



**活動追蹤 Events**

**「愛藝一生」大匯演**  
"Love Art Life" Performing Arts Event

**LRC游泳馬拉松**  
LRC Swimathon

**世界唐氏綜合症日一  
親親密「襪」唐氏日**  
"Lots of Socks"-World Down Syndrome Day

**生活專題 Feature**

**健康牙齒**  
Healthy Teeth

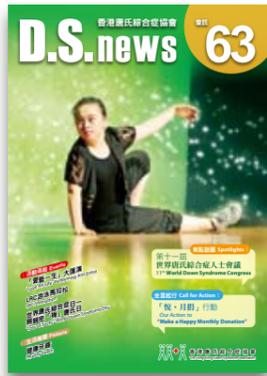
**焦點話題 Spotlights :**

**第十一屆  
世界唐氏綜合症人士會議**  
11<sup>th</sup> World Down Syndrome Congress

**坐言起行 Call for Action :**

**「悅·月捐」行動**  
Our Action to  
"Make a Happy Monthly Donation"





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香港唐氏綜合症協會於一九八七年十月正式註冊為非牟利慈善團體，致力為唐氏綜合症人士、殘疾人士及其家人提供綜合家庭支援及職業復康服務，使服務使用者在個人成長與生活各方面，得以全面發展；以及滿足他們就業及職業培訓方面的需要。

Registered as a non-profit-making organization in October 1987, the Hong Kong Down Syndrome Association is committed to serving individuals with Down Syndrome, people with disabilities and their family members with integrated family support and vocational rehabilitation services. Our objective is to enable the service users to develop their personal growth fully and in every aspect of life, as well as to meet their employment and vocational training needs.

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# 藍天白雲 Blue Sky White Clouds

每逢夏季，我總愛看到藍天白雲。

不知道藍天白雲對別的人來說有甚麼感覺，但對我來說它是很特別的。

回想起來，應該在中學時代開始迷上了「雲」。那時，我迷得會跑到圖書館借閱有關的書籍，研究一番。

雲真是很美，不論是一縷縷的、一片片的、一團團的，都吸引我。當然，襯托著蔚藍的天空，這就是絕配。

不知為何，看到這個配搭，我總會有莫名其妙的喜悅，或許它們就像我傾心吐意的朋友一樣，給予我安穩、愉快的感覺，釋放很多正能量似的。

若在心煩的日子裡，看到它，也會令我歡愉起來。它可算是我的支持和動力！

我相信每個人也有自己的「藍天白雲」，也能作別人的！

不要猶豫，快來成為唐氏綜合症協會的「藍天白雲」，陪著我們一起成長，一起分享快樂！

In summer, I love seeing blue sky and white clouds.

I don't know how others feel about blue sky and white clouds, but they are particularly special to me.

I recalled that I started being fascinated by clouds since I was a secondary school student. I even borrowed library books about relevant topics and studied them.

Clouds are really beautiful. All shapes in clouds fascinate me; and clouds against the blue sky is a perfect match indeed.

Strangely, I am always filled with inexplicably joy when I see such a match. Perhaps they could give me comfort, happiness and positive energies much in the same way that my close friends have been giving me.

When I am upset, they will cheer me up. They are one of my sources of support and momentum!

I believe that everyone has its own “Blue Sky and White Clouds” (i.e. sources of support and momentum) and we could play such a role in the mind of others!

Let's act now and become the “Blue Sky and White Clouds” of the Hong Kong Down Syndrome Association! Help us grow up and share happiness together.

# 第十一屆世界唐氏綜合症會議 11<sup>th</sup> World Down Syndrome Congress

日期：2012年8月15至17日  
Date: 15-17 August 2012

地點：南非開普敦  
Venue: Cape Town, South Africa

二零一二年八月中旬，在彼邦的南非開普敦，正是冬日時段。這個每三年一度的世界性會議——第十一屆世界唐氏綜合症人士會議，亦於這個美麗的城市一連數天展開。來自世界多個城市之唐氏綜合症人士、家長、學者、醫療及復康專業人員，均有出席。協會亦有執行委員會主席唐許嫻嬌女士、專業顧問楊黃錦賓博士、前服務經理李小慧女士，以及社會工作員暨宏昌先生和陳悅心小姐代表出席。

南非以五大動物“Big Five”盛名，即獅子、花豹、犀牛、大象及水牛。是次會議亦以“Big Five”作主題，集中研討五大範疇，包括：教育、就業、健康、權利及社會參與。現在，就與大家分享一下是次的所見所聞。

It was winter when beautiful South African city Cape Town played host to the 11th World Down Syndrome Congress in mid-August 2012. With a schedule across multiple days, the triennial Congress gathered individuals with Down syndrome, their parents, scholars, as well as medical and rehabilitation professionals from around the world. Among them were representatives of the Association, including Mrs. Heidi Tong, Chairman of Executive Committee; Dr. Donna Wong, Professional Advisor; Ms. Erica Lee, former Service Manager; and Mr. Stephen Kay and Ms. April Chan, Social Workers.

Much in the same way that South Africa has collectively called its lion, leopard, rhinoceros, elephant and buffalo as the well-known “Big Five” game animals, the Congress set five key areas, namely education, employment, health, rights and social participation as its “Big Five” themes. Let’s now look at what we learnt and experienced there!

## 教育 Education

於教育方面，外地主張的是「全納教育」，即絕對不是讓有特殊需要的學生（包括唐氏綜合症人士）入讀主流學校後便置之不理，反而需要學校於課程上作出重新安排，並且提供足夠支援（例如支援老師），讓這些學生在一個普通的課室環境裡學習。最重要的是，他們鼓勵全校參與，令所有學生明白全納教育的意義，參與其中，以讓所有學生也同樣得益！於荷蘭，有超過一半的唐氏綜合症人士入讀主流學校，而香港的情況簡直望塵莫及… Representatives of other countries advocated “Inclusive Education”, meaning that students with special needs (including individuals with Down syndrome) were taken care of even after they had entered local mainstream schools. Schools were required to rearrange their curricula and provide sufficient supports (such as supporting teachers) in order to allow the students to learn in a regular classroom environment. More importantly, the whole school approach to integrated education was pushed forward to allow all students to understand what “inclusive education” meant and to encourage them to get involved in it, with an aim to benefit all students. In the Netherlands, for instance, more than half of individuals with Down syndrome were integrated to local mainstream schools, while Hong Kong was left far behind.

## 就業 Employment

就業方面，唐氏綜合症人士若於接納性高的共融環境下工作，便能發揮才能。事實上，學員於實際環境中學習和實踐，並由社工及導師按他們的情況與僱主協調，於公開就業的市場上，他們也能交出理想的成績。學員家長、學者及有關專業人士皆認同此看法。最令我們驚歎的是，唐氏綜合症人士於外地的工作種類遠比香港多！On employment, it was found that individuals with Down syndrome better develop their potentials if they were given opportunities to work in a more harmonious and integrated environment. In fact, it was shown that our members could attain more satisfactory achievements in an open job market when they learnt and worked in a practical environment coordinated by our social workers and tutors with the employers, aiming to cater for individual needs. Parents of our members, as well as scholars and professionals shared the same view. Most surprisingly, the variety of job offers for individuals with Down syndrome in many countries was far more than those available in Hong Kong!

## 健康 Health

於健康方面，由於唐氏綜合症人士先天肌肉張力低，及早介入訓練能有效加強機能發展，如在成長階段提供唐氏專職診所，定期關注及檢查身體，更有助針對及提早治療老化出現的徵狀。2011年，本會與香港大學秀圃老年研究中心合作，有關「唐氏綜合症人士老化」的研究調查報告更備受關注。此外，唐氏綜合症大使於會議道出健康宣言，提醒我們親密友好的社交人際，能達致身心全面的健康。Concerning physical health, most individuals with Down syndrome could have their physical development strengthened through early training, because their congenital muscle tone was low. Their ageing syndrome could also be treated if they were offered with specialty clinical services, as well as regular care and body check, in their early stages of development. Hence, our research report on ageing with Down syndrome, which was jointly conducted in 2011 with the University of Hong Kong’s Sau Po Centre on Ageing, had raised much concern. In addition, ambassadors with the Down syndrome made a declaration on health care at the Congress, reminding us the fact that a close and friendly social relationship could keep them healthy both physically and psychologically.

## 權利 Rights

唐氏綜合症人士擁有的不止是享用社會設施、教育、就業等等的權利，還包括獨立生活、戀愛，甚至是結婚的權利。於是次會議上，有不少成功的例子：有的能獨立生活，照顧自己的起居飲食；有的能成功戀愛，建立婚盟，與愛侶互相扶持，手牽手走其人生路。因此，若我們認定唐氏綜合症人士沒有能力照顧自己、照顧別人、找到真愛的話，現在就是我們反思的時候了！Not only were individuals with Down syndrome entitled to the rights of access to social facilities, education and employment, but also the rights to live on his or her own, to fall in love and even to get married. A number of successful examples were unveiled at the Congress. Some of the individuals with Down syndrome were able to live on their own and take care of their own daily lives. Some others succeeded in falling in love, getting married and giving mutual supports with their loved ones for the rest of their lives. We should really think again if we believe that an individual with Down syndrome is unable to take care of himself or herself or others, or to find true love!



emotion21來自澳洲唐氏朋友的表演 emotion21, our peer organisation in Australia for people with Down syndrome, gave performance.



我們曾經合作唐氏足球交流 Our exchange visit with peer Down syndrome football team.



來自南非的Sheri Brynard為今年唐氏大使，演講扣人心弦振奮人心… Sheri Brynard of South Africa, in her capacity of this year’s ambassador with Down syndrome, gave an inspiring talk…



來自澳洲常做義工救生員的唐氏朋友 Our Australian friends with Down syndrome often work as volunteer lifeguards



南非的朋友，和我們開心地跳舞呢 Our South African friends danced happily with us



很成熟紳士的唐氏朋友 A very mature gentleman with Down syndrome



是他們能力所限，還是環境抑制了他們的可能性？ Is it that their capacity is limited, or that their viability is under environmental constraints?



我們是香港的代表 We represented Hong Kong



唐氏朋友也明白什麼是愛，也有權力擁有屬於自己的人生 People with Down syndrome also understand what is love, and have the rights to live on his or her own.



唐氏朋友主演的芬蘭電視劇 A Finnish TV drama starred by people with Down syndrome.



唐氏朋友畫的畫，縫在袋上送給每位會議參加者 Drawings by individuals with Down syndrome sown on bags are presented as gifts to Congress attendants.



配襯南非Big Five的五大唐氏範疇 The five key areas relating to Down syndrome matched with the “Big Five” animals of South Africa.

## 社會參與 Social Participation

患有唐氏綜合症，生活就得限制？不是，如是次會議，最大的特色是唐氏綜合症大使的參與，他們均於每個範疇率先演講，引領眾演講者分享。其實，社會參與就是由內到外的倡議，發展個人興趣以培養個人潛能和信心，通過表達個人意見及決策肯定能力，參與社會上不同的事務。就如唐氏大使向世界社區宣揚共融訊息及唐氏綜合症人士的才能一樣，他們也可以掌握生命方向，盛載豐盛人生。Was the life of individuals with the Down syndrome limited? The answer was "No". For example, participating ambassadors with Down syndrome stole the limelight of the Congress by taking lead in delivering speeches. They also guided speakers to share their views at discussion sessions. In fact, social participation involved personal development and engagement in different social roles with others. Their potential and confidence could be boosted by developing their own interests; and their abilities could be well recognized through expression of their own opinions and decision-making. Same with the ambassadors who promoted to the world the message of social inclusion and talents of the individuals with Down syndrome, they could master their own lives well, and live a beautiful life.

## 展望 Outlook

為了更專注地發展唐氏綜合症人士的潛能、為他們提供適切的服務，本會於今年7月開辦全港首間專為唐氏綜合症人士服務的中心，名為「唐家軒」。透過各類活動，本會期望發揮唐氏綜合症人士的多方面潛能，啟發他們的思考，培訓他們成為「唐氏大使」，向社會大眾宣揚共融訊息，從而提升唐氏綜合症人士的社會參與。同時，本會更展望連同這些唐氏大使參與2015年假印度舉行的第十二屆世界唐氏綜合症會議，並由他們代表香港作出演講，互相交流，見識世界！In order to focus more on the development of the potentials of individuals with Down Syndrome and to provide more appropriate services, we launched the "DS Centre" in July 2013, Hong Kong's first service center for individuals with Down syndrome. We aim at unleashing their potentials in wider areas by providing them with a variety of activities, and to inspire and train them to become ambassadors in a bid to promote to the public the message of social inclusion, and to enhance their social participation. Also, we look forward to participating in the 12th World Down Syndrome Congress, scheduled to be held in India in 2015, with our ambassadors. They will deliver speeches and interact with their peers on behalf of Hong Kong, in addition to widening their horizon!



晚會後我們一起勁歌熱舞！ We sang and danced after the evening gathering.



盛裝出席晚會 We were all dressed up for the party.



富有南非色彩的開幕表演 Performance at the opening ceremony was filled with South African elements.



另一個富有南非色彩的開幕表演 This was another performance at the opening ceremony filled with South African elements.



會議場地 Venue of the Congress.



與一家人合照 A family posed for a group photo.



與學者和唐氏朋友合照 Scholars posed for a group photo with friends with Down syndrome.

就讓我們一起為唐氏綜合症朋友努力！  
Let's join hands with them and work hard together!



## 義工章莉的分享 Sharing by Volunteer Jenny

在我還沒有接觸這群有特殊需要的小朋友們之前，曾暗暗自問：「造物者法力無邊，為何仍會有這群不幸人士呢？生存意義到底又是什麼呢？」直到我接觸到了他們，問題也就有了答案。

這多年來我都期待星期六下午的時間，我亦會努力地安排時間參與智勇精兵的活動，擔當義工角色為中心會員服務。雖然只有短短的九十分鐘時間，且我所做到的並不太多（畢竟人的力量總是有限），但能看見每位導師背後的努力、義工投入的參與、會員逐漸的進步、長大及懂事，原來在大家共同努力下所發揮出來的力量是驚人的，甚至把不可能的事情變為可能！雖然起初是我前來拉起他們的手，但現在卻被他們拖著我……

人與生俱來均有著不同程度的殘障，從服務智障人士的過程中讓我深深體會到擁有一顆純潔和快樂的心的重要，就讓我們彼此互勉，一同向著明天邁進。

Before making contact with these special children, I asked myself, "The Creator is omnipotent, but why are there still such unfortunate people? What is the meaning of life for them?" I have no answer until I reached out to them.

For many years, I have been looking forward to participating in "Smart Soldiers" activities in every Saturday afternoon, and serving our members as a volunteer. Though my contributions were limited during these 90 minutes sessions (human capability is always limited after all), I saw our members made progresses, grew up and became mature, as well as the great and arduous efforts by each and every tutor and volunteer. Our combined efforts have eventually turned out to create a massive impact in the end. Something that was perceived impossible was made possible! Initially, I came to hold their hands, but now they are holding mine...

Everyone was born with different degrees of impairments. In the course of serving persons with intellectual disabilities, I deeply felt the significance of having a beautiful heart and being happy. Let's encourage and support each other and head towards a brighter future!

# 親親密「襪」唐氏日

## Lots of Socks World Down Syndrome Day

一年一度之世界唐氏綜合症日慶祝活動已於3月16日假荷里活廣場順利完成，由2011年聯合國第三次委員會全體會議上議決通過由2012年起每年的3月21日定名為「世界唐氏綜合症日」後，今年已是第二年了。

Our pre-celebration activities marking the annual World Down Syndrome Day was held at Plaza Hollywood on 16 March 2013. It was the second World Down Syndrome Day following a resolution adopted in 2011 by the plenary meeting of the Third Committee of the United Nations General Assembly, which designated 21 March as "World Down Syndrome Day" to be observed annually from 2012.



為配合國際唐氏綜合症協會本年度以「襪」為主題，在場參與者都一同穿著一隻襪甚或是三隻襪以作響應，希望藉此增加公眾對世界唐氏綜合症日的關注！

To match this year's theme of "socks" set by the Down Syndrome International, all participants wore one sock or even three socks to raise public awareness about World Down Syndrome Day!



本會十分榮幸邀請到香港賽馬會慈善事務經理鄧詠茵女士，以及本會唐心大使一流行創作組合糖兄妹作主禮嘉賓，為我們主持一個簡單而隆重的主禮儀式。We were honoured to have Ms. Donna Tang, Charities Manager of The Hong Kong Jockey Club, and our HKDSA Ambassador-Sugar Club, to officiate the launching ceremony for the day.



活動當日，節目豐富，除了本會會員各項精彩的表演外，更有糖兄妹作客，載歌載舞。另外，我們更設置攤位遊戲，吸引不少遊人參與。協會為了進一步推廣唐氏綜合症日，更製作了紀念卡連小禮品派發在場參與人士。

Our guests were treated with a variety of entertaining shows, including the spectacular performances by our members, as well as great presentation of melodious songs by Sugar Club. Our game booths also drew large crowds. Furthermore, we distributed our hand-made souvenir cards and small gifts to the participants to further promote the World Down Syndrome Day.



### 小知識 Do you know?

國際唐氏綜合症協會於2006年開始已將3月21日定為「世界唐氏綜合症日」，以反映唐氏綜合症人士的特性，即在他們的細胞中，在第「21」對染色體中共有「3」條染色體。直至2011年，獲聯合國通過，確認由2012年起每年的3月21日定為「世界唐氏綜合症日」。The Down Syndrome International designated 21 March as "World Down Syndrome Day" in 2006 to signify the uniqueness of the trisomy of chromosome 21. In 2011, United Nations approved a resolution to designate 21 March as "World Down Syndrome Day" to be observed annually beginning in 2012.



# 2013 社團義務工作經驗分享會暨「社區愛心商戶」嘉許禮

## Sharing Session on Promotion of Volunteering in Community Organisations cum Presentation Ceremony of Community Caring Shop Recognition Scheme 2013

2013 社團義務工作經驗分享會暨「社區愛心商戶」嘉許禮已於7月20日於北角香港青年協會大廈9樓演講廳舉行，2012/13年度共有57間地區商戶獲發「社區愛心商戶」標誌及12間地區商戶獲頒「傑出社區愛心商戶」標誌，以表揚有突出表現的商戶。本會有幸提名盛記麵家及Speed Up Production House參與是次活動，兩間機構均獲發標誌，當中盛記麵家更獲頒「傑出社區愛心商戶」標誌，實至名歸。

The Sharing Session on Promotion of Volunteering in Community Organisations cum Presentation Ceremony of Community Caring Shop Recognition Scheme 2013 was held on 20 July at the Auditorium, 9/F, Hong Kong Federation of Youth Groups Building, North Point. In the year 2012/13, a total of 57 local businesses were awarded the "Community Caring Shop" logo, while 12 others were awarded the "Outstanding Community Caring Shop" logo in recognition of their outstanding performance. Particularly, our supporters Shing Kee Noodles and Speed Up Production House were amongst the awardees of the event, and the former has won the "Outstanding Community Caring Shop" logo, which was indeed a well-deserved honour for the shop.



# Ladies Recreation Club

• 游泳馬拉松 • Swimathon • 2013 •

4月21日（星期日），約40位不同級別的游泳健兒，包括初級／海豚組、進步組、中級組和高級組，齊集Ladies Recreation Club室內游泳池參加「游泳馬拉松」活動，大顯身手。

每個組別的游泳健兒限於一個小時內盡量游得最遠距離。

贊助人可選擇於活動前作一筆過的贊助，或可於活動後按游泳健兒所完成的距離計算贊助金額。

本年度之「游泳馬拉松」活動為本會籌得超過9萬圓善款，以資助本會唐氏綜合症會員進行游泳訓練，希望透過訓練發揮他們的運動才能、培養健康的生活方式及提升自我形象。

本會非常感謝Ladies Recreation Club、所有游泳健兒及贊助人的支持。



On Sunday, 21 April, there were around 40 swimmers from the groups of Improvers/Dolphins, Developments, Masters and Seniors participated in the Swimathon at the LRC Indoor Swimming Pool.

Swimmers from each group swam for 1 hour, and aimed to complete as much distance as possible during the hour.

Donations were calculated according to the distance completed and were collected after the event, or donors could donate a lump sum in advance.

This year, the Swimathon raised more than \$90,000 for the Association. Funding would help the Association to support the training of Down's swimmers in order to develop their talent in sports, healthy life styles, and enhance their self-image and self-confidence.

Great thanks to the Ladies Recreation Club, all swimmers and sponsors.

主辦機構  
Organizer



# 愛藝一生

## Love Art Life Performing Arts Event

### 藝術大匯演



發揮獨有藝術天賦，潛能盡現舞台！  
Unleash your artistic talents and shine on stage!

在攜手扶弱基金的贊助下，本會於2013年7月20日(星期六)假香港浸會大學大學會堂舉行「愛藝一生」藝術大匯演，非常感謝各家長及社區人士支持，活動在熱烈的掌聲中圓滿結束。

Sponsored by the Partnership Fund For the Disadvantaged, we held on 20 July, 2013 (Saturday) the "Love Art Life" Performing Arts Event at the Academic Community Hall of the Hong Kong Baptist University. We would like to express our greatest gratitude for the warm support from all parents and the community, as the event concluded in great success!



當晚的表演項目除折子戲、現代舞、爵士舞、手搖鈴、敲擊樂、歌舞劇外，更有唐氏粵劇團及唐氏舞蹈團共合約100人演出！15歲的唐氏綜合症會員梁曉丰更與2位藝能界朋友王志海先生、允言小姐擔任大會司儀，盡見他的才華！當晚入場人數達800人，更有50多位義工相助！我們更邀請到本會執行委員會主席唐許嬋嬌女士為大會致詞，鼓勵各智障及唐氏綜合症人士繼續發展藝術潛能，令人非常鼓舞。

The event showed a wide range of performances including Cantonese opera excerpts, modern dance, jazz dance, handbell ensemble, percussion, musical, as well as 100-strong performance by Down Syndrome Cantonese

Opera Troupe and Down's Dancing Group! Our HKDSA member Leung Hiu Fung, aged 15, gave his talent in full play by emceeing the event jointly with artistes Mr. Brian Wong and Jill! With support from more than 50 volunteers, the event entertained an audience of 800! Chairman of Executive Committee Ms. Heidi Tong made a very inspiring speech at the event, and encouraged all people with intellectual disabilities and Down syndrome to continue to develop their potentials in arts.



當然，表演者的精湛演出必定要感謝背後一班勞苦功高的導師，(排名不分先後)包括折子戲的朱劍丹老師和吳少賢老師、現代舞的陸慧珊老師、敲擊樂的鍾安怡老師和譚穎琛老師、爵士舞的黃碧琪老師、手搖鈴的林芝瑛老師、楊紫婷老師和陳尚恩老師，以及歌舞劇的KIT老師。相信各導師和會員經歷的點點滴滴，將會成為他們一個美好的回憶。

Indeed, such outstanding performance was indebted to the great efforts of our tutors (listed in no particular order): Ms. Chu Kim Tan and Ms. Ng Siu Yin, tutors for Cantonese opera excerpts; Ms. Vivian Luk, tutor for modern dance; Ms. Connie Chung and Ms. Vivian Tam, tutors for percussion; Ms. Rebecca Wong, tutor for jazz; Ms. Gigi Lam, Ms. Phoebe Yeung and Ms. Serene Chan, tutors for handbell ensemble; and Ms. KIT, tutor for musical. We believe that such experience would become wonderful memories of the tutors and members.

### 計劃背景 Background of the Program

唐氏綜合症人士的節奏感和體態一直受到藝術界的高度評價，他們能透過舞蹈、音樂等藝術表演，發揮獨有的天賦。我們相信所有智障人士皆有其才能，經過努力不懈的練習，也可以如一般在屬於他們的舞台上發光發亮。

Strong rhythm sensation of individuals with Down syndrome and their body shape have won high applause from the arts world. They can unleash their unique talents through dancing, music and other arts performance. We believe that all people with intellectual disabilities are endowed with their own talents and, after unswerving practices, are able to become glittering stars on the stage like many other people.

因此，協會在攜手扶弱基金贊助下，推行為期兩年的「愛藝一生」藝術發展計劃，當中包括六個不同的藝術項目訓練：折子戲、現代舞、爵士舞、手搖鈴、敲擊樂和歌舞劇。訓練對象為唐氏綜合症人士和其他智障人士。是次「愛藝一生」藝術大匯演就是各演出者與大家分享過去努力成果的大日子，他們動聽的歌聲、優美的舞蹈足以展現他們非凡的才華，讓社會大眾一同見證他們的藝術夢想！

Therefore, with sponsorship from the Partnership Fund for the Disadvantaged, the Association

has embarked on a two-year "Love Art Life" arts development scheme. The scheme covers trainings of six different arts projects, namely Cantonese opera excerpts, modern dance, jazz dance, handbell ensemble, percussion and musical. The target group is individuals with Down syndrome and other people with intellectual disabilities. The "Love Art Life" Performing Arts Event is a big day for all performers to share the fruits of their efforts. Their lovely songs and fantastic dance performances have showcased their exceptional talents. Let's join together to witness their dream of arts!



贊助 Sponsored by:





## 2012周年大會暨25周年慶典 2012 Annual General Meeting cum 25th Anniversary Celebration



周年大會2012暨25周年慶典已於在龍堡國際胡應湘堂圓滿結束。當天，承蒙會長鄧永鏘爵士KBE、副會長阮偉文博士、協會好朋友杜黃韋娘女士及創會人陳伯齡先生蒞臨主禮；超過300名會員及家屬聚首一堂，了解會務發展，並分享愉快時光。

The 2012 Annual General Meeting cum 25th Anniversary Celebration was successfully concluded at the Gordon Wu Hall, BP International, Tsim Sha Tsui. We were honoured to have our President Sir David Tang, KBE, Vice President Dr. Andrew Yuen, the Association's associate Mrs. Jennifer Tose, and our Founder Jonathan Chamberlain as officiating guests. Our guests shared an enjoyable evening at the event, which brought more than 300 members and their families together.

為慶祝這次銀禧紀念，本會誠邀正值25歲的會員一同上台祝賀，又安排了其他會員作才藝表演，使活動生色不少。此外，協會更特地以過去的歷史圖片製作了周年紀念短片「我們是這樣長大的」於席上播放，供各位嘉賓、會員及其家屬懷緬過去，展望未來。短片現存於白普理家長資源中心圖書館，有興趣之會員可到中心借閱。

The event was full of fun when the Association invited members aged 25 on stage to take part in the Silver Jubilee toast. It was followed by talent shows by our other members. Also, a video show marking the anniversary entitled "That's How We Grew Up", was specifically produced with historical photographs of the Association, and was shown at the venue. It helped our guests, our members as well as their families to recall the Association's progress in the past years, while looking forward to our development in the future. Interested members may borrow copies of the video show for viewing from the library of our Bradbury Parents Resource Centre.



## 史提芬 傑出唐氏綜合症人士 選舉頒獎典禮2012 The Stevie Award for Outstanding Persons with Down Syndrome 2012

為慶祝成立二十五周年，協會假在香港浸會大學國際學院石門校園演藝廳舉行「史提芬」傑出唐氏綜合症人士選舉頒獎典禮2012，

以表揚唐氏綜合症人士的卓越成就。To mark our 25<sup>th</sup> anniversary, the Association held an awards presentation ceremony of "Stevie Award for Outstanding Persons with Down Syndrome 2012" at Auditorium, Shek Mun Campus of the Hong Kong Baptist University's College of International Education, in recognition of outstanding performance of persons with Down syndrome.

當日，協會有幸邀請了社會福利署沙田區助理福利專員譚佩珊女士、Overseas Resources Foundation Ltd.主席Ms Ellen McNally、流行組合《糖兄妹》、香港特殊奧運會代表林小玲校長、香港展能藝術會代表、本會會長鄧永鏘爵士KBE蒞臨主禮，並頒發各獎項；同場，更有本會唐氏粵劇團、唐氏舞蹈團，以及流行組合《糖兄妹》的精彩演出，令活動生色不少。

We were honored to have Ms. Tam Pui Shan, Assistant District Social Welfare Officer (Sha Tin) of the Social Welfare Department; Ms Ellen McNally, Chairman of Overseas Resources Foundation Ltd.; Canto-pop singers Sugar Club; Ms. Cecilia Lam, representative of Special Olympics Hong Kong; representatives of the Arts with the Disabled Association Hong Kong; and our President Sir David Tang, KBE, to be our officiating guests and to present awards. It was an entertaining event with great performances by our Down Syndrome Cantonese Opera Troupe, Down's Dancing Group and the Sugar Club.



是次活動能夠順利舉行，除了獲得「史提芬紀念基金」贊助之外，本會必須感謝Overseas Resources Foundation Ltd.的慷慨贊助；評審團亦居功至偉，成員包括：Overseas Resources Foundation Ltd. 主席Ms Ellen McNally、社會福利署沙田區策劃及統籌主任譚翠琼女士、香港特殊奧運會主席凌劉月芬BBS, MH、香港展能藝術會主席林彩珠女士、糖兄潘雲峰先生@流行組合「糖兄妹」及本會主席唐許輝嬌女士。

The event was made possible with the support of generous sponsorship from Stevie Chamberlain Memorial Fund and Overseas Resources Foundation Ltd, as well as great contributions from our judging panel comprising Ms Ellen McNally, Chairman of Overseas Resources Foundation Ltd.; Ms. Tam Chui King, Social Work Officer (P/C) (Sha Tin) of the Social Welfare Department; Mrs. Laura Ling, BBS, MH, Chairman of Special Olympics Hong Kong; Ms. Ida Lam, Chairperson of Arts with the Disabled Association Hong Kong; Mr. Sebastian Poon of Sugar Club; and our Chairman Mrs. Heidi Tong.



協會期望透過是次活動證明唐氏綜合症人士的能力，因為我們深信每位唐氏綜合症人士均有其專長，只要更多鼓勵，提供更多發揮的機會，他們也能發展潛能、服務社群、貢獻社會，並有卓越成就！The Association anticipated that this event would help demonstrate the abilities of persons with Down syndrome. It has been our strong belief that each and every person with Down syndrome has their own strengths. With encouragement and more opportunities to develop, their potentials will be unlocked while they serve the community, contribute to society and accomplish outstanding achievements!

### 得獎名單如下 The Awardees :

	金獎 Golden Award	銀獎 Silver Award	銅獎 Bronze Award	優異獎 Merit Award
兒童及青少年組 Children and Youth Group	劉理盈 Christine Lau	廖依琳 Liu Yee Lam	陳倩華 Chan Sin Wa, Cindy	吳凱喬 Ng Hoi Kiu
成年組 Adult Group	鍾永健 Chung Wing Kin	葉栢寬 Ip Pak Foon	葉小霽 Yip Siu Pui	盧浩天 Mickey Lo

「史提芬」紀念基金於一九九五年一月成立，藉以紀念香港唐氏綜合症協會創辦人陳伯齡先生的女兒。為了達成史提芬的願望，基金用作獎勵傑出的唐氏綜合症人士。Stevie Chamberlain Memorial Fund was set up in January 1995 in memory of the daughter of Mr. Jonathan Chamberlain, founder of Hong Kong Down Syndrome Association. To realize his wish, the Fund is used for rewarding outstanding persons with Down syndrome.

# 三十五周年 慈善步行籌款活動 Silver Jubilee Charity Walk

二十五周年慈善步行籌款活動假香港山頂順利舉行，是次活動接近三百名會員、其家屬及公眾人士參加。Our Silver Jubilee Charity Walk, which brought together more than 300 members, their families and members of the public, was completed at The Peak, the pinnacle of Hong Kong Island.



我們有幸得到本會會長鄧永鏘爵士 KBE、協會好友杜黃韋娘女士、創辦人陳佰齡先生，並兩位特別嘉賓美國時裝設計師湯米·希爾費格以及約克郡公爵夫人莎拉·弗格森為是次活動主持起步禮。We were honoured to have President Sir David Tang, KBE, the Association's associate Mrs. Jennifer Tose, our Founder Jonathan Chamberlain, as well as special guests Tommy Hilfiger, American fashion designer, and Sarah Ferguson, Duchess of York, as officiating guests at the kick-off ceremony.



此外，我們更誠邀了本會屬下單位之Island Dance班組作舞蹈表演，把歡樂的氣氛推至高峰。Our dancing group Island Dance was invited to perform at the ceremony, and brought the cheerful atmosphere to new heights!

是次活動所籌得之款項將用作成立唐氏綜合症人士服務中心，以支援唐氏綜合症人士的需要。The walk was one of the Association's endeavours to raise funds for establishing a service centre to support the needs of people with Down syndrome.

在此，感謝各方人士的參與和支持！We take this opportunity to thanks all the participants of the event!

贊助 Sponsored by:



# 全港賣旗日 Territory-wide Flag Day 22.9.2012



協會舉辦之全港賣旗日已順利完成，是次活動共籌得多達140萬的善款，為歷年之冠。獲得這樣的佳績，實有賴本會會員、家長和各界人士的支持，以及多間商業機構的協助，(排名不分先後)包括EVI Services Limited、皇家太陽聯合保險有限公司、思進電腦香港有限公司、高捷廣告製作有限公司、東亞銀行、及香港上海匯豐銀行有限公司。

Our territory-wide flag day was a successful one, raising a record-breaking HKD 1.4 million for the HKDSA. This outstanding achievement was made possible with the support of our members, parents and people from all walks of life, as well as assistance by a number of commercial institutions, including The Bank of East Asia, The Hongkong and Shanghai Banking Corporation Limited, EVI Services Limited, Silicon Workshop Limited, Royal & Sun Alliance Insurance plc and Speed Up Production House Limited (in alphabetical order).

活動當日，我們更獲得本會唐心大使糖兄妹的支持，到旺角協助賣旗，呼籲大眾一同支持本會提供的家庭支援及職業復康服務，讓更多唐氏綜合症人士及其他殘疾人士受惠。本會謹此再次向各位致萬分感謝！

During the day, our HKDSA Ambassador Sugar Club assisted in our flag-selling activities in Mongkok, calling upon the public to support our family support and vocational rehabilitation services for persons with Down syndrome and other disabilities. We would like to express our gratitude to all of you again!

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得獎名單 Award list:

## 「陣容鼎盛大獎」(動員最多義工) "Highest Number of Volunteers Award"

得獎機構 Awardees: 慕光英文書院 Mu Kuang English School  
家長網絡區域 PRN Regions: 香港區 Hong Kong Island

## 「網絡最強大獎」(善款最多) "Top Donation Achiever Award"

得獎機構 Awardees: 鎮泰慈善基金會有限公司 Jetta Charity Fund Limited  
得獎義工 Winners of the Awards: 葉偉明先生 Mr. Patrick Yip  
家長網絡區域 PRN Regions: 新界東 New Territories East



# 第六屆世界唐氏綜合症游泳錦標賽2012 The DSISO 6<sup>th</sup> World and International Swimming Championships 2012

## 泳游選手分享 Swimmers' sharing



### 彭加毅 Pang Ka Ngai

It is an unforgettable experience for me. I am excited that I won two silver medals. I like meeting different people and I am happy that I took many photos with others! Yeah! 對我來說，這是難忘的經驗。我奪得兩面銀牌，感到很高興。我喜歡跟不同的人接觸，我很高興與其他人拍了很多照片呢！

### 曾朝禧 Tsang Chiu Hei

It is my first time to join overseas competition and to travel on my own. I am so happy that there is obvious enhancement of my self-confidence and self-care ability. I can do it! 這是我第一次離家到海外參加比賽。我很高興，因為我的自信及自我照顧能力大大提高。我做得到的！

### 陳海釗 Chan Hoi Chiu

I am so excited to have won so many medals. The most important thing is, there is improvement on my swimming skills and I could break my own record! I wish that I can join the competition next time in Mexico! 我奪得多面獎牌，感到很興奮。最重要的是，我的游泳技術大大提高，更打破自己的紀錄呢！我希望我下一次能參加於墨西哥舉行的比賽！

### 葉小鼎 Yip Siu Pui

This is my first time to go to Italy. It was a very beautiful place. I am happy to meet many people from different countries! Although I couldn't get any medals, I will not give up and I will pay more effort during training! 這是我第一次到意大利。這是個非常美麗的地方。我很高興跟很多來自不同國家的人接觸！雖然我未能奪取任何獎牌，但我不會放棄，我會在訓練中加倍努力！

### 甄靄汶 Yan Pui Man

I am satisfied with my result in this competition. I am surprised that I could get gold medal in 25m Breaststroke which I used to resist on it. I would like to thanks the coaches for their teaching! Overall, this trip is worthwhile! 我很滿意自己於這些比賽的成績。我很驚訝自己能奪得25米蛙式金牌，因為我以前抗拒游蛙式。我非常感謝教練的教導！整體來說，這是一次很有意義的旅程呢！

### 劉奕崙 Lau Yik Lun

I am happy to participate in this competition with my good friends. During the journey, we took care of each other and gave encouragement to others too! 我很高興能與我的好朋友一起參加這次比賽。在旅程中，我們互相照顧，也鼓勵他人呢！

在 Ladies Recreation Club, American Women's Association of Hong Kong, Overseas Resources Foundation Limited 及一位無名氏善長的贊助下，協會於去年十一月十四至二十四日率領一隊六名年齡由十八至二十五歲的唐氏游泳健兒到意大利洛阿諾參與「第六屆世界唐氏症游泳錦標賽2012」，與二十一個地區共百多名運動員爭奪錦標。最終勇奪8金、10銀及5銅，成績彪炳，發揮超卓的團隊精神！

Sponsored by Ladies Recreation Club, American Women's Association of Hong Kong, Overseas Resources Foundation Limited and an anonymous donor, 6 of our swimmers aged between 18 and 25 represented the Hong Kong Down Syndrome Association and joined the DSISO 6th World and International Swimming Championships 2012 held in Loano, Italy between 14 and 24 November 2012. They competed with more than 100 swimmers from 21 regions and scooped 8 gold medals, 10 silver medals and 5 bronze medals!

**A** 「2013年週年會員大會」將於12月21日(六)假香港九龍灣展貿徑一號九龍灣國際展貿中心舉行，有關邀請將於11月發出。如屆時尚未收到邀請之會員，可與總辦事處職員聯絡。

The annual general meeting for 2013 is scheduled to be held at Kowloonbay International Trade & Exhibition Centre at 1 Trademart Drive, Kowloon Bay, Kowloon, Hong Kong on 21 December (Saturday). Invitations will be sent in October. Members who do not receive invitation by that time can contact our Head Office.

**B** 為使資源運用更能配合唐氏綜合症人士的獨特性和需要，本會已於2013年7月1日將前「匯藝坊」轉型為一所專門為唐氏人士服務的中心，名為「唐家軒」。透過體育、藝術及康健服務，促進會員的全人發展。To fully utilize our resources to meet the uniqueness and needs of persons with Down syndrome, on 1 July 2013 "The Art Link" was restructured into the "DS Centre", a specialized Centre for persons with Down syndrome. Its objective is to foster holistic development for our members through sports, arts and healthcare services.



**e** 本會於二零一三年四月起，將「唐氏洗車服務隊」及「群毅清潔隊」兩項服務合併為「唐氏群毅服務隊」，著力拓展一站式的家居清潔、辦公室清潔、洗車、包裝及郵件加工等，務求緊貼市場需求，為廣大客戶提供更多元化的質優服務。

Starting from April 2013, the "Down's Car Beauty Team" and "Kwan Ngai Cleaning Team" was consolidated into "The Down's Kwan Ngai Service Team". The new team is engaged in development of one-stop domestic household and office cleaning, car beauty services, packaging and mail processing services, in order to cater for market needs and offer a wider range of quality services to more clients.



**D** 協會週年員工培訓日已於2013年6月24日假在葵涌鄧肇堅男女童軍中心順利舉行，所有全職員工在彼得·德魯克管理學院同工的帶領下，探索個人強項和工作價值觀，並了解自己對實踐機構使命能作出的貢獻。Our annual staff training day was held at Tang Siu Kin Scout & Guide Centre in Kwai Chung on 24 June, 2013. Guided by the trainer of the Peter F. Drucker Academy, all staff members explored their strengths and work values, in addition to understanding the contributions that they could make in achieving our missions.

**e** 2012至2013年度新一輯協會四封燈箱廣告宣傳已於2012年12月底至2013年1月初刊登。謹此感謝香港鐵路有限公司的支持，以及皇家太陽聯合保險有限公司的贊助。Our new series of 4-sheet feature ads for the year 2012-13 were launched by way of light box display between late December 2012 and early January, 2013. We would like to take this opportunity to thank MTR Corporation Limited for their support and Royal & Sun Alliance Insurance plc for their sponsorship.



# 健康牙齒 Healthy Teeth

Dental disease such as tooth decay or gum disease if left untreated will lead to toothache and loss of your teeth. Those who have had this unpleasant experience will appreciate the importance of having healthy teeth and gums. 蛀牙或牙周病等牙齒疾病如不善加治理，便會引致牙痛以及牙齒脫落。曾受過這痛苦經歷的人，必定瞭解擁有健康牙齒和肉肉的重要。

What a lot of people do not know is All Dental diseases such as toothache or loss of teeth can be prevented if only we know how to take care of our teeth. So how do we take care of our teeth so we can have healthy teeth? The answer is in 4 simple steps: 鮮為人知的是，只要我們懂得如何護齒，其實牙痛或牙齒脫落等所有牙齒疾病都是可以預防的。如何護齒才能擁有一副健康的牙齒呢？只要依照以下四個簡單步驟，便可做到：

- ① **Brush twice a day 每天刷牙兩次**
- ② **Floss your teeth once a day 每天使用牙線清潔牙齒一次**
- ③ **Reduce your sugar snacks to once a day 減少食用甜食至每天一次**
- ④ **Visit your Dentist annually who can check your teeth. 每年到牙醫檢查牙齒一次**

## ① Brush Twice a day. 每天刷牙兩次

Always choose the right toothbrush; such as one with soft brushes on a small head and a straight handle. 切記選擇適當的牙刷，例如軟毛、刷頭細小及刷柄直身的牙刷。

- The soft bristles allow you to brush the teeth and massage the gums as well, to keep your gums healthy. 軟毛能清潔牙齒，同時按摩牙肉，令牙肉健康。
- The small head allows us to get the brush into difficult and awkward areas at the back. 細小刷頭容易使牙刷接觸口腔內難刷的部位。
- Choose any toothpaste which contains Fluoride. 選擇含有氟化物的牙膏。

The most important place to brush is where the gum meets the tooth, so you need to put half the brush on the teeth and half on the gums and brush across horizontally in short strokes as in the below diagrams.

刷牙時最重要的是要清潔牙齒之間的位置，須把牙刷的刷毛一半放在牙齒，另一半放在牙肉上，並在牙齒左右或前後兩邊來回重複洗刷，如圖所示。

The short horizontal brushing strokes has to be done systematically, there are 3 surfaces to brush: 刷牙時要按次序左右兩邊來回重複洗刷，而且須刷到牙齒的三面：

- i, The outside surfaces of our teeth (near the cheeks.) 牙齒前面（近臉頰）。
- ii, The inside surfaces. (Upper teeth – this will be next to the palate, lower teeth – this will be next to the tongue). 牙齒背面（上排牙齒的背面——上顎旁邊的牙齒，下排牙齒的背面——舌頭旁邊的牙齒）。
- iii, The biting surfaces of the teeth. 牙齒的咬合面。

You should brush twice a day, once in the morning and once in the evening after your meal. Spend 3 minutes brushing your teeth thoroughly each time. 應每天刷牙兩次，一次於早上，一次於晚上用餐後。每次徹底刷牙三分鐘。



## ② Flossing once a day 每天使用牙線一次

Brushing only cleans the outer and inner surfaces of your teeth and cannot reach in-between your teeth. Yet it is here where most bacteria and food deposits on a daily basis, typically causing dental decay and gum disease. Flossing is the only way to reach and clean into these 'in between teeth' areas, and therefore plays a major role in preventing dental decay and gum disease. 刷牙只能清潔牙齒前後兩面，但無法洗刷到牙縫，而牙縫正是每天大多數細菌和食物碎屑藏身之處，容易導致蛀牙和牙周病。使用牙線是唯一能接觸和清潔牙縫的方法，能有效預防蛀牙和牙周病。



Flossing should be done once a day in the evenings after your have brushed your teeth. This is how to floss: 應每天晚上刷牙後使用牙線，並每天使用一次。牙線的使用方法如下：

- Get a long piece of floss of around 400 cm long 截取約400厘米長的牙線
- Twirl each end of the floss around the first finger of each hand until you have a short tight section in the middle of the floss. (See photo). 將牙線的兩端分別纏繞在雙手的食指上，在兩手中間留下一小段拉緊的牙線。（如圖所示）
- Insert this short tight section in-between the contacts of each teeth 把這一小段的拉緊牙線滑進牙縫裡。
- Slide the floss past each contact point along the side of each tooth on either side of the contact point. 把牙線緊貼每顆牙齒的鄰面，並沿著牙縫牙齒的鄰面上下拉動。
- Don't just floss your front teeth, flossing your molar teeth is even more important. 不要只使用牙線清潔前排牙齒，清潔白齒和大牙更重要。

If you can floss daily, you will prevent dental decay and gums disease, giving you a lifelong of healthy teeth. 如果每天使用牙線，便能防止蛀牙及牙周病，一生都能擁有健康牙齒。

鳴謝 Acknowledgement:  
Oral B  
Dr. Sandra Lee, B.D.S. (Manchester)



# Our Action to 「悅·月捐」行動 “Make a Happy Monthly Donation”

人生如何得到喜悅？常言：助人為快樂之本！  
How can I be happy? By Helping Others!

將您的善心化為行動，造福有需要的人士，讓他們也享有精彩的人生，獲得喜悅！您也得到無限喜悅！  
Your donations will make the needy happy, benefit them and let them have a wonderful life!  
You will then be happy after all!

有了您的支持，我們便能提供更優質、更多元化的服務予服務使用者，讓他們更喜悅，也讓您更喜悅！  
With your kind support, we can provide our service users with more excellent and diversified services, make them more happy, make you more happy!

**請不要猶疑，立即加入「悅·月捐」行動！**  
Let's act now and join our action to “Make a Happy Monthly Donation”!

捐款詳情，請見本季刊第二十一頁。 Please refer to page 21 for donation details.

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我想以一次性捐款支持協會，現捐助：  
I would like to support the Association by making one-off donation:

港幣 HK\$500     港幣 HK\$1,000     港幣 HK\$3,000     港幣HK\$ \_\_\_\_\_

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Crossed cheque made payable to “The Hong Kong Down Syndrome Association” and mail to us with this form.
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請填寫下列資料，並選擇以VISA、萬事達或美國運通信用卡賬戶捐款。  
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本會謹向以下於2012年10月至2013年7月期間，捐助及支持本會之善心人士及團體，致以萬二分感謝！  
(排名不分先後)：

We are pleased to have received donations and supports from the following donors and volunteers during the period from October 2012 to July 2013. We would like to take this opportunity to express our gratitude to them:

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The Hong Kong Down Syndrome Association

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◦ 畫廊 Gallery ◦



送給鱷魚先生的禮物之  
“七色音樂椅”  
Rainbow  
Music Chairs  
to Mr. Crocodile”

內容：感謝鱷魚先生十多年來陪伴著我們長大，牠已完成偉大的使命，返回大自然的懷抱，我們將會永遠懷念您！我們特意送上一份禮物“七色音樂椅”給牠，希望那彩色的音樂聲，成為我們一點一滴的回憶！  
Content : We thank Mr. Crocodile for having accompanied us for more than a decade. He has fulfilled his great mission and returned to the Nature. We will miss him forever! We present our “Rainbow Music Chairs” as a special gift for him and hope that such “rainbow” music will be part of our memory!

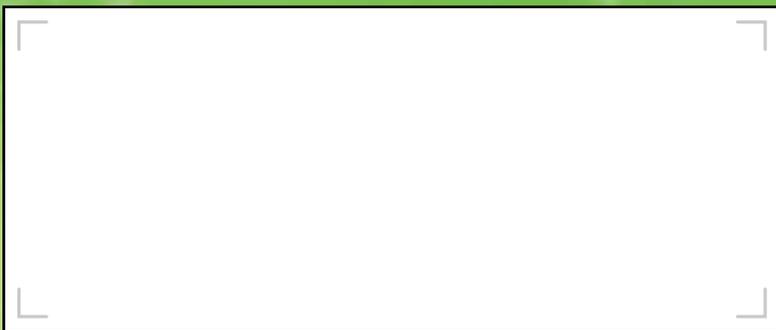
(備註：由於中心去年進行大型的室內裝修工程，所以鱷魚先生已離開我們了。)  
(Remarks: Mr. Crocodile left us when the Centre underwent a large-scale indoor renovation work last year.)

願來我是一隻鞋  
I am a shoe



內容：假如自己只是一隻鞋，不要害怕寂寞！因為在人生的旅途上，總會遇上另一隻鞋與您並肩前行。  
Contents : I would not be afraid of being alone if I were a shoe! This is because I will meet another shoe as my company on my life journey.

參加者Participants	
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Volunteers:	Man Chun Kit, Ling Wing Ye, Lau Wing Yin, Finoni Choi, Cheng Wai Yee, Lam Shuk Man, Cheung Man Lai, Wong Ka Fai, Tsui Wan Yin, Tsui Po Yee, Cheng Man Ki, Chong Shun Ning, Kong Kam Sing
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