed in black. These black-shirters would roam the streets and beat up people from her community. She could not understand what was happening and this frightened her. Being scared, she dared not go out and felt depressed, unhappy, irritable and frustrated! Fortunately, through the Internet, she was able to tune into Mr Junius Ho's podcasts along with other Hong Kong KOLs that discussed matters of politics in good spirit. At a later point, she met some of Councilor Junius Ho's staff at one of the many street stations they had, and she was invited to become a volunteer. Now, she regularly volunteers at the Tuen Mun Office. During the epidemic, she often helps out with the packaging of masks and other anti-epidemic supplies that are being distributed into the community. Helping the community makes her very happy. Volunteering has since expanded her social circle, and she has met many like-minded people and found her place of purpose. She intends to continue her voluntary work and contribute to society!







**56 鄭永芳 73歲**  
**Uncle Tsang 73 years old**

鄭生自小生長於一個貧苦的家庭，少年成長的時候，國家正處於困難落後的時期。鄭生更從不認識自己的父母，自小便與養母及婆婆一起居住，養母對他十分關懷備至，因此鄭生也對她非常敬愛和孝順！鄭生還記得兒時窮困的日子，那時難得有肉食，主要食糧是番薯和賣不出去的青菜，記得當時他家獲分發一年14斤米，所以食白米是很珍貴！

鄭生從13歲開始負擔起照顧家庭的責任，代表家庭參加農業社勞動，曾經開山建水庫，填海建鹽場！那是很吃苦的工作，他最難忘那天寒地凍，風吹日曬，吃不飽，穿不暖，艱難困苦的勞動工作！他這刻骨銘心的經歷，除了苦也有甜，他記得養母的恩慈，農村裡互相守望，一條心的精神！他半生在鄉下渡過，直至婆婆和養母離世後，他留下妻兒隻身來港，初時在紗廠工作，月入約700元，後來轉去碼頭當苦力，一工55元，收入增加，他不怕勞苦，甚至加兼職加班，多賺些生活費，一心照顧好家人！十多年港粵兩邊走，90年後方接到妻兒到港！

鄭生退休後忙於幫忙照顧兒孫，希望大家生活過得好，亦同時經常參加同鄉會活動及其他義工活動！“沒國就沒有家，吃水不忘開井人！”

Uncle Tsang's grew up poor at a time when the country was still at its infancy. Uncle Tsang never knew who his biological parents were, and he lived with his adoptive mother and grandmother. His adoptive mother was very caring and loving, and Uncle Tsang respects her very much! Uncle Tsang recounts that it was rare to have meat for any of their meals, and sweet potatoes and unsold vegetables were staple for him. He remembers that his family was only given 14 kilograms of rice each year, so having white rice was a genuine privilege for them at the time!

Uncle Tsang took care of his family at the age of 13, labouring for an agricultural cooperative. He helped built reservoirs in the mountains and saltworks on top of reclaimed land! It was very hard work for a young teenager. It was particularly harsh during the winter months when the conditions were not ideal - freezing winds, not having enough to eat or wear. It was all bittersweet for Uncle Tsang because despite all the toiling, day after day, his adoptive mother was always there to comfort him. And even if they were in trouble, his neighbours would look out for them, and he would do the same for them too. The community kept each other safe.

He spent half his life in the countryside until his adoptive grandmother and adoptive mother passed away. He went to Hong Kong for a higher paying job whilst his wife and children stayed. At first, he worked in a spinning mill with a monthly income of about \$700. Later, he became a coolie working on the dock earning \$55 per day. He was not afraid of hard work, and he would occasionally work overtime or did other part-time work to earn extra income to support his family. For 10 years he traveled between Hong Kong and Guangdong, until his wife and children could finally join him in Hong Kong!

Uncle Tsang is now retired and he enjoys taking care of his grandchildren. He wishes everyone a good life, and he would appreciate it if others also went out their way to volunteer! He believes that family is not possible without a country, and because of this we have have to care or our fellow countrymen, and not take for granted the benefits we receive from our communities.







**57 徐金勝 65歲**  
**Uncle Tsui 65 years old**

金勝是汕尾人，四歲來香港。金勝14歲便自力更生，在地盆工作駕駛泥頭車，與前妻育有4子女。離婚後回鄉認識現任妻子美卿，她17歲便加入共產黨，4位哥哥都當官，當時在水產貿易公司工作，食鐵飯碗飯，生活安定；但她不忍丈夫上班謀生，4名子女無人照顧，便偷渡來香港以解相思之苦和照顧年幼子女，共同編織了一感人愛情故事。

金勝不忘父親的教誨，做人要腳踏實地，不怕蝕底，不貪生怕死、不惹事生非。與妻子把子女教育成才，現湊孫為樂（內外孫各4位），期望子孫出人頭地。人生最開心的事便是妻子順利來香港團聚。他們是第一批入住天華邨住戶，經常出相入對，是街坊的模範夫妻，羨煞旁人，出席義工活動也是夫妻檔。

他們最希望能盡快通關，能出席汕尾市舉辦的中國共產黨成立一百週年慶典，妻子能夠上台接受共產黨員表彰。

Uncle Tsui came from Shanwei, China and moved to Hong Kong at the age of four. Uncle Tsui was independent since he was 14 years old. As a young man, he worked in various construction sites as a dump truck driver. Uncle Tsui had four children with his first wife.

After his divorce, Uncle Tsui returned to his hometown where he met his current wife Mei-qing. She joined the Communist Party at the age of 17, and her four older brothers were city officials. At the time, she worked in a fishery trading company and had a comfortable life. Mei-qing could not bear seeing Uncle Tsui working so hard to make ends meet for his four children alone. So Mei-qing crossed the border illegally over to Hong Kong to reunite with him and to help him raise his children.

He never forgets his father's teachings: to be honest, stay grounded, live life to the fullest - but most importantly, not to make trouble for others.

Now that they are caring for their grandchildren, Uncle Tsui wants to also thank his wife for helping him to raise their children many years ago. It was the happiest moment in his life when his wife dropped everything to see him in Hong Kong. They were the first batch of residents to live in Tin Wah Estate, and they are often seen together. All the neighbours look up to them as a model couple. Sometimes the Tsangs would also attend volunteer services together.

Uncle Tsui hopes the borders could open up as soon as possible, so they can attend the centennial celebration of the founding of the Communist Party of China in Shanwei City, and that his wife can take the stage to receive commendations from the Communist Party.







**58 蘇金嬌 67歲**  
**Madam So 67 years old**

金嬌從小到大都是個開朗的人，在荃灣大窩口長大，家裡有五姊妹，因為大家姐一早便要工作賺錢，她身為二家姐便要照顧弟妹，特別要看護好有智障的弟弟，帶着弟妹，頗有大家姐的風範！她無心向學，中一便輟學了！後來投身紡織業，尤記得年少懵懂的她，第一天返工穿着大毛衣在酷熱的廠房裏工作，真是印象深刻！一做便是三十多年，經歷製衣紡織業的興衰！

金嬌自小喜歡跳舞，熱愛社交！她在一個派對認識丈夫，由於丈夫是圍村人，重視家庭，結婚後就與太公太婆老爺奶奶同住，一家人生活融合，她也很喜歡大家庭的熱鬧生活，十分開心嫁入圍村！婚後生了兩女一子，有家中長輩幫忙揸大，兒女都很聽話孝順。

金嬌48歲便退休了！因為子女都相繼成長並各自結婚成家，熱愛跳舞的她，有了更多時間重拾興趣，勤奮學習跳舞，竟然還當上了副教，踏上人生另一階段！她不單跳舞有進步，更學會與人溝通，利用自己的專長，開始協助籌辦社區跳舞班，帶動其他人做起義工來！自從做了義工，她不斷擴闊自己的空間和領域！現年67歲仍然每週都去跳舞！因為她開朗的個性，熱愛跳舞又熱心服務社區，令她有更充實豐盛的人生。

Madam So has been a cheerful person since she was a child. She grew up in Tai Wo Hau, Tsuen Wan. She has five siblings, and because her eldest sister had to work to help the family financially, Madam So had to take care of her 3 younger siblings, especially her mentally handicapped little brother. As a child she was not interested in school and dropped out of her first year at Secondary School. She then went on to work in a textile factory. She still remembers her first day at work, when she wore a sweater in a hot factory but wasn't allowed to take it off. She vividly remembers how young, naive and ignorant she was back then! She continued to work in the same industry for more than 30 years. She witnessed the rise and fall of the garment and textile industry in Hong Kong!

Madam So has always loved to dance since she was a child. She loves socializing, and she even met her husband at a party. Her husband is a local villager and values family traditions. They live in their family home with his parents and grandparents. Luckily, she likes being a part of a big family and is very happy to have married into the village! After marriage, she gave birth to two daughters and a son. The elders in the family helped raise the children, and the children were very obedient and respectful to the elders.

Madam So retired at the age of 48. Her children have all grown up and are married. She rediscovered her interest and passion for dancing, and through hard work, she became an assistant dance instructor. Having worked for some time as an assistant dance instructor, she is now a confident person. She uses her expertise to help organize community dancing classes and to motivate others to become volunteers! Since becoming a volunteer, she has continuously expanded her world! At the age of 67, she still goes dancing every week! Madam So feels that she is enjoying a fulfilling retirement, and part of it is due to her cheerful personality, love for dancing and enthusiasm for volunteering.







**59 曾婉華 74歲**  
**Madam Tsang 74 years old**

一直埋藏在心裡20年的事情，婉華不會同別人訴說，避免傷心，家裡的人也是從不提及此事。

婉華回想20年前的一個晚上，媳婦打電話來找兒子及細說兒子的問題，當夜徹夜難眠，半夜時，二仔突敲門大叫，“老媽子，大B跳樓死了，要去醫院！”當時婉華感覺晴天霹靂，體會到心如刀割，肝腸寸斷。家中還有年老的父母，害怕他們會為此事傷心，也更擔心他們的身體，為免不要讓父母及親人擔心，婉華只能把自己傷心及悲哀心情和種種思念一定要埋藏在心底，雖然知道前面的路艱難而行，亦要去面對！

直到現在夜闌人靜的時候，心仍然很痛，但感謝媳婦在這些年來專心照顧家人，為兒子節操堅毅，不會屈服在困難面前，獨自承擔並且努力工作養育女兒，把孫女養大，亦教育得她很好，現在孫女是位精神科護士。

婉華很感謝媳婦，亦感謝何律師匯蝶公益給我勇氣力量，將自己微小的一個故事，以及埋藏在心底20年的事情勇敢的分享出來。

勇於面對困難，不會輕易放棄，也不可以逃避，家，就是心裡永遠也不熄滅的燈！

Madam Tsang has kept a tight lip about an incident that happened 20 years ago. She doesn't like thinking about nor does she ever mention it to her family, because whenever she does it makes everyone incredibly sad.

One day, 20 years ago, her daughter-in-law called her and explained to Madam Tsang that her son had gone missing and mentioned that he was having a very difficult time. That night, after receiving her call, she couldn't sleep, and in the middle of the night, her youngest son banged on the door and shouted, "Mum, Dai-B jumped off a building! We need to go to the hospital right now!" It was a major shock for her to hear that, and recalling about that incident now still feels like she is being cut by a knife. And because there are elderly parents in her family, Madam Tsang is still afraid to mention the incident in their presence, saving them from heartbreak. The road ahead of her has been difficult, yet she faced it bravely!

Even now, when the night is quiet, her heart still hurts. Madam Tsang remains forever grateful to her daughter-in-law for taking care of her granddaughter all these years. She has remained single and sacrificed a lot, diligently caring for their family. Now Madam Tsang's granddaughter is a psychiatric nurse.

Madam Tsang is very thankful to Butterflyers Association for giving her the courage and strength to bravely share her story which had been buried deep in her heart for the last 20 years.

"Face hardship with courage," she said, "do not give up so easily or hide and run from life's challenges! If you take care of your family, your family will also take care of you!"







**60 陳素娟 70歲**  
**Madam Angela Nang 70 years old**

素娟出生于寮國（老撾），1976年跟隨香港居民的丈夫來港定居，來港初期在朋友製衣廠工作，機緣巧合下認識了一位做歐洲時裝批發的朋友，因她的關係，也走入時裝這行業，之後經營時裝批發至今30年，現在兒女接手打理，所以有空閒時間做義工，她覺得好開心，慶幸銀髮年齡還可以出來做義工，尤其是幫助何君堯律師的匯蝶公益，因何議員是一位值得大家尊重的人，可以做他的義工，感到好自豪。

她自小在老撾成長，老撾是一個比較落後樸素的國家，生活節奏慢，生活沒有什麼壓力，由小到結婚生兒育女，雖然不是大富大貴只是小康之家，都生活得好開心。

2012年2月發生了難忘的事情：身體檢查發現患上乳癌，那晴天霹靂的消息，感覺彷徨，不知所措。性格樂觀的她，很快接受事實，勇敢面對，之後接受手術、化療和電療，經過七個月令人煎熬的治療，大致康復了，隨後接受醫學觀察直到現在。

患了癌症不要太悲觀和擔憂，這樣會給病者很大的壓力，有時心情都會影響病情，一定要保持樂觀正面的心態，才能戰勝病魔，所以她一直保持開心樂觀的心態。

她自嘲：不過可能太放鬆自己啦，沒控制好飲食，變了一個可愛的胖女人。

Angela was born in Laos. Back then, Laos was a relatively simple country. The pace of life over there was slow and there wasn't much pressure living there. But despite not being a rich country, the people there lived happily.

In 1976, she followed her husband, a Hong Kong resident, to settle in Hong Kong. In the beginning she worked at a friend's garment factory. By chance, she met a friend who was an European fashion wholesaler. Because of her, Angela also entered the fashion industry. She had been running a fashion wholesale business for 30 years. Her children have since taken over the business, and now, Angela has time to volunteer for the Butterflies Association. Angela admires Mr Junius Ho a lot, and she feels that he is a person worthy of everyone's respect. Angela is also very proud to be one of his many supporters and volunteers.

February 2012 was a defining moment for Angela. She was diagnosed with breast cancer during a routine physical examination. When she first received the news, it was like being hit by lightning. Angela was devastated. However, Angela is an optimist, she made peace with it and faced her ailment bravely. She eventually underwent chemotherapy, electrotherapy, and finally surgery. After seven months of painful treatments, Angela recovered, and she now only requires regular checkups.

Angela's advice for those suffering from cancer is to remain positive and not to over worry, because worrying will only put more pressure on yourself. Our mood greatly affects the condition. Angela suggests that one must maintain an optimistic and positive attitude in order to overcome the disease, and she is the proof of that result.

She would chuckle to herself, maybe she is just too carefree about her life! If that weren't the case she might finally take her dieting more seriously! But still, she is a content and happy woman.





## 義工是什麼？

是指任何人自願貢獻個人時間及精神，在不為任何金錢及物質報酬的情況下，為社會所提供的服務。

就算不同界別的专业人士，也可以貢獻自己的專業知識，為社會有需要的社群提供義務工作。

只要你有服務熱誠，不論任何年齡、性別、學歷、種族的人士也可以當義工。研究發現，那些在退休後仍保持積極參與社區活動的人，他們會有較高的生活滿意程度。

## 做義工的好處

### 義務工作起動為眾樂在其中：

一個社會總有弱勢社群，總有欠缺資源的地方，付出自己的時間就可以幫助社會。盡公民責任，貢獻及回饋社會。

「助人為快樂之本」能幫助別人改善問題，自然樂在其中。

### 獲得新知識和經驗：

義工活動裏面經常要面對新的挑戰，突破自己，建立自信，鍛鍊自己已有的能力，同時學習去認識新的知識。

擴闊生活社交圈子：「透過義務工作擴闊個人的社交網絡、接觸志趣相投的新朋友、獲得朋輩的接納，對自己較有自信，自尊感亦較高。

### 建立人生第二個事業：

接近退休的時候會思考下半生的去向，想象退休後的生活。如果大家在退休前建立做義工的習慣，相信你絕對會過一個更精彩，更好玩的退休生活。

退休後參與義工工作亦可以保持身心靈健康。研究發現，那些在退休後仍保持積極參與社區活動的人，他們會有較高的生活滿意程度。

## What does it mean to volunteer?

To volunteer is to willingly give your time and spirit to the community without the expectation of any financial or material compensation. Volunteering is not limited to young people looking to bolster their C.V.s. Even professionals from different sectors can contribute their expertise to provide pro bono services to communities in need. What is most important when volunteering is to have heart. You can volunteer so long as you have a passion to serve others regardless of age, gender, education or race.

## The benefits of volunteering

### Spreading joy to the people around you:

There is always someone that is less well-off than you are. Whatever their circumstances, you can always be an invaluable asset to them by giving some of your time and expertise. Giving back to the community not only makes others happy, but it can also be very rewarding!

### Gain new knowledge and experience:

Volunteering isn't always easy, and it can come with unexpected challenges. Volunteers should see this as an opportunity to hone their skills and build self-confidence as they help others.

### Expand your social circle:

Volunteering isn't always about others. It is also a great way to network with others and meet new like-minded people! Volunteering can help you as much as you help others!

### To build a 2nd Career in life:

When we are entering into retirements, we often wonder, "What next?" If you have a habit of volunteering, you will find that there is bright and exciting retirement awaits you.

Volunteering in retirements helps maintain good health. Research has suggested that for those who participate in community and social services have greater satisfaction in life.



## ~應該

- 義務工作者必須事先登記。
- 守時及盡力履行服務承諾，如因急事而要臨時缺席，應盡快通知活動負責人。
- 必須認清活動負責人及義工同伴，方便保持聯絡。
- 照機構的服務宗旨及守則提供服務，並樂於接受活動負責人的指導，了解分工及專注自己的工作崗位。
- 遵守機構的保密指引，並小心確保不會把服務對象的資料使用在機構指定以外的其他用途。
- 遇到反對人士抹黑或粗言穢語，我們不要發起任何爭執或回應。
- 遇到有記者查詢，我們請保持不說話，亦要查明對方工作證，報告負責人。
- 食飯或休息時請除下義工服，避免對方攻擊。

## ~不應該

- 不應濫用義工的身分，向服務對象索取金錢或其他物質上的回報，或作任何欺詐行為。
- 不應對服務對象的情況妄下判斷，並提供機構服務範圍以外的服務或建議。
- 不應強加個人的政治、信仰或價值觀念予服務對象。
- 提供服務時，不應妄顧自身安全，作出危險的行為。

## Dos

- Do register in advance if you wish to volunteer.
- Be aware of who is organizing the volunteering service, and call the appropriate representative(s) in case of an emergency.
- Provide volunteering services only in accordance with the organization's mission(s) and code of practice, and be willing to accept guidance from the organiser.
- Be punctual. If you are unable to attend an event on the day, you must inform the organizer as soon as possible.
- Comply with the organiser's privacy practices and ensure that any personal information is not used for purposes other than those specified by the organizer.
- In the event of a dispute between you and someone you're helping, always aim to resolve the problem at hand amicably and not be provoked by their rudeness or any profanities uttered.
- Do change out of your volunteering uniforms during meal or break times to avoid unsolicited advances.

## Don'ts

- Do not abuse your status as a volunteer to solicit financial or other material rewards from others. Fraud is a serious criminal offence.
- Do not make judgments about the circumstances of someone you are helping and provide services or advice beyond the scope of the organization's services.
- Do not impose your personal political beliefs or values onto others.
- Do not put yourself in harm's way when volunteering.
- Do not agree to be interviewed by anyone, but do keep a note of who is pestering you.



## 匯蝶公益的義工服務範疇

## The scope of Butterflyers Association's volunteering services

**街站：**派發傳單，簽名及各種會員贈品/物資

**Street Station:** Signature Gathering and Distribution of gifts or flyers



**會員康樂及福利：**組織或帶領戶外或室內各項活動

**Member's Welfare:** Organize or lead both outdoor and indoor activities



**社區探訪：**探訪活動或協助分送物資，表達對社區關懷

**Community Visits:** Assist in the distribution of supplies and monitoring the well-being of members of the community



**導師/技能指導：**任興趣班、工作坊或補習班導師，教授技能予服務對象

**Mentorship/Coaching:** Serve as a mentor in interest classes, workshops, or remedial classes.





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