



## 第九屆扶康會「香港最佳老友」運動電能烹飪比賽暨才藝表演

第九屆扶康會「香港最佳老友」運動電能烹飪比賽初賽於2013年3月16及17日舉行，共有接近100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。

決賽及頒獎典禮於2013年4月21日(星期日)假荃新天地2期舉行，本會榮獲立法會主席曾鈺成議員，GBS, JP, 以及八位立法會議員，包括：立法會議員劉慧卿議員，JP、馮檢基議員，SBS, JP、黃國健議員，BBS、梁家傑議員，SC、田北辰議員，BBS, JP、陳恒鑌議員、黃碧雲議員、鄧家彪議員，以及社會福利署助理署長(康復及醫務社會服務)林嘉泰先生、香港賽馬會慈善項目主管陳淑慧女士、中華電力有限公司企業發展總裁莊偉茵女士及本會主席袁國榮先生蒞臨主禮，其中十位嘉賓更參與「名人匯演」，與智障人士合作烹調菜式。本會亦感謝周中師傅及香港廚師協會委員楊國基先生的鼎力支持，繼續擔任決賽評判，及DJ李志剛先生多次為本會活動擔任司儀。

立法會主席曾鈺成議員認為今次活動可算是不同黨派的議員最和諧的一次聚會，大家雖然公務繁忙，但都會在百忙中抽空參與每年舉辦的烹飪比賽，與智障人士一齊煮菜，體現傷健共融，實在難能可貴。

本會更感謝警察義工隊在過去九屆的鼎力支持，亦感謝花旗集團義工隊先後在過去六屆賽事的幫忙，擔任初賽及決賽義工。當日更有本會服務使用者與義工多姿多采的才藝表演，包括舞蹈、中國鼓樂及樂隊的演唱及樂器演奏，吸引不少大眾駐足觀賞，讓他們對智障人士有更多的認識，促進社會共融。

有參賽的學生表示：「智障人士的能力原來很高，我們透過這次活動增加對他們的認識。大家投入煮菜，互相合作，更能發揮團隊精神。無論勝負，我們都上了寶貴的一課。希望日後能有更多機會了解智障人士，與他們一起參與活動。」

有智障參賽者表示：「很開心能參加烹飪比賽，除了可以煮出美味的餸菜外，還可以認識新朋友。」

評判周中師傅更大讚參賽者的廚藝，學生亦煮得似模似樣，每碟菜式都相當吸引。另外，他更看見智障人士在與議員和同學等參賽者合作做菜的過程中，能增強自信心，非常投入，笑逐顏開，認為此活動十分有意義，並希望社會上每一個人都能更關懷智障人士。楊國基先生亦認為參賽者水準很高，食物配搭及煮法也很有創意，能激發他創作新的菜式，而除了社區人士可對智障人士有更多認識外，智障人士也能發揮他們的才能，認識新朋友。

第九屆「香港最佳老友」運動電能烹飪比賽得獎者如下：

### 美食金獎：

隊伍 - 最佳拍檔 -  
雷色園主辦可藝中學、匡智屯門晨輝學校  
菜式 - 幸福摩天輪

### 美食銀獎：

隊伍 - 德智隊 - 路德會救主學校  
菜式 - 泰中意

### 最佳創意美食大獎：

隊伍 - 沙田公立學校第3隊 - 沙田公立學校  
菜式 - 嘻哈滿溢

### 傷健合拍烹飪大獎：

隊伍 - 沙田公立學校第1隊 - 沙田公立學校、沙田蘇浙公學  
菜式 - 幸福南瓜車

### 名人匯演 - 美食金獎：

陳恒鑌議員及鄭金城(扶康會毅信之家服務使用者)

### 名人匯演 - 傷健合拍烹飪大獎：

中華電力有限公司企業發展總裁莊偉茵女士及蔡福榮(扶康會毅信之家服務使用者)

## 分社花絮

### 各分社最佳老友開心共度聖誕節

1. 香港專業教育學院(青衣分校)分社與長康之家老友記食聖誕大餐
2. 捷和實業有限公司分社與樂華成人訓練中心老友記歡度聖誕
3. 可道中學(雷色園主辦)分社與山景成人訓練中心老友記玩遊戲和食Pizza共度聖誕
4. 香港教育學院社會工作高級文憑課程分社與葵興職業發展中心老友記聖誕歌舞同樂



### 新春及復活節聚會

1. 香港樹仁大學分社與澤安成人訓練中心老友記於新春佳節一同探訪獨居長者
2. 香港李寶椿聯合世界書院分社與秦石成人訓練中心老友記到老人院探訪長者
3. 最佳老友一起送福袋和揮春給長者
4. 最佳老友一起為長者演出，十分合拍

### 最佳老友月(三月) - 各分社積極參與烹飪比賽

1. 最佳老友一同為參加電能烹飪比賽準備
2. 寶覺中學分社與順利成人訓練中心老友記落力烹煮
3. 香港樹仁大學分社與澤安成人訓練中心老友記合力烹煮美味菜式
4. 捷和實業有限公司分社與樂華成人訓練中心老友記齊心協力，煮出顏色繽紛的菜式



### 其他活動

1. 香港專業教育學院(青衣分校)分社與長康之家老友記一起到迪士尼遊玩
2. 社區老友與樂華成人訓練中心老友記一同玩保齡球

### 香港教育學院社會工作高級文憑課程成立分社

香港教育學院社會工作高級文憑課程於2013年1月31日在將軍澳校園舉行分社成立典禮，並配對了19位大專生及19位葵興職業發展中心的老友。當日由扶康會董事局委員冼權鋒博士及香港教育學院社會工作高級文憑課程課程主任陳孚西先生主禮。除已配對學生外，另有30位同學出席典禮，以示支持。

1. 扶康會董事局委員冼權鋒博士、香港教育學院社會工作高級文憑課程課程主任陳孚西先生、扶康會總幹事陸慧妍女士、區域經理麥潤芸女士與分社代表合照
2. 新分社合共配對19對最佳老友
3. 香港教育學院社會工作高級文憑課程分社其中一對最佳老友開心合照
4. 典禮後一起享用茶點



### 傳媒訪問

麗瑤之家社區老友葉金蘭及葵興職業發展中心最佳老友黃佩華，應邀出席扶康會於2013年1月10日舉行的傳媒午宴，藉此向各大傳媒介紹「香港最佳老友」運動及參與感受，當日參與的傳媒代表亦表示運動有意義，有興趣日後作跟進採訪。

社區老友葉金蘭與最佳老友李秀鳳於2013年1月29日應邀接受U Magazine的訪問，介紹「香港最佳老友」運動，與智障人士溝通的心得和難忘經歷等。

本會區域經理麥潤芸女士、社區老友葉金蘭和最佳老友黃佩華於2013年2月7日應邀接受無綫電視「開心老友記」節目訪問，介紹「香港最佳老友」運動及智障人士與退休人士成為最佳老友的的感受等。節目已於2013年2月24日於無綫電視翡翠台播出。

另外，本會總幹事陸慧妍女士、香港教育學院社會工作高級文憑課程與葵興職業發展中心分社、捷和實業有限公司與樂華成人訓練中心分社於2013年4月內接受亞洲電視新聞部採訪，向大眾介紹「香港最佳老友」運動及分享參與的感受，並於2013年6月初亞洲電視新聞時段內播放。

1. 葉金蘭與黃佩華於傳媒午宴一同分享參與「香港最佳老友」運動的感受
- 2+3. 葉金蘭與李秀鳳一起接受U-magazine的訪問
4. 葉金蘭與黃佩華到無綫電視接受訪問
5. 本會總幹事陸慧妍女士接受亞洲電視新聞部訪問



## The 9th FHS "Best Buddies Hong Kong" Movement Electric Cooking Competition cum Talent Show

Having attracted near 100 teams comprising a total of over 300 contestants with or without disabilities to take part, Fu Hong Society had the Heat of its 9th "Best Buddies Hong Kong" Movement Electric Cooking Competition held on 16 and 17 March 2013. The contestants were coming from different secondary schools, universities, special schools, parent self-help groups, corporates, general public and Best Buddies from our Society and teaming up with our service users to participate in the competition.

The Final and Award Presentation Ceremony was held at Citywalk 2 on 21 April 2013. We were grateful to have the President of the Legislative Council, The Hon Jasper TSANG Yok-sing, GBS, JP, and eight Legislative Council members, including The Hon Emily LAU Wai-hing, JP, The Hon Frederick FUNG Kin-kee, SBS, JP, The Hon WONG Kwok-kin, BBS, The Hon Alan LEONG Kah-kit, SC, The Hon Michael TIEN Puk-sun, BBS, JP, The Hon CHAN Han-pan, Dr the Hon Helena Wong Pik-wan and The Hon TANG Ka-piu; Mr LAM Ka-tai, Assistant Director (Rehabilitation & Medical Social Services), Social Welfare Department; Ms Rhoda CHAN, Head of Charities Projects, The Hong Kong Jockey Club; Ms Quince CHONG, Chief Corporate Development Officer, CLP Power Hong Kong Limited and Mr Kevin YUEN, Chairman of our Society, to officiate at the ceremony. Ten of them also participated in the "Star Cooking Performance" and made delicious dishes with persons with intellectual disabilities. We also thanked for Mr Chow Chung and Mr Billy Yeung, Committee Member of The Hong Kong Chefs Association, served as our judges over the years, and also Mr Alex Li, DJ, to be our MC for numerous activities.

The Hon Jasper TSANG Yok-sing, GBS, JP, The President of the Legislative Council, thought that the activity was the most harmonious one among the Legislative Council Members from different political parties. It was commendable that members joined the annual cooking competition of Fu Hong Society to cook with the persons with intellectual disabilities, aiming at actualizing the spirit of social inclusion.

We would like to express our heartfelt thanks to the unfailing support of the Police Volunteer Group in these nine years together with the Citi Volunteers in these six years to help at the Heat and Final. The excellent talent shows, including dancing, Chinese drum as well as the singing and instrument performance by our service users and volunteers, had attracted many from the public to take part as audience, enhancing their understanding of persons with intellectual disabilities and promoting social inclusion.

A participating student expressed, "Persons with intellectual disabilities have their talents and abilities. Through this event, we could strengthen the understanding about them, and our cooperation has fully shown our team spirit. Whether we'll win or lose, we have gained much from this event, and hope that there will be more opportunities to know them more and join them in other activities."

A participant with intellectual disabilities told, "I'm so happy to join this cooking competition, I has not only cooked delicious dish, but also made new friends."

One of the judges, Mr Chow Chung, appreciated the talents of the participants that their dishes were tasty. Besides, he could see that persons with intellectual disabilities were so happy and strengthened their self-confidence in the process of cooking when partnering the students or members of Legislative Council, the event was so meaningful and hoped that everyone in the society would show more concern for persons with intellectual disabilities. Another judge, Mr Billy Yeung had a view that the standard of participants was high and their creativity in matching the ingredients and cooking method could encourage him to create new dishes. Also, it provided an opportunity for people in the community to understand more about persons with intellectual disabilities and in return, persons with intellectual disabilities could show their talents and meet more new friends that could help foster social inclusion.

Winners of the 9th "Best Buddies Hong Kong" Movement Electric Cooking Competition:

### Gold Prize:

Ho Ngai College (Sponsored by Sik Sik Yuen) and Hong Chi Morninghope School, Tuen Mun

### Silver Prize:

Saviour Lutheran School

### The Most Creative Team:

Shatin Public School

### The Most Cooperative Team:

Shatin Public School and Kiangsu-Chekiang College (Shatin)

### Winners of Star Cooking Performance

#### - Gold Prize:

The Hon CHAN Han-pan and Cheng Kam Shing, service user of FHS Ngai Shun Home

### The Most Cooperative Team:

Ms Quince CHONG, Chief Corporate Development Officer of CLP Power Hong Kong Limited and Choy Fuk Wing, service user of FHS Ngai Shun Home

## Chapter Highlights

### Best Buddies of Each Chapter Celebrate Christmas

1. Buddies of IVE (Tsing Yi) Chapter and Cheung Hong Home had a big Christmas meal
2. Buddies of Chiaphua Industrial Limited Chapter and Lok Wah Adult Training Centre celebrated Christmas
3. Buddies of Ho Dao College (Sponsored by Sik Sik Yuen) Chapter and Shan King Adult Training Centre played games and ate pizza together to celebrate Christmas
4. Buddies of Hong Kong Institute of Education Higher Diploma in Social Work Programme Chapter and Kwai Hing Vocational Development Centre celebrated Christmas by singing and dancing



### Lunar New Year and Easter Celebration

1. Best Buddies of Hong Kong Shue Yan University Chapter and Chak On Adult Training Centre visited the elderly living alone during Lunar New Year
2. Best Buddies of Li Po Chun United World College of Hong Kong and Chun Shek Adult Training Centre visited the elderly at a home for the aged
3. Best Buddies gave gifts to the elderly
4. Best Buddies had a good performance for the elderly

### Best Buddies Month (March) - Every chapters actively joined the Cooking Competition

1. Best Buddies prepared Electric Cooking Competition together
2. Best Buddies of Po Kok Secondary School and Shun Lee Adult Training Centre participated the Competition
3. Best Buddies of Hong Kong Shue Yan University Chapter and Chak On Adult Training Centre cooked delicious food together
4. Best Buddies of Chiaphua Industries Limited Chapter and Lok Wah Adult Training Centre cooked colourful dish together



### Other Activities

1. Buddies of IVE (Tsing Yi) Chapter and Cheung Hong Home visited Disneyland together
2. Citizen of Best Buddies Hong Kong played bowling with our best Buddies of Lok Wah Adult Training Centre

## Inauguration of HKIEd Higher Diploma in Social Work Programme Chapter

The inauguration ceremony of Hong Kong Institute of Education Higher Diploma in Social Work Programme Chapter was held on 31 January 2013 at their Tseung Kwan O campus. The new chapter paired 19 tertiary student and 19 service users of Kwai Hing Vocational Development Centre to be best buddies. The ceremony was officiated by Dr. Kenneth Sin, Council Member of Fu Hong Society and Mr. Simon Chan, Senior Teaching Fellow of HKIEd Higher Diploma in Social Work Programme. Besides the paired student buddies, there were 30 students joined the ceremony.

1. Dr. Kenneth Sin, Council Member of Fu Hong Society; Mr. Simon Chan, Senior Teaching Fellow of HKIEd Higher Diploma in Social Work Programme; Ms. Becky Luk, Executive Director and Ms. Silvia Mak, Regional Manager of Fu Hong Society, took photo with chapter representatives.
2. New chapter had 19 pairs best buddies
3. One pair of the best buddies of the Chapter took photo happily
4. Tea reception after ceremony



## Media Interview

Yip Kam Lan, Citizen of Best Buddies Hong Kong and Wong Pui Wah, Best Buddies from Kwai Hing Vocational Development Centre, were invited to share their experience of joining "Best Buddies Hong Kong" Movement (BBHK) at our media lunch on 10 January 2013. Many media representatives thought that the Movement was meaningful and planned to have further interview about that.

On 29 January 2013, Yip Kam Lan, Citizen of Best Buddies Hong Kong and her Buddy Li Sau Fung were interviewed by U Magazine about their experience of joining BBHK and how to communicate with persons with intellectual disabilities.

On 7 February 2013, Ms. Silvia Mak, our Regional Manager, Yip Kam Lan, Citizen of Best Buddies Hong Kong and Wong Pui Wah, Best Buddies were invited to have interview at TVB "Good Time Old Buddies" to introduce BBHK and the feeling to be a Citizen of Best Buddies Hong Kong by a retired person. The programme broadcast on 24 February 2013 at TVB Jade.

Besides, our Executive Director Ms. Becky Luk, Hong Kong Institute of Education Higher Diploma in Social Work Programme and Kwai Hing Vocational Development Centre Chapter, Chiaphua Industries Limited and Lok Wah Adult Training Centre Chapter were interviewed by ATV News Department to share the information and feeling about joining BBHK. The interview broadcast on early June 2013.



1. Yip Kam Lan and Wong Pui Wah shared their feeling of joining BBHK during Media Lunch
- 2+3. Yip Kam Lan and Li Sau Fung had interview together by U-magazine
4. Yip Kam Lan and Wong Pui Wah were interviewed by TVB
5. Ms. Becky Luk, our Executive Director, was interviewed by ATV News Department