

### 第十一屆扶康會「香港最佳老友」運動電能烹飪比賽

The 11th FHS "Best Buddies Hong Kong" Movement Electric Cooking Competition

第十一屆扶康會「香港最佳老友」運動電能烹飪比賽初賽於2015年3月14及15日舉行，共有接近90隊達300多位傷健人士參加，參加者來自不同的中學、大學、特殊學校、家長自助組織、商業機構、社區人士及本會最佳老友，與本會智障服務使用者組隊參賽，透過一起製作美食，發揮傷健共融的精神。

Having attracted near 90 teams comprising a total of over 300 contestants with or without disabilities to take part, Fu Hong Society had the Heat of its 11th "Best Buddies Hong Kong" Movement Electric Cooking Competition held on 14 and 15 March 2015. The contestants were coming from different secondary schools, universities, special schools, parent self-help groups, corporations, general public and Best Buddies from our Society and teaming up with our service users to participate in the competition, and foster social inclusion through preparing dishes together.



決賽及頒獎典禮於2015年4月25日假鑽石山荷里活廣場舉行，本會榮獲四位立法會議員，包括立法會議員張國柱議員、黃國健議員、SBS、梁家傑議員、SC、胡志偉議員、MH、以及勞工及福利局康復專員梁振榮先生、JP、演藝名人鄧萃雯小姐、香港賽馬會對外事務部高級經理陳裕宗先生、中華電力有限公司企業發展總監莊偉茵女士、國際「最佳老友」全球計劃副總監戴安娜女士及扶康會會長葉恩明醫生，JP蒞臨主禮。其中四位議員及中華電力有限公司副總監（企業及社區關係）林明德先生更參與「名人匯演」，與智障人士合作，以「海鮮」為食材烹調菜式。本會亦感謝周中師傅、香港廚師協會會長麥錦駒先生及委員楊國基先生擔任決賽評判。本會又感謝花旗集團義工隊在過去多屆的鼎力支持及幫助，擔任初賽及決賽義工，亦感謝的心蕾萃義工隊於初賽擔任義工。當日更有本會服務使用者多姿多采的才藝表演及多個不同特色的攤位，吸引不少大眾駐足觀賞，讓他們對智障人士有更多的認識，體現社會共融的精神。

The Final and Award Presentation Ceremony was held at Plaza Hollywood on 25 April 2015. We were grateful to have four Legislative Council members, including The Hon CHEUNG Kwok-che, The Hon WONG Kwok-kin, SBS, The Hon Alan LEONG Kah-kit, SC, The Hon WU Chi-wai, MH, together with Mr. David LEUNG, JP, Commissioner for Rehabilitation, Labour and Welfare Bureau, Ms. Sheren TANG, renowned artist, Mr. Albert CHAN, Public Affairs Executive Manager, External Relations, The Hong Kong Jockey Club, Ms. Quince CHONG, Chief Corporate Development Officer, CLP Power Hong Kong Limited, Ms. Diana RIHL, Deputy Director of Best Buddies International, and Dr. IP Yan-ming, JP, President of Fu Hong Society, to officiate at the ceremony. Four Legislative Council members and Mr. Julian LAM, Deputy Director, Corporate and Community Relations of Corporate Development Group, CLP Power Hong Kong Limited, also participated in the "Star Cooking Performance" and made delicious dishes with the theme "seafood" with persons with intellectual disabilities. We thank for Mr. CHOW Chung, Mr. MAK Kam-kui, President of The Hong Kong Chefs Association, and Mr. Billy YEUNG, Committee Member of The Hong Kong Chefs Association who served as our judges. Our heartfelt thanks goes to the unfailing support of the the Citi Volunteers in these many years to help at the Heat and Final, together with Daybreak Volunteers to help at the Heat. The excellent talent shows by our service users had attracted many from the public to take part as audience, enhancing their understanding of persons with intellectual disabilities and promoting the spirit of social inclusion.



「星級最佳老友」鄧萃雯小姐與她的「最佳老友」一同出席活動，並在台上分享她們相處時的點滴。「有一次我和她（老友）一起製作曲奇，我覺得曲奇的樣子不夠好時，她就遞給我一個刀模，並說：『用這個就會靚的了！』我覺得智障人士的能力很高，他們的表達很坦白和真誠，與他們相處也很快樂。」她的分享正是鼓勵大家與智障人士建立友誼、成為老友。

Ms. Sheren TANG, our "Star Buddy", joined the event with her buddy and shared their friendship with the audience. "One time I made cookies with her (buddy). I saw the cookies not very good-looking, that time she passed me a die and said, 'this can make it more beautiful!' I think the ability of persons with intellectual disabilities are high, they are very nice and sincere, and it's really happy to get along with them." Her sharing encouraged us to make friends with persons with intellectual disabilities.