

青海兒童之友通訊

Friends of Qinghai Children Newsletter

總幹事的話

A Message from the Executive Director

我仍深刻記得第一位青海孩子獲收養時的情景，一晃眼，那位名叫「珍珍」(現在叫Meizi)的女孩已快20歲，長得亭亭玉立了！這十多年來，已有超過200名孩子找到了真正的家，但當每次院裡傳來孩子領養的消息，我的心情依然如第一次般激動，因為這代表孩子的一生從此得以改寫！

我們也明白，能被領養的孩子畢竟只佔少數，留在青海的孩子亦需要機會去追尋理想，活出精彩人生。我很高興看見透過助學金計劃，曾被遺棄或生活貧苦的孩子們長大後不但能夠自力更新，更能為社會作出貢獻。許許多多像內頁主角「妙妙」和「卓瑪」等令人鼓舞的故事，一直推動著我們在青海的事工。這項生命轉化的工程，感恩一直有您們同行！

I remember it so vividly - the day the first child from Qinghai met her adoptive parents. Deeply embedded in my memory, it seems like just yesterday, but that little girl, Meizi, has blossomed into a 20-year-old, beautiful lady! Over the past decade, more than 200 children have found forever families, but with each new adoption case, my heart overflows with joy just like with the first, because it means the story of another child is changed forever!

We understand that only a few children will be adopted, for the majority who stay in Qinghai, they too should receive every opportunity to pursue their dreams and to live a fruitful life. As a result of our Education Grant Programme, many children who were once abandoned or living in poverty are able to earn their own living and even give back to the community. Success stories like 'Miu Miu' and 'Zhuo Ma' will always be our motivation to continue our work for God in Qinghai. We are truly grateful to have your support along the way!



張洪秀美女士與來港接受治療的青海小女孩恩恩
Mrs. Cheung-Ang Siew Mei and little Yan from Qinghai

張洪秀美
Mrs. Cheung-Ang Siew Mei, JP



孩子得到治療，全家也展露歡顏
The whole family regained their smile now



醫療隊於2天內完成了8個手術
The team has conducted 8 remedial surgeries in 2 days

得來不易的歡欣笑容

The Hard-earned Joyful Smile

先天「兔唇」(唇顎裂)很多時候透過手術便可以修正，但在青海的偏遠和貧窮地區，很多家庭根本無力負擔醫療費用，因此缺陷而遺棄孩子的案例屢見不鮮，情況令人痛心。兔唇令孩子的進食及說話能力受阻，更會嚴重影響他們的心理及社交發展，有見及此，本會與房角石協會及青海福利慈善醫院合力推行「Joyful Smile」行動。協會的第一批醫療隊伍在3月25日抵達青海西寧市，短短四天裡，他們為30名十歲以下孩子進行了治療，最年幼的只有三個月大，當中8名孩子更接受了矯正手術。孩子的笑容得來不易，他們的家人也咧嘴而笑了！

Many cleft lip and palate cases can be corrected through surgeries, but in Qinghai, many of these cases have gone untreated due to poverty. Christian Action has witnessed multiple cases of child abandonment at our children's homes because of this birth defect. Children with cleft lip cannot eat or speak properly, and they face serious psychological and social issues as they grow older.

In view of this, Christian Action partnered with Cornerstone Association and Qinghai Charity Hospital to launch a 'Joyful Smile' charity campaign. The first delegation from Cornerstone landed in Xining on March 25th, and in just 4 days, 30 children were treated and remedial surgeries were offered to 8 of them, ranging from 3 months to 10 years old. Their hard-earned smile has also gained a smile of relief from their families!



妙妙的招牌腰果眼笑容
Miu showing us her signature smile



在青海寄養家庭時妙妙已是個開心果
She was a barrel of laughs back in Qinghai



領養當日，寄養父母與領養家庭一同合照
Foster parents and the adoptive family on the adoption day



妙妙第一眼看見領養媽媽就笑個不停
Miu laughed happily when she met her adoptive mother at first sight

妙妙：帶著微笑，開展新生活

Miu Miu: Cheers for Future!

妙妙於2013年冬天來到西寧市兒童福利院，進院時只有數天大，是個早產兒，醫生診斷她患有「新生兒缺氧缺血性腦病」，有機會影響她的智力和肌肉發展。在兒童院的日子，妙妙住在加護房間，除需要特別照顧外，也需接受復康訓練。我們駐青海的荷蘭籍物理治療師Hannah回想：「妙妙在半歲時仍未懂得轉身，但經過持續的復康練習，我看見她有明顯的進步。妙妙是個愛笑的孩子，和她做翻身動作她也會「咋咋」聲笑個不停！」妙妙的情況持續得到改善，及後我們安排她入住寄養家庭，體驗真正的家庭生活。

好消息接踵而來，2015年8月，來自美國的Beth和Zachary Vermillion一家決定收養妙妙！收養當天寄養父母難掩不捨之情，但妙妙的「腰果眼」笑容真妙！她一笑，整個房間都充滿了歡樂。差不多一年過去了，最近，我們很高興收到Beth的消息，分享他們一家愉快的生活近況：

「Mabel(妙妙的新名字)生活得很好，比預期更快適應與我們一家生活。最近她學會走路了！她現在牙牙學語，這星期更說了她人生中的第一個字。Mabel每一小步的成長都叫我們十分興奮！

早前我們帶Mabel到迪士尼樂園遊玩，順道探望在亞利桑那的表兄弟姊妹。這個夏季我們將會到海灘渡假，Mabel一定很歡喜！再次感謝基督教勵行會在西寧不遺餘力的服事工作！」

我們衷心祝福Mabel能一直保持她的「腰果眼」笑容，繼續樂觀、快樂地茁壯成長。

Miu Miu came to Xining Children's Home in winter 2013 when she was just a few days old. She was born prematurely and was diagnosed with HIE (Hypoxic Ischemic Encephalopathy) which causes oxygen deprivation to the brain and could affect her mental and physical development. Miu had to stay in the special care ward to receive intensive care and rehabilitation training. Our physiotherapist Hannah recalled, "When I first met Miu she was around 6 months old. She could not turn her body, but she has improved a lot after months of regular training. Miu was a cheerful little darling. She kept giggling when I did trainings with her!" As her situation continued to improve, we arranged for her to live with a foster family to experience a genuine family environment.

In August 2015, we received the exciting news that Beth and Zachary Vermillion from the United States were going to adopt Miu! On the adoption day, the foster parents were a bit emotional to part with their sweet girl, but when Miu smiled with her adorable, chestnut-shaped eyes, everyone was overjoyed! Nearly a year has passed, and we recently received a lively update from Beth about Miu (now Mabel)!

"Mabel is doing so well and has adjusted to live with our family better than we could have wished! She started walking recently and even said her first word this week! Small steps forward make us very excited. We recently got back from a trip to Disneyland and visiting her cousins in Arizona. We are planning on spending a week at the beach this summer, something I think she will really love. Thanks again for all the amazing work you do in Xining!"

We know that Mabel will continue to brighten rooms with her smile for years to come. We bless her with optimism and happiness as she continues to flourish.

卓瑪: 滿懷信心，迎接新一頁

Zhou Ma: Flipping a New Page with Confidence

父親離世、母親離家，蒙古族的才讓卓瑪自幼與外公相依為命，但外公年事漸高，未能給予適切的照顧，卓瑪繼而於2008年12月來到黃南州兒童福利院。自小生活貧困，加上少數族裔的背景，上大學對卓瑪來說是個遙遠的夢想，但外表溫婉的她有著崇高的理想，必須靠讀書才能達到——就是要成為一位優秀的女警！因為她在罪惡為禍的貧窮地區長大，她尤其希望能靠自身的力量除暴安良。雖然未知夢想能如何實踐，她仍非常努力讀書，成績一直名列前茅，她就是希望等到一個機會。

終於，卓瑪在2012年在高考中取得優異成績，在我們的助學金計劃資助下，成功考入青海省警官學院公安系治安專業，離她的警察夢又近了一步！2015年7月，卓瑪以優異成績畢業，當她的同學開始四出尋找工作時，她的目標只有一個，就是要參加「招警考試」，當一名國家公務員！在內地，考取公務員的路是漫長的，公開招聘的機會千載難逢，而且只有極少數考生能夠順利通過考試。當同學們陸續開始上班時，她卻不顧一切，每天捧著書本不停溫習準備。數個月後，終於讓她等到了公開考錄人民警察的消息！她立刻申請了自己家鄉——河南縣基層民警派出所的職位，她甘願放棄大城市的生活，選擇留在家鄉，為民服務。

2016年3月，兒童院裡收到了卓瑪傳來的喜訊——她通過了筆試、面試和體能測試重重難關，被派出所取錄了！卓瑪目前還在接受職前培訓，我們期待看見她穿上警察制服，英姿凜然的樣子！

After her father died, little Zhuo Ma Cai Rang was left by her mum to live with her grandfather. But when her grandfather became too frail to care for her, she moved to Huangnan Children's Home in December 2008. Attending university was a distance dream for Zhuo Ma. Her family could never afford her school fees, and her ethnic minority background also hindered her from receiving higher education. But she had an aspiration which could only be fulfilled through studying. She wanted to be a policewoman! Aware of the crime around her and how it impacted her poverty stricken society, she was determined to fight crime and protect her community.

Although she wasn't sure how her dream would become a reality, she still studied very hard to get the best grades in school. She was well-equipped, but she just needed an opportunity to excel.

In 2012, Zhuo Ma performed very well in the public examination, and with an Education Grant from Christian Action, she finally enrolled into the police college, majoring in security management. She was one step closer to achieving her dream! Zhuo Ma graduated in July 2015, as expected with excellent grades. While her classmates started searching for jobs, her only aim was to apply for the police open recruitment examination to become a civil servant. Chances for open recruitment are rare, and the challenge was especially difficult for females, but Zhuo Ma was very persistent. While most of her classmates already began their work, she was spent everyday revising. A few months passed, and she finally saw the results of the recruitment examination! Without any hesitation, she applied for a post at the police station in her impoverished home county. She could have had the chance to go to the city, but she chose to stay in order to serve her community.

In March 2016, the children's home received thrilling news from Zhuo Ma. She had made it through the tough examinations and was appointed by the police station! She is now undergoing pre-employment training. We hope to see her proudly clothed in her police uniform soon!



4年前的卓瑪剛成功進警校，面上難掩興奮心情
Excited Zhou Ma when she entered Police College 4 years ago



卓瑪自豪展示她的警員證
Zhou Ma proudly showed us her police working permit



青海河南蒙古族自治縣
Qinghai Henan Mongol Autonomous County



本會至今已在青海派出超過1,500個助學金
We have offered over 1,500 education grants in Qinghai



來港治療的寧寧在我們陪伴下渡過18歲生日
Ning from Qinghai celebrated his 18th birthday in Hong Kong



患有雙邊小耳畸形的恩恩於5月來港接受治療
Yan came to Hong Kong to receive treatments for her deformed ears



橋樑家園學員敏芝展示她的巨型刺繡作品
Gi from Bridging Home showed off her embroidery masterpiece



香港浸會大學中醫學院教授及學生遠赴青海做義工
Professor and students from Hong Kong Baptist University volunteered in Qinghai

為他們伸出援手！ They need your help now!

捐助表格 Donation Form

- ☐ 我願意成為基督教勵行會青海兒童之友，每月捐款：
I would like to join Christian Action's Friends of Qinghai Children Programme, with a monthly donation of:
☐ HK\$150 ☐ HK\$200 ☐ HK\$250 ☐ HK\$300 ☐ HK\$400 ☐ 其它 Other HK\$ _____
- ☐ 我願意一次過捐助，以支持基督教勵行會青海兒童之友計劃：
I would like to make a one-off donation to support Christian Action's Friends of Qinghai Children Programme.
☐ HK\$300 ☐ HK\$500 ☐ HK\$1,000 ☐ HK\$3,000 ☐ HK\$6,000 ☐ 其它 Other HK\$ _____
- ☐ 我願意調整我的每月捐款金額，幫助更多青海孤兒。
我現時每月捐款金額為 HK\$ _____，新的每月捐款金額為 HK\$ _____
I would like to increase my monthly donation to help the Qinghai orphans.
Currently, my monthly donation is \$ _____
NOW, I want to upgrade my donation to \$ _____

每月捐款 You can help the children by donating monthly

- HK\$400** 可支持一個殘障孤兒接受一個月的復康訓練
will contribute one month of rehabilitation for one disabled orphan
- HK\$250** 可支持一個孤兒一個月的照料及護理費用
will contribute one month of caring expenses for one orphan
- HK\$150** 可支持一個殘障孤兒接受一個月的特殊教育
will contribute one month of special education for one disabled orphan

捐助者資料 Personal Particulars

- ☐ 個人捐款 Individual Donation ☐ 機構捐款 Corporate Donation
- 姓名 Name _____ (先生 Mr / 女士 Ms / 太太 Mrs)
- 機構名稱 Organization _____ (機構捐款者適用 For Corporate Donation)
- 地址 Address _____
- 電話 Telephone _____
- 電郵 E-mail _____

捐款方法 Donation Methods

- ☐ 信用卡付款 By Credit Card ☐ ☐
- 持咭人姓名 Card Holder's Name _____
- 信用卡號碼 Credit Card No. _____
- 到期日 Expiry Date _____ 簽署 Signature _____
- ☐ 自動轉帳 By Autopay
郵寄自動轉帳表格。表格可以傳真索取或於本會網址下載，填妥後請寄回本會。
You can send your direct debit authorization to us by post - a direct debit authorization from can be obtained from us by fax or downloaded from our website.
- ☐ 網上捐款 - 可於本會網頁直接進行登記捐款及轉帳
By Internet - Register online and make a money transfer.
- ☐ 郵寄劃線支票 (抬頭請寫「基督教勵行會 - 慈善服務」; 支票背面請寫上捐助者姓名及聯絡方法)。
By Crossed Cheque (Payable to "Christian Action Charity Services" Please write the name and contact information of the donor at the back).
- ☐ 直接存入匯豐銀行帳戶 Deposit cash or cheque in HSBC Account: 567-320973-005
- ☐ 7-Eleven 現金捐款 Cash Via 7-Eleven
請攜同此印有本會慈善機構條碼之表格到7-Eleven付款。請保留交易紀錄，然後連同捐款表格郵寄 / 傳真至本會。Please present this barcode to the 7-Eleven cashier in Hong Kong for payment. Please enclose the transaction record with this donation form.



選取任何捐款形式，均需郵寄、電郵或傳真此表格至本會
Please return this form by post, e-mail or fax for all methods of donation
九龍觀塘道 2 號新秀大廈 4 樓 4/F, New Horizons Building, 2 Kwun Tong Road, Kowloon
查詢電話 Enquiries: 2716 8862 傳真 Fax: 2362 0046 電郵 E-mail: donor@christian-action.org.hk

閣下的個人資料將保密處理，只供基督教勵行會作處理捐款及寄發收據之用。為與您保持緊密聯繫，本會將使用閣下的個人資料 (姓名、地址、電郵地址及 / 或電話等)，作為日後寄發有關本會活動、課程、服務、籌款、義工招募及收集意見等資訊之用。
Your personal data collected will be kept strictly confidential and will be used by Christian Action for processing donations and issuing receipts. To keep in touch with you, we may use your personal data (name, address, e-mail address and/or telephone no. etc.) for sending you information about our activities, courses, services, fundraising, volunteer recruitment and feedback collection.

本人 ☐ 同意 / ☐ 不同意 基督教勵行會向我提供上述資訊。(請以 "✓" 表示)
I ☐ agree / ☐ disagree to receive the above mentioned information from Christian Action (please tick the appropriate box)