



平凡? 不平凡! 31個兒童癌症康復者愛與希望的故事

ORDINARY KIDS · EXTRAORDINARY LIVES  
31 stories of love, hope and surviving childhood cancer





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**攝影師簡介：** 陳廣源，資深紀實攝影師，屬香港最早全職投入新聞攝影的大學畢業生之一，先後於多間報章、雜誌擔任攝影主任及編輯的工作。二零零零年，負笈英國利茲大學修畢國際傳播學碩士學位；之後投身非政府組織，多年來穿梭中國多個省市、東南亞及南亞等地，專責扶貧、救災、公共衛生、教育及環保等工作，為其人民主義的紀實攝影奠定獨有的風格。

陳廣源曾於多間專上院校任教攝影，又是「光影作坊」([www.lumervisum.org](http://www.lumervisum.org))教育資源中心創會成員之一。近年，他積極參與及舉辦多個攝影展及出版攝影集，作品包括“與自然對話——兒童攝影計劃”；“十年相像”及“Megafauna”等。

**About the photographer:** A veteran documentary photographer, Dick Chan Kwong-yuen is one of the first Hong Kong university graduates to devote his career to photojournalism. Over the years, he has worked in a number of daily newspapers and magazines as photo editor or in related positions. In 2000, he went to the UK to pursue his master's degree studies in international communications at Leeds University. Upon his return, he transformed into an NGO worker, travelling across many cities in China, South East Asia and South Asia to advocate for poverty and disaster relief, public health, education and environmental issues –significantly influencing his style of photography.

Dick has taught photography courses in various tertiary institutions and is a founding member of photography resource centre “Lumervisum” ([www.lumervisum.org](http://www.lumervisum.org)). In recent years, Dick has spent most of his time organizing photo exhibitions and publishing photo books. His works include “Talking to nature – A visual dialogue between a photographer and children”, “Ten years of images – A gift to Hong Kong” and “Megafauna”.

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# 我的 心底話

# Words of the Heart

答應寫此文，原以為不會太難，因為自問向來是個樂天派，且肯積極面對困難。誰知方執筆，澎湃的回憶便洶湧而至，眼眶一熱，久久不能自己，始驚覺當年的歷程，已悄悄地留下了一道深深的烙印。時間並不一定如眾人所說，能沖淡心底那不可磨滅的創傷。「痛在兒身，傷在母心」——軒兒當年那憤怒無助的眼神，控訴着命運對我家的作弄，一直成為我心中的一條刺，拔之不去，每次想起，都會令我隱隱作痛。

二十一年了，三歲時發病的軒兒，今已長大成人。望着眼前健碩的人兒，始終沒法揮去那份憐惜。回想當年，真要慶幸醫生說他可能祇有十分之一的生存機會，激發我在絕望之餘，和一群有心人士創辦兒童癌病基金，希望能藉着幫助其他病童，為軒兒短暫的生命，賦予特別的意義。今天，我深深體會到世間上沒有絕對的事情——不可能的事有時也會變得有可能。我們其實不用深究事情背後的原因，祇要盡本份，竭所能，便可以了。

我很希望你能細讀本書內的每一篇文章，讀後和我一樣，深深被所有康復者的那份特質、勇氣和意志力感動，並為他們覺得驕傲。當他們完成療程，重投正常生活時，要面對很多困難和障礙，如自我形象的改變、人際關係的重建和適應治療所引致的後遺症等。雖然他們抱着積極樂觀的態度去面對，仍較其他人需要多些鼓勵和支持。康復的路縱然漫長，他們卻給予患病經歷一個新的意義。這可以成為生活的一股動力，使他們日後更加珍惜生命，懂得關懷，活得豐盛。

三年前，軒兒取得英國Leeds大學的運動科學學位。回港後，通過六個月密集艱辛的海陸體能訓練和測試，開始執教於香港外展訓練學校，現已晉升為一級導師和雙樞小帆船船長。昔日的孱弱小子，現今搖身一變，成為一名堅毅不屈的健兒，更立志到世界各地的外展訓

When I first agreed to write this foreword, I did not think it would be too difficult, given that I am the eternal optimist who normally faces challenges head on. But even as I picked up the pen, I was immediately overwhelmed by a torrent of memories that came crashing through the floodgates. Tears welled up instantly and I was already not in control.

Time does not necessarily heal, as some people would have us believe; the trauma of the journey alongside my son's fight against leukemia has left its indelible mark. 'While the son suffers physically, the mother suffers mentally in equal intensity' - that angry yet helpless look in Donovan's eyes, piercing like a silent prosecution against fate that taunted our family, has become a thorn so deeply embedded in my side that the mere thought of it was enough to open up a fresh wound.

It has been twenty-one years since Donovan was first diagnosed at the age of three. As I look at the robust young man standing before me today, I still cannot but feel a tinge of tender compassion for this same boy who was once given only a ten percent chance to live by his doctors. In retrospect, I am actually glad that it happened that way, for it precipitated my getting together with a group of concerned individuals to establish the Children's Cancer Foundation. My despair drove me to think that perhaps I could alleviate some of my own pain by attaching a special meaning to what I thought would be Donovan's short three years' life on earth. The lesson to be learnt here is that 'nothing is absolute' - the impossible can indeed take a turn to become the possible. The whys and wherefores are not important; we do our best and just leave the rest.

I would urge you, please, to take time to read and savour the merit in each story that follows; feel proud of the courage and will-power of these young survivors of cancer and be as touched as I am by that special quality inherent in every one of them. Even as their lives return to normal, they do still need a great deal of encouragement and support from us as, despite their

練學校工作，這又怎能不教我驚嘆命運的「巧妙」安排呢！在此，我深盼所有正身處困境的家長，都能大步闖過難關，將消極的情緒置諸腦後，勇往直前。路雖崎嶇，人雖疲憊，我們的旅程卻自有相連之處，但願我們在兒童癌病基金的大家庭內，攜手圍成愛的環宇，互相激勵，彼此幫助，活得樂觀，積極和有盼望。

有一段出自《微風細雨》的文字，是我甚喜愛的，曾於創會時借用過，今再與大家共勉之：

還沿綠水塘邊走，更自水邊到水邊，  
未有路時終有路，青松之下見青天。

## 胡逸雲

兒童癌病基金創會會長

positive attitude, there are yet difficulties to face: such as re-establishing a good self image, rebuilding relationships, coping with the long-term effects of treatment, to name but a few. The road to full recovery may be long and arduous, but through the painful journey of their illness, they have at least discovered for themselves a new meaning to life - one that gives them an added impetus to care more about others, and to cherish and live their own lives in fulfilment.

Three years ago, my son graduated from Leeds University in the UK with a degree in Sports and Exercise Science Studies. He has since passed a six-month intensive land-and-sea course of tough and rigorous training and assessment with the Outward Bound School, and is now working as a Grade 1 Instructor and Ketch Skipper of the School in Hong Kong. His ambition is to work in different branches of the Outward Bound School all over the world. The metamorphosis of a sick weakling into a resolute sportsman - such is the surprise that life sometimes has in store for us!

I earnestly hope that all parents who are presently in the same boat, as I was before, will try their best to put their negative emotions behind them and take their trials and tribulations in their stride. The road may be rugged, the body exhausted, but our journeys are all somewhat linked to each other in this big family of the Children's Cancer Foundation. So, let us hold hands and form a circle of love. We must walk on - with mutual encouragement and support, we can walk with greater optimism, more purpose, and with heads held high in hope.

Miami Wu  
Founder Chairman  
Children's Cancer Foundation



## 十分一的勝算

人，總希望可戰勝絕境，出現奇蹟。奇蹟之出現，一般人要不是堅信是造物主的恩賜，便歸因統計上的巧合。因此，一般人相信奇蹟亦只能透過祈求或等待而獲得。但阿Don（周卓軒）的故事卻讓我們體會到，勝算的背後，其實包含了不少犧牲、堅忍和努力。而過程中所灑下的淚水與汗水，正好滋潤了孕育奇蹟的土壤。

故事要從一九八八年說起。才三歲的Don，身上無故出現片片瘀斑。一經送院，便傳來連串叫人混身打顫的壞消息。最叫人震驚的，卻是醫生當時的一句話：「他患的是十分嚴重的白血病（血癌），因癌細胞的數量實在高至頂點，能醫好的機會不到一成，你們要有心理準備！」

輕輕的一句「不到一成」，便把Don的一家推進痛苦的深淵中。事情的發展實在來得太急，全家上下根本沒空思索，甚至埋怨，只默默遵從醫生的指示，天天陪伴Don接受密集而沒完沒了的療程。

正當家人與醫護人員都不計成果，傾力付出之時，「希望」的小豆芽已悄悄的探出頭來.....

# Against All Odds

Man always wishes to conquer the unbeatable in adversity, and hopes for miracles no matter what. And when a miracle happens, people would believe firmly that it is either a gift from God, or a statistical coincidence. Thus, people believe that a miracle could only happen through the power of prayer or when one waits long enough. But Don's story tells us otherwise. It heightens our awareness that the chances for winning actually involve sacrifice, great tenacity and hard work. The course of victory is filled with tears and sweat, which in turn nourish the soil from which miracles can rise.

Don's story takes us back to the year 1988 when bruises were found on the three-year-old for no obvious reason. His hospitalisation brought bad news, the most shocking of which came from the doctor, "He has leukaemia. His cancer cell count is way over the ceiling limit. His chance of survival is probably less than ten per cent. You need to be prepared!"

The prognosis of "a less than ten percent chance to live" pushed Don's family straight into a chasm of pain. Things happened too quickly. The entire family simply had no time to sit and think, let alone feel sorry for themselves. They could only follow the doctor's instructions quietly, staying by Don's side every day during what seemed like never-ending treatments. As the family and medical staff worked hard to keep him alive, no one even noticed that surreptitiously, the seed of 'hope' had already begun to raise its head.

Three months later, the same doctor who gave Don a less than ten percent chance to live smiled at him, teasing him as he said, "Okay, you can go back to school now!"

What no one saw behind this happy picture was Don's mother's incessant pleading with the doctor. She finally got consent from the reluctant doctor to allow Don to go back to school on the condition that she passed a test of general medical knowledge, which she did. Having turned the page on hospital treatment and basking in the euphoria of having her son back home, the mother soon found herself weighed down by two big worries; the first was the fear of a relapse, and the second, how she should bring up young Don. After some soul searching, she decided that Don should be brought up like any normal child. Even though her son had been 'ill', there was simply no reason to expect any less of his school results and character development. But neither would she deny him any opportunity for outdoor activities. On the contrary, she positively encouraged him to exercise and build up his physical strength.

Life at King George V School suited Don very well. Though an introvert by nature, he nonetheless started to take part in various extra-curricular activities. He went hiking, camping, roller-skating, cycling and swimming in his primary

三個月後，同是那位醫生，笑着逗弄Don說：「OK！你可以返學喇！」外人所看不到的是Don的媽媽在背後對醫生的苦苦哀求，更需要通過了醫生要求她做的一個醫學常識測試，才得到醫生勉為其難的口頭答應，讓Don開心上學去。

留院療程結束，興奮雀躍的心情平伏後，媽媽隨即要面對兩個極之憂慮的問題。第一個是「癌病復發」，另一個則是「教養方法」。幾經思考後，結論就是把Don視作普通正常孩子看待，絕不因「病」而降低學業和品格的要求，同時亦不阻止他參與各項戶外活動的機會，相反地更鼓勵他透過運動來增強體魄。

就讀英基學校的Don，自此可謂如魚得水。個性寡言的他，便開始跟隨自己的興趣投入多姿多彩的課餘活動中。從小學的遠足、露營、滾軸溜冰、單車、游泳到中學的短跑、潛水、航海、打野戰甚至讓媽媽看得心驚肉跳的橄欖球等。二零零三年三月，他更被選入香港代表隊前往法國參加十九歲以下之世界橄欖球賽。

「我不喜歡坐着的工作，我喜歡運動，尤其是欖球，它要求隊員有極嚴謹的紀律性和團隊精神。我就最喜愛感受那種上下齊心的感覺。」Don是如此直接表達他對團隊運動的熱衷。

就是這個理由，Don便遠赴英國Leeds大學攻讀運動科學學位。三年前學成歸來，隨即被香港外展訓練學校招攬為導師。

做事一絲不苟，自我要求甚高的Don，為了讓自己在教練的崗位上更有發揮，便積極參與各項專業技能培訓。至今，他的皮匣內已塞滿林林種種的專業資格和執照，包括：荒野急救、拯溺、海上救援、潛水教練、獨木舟教練、二級船主/大機、國際帆船駕駛和無線電操作等等。

擔任教練初期，Don最享受的就是能逃避辦公桌的約束，每天穿戴着頭盔或救生衣，與自己熱愛的戶外活動為伴，如攀山越

school days, and did sprinting, diving, sailing, war gaming and, in particular, rugby (that invariably raised his mother's heart beat), in secondary school. In March 2003, he was chosen to represent Hong Kong in the Under 19's Team that played in the World Rugby Championship in France.

Don spoke of his great passion for team sports, "I don't like sedentary jobs; I love sports, especially rugby. The game demands strict discipline and team spirit from the players. I just love that sense of solidarity from all players in the team."

For that very reason, Don chose to take his Bachelor's degree in Sports & Exercise Science at Leeds University in the UK. He came back to Hong Kong three years ago after graduation and was immediately recruited by the Outward Bound School as an instructor.

A meticulous person with high expectations of himself, Don took a diverse range of training courses in the technical skills required to support him in his work. Today, he has a long list of professional accreditations and licences to his credit, namely, wilderness rescue, life-saving, surf rescue, safety-at-sea survival, dive rescue, kayak coaching, grade II pleasure vessel operator licence, Royal Yachting Association day skipper licence and VHF radio licence.

During the early days of his career, Don really enjoyed the office-free work environment, i.e., putting on his helmet or life jacket every day and engaging in his favourite outdoor activities, such as doing land expeditions, climbing rocks, doing challenge ropes courses, driving power boats alone at night along the coast, and taking course participants to Taiwan and the Philippines on Outward Bound School's sailing ship 'The Spirit'.

Over the years, he learned more about outward bound training and has developed a greater awareness of his role as an instructor. He observed, "In the beginning, I would be pleased if a student could just follow my instructions and complete a training course. By and by, I realised that students could get a lot more out of their training if I could, through good communication and interaction, motivate them to tap their inner potential and encourage them to recognise and believe in their own capabilities to such an extent that they could find ways to solve their own problems.

"In other words, my objective nowadays, as an instructor, is to change or improve the mindset of my students. And my satisfaction is derived from my being able to understand and influence other people. When my students return home, they should be able to continue to discover their inner self, develop their potential and apply the life skills they have learned to their daily routines. This is what constitutes the most important part of the training."



嶺、攀石、攀繩網、獨自駕駛快艇，沿着岩岸夜航，或帶領學員合力操作帆船，橫渡台灣和菲律賓海峽等高難度活動。

但隨着對外展訓練認識的增加，Don對教練工作有了更深入的體會。

「以前，假如學員能按照自己的教導完成一些訓練項目，我已感到開心。但慢慢的，我發現如何透過溝通和相處去啟發學員的潛能，鼓勵他們去認識，並肯定自己的能力，從而以自己的方法去解決問題，這樣，他們在課程的獲益會更大。」

「換句話來說，改變或改善學員的心態是自己作為教練的當下目標。而滿足感則來自對人的了解和影響。當學員回家後，繼續去發現自我，發展潛能，把他們所學的生命技能應用在日常生活中，這才是培訓課程內最重要的一部份。」

在外展訓練學校三年的努力，終於為Don換來了兩項初步成果。首先是個人的性格，由原本的木訥寡言變得主動，熱誠和甚有親和力。此外就是他的工作能力不斷得到高度的讚揚。今年六月，更喜獲校方頒發“Chairman’s Award 2008 - 2009”最高榮譽獎狀。Don更加是歷屆最年輕和服務年資最短的得獎者。

眼前黝黑、結實、自信而謙恭有禮的Don，任誰都想像不到二十一年前的他，曾是在絕境中命繫一線的血癌小病人。這原本脆弱的小生命，能有此驚人的蛻變，至少對他的家人而言，絕對稱得上是一個不可思議的「勝算」！



Don’s three years of hard work has paid off. He was rewarded on two counts. Firstly, he is no longer the laid-back young man of few words. He is now far more proactive, often displays a warm and cheerful disposition, and shows an ability to draw people together.

Secondly, his work performance has received high accolades. He was recently awarded the ‘Chairman’s Award 2008-2009’, the highest commendation given by the Outward Bound School. He is the youngest and shortest-tenured instructor to be awarded this honour.

Who would have thought that the tanned, muscular, confident and modest Don of now was once a leukaemia-stricken child hovering on the brink of death? The fragile little one has undergone a metamorphosis. To his family, at least, that is not just fighting against the odds, it’s beating them.

## 活着就是精彩

### 周卓軒

為了可以賦予兒子的病一個積極的意義——協助其他患上癌病的小朋友及其家人對抗癌病——Don 的母親 Miami（胡逸雲女士）遂於一九八九年與一羣熱心的醫生、護士、家長及社會人士創立了兒童癌病基金。基金在沒有接受政府或其他公益團體資助下，獨立運作了二十個年頭。職員人數由最初的一名，拓展至今天的三十名員工，當中更包括一支由社工、臨床心理學家、護士及醫院遊戲師等人士組成的專業隊伍，為全港超過二千個家庭提供貼身適切的免費服務。

人，總希望可戰勝絕境，出現奇蹟。但唯有在絕境中不絕望的人，才更有能耐創造奇蹟性的勝算希望！

## And life goes on...

### Donovan

While Don won his battle against leukaemia, his mother, Miami, wanted to turn the battle into something meaningful by helping other young cancer patients and their families fight cancer. She founded the Children’s Cancer Foundation in 1989 with a group of dedicated doctors, nurses, parents and concerned individuals. Throughout the past two decades, the Foundation has grown into a healthy and strong organisation without subsidies from the government, the Community Chest or The Hong Kong Jockey Club. The one-clerk, one-desk, one-office operation in 1989 has since expanded into a skilled work force of 30 staff, including a professional team of social workers, a clinical psychologist, nurses, hospital play specialists and an occupational therapist. It offers individualized, appropriate, free services to more than 2,000 families in Hong Kong.

Man always wishes to conquer the unbeatable in adversity and hopes for miracles no matter what. It is those who do not despair in destitution who are endowed with the greatest strength to create that very chance of winning against all odds.

# 初戀

「有拍拖嗎？」

這個突然而來的問題教立偉雙眼頓時瞪得老大，嘴裡的一口汽水差點給噴了出來。

「嘩！哪有人問得這麼直接的呢？」

他的嘴巴雖然在抗議，但他得意的眼神和羞澀的笑容卻似乎在告訴我，他的心其實是甜絲絲的。

「呀...呀...都...都...試過...」

會面地點是西沙公路旁一家被綠樹環抱的露天茶座。剛從體育館趕到的立偉，一身專業的運動裝束，豆大的汗珠正從剃得清爽亮麗的小光頭四周徐徐滑下。在陽光反照下，額上隱約現出幾道淺淺的疤痕。就是這幾道腦部手術後遺下的「紀念品」，和這張始終冒不出幾根毛髮的長相，讓立偉經歷了一段極不愉快的小學生活。

「來來去去都是那幾個無聊的同學，每次給他們看到，都當眾取笑我是羅家英或禿鷹.....」

「我當然不理他們喇，不然又能怎樣呢？我就這樣被嘲笑了足足好幾年。」

立偉大口灌下半杯凍飲後，語調平和的憶述着小學四、五年級的遭遇。

「我那幾年真的很不開心，回到家唯有對着媽媽哭。」

這段被譏笑的歲月深深打擊了立偉的自信心，他從此害怕與人交往，抗拒出席人多的場合，甚至對人失去信心，深恐自己的外表再度成為被取笑的對象。

面對別人不友善的對待，立偉最終選擇了一個有力的回應方

# First Love

*“Have you been dating?”*

*Stunned by my abrupt question, Lap-wai popped his eyes. The soft drink nearly spilled from his mouth.*

*“Oh my! How can you ask such a pointed question?”*

*His lips might be miming a protest, but his contented glances and a shy smile were telltale signs that he was brimming with tender love.*

*“Well, well...I did give it a shot.”*

*“Yeah!”*

*The two of us gave a jubilant shout in unison.*

We met at the tree-lined roadside café on Sai Sha Road. Lap-wai, in his professional sportswear, came straight from the stadium, looking steamy and hot with droplets of sweat meandering down his shiny bald head.

His forehead showed a few faint scars against the sunlight. The memento of brain surgery, coupled with his never-to-be hairy head, saw Lap-wai through some very unhappy days at primary school.

“It was always the same bunch of good-for-nothing classmates. Every time they saw my head, they would tease me in front of everybody, calling me bald head or bald head eagle.”

Tossing down half a glass of soft drink, Lap-wai recalled his Primary 4 and 5 days in a demure tone.

He said, “Certainly I didn’t mind them. What else would I have done? For a few years, they just kept on taunting me.

“I was so miserable all those years. Back at home, the only thing I could do was to cry before my mummy.”

Those stigmatizing years had undermined Lap-wai’s confidence greatly. He was afraid to mingle with people and shunned large gatherings. He had even lost faith in people, worrying that his appearance would turn him into an object of ridicule.

Spurned by unfriendly people, Lap-wai chose to assert himself by studying double hard. This great effort paid off within a school term. Not only did he catch up with the schoolwork he missed during his hospitalization, he also scored high marks and completed the term in the top five of the class.

Flashing a smile of contentment, he summed up his current situation with great pride. “Everything’s fine! Study is passably good, my health is not bad and I have many friends.”

The subject turned to dating inevitably.

His eyes fixed on the distant trees, the 160-lb “little young man” recalled his first love as he cradled a half-glass of tepid soft drink in his palm. The enchanting scenes chased across his mind as his cheeks warmed up with a glow.

法，那就是埋頭苦讀！才一個學期，立偉的勤奮不但把住院期間被迫耽擱了的學業一下子全追回來，成績更一躍而上，經常雄據班上頭五名的位置。

談到近況，立偉一臉自信地展現出滿足的笑容。

「好好！讀書過得去，身體不錯，朋友也不少。」

「有拍拖嗎？」

這個突然而來的問題教立偉雙眼頓時瞪得老大，嘴裡的一口汽水差點給噴了出來。

「嘩！哪有人問得這麼直接的呢？」

他的嘴巴雖然在抗議，但他得意的眼神和羞澀的笑容卻似乎在告訴我，他的心其實是甜絲絲的。

「呀...呀...都...都...試過...」

「Yeah!!.....」此時雙方同時爆出一陣刺耳的歡呼聲。

片片紅霞隨着幕幕甜蜜的回憶漸漸顯現在立偉的面頰上。就這樣，這位一百六十多磅的「小男生」握着半杯微溫的汽水，凝視着遠方的樹林，訴說着他的一段難忘的初戀故事.....

「她真的好漂亮，一頭過肩的長髮、鬆身的長袖毛衣，配上一條長長的牛仔裙，背境是尖東海旁。真的殺死人！我永遠都記得。」

立偉和「她」是在會考前一場羽毛球比賽裡認識的。透過朋友的協助，立偉馬上展開電話攻勢。不久，雙方便開始了第一次的單獨約會。

「約會日期是五月三號，一個很特別的日子，因為當天是我的生日。我沒有告訴她，但就相約在一間餐廳食飯。」

「吃到一半，我就主動和很有誠意地向她表白自己其實很喜歡她，並問她是否願意當自己的女朋友。」

立偉一貫直截了當而又不失誠懇的作風，結果為他當晚贏取了一段月下把臂漫步的溫馨時光。

「她最吸引我的不只是外表，而是她乖巧、細心和清純的性格。」

「她喜歡我什麼？.....坦白、可靠和專一囉！還有，我很喜歡笑，好隨和，跟我在一起全無壓迫感。」

「跟她說我這個病？有！我們什麼都說，她的反應就跟我其他朋友一樣，只隨意的應了一聲：『哦。』就這樣。」

「我媽媽當然知道我拍拖啦！她是很機警的，她也曾見過我女友，不知多開心，她還稱讚我有眼光呢！」

至於女友的家長則並不知情，亦不贊同女兒在求學時期拍拖。因此兩口子在往後八個月的初戀邂逅中，每個甜蜜的約會，每次真摯的電話詳談無不在一種戰戰兢兢的氣氛下度過。

寒風凜冽的冬日午後，在尖東海旁接過由女友親手通宵編織的羊毛頸巾。艷陽似火的夏日黃昏，在南丫島礁石上，並肩欣賞晴空萬里的彩霞。秋涼似水的靜夜，在深宵巴士上的一角，獨自翻開女友在道別時輕輕遞上的一頁情話.....甜蜜的回憶也許是一輩子，但美好的時光總有結束的一刻。

「分手是她在電腦ICQ上提出的，理由大概是覺得最近彼此的感情轉淡，同時又發現雙方的想法和性格並非如想像的一致，所以不如分開一下。」

His first love story was an unforgettable one.

“She’s real pretty. Her long hair is past shoulder length. A loose long-sleeved woolly top matches her long, long denim skirt. The rendezvous was Tsim Sha Tsui East promenade. Bang, love’s dart just hits. I will always remember that.”

They met in a badminton match before the School Certificate Examination. He started the courtship over the phone with the help of some friends. Before long, they had their first date.

“It was on the 3rd of May, a very special date that we first dated. That was my birthday. I didn’t tell her, but we had a date to dine at a restaurant.

“In the middle of the meal, I took the initiative to confide in her, telling her I really liked her and asked her if she would be my girlfriend.”

Lap-wai’s direct approach and sincerity won him a moonlit stroll that night.

He remarked, “What endeared her most to me is not merely her appearance, but her cleverness, her meticulousness and simplicity.

“What does she like about me? I’m frank, reliable and faithful. What’s more, I laugh a lot and get along easily with people. When you’re in my company, you don’t feel any pressure at all.”

Did I tell her about my illness? “Yes, we talked about everything. Her response was similar to that of my other friends. She just went like ‘Oops’. That’s all.”

Lap-wai’s mother had no problem with his girlfriend. “My mom knew I was dating. She is so smart. She had met my girlfriend. Oh, she was real glad and even congratulated me for having good taste to pick the right girl.”

His girlfriend’s parents, however, had no inkling of the courtship. Nor did they approve of their daughter’s seeing boys at school age.

So in the first eight months of their courtship, they fretted about being found out in each date and during every telephone conversation.

Nevertheless, the young lovers shared some blissful moments. At noon on a windy winter day, Lap-wai got a woolen scarf, which his girlfriend knitted overnight. On a glorious summer day, he watched the afterglow on a boulder in Lamma Island with his dear one. In the nocturnal autumn breeze, he found the solitude on an all-night bus to read the love letter his girlfriend gently handed him before they parted. Sweet memories could last a whole life long, but the best moments invariably faded.

“It was she who first suggested on ICQ that we break up. The reason being there was not much sparkle between us lately. She also found that, contrary to her expectation, our thinking and personality didn’t match. So she said we’d better cool off a bit,” Lap-wai recalled.

“Though I couldn’t bear to give her up, I could surely understand her feelings. In the end I had to take it. We’d been very frank, the two of us.





「我雖然捨不得，但卻很認同她的感受，最後也只好接受。我們大家都好坦白，好尊重對方的感受，所以過程很平靜，沒什麼遺憾，感覺仍然好sweet!」

回顧這段豆芽夢式的初戀，立偉感到最欣慰的不單是結識了一個夢中的「她」，更值得慶幸的是因此重建了個人的自信心，並增加了對別人的信任。

「做人不是靠外表，內涵才最重要。這番話我以前也會說，但說完了，自己也不大相信。但這段感情卻使我深深領會到和人相處，外表並非不重要，但更重要的還是自己的內涵和自信，而且還要夠主動，機會是要自己爭取的！」

「現在我的日子過得好暢快、好自在，別人如何看自己再也不重要。回想以前為了別人的眼光而弄得哭哭啼啼，真的不值得。」

傾談結束，隨口問到立偉可有什麼至今仍念念不忘的刻骨片段。

「有！就是每次坐巴士送她返家途中，雙方那份依依不捨的感覺，真的好sweet！」

「哪！就發生在身旁這條西沙公路上，我女友就住在樹林的另一邊，你不知道嗎？」

立偉把杯裡的可樂一飲而盡，還向我扮了一個鬼臉。

We respected each other's feelings. We parted in peace. There was not much regret. The feelings are still very sweet.”

Thinking back, Lap-wai was not only pleased that his first romance brought him his dream girl, but also glad that it restored his self-esteem and made him a more trusting person.

“One can't count on good looks. It is the character that counts. I know the mantra and could have recited it before without believing a

word of it. I was convinced by this relationship that in any relationship, one can't deny that appearance doesn't count. But one's personality and self-confidence count more. And then one has to take the initiative. You have to fight for your own chance.

“Now I lead a very comfortable and care-free life. It's not important how others look at you. People's stares used to reduce me to tears. To think about it, that was not worth it.”



As the interview drew to an end, I asked Lap-wai off-handedly if he has had any unforgettable soul-searing memories.

“Yes, every time I took her home by bus. We couldn't bear to part. That was really sweet.

“Look, that happened right here on Sai Sha Road. My girlfriend lived on the other side of the trees. Don't you know?”

As Lap-wai finished off the coke, he made a face at me.

## 活着就是精彩

### 高立偉

現職羽毛球教練的立偉喜歡挑戰，希望更上一層樓，考取羽毛球總會的教練牌。他為考試做好準備，但也了解到「謀事在人，成事在天」的道理。雖然他滿有自信，但不會期望過高，一旦未能如願，也不會太失望。

由於羽毛球運動對體能要求極高，他計劃將來轉為擔任行政工作，努力賺錢，以便組織自己的家庭。

現時立偉盡量撥時間參與義工團「陽光大使」編輯委員會的工作，為兒童癌病基金作出貢獻。

## And life goes on...

### Lap-wai

Lap-wai, a professional badminton coach, loves to take a challenge and wishes to get a professional coach's licence from the Hong Kong Badminton Association. While he had worked hard to prepare for the qualification examination and had every confidence in himself, he understood fully that “Man proposes, God disposes.” He would not pin his hopes too high. If things did not turn out the way he wishes, he would not be dreadfully disappointed.

Aspiring as he might be for a badminton coach's full licence, Lap-wai understands very well the physical demands of the job. He intends to switch to administrative duties eventually and is working hard to make money to get married and start a family.

As Lap-wai pursues his career, he continues to contribute to the Children's Cancer Foundation by making the best of his free time to work for the editorial committee of the Sunshine Ambassador Group.



# 出死入生

從瑪麗醫院的兒童骨髓房到元朗的路途上，眼淚一直流下。

「康元，如果生命在今天終結，不要害怕，因為我們沒有浪費。我永遠愛你。」

我說這話時，心如刀割，卻又不能不說，因為我們真的要面對死亡，這也是我安慰自己的說話。

康元沒有回答，靜了一下，便吩咐我緊記帶回清潔的更換衣物。這也是他的堅持，他覺得穿上自己的衣服，便不是病人了；不是病人，很快就可以康復。

回到家中，疲憊不堪，很想倒頭便睡，但卻自然地把熨衣板拿了出來，為兒子準備經高溫消毒的衣服。

康元是個非常獨立、聰明、自信的孩子，是家長夢寐以求的子女。功課、運動及藝術均很出眾，除了間中嘔吐，他從不令我擔心，羨煞我的親友。一九九五年，他順利升上心儀的中學，我沾沾自喜，心感上天對自己不薄。

怎料到一次嚴重嘔吐後的檢查，卻發現康元腦中有一惡性腫瘤，必須立刻進行手術。火石之間，我從雲端跌進了深谷。以為不告訴他病情，可免卻他的恐懼和擔心，卻沒想到，這種一廂情願的想法，竟成了我們母子日後一道傷口，幾經辛苦，才能癒合。

康元認為他最倚靠和親密的人也欺騙自己，怒不可當。一時無聲抗議，一時凡事「頂撞」，我無所適從。因為我對他歉疚，我盡力忍讓，淚水只能往心裏流。這段日子特別孤單，幸好得到

## The death-defying duo

*“Hong-yuen, if today is your last day, don't be afraid. Because we have not lived in vain and I will always love you.”*

As I made the statement, my heart ached. I could not have kept those words to myself, because the two of us really had to face death. But then, those were the very words I took comfort in.

Hong-yuen made no reply and kept silent for a short while. Then he asked me not to forget to bring him a set of clean clothes the next time I came. That much he insisted on. He reasoned that as long as he wore his own clothes in the hospital, he was not a patient. If he was not a patient, he could get well soon.

Back home, I was dead tired. Much as I wanted to hop into bed right away, I got out my ironing board as if by instinct to press my son's clothes and give them some heat sterilization.

Hong-yuen was a very independent, bright and confident child, in short, the dream child of every parent and the envy of my relatives and friends. He excelled in schoolwork, arts and sports. Except for the occasional vomiting spells, he never gave us any cause for concern.

He was admitted into his favourite secondary school in 1995. I counted myself lucky, thinking God was not unkind to me. When everything seemed to be going our way, a bout of heavy vomiting turned our world upside down. Little did we know that the test results would point to a malignant brain tumour. Hong-yuen must go for surgery at once.

In the twinkling of an eye, I fell from the top of heaven to the bottom of a pit. Trying to spare him of fear and worries, I kept the diagnosis from him. How was I to know that my well-meant omission would put a wedge between us, opening a wound that would take a painfully long time to heal?

Hong-yuen was furious that the most dependable and closest person to him had resorted to lies, keeping him in the dark. To punish me, he would go on silent protests or get confrontational at times. I did not know how to handle him. Regretting my secrecy, I tried my best to put up with his tantrums and silence, suppressing my tears. For me, those were the most lonesome days. Fortunately, a social worker, Madam Wong, lent her help. She gave me encouragement and mediated between mother and son. Bit by bit, the situation improved.

After two long years and repeated mental-physiological adjustments, Hong-yuen finally resumed study. I can still remember him going back to school. His school uniform hung loosely on his frail frame. A long, long scar ran across his head. His schoolbag weighed him down. I knew he would have to face a bigger challenge ahead.

Although his cancer was in remission, Hong-yuen suffered from numerous side effects. Other than a fear of relapse, he had a damaged brain nerve, which governed and hampered the movements of his right limbs. He had hearing loss and his memory was affected. He got tired easily.



社工黃姑娘從中鼓勵，又為我母子協調，情況才慢慢轉變過來。

經過漫長的兩年，不斷的身心鍛鍊，康元終於可以重返校園。還記得他穿上校服後的瘦削身軀，頭上長長的疤痕，重重的書包，我知道面前的挑戰更為嚴峻。

康元的身體雖然康復，卻有不少後遺症，除了復發的隱憂外，他指揮右肢的腦神經受損、聽覺不靈、記憶有困難、容易疲倦。但比起很多未能康復的病友，我們自覺幸運。

他仍有左手，可以從新學習運用，只是寫字和畫畫有點歪；他不能彈琴，卻可欣賞音樂；很多運動原來不需要雙手，例如行山、游泳；記性不好，就學習今天的事今天做。還有，比別人容易疲乏，那只好多睡眠，也總比失眠好得多呢。

既然得到了重生的機會，我們決定活在當下，享受每一天，不要白活。我們母子的關係，也一天比一天親密，無所不談，既說風月，也論生死。因為我們曾經出死入生，一起學習面對及闖過生命的每一個難關。

康元唸大專時成績尚可，體能也不錯，參加過外展，還愛上了潛水。此外，他參加義務工作，透過自己的經歷，去扶持有需要的人。作為他的母親，我深感驕傲。

他是我的良師，教我不要害怕困難，凡事有盼望，活著就是精彩的道理。我更發揚了他的堅持和不放棄態度，現在已差不多學會了整套八十八式的太極呢！

As compared to other cancer survivors, we have been fortunate. We take comfort in numerous things. Having lost some of the functions of his right hand, Hong-yuen has become left-handed. It is just that his writing and painting strokes are somewhat slanted. He cannot play the piano but he can listen to music. To his delight, sports such as hiking in the hills and swimming do not require the use of both hands. If one suffers from poor memory, try to compensate the deficiency by completing the day's work today. If you get tired more easily, try to get more sleep. That's better than being an insomniac.

Since we were given a second chance to live, we have decided to make the most of every moment. We must learn to enjoy every day, lest we live in vain. Mother and son got closer each passing day. We talked about almost anything, from trivial matters such as roses and wine to weighty matters like life and death. As a defiant duo that went through the ultimate test, we have learned how to face and handle each and every crisis in our lives.

Hong-yuen managed to go through college, with passably good grades. His physique is pretty good. He has had Outward Bound training. He has a passion for diving. Moreover, he has performed volunteer work. Falling back on his own experiences, he supports the needy.

As a mother, I am proud of Hong-yuen. He is my mentor and he has taught me the truths of life – fear no hardship, have faith in everything and being alive is good. He taught me to be persistent and adopt a never-say-die attitude. In fact, I have nearly mastered the entire 88 forms of Tai Chi!



## 活着就是精彩

### 麥康元

又越過高山又越過谷——康元康復了，開朗了，更加懂得珍惜眼前人，同時把愛心送給周圍的朋友。他做了「陽光大使」，當上義工，剛剛到醫院探訪一些病友，「用我自己做『人辦』，告訴他們一定要有信心，人生就會有希望。」

早一段時間，康元在紅磡香港體育館參加了職訓局畢業禮，領取「設施管理」課程文憑證書。走過二十多年滿有挑戰的歲月，他熱切期待，準備迎接人生路上更多新挑戰。

## And life goes on...

### Hong-yuen

“Climb every mountain, search high and low ...” Now that Hong-yuen is fully recovered, he has come to cherish his loved ones more, and care more for his friends. Volunteering as a Sunshine Ambassador, he paid a visit to cancer patients in a hospital not long ago.

Hong-yuen has indeed come a long way. At a recent Vocational Training Council graduation ceremony he received his diploma in Facilities Management. Having gone through twenty-odd challenging years, he looks forward to taking on more new challenges in the course of life.

# 幸福到臨了

麗賢決定與他繼續發展時，便向他說出她曾患癌的經歷。「我在巴士上告訴他，並問他會否介意。」麗賢當時硬着頭皮地說。「結果他哭了。他為我的遭遇感到難過。後來我才發現他的家族中，也有不少癌病患者，而癌症是一個十分敏感的題目。」

雖然癌病十分可怕，但無損麗賢與她丈夫的感情，兩人欣然接納對方，並結了婚，那時二人才二十歲出頭。

鄧麗賢看着檯上的月曆，臉上帶着幸福的笑容，數算着還有多少日子就是她的結婚週年紀念。

想到自己的婚姻生活，麗賢便喜上眉梢，覺得現在的生活十分愜意。雖然癌病在她童年時曾侵襲她的身體，但它沒有在她身上留下烙印，只有在心靈上種下擔憂的種子。

作為康復者，麗賢似乎在很多一般人認為是理所當然的人生大事上，要思慮多一點。在談戀愛的階段，麗賢要考慮是否向當時的男朋友——亦即現在的丈夫——透露自己曾經患癌。「在我們交往了好幾個月後，我決定與他繼續發展時，便向他說出我曾患癌的經歷。我在巴士上告訴他，並問他會否介意。」麗賢當時硬着頭皮地說。「結果他哭了。他為我的遭遇感到難過。後來我才發現他的家族中，也有不

## When bliss comes your way

*Lai-yin recalled how she braced herself for his answer, "I told him on the bus and asked him if that bothered him. Then he wept. He felt bad about my illness. Later I found out that his family has had quite a few cancer patients. Cancer in itself is a very touchy subject."*

*Fearsome though the disease might be, nothing could diminish the love between Lai-yin and her then-boyfriend. They gladly accepted each other as their other half and took their marriage vows. They were in their early twenties then.*

Lai-yin glanced at the calendar on her desk, a blissful smile hovering around her lips. She was counting the days to her wedding anniversary.

Luxuriating in her conjugal bliss, she could almost feel happiness written all over her face. She was so pleased with her life now. Cancer struck in her childhood, but it did not scar her. The seeds of anxiety were sown, nevertheless.

As a survivor, Lai-yin has more worries than the others. She tends to spend more time weighing the big life events that other people take for granted. When she dated her boyfriend, her current husband, she pondered hard whether she should tell him about her medical history.

Lai-yin remembered, "After we dated for a few months, I decided to go steady with him. Then I told him about my past."

She recalled how she braced herself for his answer, "I told him on the bus and asked him if he minded. Then he wept. He felt bad about my illness. Later I found out that his family has had quite a few cancer patients. Cancer in itself is a very touchy subject."

After they got married, it was plain sailing for Lai-yin. She had a steady job and they bought their own property. One year into the marriage, she had to tackle the tough question of child bearing.

"I struggled for a long while. I fretted if my child would get cancer. Although I know there are no notable genetic cases in my family, I worried the next generation would get it. Then I worry about my own health, fearing a relapse. If I got sick, I wouldn't be able to look after my child, and I dread leaving my husband and child behind."

Other than the fear of cancer, Lai-yin was wary of the heavy parenting responsibility. "If I had children, I would have to spend time teaching and looking after them. I would have to have great patience. My husband and I work long hours and shifts. It's difficult to spare time."



少癌病患者，而癌症是一個十分敏感的題目。」

雖然癌病十分可怕，但無損麗賢與她丈夫的感情，兩人欣然接納對方，並結了婚，那時二人才二十歲出頭。

麗賢覺得婚後一切十分順利。不但有穩定的工作，更買了物業。婚後約一年，麗賢要面對另一個難題，就是決定要不要孩子。「我掙扎了很久，擔心下一代會有癌症，雖然我知道自己家族中並沒有明顯的遺傳證據。其次便是擔心自己的身體，憂慮癌症會復發。如果有病，便不能照顧孩子，更捨不得離開孩子和丈夫。」麗賢說。

除了因癌病的考慮外，麗賢亦想到為人父母的責任很沉重。「若有小朋友，就得花時間去管教照顧，亦要對他們有耐性。我和丈夫工作時間很長，又要輪班工作，現時很難抽出時間來。」她坦然說道。

身為護士的麗賢了解人是很脆弱的，因此她十分珍惜眼前的一切。知足常樂，順其自然似乎是麗賢的座右銘。「如果時間可以停留，我真想永遠停留在現在一刻。因為當下的一切，已經很美好。」

麗賢明白在她的一生中，很多際遇也不在她掌握內。她並沒有刻意去成就什麼或迴避什麼，但生命的激流總會帶她到她需要去的地方。「我並沒刻意安排早點結婚，只是兩人覺得是適合的時間。亦沒有刻意去計劃買房子，只是儲蓄剛足夠，又抽到心儀的居屋，一切就自自然然成事了。」

對於未來的擔憂，麗賢亦是以「順其自然」的態度面對。她相信這樣就是癌病康復者對抗憂慮的最佳方法。



As a nurse, Lai-yin knows full well that life is fragile. That is why she cherishes the present. Her motto is to be happy with what you have and let nature take its course. "If time stands still, I wish it would freeze the present moment, because everything is wonderful right now."

Lai-yin knows that not everything is within her grasp in her lifetime. She does not set out to do things, nor does she try to avoid what is in store for her. She believes that the current of life would direct her to her destined place. "I did not make plans to marry young. It's just that the two of us felt it was the right time to tie the knot. We did not set out to buy a flat, it's just that we saved enough money to buy one and managed to pick our favourite place. Things just fell into place for us."

As for her worries for the future, Lai-yin takes it as a matter of course. As the saying goes, whatever will be, will be. She believes this is a cancer survivors' best panacea for conquering fear.

## 活着就是精彩

### 鄧麗賢

一閃一閃亮晶晶，滿眼都是幸運星。身為白衣天使的麗賢，披上嫁衣已經七個年頭，心愛的女兒今年已經兩歲。「女兒的樣貌和性格，是像爸爸還是像媽媽？我就說見仁見智。」

經過一整天在醫院的輪班工作，八小時下來，回到家縱然身軀疲累，但看到這顆趣緻的愛情結晶品，還有丈夫的笑臉，麗賢的感覺始終很甜，很甜。「現在的生活，OK呀。」語氣是平和的，笑容是淺淺的。幸福，應該就是這樣。

## And life goes on...

### Lai-yin

Twinkle twinkle tiny sparks/Fill my eyes with lucky stars. A nurse by profession, Lai -yin has been married for seven years, and her beloved daughter has turned two. "Does my girl take after her Dad or Mum in appearance or personality? I would say it is a matter of personal opinion."

After a typical eight-hour-shift at the hospital, Lai-yin would usually be exhausted when she gets home. But the mere sight of her cute baby girl and the smile on her husband's face would be enough to make her day. "We are doing OK." The words were said in a calm voice and gentle smile - the very picture of happiness.



# 生命小鬥士

## L life's little soldier

二零零四是豐收年，她獲選為兒童癌病基金最佳女運動員，奪得校際乒乓球比賽的冠、亞軍；而這幾年間已先後贏取全港醒目仔單車大賽（九至十歲組別）的亞、季軍及總成績亞軍，以及田徑、籃球等各項運動比賽共二十個獎牌及三個獎杯。總括而言，各獎項代表着辛苦鍛鍊及努力付出的成果。潘希晴正向校際乒乓球個人冠軍邁進。

希晴更希望能夠入讀香港體育學院，為將來成為專業運動員的夢想作準備，但愛女心切的爸爸卻並未表態支持，因為他擔心希晴難於應付體能上的負荷。

希晴似乎在每項比賽都有出色的表現，筆者對於她的運動天份充滿好奇心，追問下才知道她以前從沒參加任何運動，自四年前開始卻積極參與，努力不懈地練習下才有今天的成績。

二零零零年某夜，八歲的希晴突然感到呼吸困難，這一夜改

2004 was decidedly a good and rewarding year for Hei-ching. Her tally of athletic awards totalled three trophies and 20 medals. She excelled in ping pong, cycling, track and field and basketball, and was named Best Athlete at the Children's Cancer Foundation's annual sports day. No doubt, that was the result of hard work in training and strong commitment. But Hei-ching would not rest on her laurels and she had set her sights on more accolades.

One day, she thought, she would enroll in the Hong Kong Sports Institute and become a professional athlete. Her father, though, could not share her enthusiasm as he worried that his daughter's physical condition would not cope.

Way back in 2000, it was a different story. The events of one night changed the eight-year-old girl's whole life. Experiencing difficulty with her breathing, Hei-ching was rushed to emergency at Eastern Hospital. After a two-day stay, the doctor found a tumor in her lung. The child was subsequently transferred to Prince of Wales Hospital. In tears, her mother told her of the lymphoma that was to engulf the whole family in a battle with cancer.

變了她的一生。第二天希晴被送進東區醫院急症室，經過兩天的檢驗，醫生發現希晴的肺部附近長了腫瘤，她隨即被轉送到威爾斯親王醫院。母親在哭聲中告訴希晴她患了淋巴瘤的殘酷事實，就在這時掀起潘家與癌症病魔抗戰的序幕。

年幼的希晴根本不瞭解病情的嚴重性，住進威院後，希晴認識了一班新朋友，並開始接受癌病的治療。起初，媽媽每天都到威院陪伴她，第一期化療過程亦算順利，對於藥物反應的嘔吐並不算太嚴重，而完成化療後，希晴可以暫時回家休息，與家人相聚。

當大家以為一切困難將會過去，等待痊癒的喜悅，潘家再一次受到沉痛的打擊。希晴的姨母最初因肺炎入院治理，但萬料不到細菌最後侵佔了心臟，姨母不久便離世了。

人究竟要忍受怎樣的試煉、壓力、傷痛、絕望，才能茁壯成長？在希晴身上，看到無比堅毅的鬥志。身為天主教徒的希晴，很清楚無論處於任何環境都不可丟棄勇敢的心，要樂觀面對困難。

任職警隊的媽媽，在接受年終驗身時，檢驗出腸臟有癌細胞。希晴和媽媽分別在不同的醫院裏，為對抗癌細胞而努力。由於媽媽的手術被安排在希晴的手術前的數天，因而彼此並未能互相探望安慰，有誰料到就此與媽媽永別！

二零零一年的夏天，希晴接受完手術後正式回家，但這個家與一年前病發時已不再一樣。希晴要接受自己是癌病康復者及失去至親的殘酷事實，小小年紀的她是如何面對並繼續堅強地活下去？

「上主啊！為什麼要選擇我經歷這些苦難？為什麼別人可以有完整的家？」哭過、傷心過、埋怨過、亦羨慕過，而最終能煉歷出無比堅毅的勇氣和鬥志，因為希晴相信永生，知道終有一天會在天堂與媽媽重逢。

在天主教家庭成長的她，深信聖經上神對人的應許，神給人經歷的困苦一定是人能力所能承受的，希晴明白神的心意，為什麼要選擇自己去面對這一切。「因為神要自己從苦難中學習，堅強開心地過每一天，更要與其他人分享自己的經歷，永遠不要放棄生命，要熱愛由神而來的一切，積極樂觀面對每一天。」

Hei-ching was too young to understand the severity of her illness. At the hospital, she got to know a group of new friends and began her treatment. In the beginning, her mother visited her every day. The first stage of her treatment went well and she was allowed to go home to recuperate. While the family was looking forward to her recovery, the dreadful news that her aunt had, after a bout of pneumonia and an unexpected attack of bacteria in her heart, died in hospital dealt a great blow to the family.

What are the tests, the pressure, the pain and despair that a man must go through before he can grow up resolutely? Hei-ching is the epitome of man's unyielding strength.

As a Catholic, she draws on her religious faith to weather adversity with courage, never giving up. Before she could begin to count the many trials and tribulations life had in store, she learnt that her mother, in a routine annual checkup, had intestinal cancer. At one time, Hei-ching and her mother were fighting cancer in different hospitals. Her mother did not survive the operation, which took place a few days prior to hers. Mother and daughter could not even visit each other for mutual support. Who was to know the operation would part them forever?

In the summer of 2001, Hei-ching returned to a different home. She had to accept the cruel fact that she was a cancer survivor and that her beloved mother was gone. How was the little girl to face life with courage?

For a while it was difficult for her to carry on living. "My God, why do you put me through all these pains? Why do other people have a complete family?"

She had cried, felt deep pain, whined and eyed others with envy. She finally gained in strength and courage. Hei-ching believed one day she would be re-united with her mother in heaven.

Coming from a Catholic family, she firmly believed God's promises and that he would not have given her a task too difficult to handle. She understood God's intention and why he chose to put her through the test. "For it is in pain that he wanted me to learn. He wanted me to live each day happily with courage and share my experiences with others. Never give up on life. Love all things from God, face each day with optimism."



希晴更希望將這個訊息帶給那些有自殺念頭的生命，因為沒有不能承受的厄運，沒有克服不到的困難，沒有跨不過的過去，要珍惜並開心地過每一天的生活。

二零零一年的秋天，希晴帶着燦爛的笑容重新踏入校門，經過在醫院的日子，嘗過停學的滋味，不能自由活動的痛苦，她更懂得珍惜一切，對校園生活有截然不同的體會。希晴享受每一天與同學相處的時光，做功課的樂趣；為要彌補住院期間所失去的一切，因此她積極參加各項活動，就是這樣發掘了她對體育運動的興趣及天份，由此產生了兒童癌病基金的最佳女運動員。

二零零五年，希晴在校內除了要應付六年級的呈分試外，每週更要參加校際乒乓球及籃球訓練；在家裡亦要擔當大家姐的角色，照顧年幼的弟弟。但無論多忙碌，希晴繼續與家人朋友分享她的每一刻，用歡笑和樂觀積極的態度灌溉生命的花朵。生命的小鬥士，正迎接將綻放七彩繽紛的生命花朵。



Hei-ching also wanted to bring the message of hope to all those who contemplated suicide. Nothing was ever insurmountable, and past shadows could be cast aside.

So, in the autumn of 2001, Hei-ching went back to school with a light heart, treasuring from that moment on her time in class, her studies and her friends. To fill her days, and to make up for time lost, she took part in many school activities, and in so doing, discovered her aptitude for sports and won the Children's Cancer Foundation best athlete award.

In 2005, Hei-ching divided her time between schoolwork, sports and child care. She had to cope with her Primary six test, find time for training in school ping pong and basketball tournaments, and caring for her young brother at home. She had no time to look back.

No matter how busy, she keeps on sharing every moment with her family members and friends, nurturing her life with laughter and a positive attitude.

This life's little soldier will embrace the blossoming multi-coloured flower of life.

## 活着就是精彩

### 潘希晴

現就讀中四的希晴選擇她喜愛的文組課程，為了專心備戰明年的會考（改制前的最後一屆，故不容有失），她已放棄單車及乒乓球運動，但仍堅持籃球和一百米短跑的訓練。不久前，希晴獲選為籃球校隊隊員，並在校運會奪得一百米短跑金牌。進香港體育學院，當專業運動員，始終是她努力爭取的目標。

## And life goes on...

### Hei-ching

Hei-ching, a current Form 4 student, has chosen her favourite arts subjects. To focus on her preparation for the HKCEE next year, the last examination under the old system in which she cannot afford a slip, Hei-ching gave up cycling and ping pong but maintains her basketball and 100m sprint training schedule. A short while ago, she was selected by her school to join its basketball team and she won a gold medal in the 100m sprint race.

To attend the Hong Kong Sports Institute and become a professional athlete is the ultimate goal that Hei-ching has been working hard to attain.



# The altered ego

*In the beginning, Ka-wing tried to avoid those glances. By and by, he learned to make some mental adjustments. Instead of averting the fixed stare of the old man on the street, he rationalized the glare by thinking of the old man as an eager helper. Then he would not feel so bad.*

It came as a surprise “gift” on Ka-wing’s 14th birthday. It was none other than bone cancer, which shocked him to the core and caught him unaware. It also rewrote his journal.

An optimistic and positive young man by nature, Ka-wing refused to be beaten by cancer. An amputated limb might handicap him, but he chose to face his disability with courage. One can imagine what great effort a sporty teenager must have made in overcoming his physical predicament. Aside from learning to walk all over again with his prosthesis, Ka-wing had to brace himself for the problems of everyday life. On top of that, he had to deal with his feelings of inadequacy and strive to regain his self-confidence. Indeed, it was no easy task to take other people’s quizzical glances in his stride.

To assert himself and resume a normal life, Ka Wing attempted to change his mindset and look at things from a different perspective. He remembered walking on the street one day with his prosthesis on and being stared at by an old man. He felt absolutely awful. In the beginning, he tried to avoid those glances. By and by, he learned to make some mental adjustments. He would, for instance, rationalize the glare by thinking of the old man as an eager helper. The elderly man was staring so hard at him because of a fervent wish to lend a helping hand. Then he would not feel so bad. Eventually he learned to make light of all the glances that chanced to be cast on him.

In times of trouble, he tried to solve his problems one by one. When

## 它改變了我

起初他會逃避這種目光，後來試着改變想法，譬如他會給自己解釋，老伯盯着他看，可能只是看看有什麼可以幫忙的，這樣他便不再難受，逐漸亦不管別人如何盯着他看了。

十四歲生日時，家榮獲得一份與眾不同的「禮物」。這份「禮物」——骨癌——令吳家上下措手不及，而且震驚不已，它亦改寫了家榮的生命。

癌症並沒有打垮天性樂觀積極的家榮。縱使他要接受截肢手術，從此成為殘障者，他仍選擇勇敢面對。

對於一位熱愛運動的少年人，可以想像他要幾經努力才能適應身體上的轉變。家榮除了要努力學習用義肢走路及解決很多現實生活的問題，更要克服心理障礙——失去自信心和面對別人奇異的眼光，這確實不容易啊！

為了要重新站起來，為了要過正常生活，家榮幫助自己作心理調適，嘗試從不同角度去看事物。

還記得病癒後曾有一天，他在街道上行路時一位老伯目不轉睛地盯着他，他好難受。起初他會逃避這種目光，後來試着改變想法，譬如他會給自己解釋，老伯盯着他看，可能只是看看有什麼可以幫忙的，這樣他便不再難受，逐漸亦不管別人如何盯着他看了。

當面對重重困難，他都會逐一想辦法解決。遇有沮喪氣餒的時候，家榮會鼓勵自己，想到身邊有那麼多支持者，他便會振作和勇敢



的面對困難。他時常提醒自己，凡事都可以解決，並且要珍惜生命。

自小立志做醫生的家榮，病癒後更確定這個志願。家榮在病中深刻體會到一位醫生對病人的幫助並不單是治療疾病，還可以給予病人心理上的支持和鼓勵。他認為一位好醫生要細心及能夠明白病人的需要。

快將完成醫科訓練的家榮，對自己的將來充滿憧憬，期盼能夠成為一位好醫生，他相信自己的獨特經驗必可幫上大忙。

裝上義肢的家榮，並沒有因身體殘障而放棄運動，不過他不再長跑了。他說除了跑步外，還有很多其他合適的運動可以讓他發揮呢！康復後，在同學的鼓勵和支持下，家榮嘗試接觸過不同種類的運動。直至他升讀大學後，透過認識其他殘障同學而加入了傷殘人士體育協會。他也沒想到自己會再次游泳，而且能夠達到昔日的水準，還可以代表香港參加傷殘人士亞運會呢！

多年來，家榮仍牢牢記着在他患病初期，曾有一位骨癌康復者到醫院探訪他。那位病友確實給了他很大的信心和鼓勵，讓他明白心理支持對病人的重要性。因此，家榮在康復後便開始了分享經驗和探訪病人的義務工作。無論如何忙碌，他仍一直堅持向其他人分享自己患病和面對逆境的經驗和心得。他樂此不疲地做着，只因他深信這樣可以振奮和勉勵處於困境的人。

無可否認，癌病曾經帶給家榮肉體上的痛苦，亦在他身上造成永久和不能改變的傷害。這個看似生命中的遺憾，家榮卻視為上天對他的祝福，因他自覺得多於失。

he was frustrated, he would try to boost his morale by thinking about the numerous supporters who stood by him. His spirit uplifted, he would tackle his obstacles with renewed courage. An inner voice constantly reminded him that there is a solution for everything and life is to be treasured.

As a child, Ka-wing aspired to be a doctor. When his illness was in remission, he became all the more convinced that he was destined to be a medical practitioner. It was in sickness that he came to the full realization

that the Hippocratic Oath involves not only the curing of the sick, but also the medical practitioner's mental support and encouragement for the patient. In his mind, a good doctor must be attentive to his or her patients and understand their needs well. His medical studies soon to be completed, Ka-wing is full of hope for his future. He is determined to be a good doctor and believes that his unique experience will hold him in good stead.

While Ka-wing is dependent on his prosthesis, he has not said goodbye to sports. However, he had to give up long runs. If he could not run, he still had a good number of sports games to choose from. Encouraged by his classmates, he tried various sports. When he entered university, he joined the handicapped sports association through the contact of his handicapped



家榮承認癌病改變了他，患病的經歷加速他成熟，使他更清楚知道自己要走的路和找到人生目標，幫助更多人。除此以外，家榮亦學懂關心別人和珍惜每一個機會去嘗試新事物，挑戰自己。身體上的殘障往往令人可以更專注發展其他潛能。

與家榮一席話，讓我明白何謂逆境自強。家榮對生命的熱忱，叫人感動，亦不期然地感染他周遭的人。家榮說過，人生道路上難免會遇到挫折和痛苦，生命中總會有不完美之處。然而每一階段的經歷都是為着使下一階段做得更好而作準備，所以最重要的還是要懂得正面地看待困境。



friends. He never thought that he would swim again, but that he did and managed to regain his former standard. He even took part in the Asian Special Games for Hong Kong.

All these years, Ka -wing remembered very well a bone cancer survivor who visited him in the hospital when he was first diagnosed with cancer. The survivor gave him great hope and encouragement. It was from that survivor that he learned the importance of mental support for patients. Once in remission, he started to take up volunteer work, visiting cancer patients. Even if he was busy, he insisted on sharing his experiences with cancer patients, recounting his own battle with cancer and how he went through the ordeal. Deeply convinced that his talk would pep up all those in adverse situations, he never tires of giving talks.

Cancer has undeniably inflicted great pain on Ka-wing. It has also caused some indelible and irrevocable damage to his body. To some people, this might be the greatest regret in life. But to Ka-wing, it was a blessing from God. He figures his gains outnumber his losses.

Ka-wing admits that cancer has changed him, fast tracking his growing process and turning him into a mature person in no time. He is more certain about his chosen path and goals in life now. Besides, he has learned how to show concern to his fellow men and seize every chance to try new things and test his limits. After all, a physical handicap makes one more focused on tapping one's potential.

An interview with Ka-wing offered me a glimpse of what facing up to adversity means. One is touched by his great passion for life, which in turn influences all those around him. As he said, the course of life is inevitably filled with obstacles and pain. Life is far from perfect. All the life experiences in one particular phase are a rehearsal for a better phase ahead. Most important of all, one must learn how to be positive in adverse situations.

## 活着就是精彩

### 吳家榮

二零零五年家榮開始實現他當醫生的夢想，在屯門醫院實習。他在二零零八年中完成兩年基本外科訓練後，希望在骨科一展所長。家榮曾經在屯門醫院接受癌症治療，當年照顧他的一些醫護人員，現已成了同事。自己在屯門區長大，能夠在這家醫院任職，服務本區居民，家榮覺得特別有意義。

作為香港傷健青年協會的會員，家榮於二零零八年成為協會幹事，在康復政策方面盡一分力，以達傷健共融的目標。

## And life goes on...

### Ka-wing

In 2005 Ka-wing realized his dream of practising medicine when he began his internship at Tuen Mun Hospital. After receiving his two-year basic surgical training, he set his sights on becoming an orthopaedist. Some of the healthcare workers who tended Ka-wing during his cancer treatment at Tuen Mun Hospital have now become his colleagues. Working at the hospital is particularly meaningful to Ka-wing as it gives him the opportunity to serve the local residents of Tuen Mun, where he grew up.

A member of the Hong Kong Federation of Handicapped Youth, and a member of its Board of Directors since 2008, Ka-wing is now playing an active role in formulating rehabilitation policies to empower disabled people in a society for all.

# Life's second chance



To So-ying, the numerous scars on her body, like a historical stamp that attest to her war valour, are a reminder that she must love herself and lead her “second life” well. Any casual observer would say So-ying is an extrovert with a positive attitude.

Life's happiness lurks in the corner of her eyes. Who would have known that she once suffered from leukaemia and was on the verge of death?

So-ying said wistfully, “The second life didn't come by easily.”

The memories of her recovery from leukaemia were still fresh after all these years. It seemed to be that she was ill only yesterday.

In So-ying's mind, the hospital was not really a horrible place. The majority of the medical staff were very friendly. But the great suffering she went through were indelible. Her body scars, left by cancer treatment, bore the historical testimony of a successful warrior and reminded her that she must love herself and lead her second life to the full.

When she was gravely ill, So-ying was not the only one who suffered, her entire family also went through the agony. However, her illness happened to bridge the distance between her and her family. She felt the love and concern of family and friends deeply.

So-ying recalled fondly, “At one time, my classmates came to see me in hospital. There were too many of them and they were making a lot of noise in the ward. The nurses even complained.”

She counted herself lucky for having the support of her family and numerous friends. She would always remember that.

Since So-ying's convalescence, she had enjoyed a closer relationship with her family and gained in maturity. She had learned how to care for others, so much so that she could use her own cancer survivor's experiences to help a close family member.

Several years ago, her sister-in-law was diagnosed with cancer. As a survivor, So-ying comforted and supported her during the treatment

## 身上的印記

眼前的素英樂觀開朗，眉梢眼角流露的盡是幸福，有誰會想到她曾是白血病患者，在死亡邊緣掙扎呢！「生命是很不容易地撿回來的。」素英唏噓說着。

回想當年的經歷，記憶猶新，仿如昨日。

在素英印象中，醫院不是可怖的地方，絕大部份的醫護人員都很親切。可是，接受治療期間所經驗的痛苦，卻是那麼刻骨銘心。今天素英身上仍留有許多昔日的傷痕，它們有如歷史的印記，表揚着她是個成功的戰士，並提醒她要愛惜自己，善用「撿回來」的生命。

患上重病，不單是個人的痛苦，還影響整個家庭。在那段暗淡的日子裡，患病反而拉近了家人間的距離，素英亦因此深深感受到家人對她的愛和朋友的關懷。「那時候，同學們聯羣結隊來醫院探望我。由於人數太多，對病房造成騷擾，結果被病房護士投訴呢！」素英娓娓道來。對於有家人和那麼多朋友的支持，她自言是幸運的，她會一直牢記於心。

病癒後，家人相處更加融洽，個人亦成長了不少，素英學懂了關心別人。幾年前，她的嫂嫂不幸患上癌病，素英利用過來人的經驗，安慰和支持她度過艱辛的療程。現在嫂嫂身體健康，與素英的感情還很深厚呢！「倘若我不是有相同的經歷，便不能明白她的感受和需要，更不知應該怎樣安慰和支持她。」看來這確是患病帶來的良性後遺症。

縱使已事隔多年，生活與常人無異，但素英仍偶爾擔心自己會舊病復發。不過，這些「偶爾的擔心」只是提醒她要注重健康及留意身體的變化，不想親人為自己操心。素英盡量以平常心面對將來，她認為只要做好本份，愛惜自己，便可坦然無懼了。

素英熱愛生命，對前路滿懷盼望。現職美容師的她很喜歡自己的工作。她不斷進修，充實自己，希望將來事業有成，回饋社會。對她來說，生命雖是無常，卻是美好的。記憶裡烙印着那一段有笑有淚的經歷，已成為她生命中的彩虹，發放出美麗的光彩，同時亦豐富了她那「撿回來的生命」。或者正如素英所說，只有積極正面的生活和珍惜生命，才能報答愛她的人，且無悔今生。



period. The sister-in-law, since turned mother, is now in good health. She and So-ying have forged a very good relationship.

“If I had not gone through the same experience, I would not have understood her feelings and needs, nor would I know how to comfort and support her.”

Apparently, that was the benign side effect of cancer.

So-ying's life has returned to normal after all these years. She does, however, have fleeting worries about a relapse. But then, these “passing worries” are a reminder that she should mind her health and watch out for any changes. She does not want her family to worry about her. She tries her best to take her future easy and let nature take its course. To her mind, as long as she does her part and takes good care of herself, she has nothing to fear.

So-ying has a great passion for life and is full of hope for the future.

Happy with her beautician job, she keeps up her skills by taking career development courses. She aspires for a successful career and is committed to serving society.

To So-ying, life is good, however inconstant it may be. While the tears and laughter of a bygone period are branded in her memory, they have formed a radiant rainbow, enriching her second lease of life. As So-ying has said, it is only when she treasures her life and adopts a positive life attitude that she can repay all those who love her and live not in vain.

## 活着就是精彩

### 朱素英

素英珍惜眼前所有，只因每一分每一秒都是額外的獎賞。放下美容工作後，她亦抽空學習自己感興趣、富創意的新事物。近來掌握了調酒的竅門，還在一些餐廳酒館客串，儘量吸收實際經驗，將來也許能在這方面另創天地。

為使生命更加充實，素英喜歡到外地旅行。過去幾年，就曾經踏足加拿大、英國、西班牙等地。國際自由行的經驗，除了加深她對不同文化的認識，她更領悟到唯有身體力行，才能無悔此生。

## And life goes on...

### So-ying

So-ying cherishes everything she now has, since to her, every minute, every second of her life is a bonus. Once she gets off work as a beautician, she takes time to learn new and interesting things. Having recently mastered basic bartending skills, she has been working part-time at restaurants and bars to gain experience in the field. Hopefully she will be able to carve out a career for herself as a bartender.

To enrich her life experience, So-ying travels a lot. In recent years, she has visited Canada, the UK and Spain. Travelling abroad has not only deepened her understanding of diverse cultures, but also taught her that experiencing life firsthand is the only way to rule out any excuse for future regrets.

# 馬駒田夾



上課時，雅佐頭有點暈，常常覺得口渴，水喝多了，又頻頻上廁所，十分麻煩，不知道是否患了病。再等幾天，看看情況有沒有改善吧。

終於向媽媽訴說身體不舒服，她很緊張，連忙帶我去看醫生。醫生做了一些檢查後，我感到好像沒有什麼特別。仍然非常口渴，體重也減了很多，覺得自己竟然有點「英俊」。不過，身體非常疲倦，有點支撐不下了。

很奇怪，覺得一切很寧靜，聽不見下課的鐘聲，也沒有同學們的耳語，張開眼睛，就像置身電視劇一樣睡在病床上，媽媽的眼睛哭得紅腫，到底發生了什麼事？原來我的腦內生了個腫瘤。自己已是少年人，逼着要面對病情和醫療狀況，因為我們是屬於

## The Monkey Clip

*In class he felt dizzy; then there was the raging thirst. Drinking a lot of water only meant frequent visits to the loo, and a nuisance. Ha-cho thought he'd wait a few days before assessing his condition – he was unable to understand what was ailing him.*

I knew then it was time to tell Mother I was unwell. Obviously concerned, she took me to the doctor at once. I was put through a series of tests – which did nothing for me and left me just as thirsty all the time. Then my weight dropped, considerably, and I was actually thinking that I was slimming down and looking 'handsome' as a result. But there was this tiredness I felt that seemed to wear my body out.

It all felt strange – peace reigned, no sound of the school bell announcing end of class, or my classmates' quiet whispers. As I opened my eyes, I thought I was playing my part in a TV series, with me in bed and my mother's eyes red and swollen from crying. What on earth had happened? My problem was a brain tumour, but as a young and intelligent person, I braced myself to face the situation.

Hospital life was close to what I had imagined it would be. People were always milling about the room and there was no mistaking the clinical smell of the place. I was glad to be in a children's ward – it felt more cheerful, and despite the tears, there was also laughter.

The big day came – a catheter was to be inserted into me, in preparation for chemotherapy treatment. I dreaded it and the pain it would inflict, but I also felt encouraged – the sooner the action, the earlier the recovery, I thought.

I just could not get used to being in hospital though, or the complicated treatment that came with it. The tube of the catheter would not stay in place and kept slipping, which posed a risk. It was an eight-year-old fellow patient who provided the solution. Min Min handed me a clip and in a serious and commanding voice insisted that I used his 'secret weapon' to hold the tube in position.

I felt so grateful to Min Min for what he called his 'monkey clip' – it was a gift of love. As he proffered a smile, I vowed silently I would vanquish the cancer in me.

It was a difficult time of my life. Days were spent eating, then vomiting, then repeating the procedure. Within seconds of swallowing, I deposited my mother's cooking into the sick bin. I was sorry that her efforts went

有思想和理解能力的病人。

醫院生活與想像中有點相似，人人都很忙碌，病房裏有特別的氣味，可幸我入住的是兒童病房，夾雜了很多哭聲和笑聲，總算是有些活力。

要進手術室裝置中央導管那天是大日子，跟着便是化療的日子，心情有點複雜，一方面有些恐懼，不知道化療到底有幾辛苦，另一方面卻又有點開心，治療愈早開始，就能愈早康復。

到底是不慣醫院的生活和深奧的治療程序，做了中央導管後，我的「喉仔」終日擺動，有點危險。「雅佐哥哥，我送你一隻『馬騮夾』，可以用來夾住喉仔。」敏敏一面正經和豪氣地把秘密武器送了給我。對於一個八歲小童的愛心相贈，我心裏很感激。看到他滿面笑容，我也暗暗的下決心，一定要打敗癌症。

化療的日子真不好過，每天就在吃東西和嘔吐中度過。媽媽辛辛苦苦的心血，不消三秒就全部掉進了嘔吐盆裏去，心裏充滿歉意，唯有不斷進食，以多取勝，報答媽媽的辛勞。

窗外下着大雨，惦念着妹妹，不知道她是否習慣獨自在家。媽媽又怎麼樣呢？她每次來看我時都好像精神奕奕，滿面笑容，但她頭上添了很多白髮，很想安慰她，我們都會熬過去的，但又怕觸痛她。

完成一切療程那天正式返家，把自用東西收拾，竟載滿了一整箱，全部都是關懷和祝福的信件和禮物，特別是馬騮夾仔，我要好好保存，不過見不到敏敏，未能親自向他告別。

重返學校上課幾天，除了體力有待改善外，一切正常。或許因為我經歷過癌症醫治，我發覺同學們對我關心和興趣比以前大了很多。

放學回家時，媽媽告訴我她遇到敏敏的媽媽，敏敏在早陣子已返回天家。她們不想影響我，所以直到現在才說出來。

我大聲哭了一場，為他的不幸深深不憤，但又覺得他很勇敢，在最艱難的時候，也能愉快地度過，而且慷慨的與人分享。他送給我的「馬騮夾」，令我覺悟生命的意義，分享、支持是一種行動。我也要以行動去關心其他人。

暑假過得很平靜，還有幾天便開學，媽媽的心情也平伏了不少。我本應也有點興奮才對，但最近常常有些不大舒服，頭暈，儘量不去多想，或者過了今天，明天便會沒事了。最重要的是不想媽媽擔心。

九月一日開學了，我卻在醫院度過。檢查後，確診為復發。媽媽表面很鎮定，但我卻哭了很多次，覺得很對不起她，又把她推進無助的深淵。

醫生們決定了療程，因為之前做過化療，這次我需要做的是放射治療。幸運的是不再嘔吐，而且只進行一個月。

有一天很奇怪，我整天模模糊糊，精神跟軀體好像

wasted, so I persisted with eating the meals she brought, as I wanted to show my gratitude and appreciation. On a rainy day I missed my little sister and wondered if she was managing on her own at home. Then there was Mother. She always had a happy face and a lot of energy when she came visiting, but I could not miss the many strands of silver in her hair, and I wished I could comfort her about my condition.

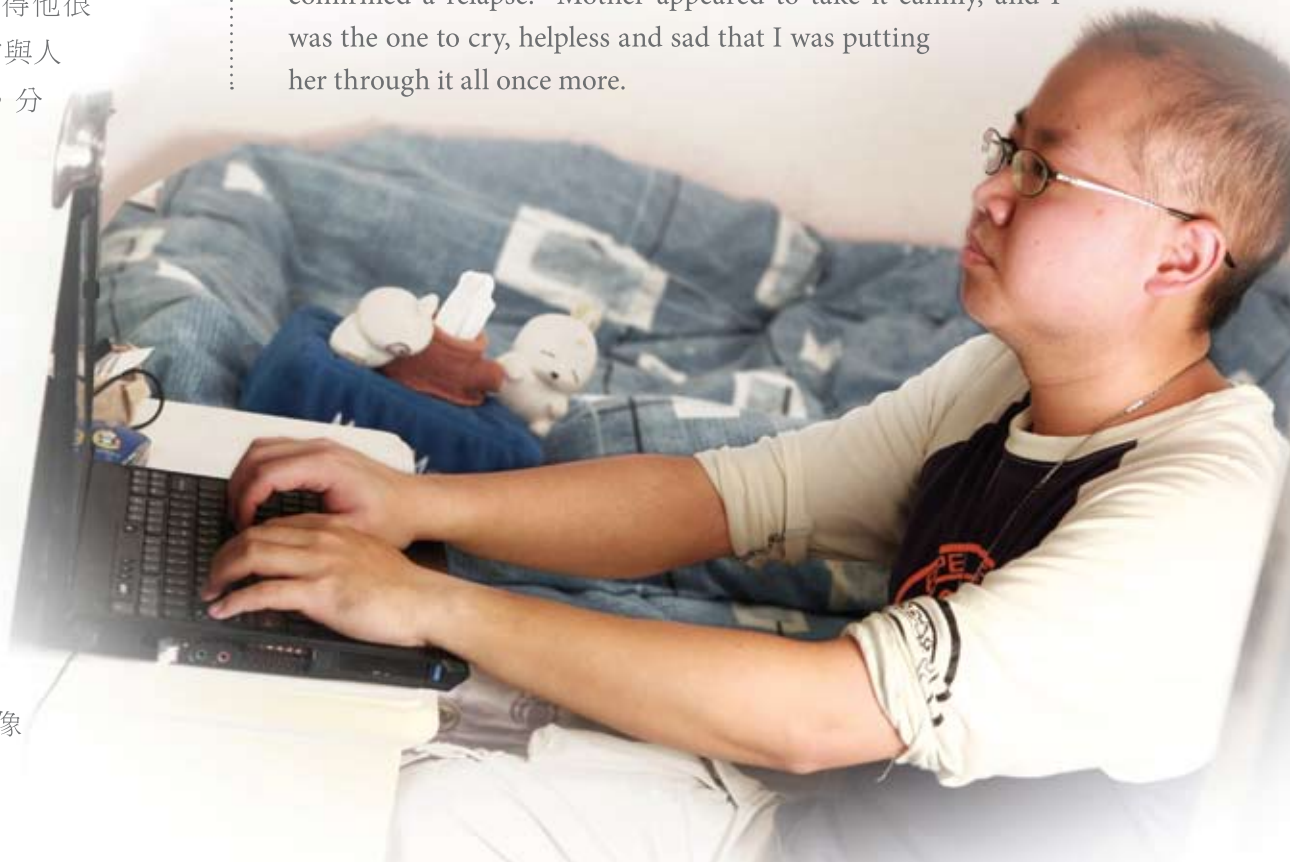
At long last, the course of chemotherapy was completed and I could leave the hospital. As I packed, cards and gifts from caring souls filled an entire bag, including Min Min's precious 'monkey clip'. But I could not find him to say goodbye to.

Life returned to normal then, as I started school again. I still needed time to regain my energy, and my classmates seemed to understand and were attentive and concerned.

Then one day, after school, Mother brought me the terrible news. She had learnt from Min Min's mother that the little boy had passed away sometime ago and gone to heaven. They kept it from me, not wanting to upset me. It explained why I could not find him in the hospital when I left. I cried my heart out, I felt angry about his misfortune. He had been so brave in facing his own illness with such cheer and in spreading the message to others as well. His gift of a clip to me made me realize that life had meaning and purpose if we shared and supported each other. I wanted to practise what he quietly preached.

Summer passed and with it the start of a new school term. Mother looked more relaxed and I should have been happy. But I was beginning to feel unwell again. The dizzy spells returned. I tried to ignore them and hoped they would be gone the next day. I could not alarm Mother again.

School opened on September 1, but I was in hospital instead. The tests confirmed a relapse. Mother appeared to take it calmly, and I was the one to cry, helpless and sad that I was putting her through it all once more.



分開了。我感覺到自己飄浮到天花板上，圍繞在我床邊有很多醫護人員，剛來探訪的老師和媽媽也在一起，媽媽大聲叫着名字，各人面上都很焦慮，有些更淚流滿面。不知怎樣地我醒了，原來我剛在生與死之間徘徊。很想告訴媽媽：我知道您多麼愛我，我會好好報答您對我的愛。

轉眼又過了一年，居然可以應付會考，總算對自己有個交待。病癒後有些後遺症，例如記性差、頭髮稀疏等，要努力去克服。可喜的是朋友多了，自己也成熟了很多。媽媽也漸漸回復狀態。不過我們不會特別提及生病的事，以免她牽動情緒，反而自己就覺得跨越了一大步，不會逃避。

生活漸漸納入正軌，我和其他青少年無大分別，一樣面對工作、就業的困難和挑戰。患上癌症並未令我的生活變得特別充實或有意義，也沒有令我的生活太過沉重。只是我學懂了珍惜現在和身邊的人，尤其親情與友情，也深深體會到愛的偉大。

我將「馬騮夾」放在我書桌上，每當我遇上挫折，心裏納悶時，便想着它的主人，如何在最困難的時刻，也保持快樂的笑容，對陌生人獻上友誼，我便會抖擻精神，應付每一個困難與挑戰，憑着愛我以行動表達對他人的關懷和支持，並且跨過生命中每一個衝擊，體驗人生真正的滿足。



This time around, the doctors prescribed radiotherapy over the course of a month, but, at least, I was spared all the vomiting.

The treatment left me in a daze all day. My body and soul seemed to have gone their separate ways. I was hovering between life and death, as I sensed medical and nursing staff around my bed. There was Mother calling out my name, and the teacher who came with her to see me. Anxiety was on all their faces, and some were wet with tears. Then slowly I woke from my delirium and it was then I wanted so much to tell my Mother that I knew she treasured me and that I would return that love one day.

A year flew by. It was no small wonder that I sat and passed the HKCEE. I at least had something to show for it all.

I still suffered from many of the side-effects of my treatment – a poor memory and hair loss. But I knew I had to overcome life's vicissitudes, and the many new friends, and the more mature person that I had become, helped. Mother too, survived it all but we would never bring up the subject, not wanting to strike a sensitive chord.

Life did somehow get back on track. Along with other young people, I too needed to confront the challenges of work and a career. Cancer certainly had not changed my life so drastically or left me with a heavy burden. I knew that it was important to cherish what I had and the people around me, especially family and friends, and that love was always generous and kind.

Min Min's gift takes pride of place on my desk. When I am down and feeling out of sorts, I think of its first owner, and I remember a boy who befriended a stranger and whose smile shone through his own predicament. Then I would take heart and find renewed strength.

## 活着就是精彩

### 黃雅佐

「馬騮夾」給了雅佐勇氣，他不再徬徨。雖然最近部門北遷，他失業了，被迫暫別幾年的文員工作。但他沒有失意，以他的身體條件和能力，始終喜歡當文員。

媽媽和女朋友都叫他不用焦急，可以稍為放心的是：他獲發的遣散費連工資，可以暫時支付家用。

雅佐沒有乾坐家中，他積極面對待業生活，經常到西九龍的勞工處找工作，也聯絡了一些僱主。憑着努力，相信他很快就可以再投入工作。

## And life goes on...

### Ha-cho

The “monkey clip” gave Ha-cho strength and he is no longer at a loss about life. Although the recent relocation of his workplace meant an end to his clerical job which he had held for a few years, he did not despair. He is confident that given his physical condition and abilities, clerical duties are still his favourite line of work.

Both his mother and his girlfriend told him to take it easy. To him, it was a small comfort that his wages plus the severance pay would help support his family.

Ha-cho did not just sit at home but went job hunting at the Labour Department West Kowloon Branch Office, and contacted a few employers. Given his tireless effort, he will surely find a job soon.

# HOME

is where the cure is

*The needle and medicine can mend the physical wound, but home is the only real place for healing. Suet-ying's story testifies to this simple truth.*

Seven-year-old Suet-ying's knee got red and swollen in a minor accident. The pain just would not go away. The specialist referred the child to the Prince of Wales Hospital for a full examination. Totally unprepared, Suet-ying put on her patient gown that very night, plunging headlong into a year-long treatment for bone cancer.

"I still remember that day, the 27th of March, when Mom took me anxiously to school to ask for sick leave. I can still hear her say to my teacher, 'Yes, it was that sort of thing.' Then my teacher shook her head repeatedly. Back in the hospital ward, I cried my heart out."

As Suet-ying leaned on the dining table and talked about her illness openly, she cast a sideward glance at her mother, who was sitting on the sofa.

"She cried so loud. Yet in less than a minute, she was pacing the ward, asking the kids to play with her as if nothing had happened." Just as Suet-ying's mother finished her recollection, the daughter gave rein to a suppressed "ha!" sound.

In the following twelve months, Suet-ying went through radiotherapy, chemotherapy, surgery and a transplant of her own bone marrow. Although each procedure was completed smoothly, she suffered tremendously. It was especially hard on her after the bone graft in the leg. Her movements had become restricted. The hospital days had undoubtedly dealt a heavy blow to the extrovert. Over time, her personality had undergone some changes.

"She became such a hot tempered person. She lost her patience with people and things. If she was not happy, she just yelled in hysteria. She was such a frightful person."

Suet-ying's mother recalled, "When she threw a tantrum, I hardened my heart and refused to listen to her until she calmed down and stopped. Papa is different. He tended to be soft on her. He would usually stay around to cajole her and let her have her way. That was why she threw her temper at



「針藥可以治癒肉體的創傷，但唯有家庭才能讓病者康復。」雪盈的故事也許能說明這個道理。

七歲時一個小意外把雪盈的膝蓋摔得又紅又腫，痛楚久不消退。經專科醫生轉介，媽媽攜着雪盈到威爾斯親王醫院接受詳細檢查。在毫無心理準備下，雪盈當晚便匆匆換上病人袍，正式開展為期一年的骨癌療程。

「我很記得當日是三月二十七日，媽媽很焦急地帶我回學校請假，我還聽到媽媽向老師說：『係囉！就係啲啲嘢囉！』，之後老師便不斷搖頭。回到病房我大哭了一場。」雪盈倚着飯桌開懷地憶述，目光則斜斜的投向沙發上的母親。



「她哭得好大聲，但不到半刻鐘，便在病房四出逗小朋友玩，彷彿什麼事都沒發生過一樣。」母親才說完，雪盈便「咕」的笑了出來。

在往後的十二個月，雪盈一口氣接受了一連串包括電療、化療、手術和自體骨髓移植等療程。過程雖算順利，但她確實吃了不少苦頭，尤其在腿部的換骨手術完成後，再無法像以往般來去自如。這段長期臥床的日子，對生性活躍的她，無疑是個極大的打擊。自此，雪盈的性格逐漸產生了一些變化。

「她脾氣變得好大，對人對事都好沒耐性，稍一不滿便叫得聲嘶力竭，嚇死人呀！」

「她一發作，我便狠下心不理她，直到她平復，不再無理取鬧為止。爸爸則不同，他心腸較軟，通常都會在旁哄她，遷就她。因此他便經常成為女兒的發洩對象。有時連病房內的其他家長都看不過眼，向我打小報告。」雪盈在旁聽得不是滋味，乾脆別過頭向電視機前的妹妹扮鬼臉。

好不容易才撐過了一年的療程，雪盈又要面對重返校園的各項挑戰。首先衝着她而來的並非課業的壓力，而是同學們的嘲笑。由於療程的副作用，雪盈的皮膚變得黝黑，頭髮也掉得只剩下薄薄的一層，加上手上的一對助行杖，難免會招來一些奇異的目光，更不幸者，她竟成為部份好事同學的嘲笑題材。

「他們經常在我背後，甚至當面取笑我，說我是男人頭，又笑我污糟，我才不理他們，也懶得解釋。」

「老師都有試過幫我訓斥那些過份的同學，但過不了幾天便故態復萌。久而久之，我都不再對老師存有什麼寄望。但最好笑的是，老師見我很靜，朋友又不多，竟以為我不懂交友，反過來要輔導我，唉……真不知好孬定好笑。」雪盈雙眼瞪着天花板長長的嘆了一聲。

面對種種的不快，「家」便成為了雪盈用以「回氣」的避風港。

「雪盈的脾氣我很清楚，因為這簡直就是我的翻版，性格直



him. At times the other parents in the ward could not stand her and reported her tantrums to me behind her back.”

As her mother recounted her past unruly behaviour, Suet-ying did not like it one bit. She just averted her face, making a face at her younger sister who sat in front of the TV set. After a

difficult year of treatment, Suet-ying resumed school and had to take up all sorts of challenges in the campus. The first challenge was not the heavy schoolwork but her classmates who would be making fun of her.

Cancer treatment had wreaked havoc on Suet-ying. Her skin had turned dark and she had lost much hair. She needed a pair of crutches for support, which obviously would result in some curious glances. What was most unfortunate was that she had become the subject of ridicule for some nosy classmates.

“They often teased me behind my back, or ridiculed me right in front of me. They said I was a tomboy and smudgy. I didn’t mind them and I wouldn’t bother to explain.

“My teachers did chide those who went too far. A few days later, they would be back at it again. After a long while, I stopped relying on my teachers to settle the score for me. Funny thing was, my teachers worried about my social skills because I was too quiet and had few friends. They turned around to counsel me. Hmm, I don’t know whether I should laugh or cry,” Suet-ying stared at the ceiling as she let out a long sigh. Troubled by all the unpleasant happenings, she naturally turned to her family for shelter and some breathing space.

Her mother observed, “I know Suet-Ying’s temperament too well. She



率，愛恨分明，哭得快，笑得更快，笑過，哭過就沒事了。」

「她在外面受了氣，回到家偶爾也會大吵大鬧，我不會和她硬碰，我只會在旁靜靜的聽着，一會兒她便平復下來。這樣也不錯呀！至少家裡感覺熱鬧點。她受了委屈會向我訴苦，她開心時自然也會和我分享，那麼我不就更能了解她嗎？」

媽媽笑着說，妹妹豎起耳朵聽得入神，雪盈則佻皮地把頭別到一邊去，佯裝聽不到。

後來，雪盈接受了截肢手術。換上義肢的她竟比以往更加活躍、開朗和主動，在學校內外亦建立了不少十分投契的社交圈子。能有這樣的轉變，除了歸功個人的努力外，還有因為她有個父親體貼、母親體諒而妹妹乖巧的家，讓她時刻感受到無微的關懷與支持。這一切就是雪盈在康復路途上最大的推動力。



is exactly my double. She is so straightforward, either she likes you or dislikes you. She laughs and cries easily. After an emotional outburst, she is fine.”

Suet-ying's mother knew how to handle her foul mood. Smiling as she said, “After a tough day out, she would come home to pick a big row. I wouldn't put up a fight. I just sat there and listened quietly. Then she would quiet down. That was pretty good. At least there was some kind of activity going on at home.

When she feels she is being wronged, she would confide in me. When she is happy, she would share the fun times with me. Don't I get to know her better that way?”

As the younger sister listened intently to her mother's words, Suet-ying turned her head to one side mischievously, pretending not to listen.

Suet-ying had had her leg amputated. With a fitted prosthesis, she had surprisingly become more active and outgoing. She had built up a social circle at school. Such changes were possible due to her personal efforts, as

well as a supportive family. Her father is considerate and her mother, sympathetic. Her younger sister is accommodating. Suet-ying can feel the support and love from her family at all times. That is the greatest motivating force for her on the way to recovery.

## 活着就是精彩

### 鄺雪盈

時間過得真快，轉眼雪盈已從保良局胡忠中學畢業了。作為馬鞍山居民，從中一讀到中七，社區和校園的一切早已深入雪盈的腦海。去年截除了左腳，換上義肢，但沒有妨礙她的行動，上下樓梯，進出教室，她也不用別人扶持，如常地與校長、老師和同學打招呼。

開朗的笑聲和樂觀的態度，使這位文科生挺受同學歡迎。對於曾經有過的壞脾氣，雪盈笑笑說，「還可以吧，未至於火爆。」

雪盈將於今年九月攻讀她心儀已久，有關社會福利的兩年制副學士課程。最終雪盈希望能成為一名專業的社工。

## And life goes on...

### Suet-ying

Time flies. Not long ago, Suet-ying graduated from Po Leung Kuk Wu Chung College in Ma On Shan. As a student at the same school from Form 1 to Form 7 and a long-time resident in the same community, she knew her school campus very well. After the amputation of her left leg and the fitting of a prosthesis last year, she could move freely. At school, Suet-ying needed no help going up and down the stairs, or in and out of her classroom. She greeted the school principal, her teachers and schoolmates just as usual.

Her hearty laugh and optimism endeared her to her schoolmates. As for the short temper she once had, she dismissed it with a smile, “It was not like I was given to uncontrollable outbursts. So I guess it was all right.”

Suet-ying will start her favourite two-year associate bachelor's degree programme in Social Welfare in September this year. Her ultimate goal is to become a professional social worker.

# 平實的神蹟

「將來是光明的，因為沒有人希望自己的將來是迷惘與灰暗的。」慕德說。

從外表看慕德的臉蒼白和頭髮稀疏，不難看出她曾患病，但她的笑容和處事積極的態度，卻要訴說出她在病魔困擾以外的其他故事。

在一九九六年頭，慕德證實患上體內有星狀細胞瘤，癌細胞影響她的腦部和脊椎，自此她便要經常進出醫院。

慕德生長於一個宗教濃厚的家庭，爸爸是牧師，一家人都是基督徒。信仰的力量，自然成為慕德度過難關的支柱。住院期間，最難忘的經歷是手術傷口癒合後要把縫合傷口的釘拔去，拔每一根都令她痛不欲生。她便以禱告的方式來減輕自己的痛楚。結果她果然在主觀的感受上，覺得痛苦減低了。「就只像打針一般，不再是很痛了。」慕德說。

# A small miracle

*When God takes away something. He gives you something in return. That's how His miracle works for Mo-tak.*

The pale complexion and sparse hair belied Mo-tak's ailment. Her smile and her positive attitude, however, revealed the other side of a cancer-stricken patient's story. She asserted, "The future is bright, because nobody aspires for an uncertain and dark future."

In early 1996, Mo-tak was diagnosed with astrocytoma. Cancerous cells were affecting her brain and spinal cord. From then on, she was in and out of hospital regularly.

Mo-tak comes from a devout Christian family. Her father is a pastor and all her family members share the same beliefs. In crises, she naturally turned to her religion for support. It was her faith that lent her the courage to conquer the greatest physical pain.

The removal of surgical pins marked the most painful moment in her hospital stay. As each pin was removed, she tried to say a prayer to relieve her excruciating pain. Her prayers were answered. The subjective mind told her the pain was lessened and it was.

"It's just like an injection. It wasn't painful anymore," Mo-tak remembered.

Recalling her hospitalization, Mo-tak frankly admitted that she had losses and gains. She was particularly grateful to all those who showered their love on her during those difficult days.

"The biggest reward was I found out many people loved me. I had numerous visitors," Mo-tak observed.

To her delight and greatest surprise, Mo-tak forged a strong relationship with her elder brother, who is about her age.

"Now, my brother can be very soft at times. He calls me Mo-tak gently. He visited me in the hospital and brought me my favourite food."

The deep love between brother and sister was not attained easily. The relationship had gone through some stormy times and tests. When cancer first struck the young girl, her then 11-year-old brother was in his rebel stage. He refused to accept her illness and threw frequent tantrums. The family chided the brother for his bad temper. The two siblings' relationship became tense.

Fortunately, the difficult stage had passed. The two siblings had since grown up. Mo-tak's brother became mellow and more understanding. She appreciated her brother's hardship. Cancer had taught the two of them a lesson of love.



回看幾年的住院歲月，慕德坦言有得着亦有失去。她特別感謝身邊愛護關心她的人。「病後最大的得着是發覺很多人愛護自己，有很多人來探我。」慕德說。

最喜出望外的，算是慕德藉着患病的經歷可與年紀相若的哥哥重建關係。「現在，哥哥有時對我很溫柔。他會輕聲叫我『慕德』，又會來醫院探我，帶來我喜歡吃的食物。」慕德說。這些濃濃的兄妹情並非沒有遇過低谷和考驗。

回想慕德在早期發病的階段，當時只有十一歲的哥哥正值反叛時期，對妹妹生病的事實極為抗拒，時常鬧情緒。兄妹的關係變僵了，而哥哥的情緒時常換來家人的苛責，家庭氣氛一度變得緊張。

幸好這段艱苦的歲月終於過去了，慕德和哥哥也長大了。哥哥變得溫柔體諒，而慕德亦明白哥哥所受的壓力，彼此也藉「癌病」學懂了什麼是愛。

慕德認為癌病最大的後遺症就是損害了她的記憶力。她自覺記性差了。「醫生說最近轉的新藥會影響記憶力，我真的察覺自己在思想上緩慢了，我十分擔心。」慕德說。「例如心想說壽司兩個字，我要想很久很久才想出來，之後又要用九牛二虎之力才會寫出來。」

有一個晚上，慕德的媽媽來替她洗澡。可是，慕德卻完全想不起這件事。在第二天還與媽媽爭論。「我是完全想不起來，到現在也一直想不起。自己以前的記憶力很好，現在弱了很多。」慕德有點嘆息。

雖然癌病偷走了慕德部份的記憶，她並沒因此心灰意冷，仍堅持努力學習。在校內繼續用心上課，老師被她的上進心感動，常讚賞她上課用心和做事認真。雖然慕德失去了一些認知能力，她用後天的意志和不撓的決心去彌補了身體上的缺陷。

慕德復課之後，並沒有感到與年紀較小的同班同學有距離，反而更珍惜現在的學習機會，還參加外展訓練課程，以積極樂觀的心和對信仰的堅持來跨越另一次挑戰。



To Mo-tak, the biggest side effect of cancer is memory loss. She noted a decline in memory. “The doctor says the new drug I switched to recently will affect my memory. I was aware of that. I do find my thinking getting sluggish. That bothers me.”

She stumbled over words in her mind. “Once I wanted to say sushi, but I had to think long and hard to come up with the word. Then I had to go through a laborious stage just to write the word.”

A bath was a test on her memory. One evening, Mo-tak’s mother took her for a bath. But she could hardly remember that. The following day she even argued with her mother that she was not given a bath.

Mo-tak bemoaned her memory lapse, “I can’t recall that incident at all. Even now, I still can’t remember. My memory used to be very good. It is much poorer now.”

Even though cancer damaged part of Mo-tak’s memory, she did not falter. She studied hard and paid good attention in class. Her determination and good attitude won her teachers’ praises. What Mo-tak lost in cognitive power, she made up for with perseverance and determination.

When she resumed her schooling, Mo-tak did not feel the age gap between her junior classmates. She cherished the opportunity to study all the more. She even enrolled in an Outward Bound training programme to challenge her endurance one more time with a positive approach and the help of God.



## 活着就是精彩

### 翁慕德

慕德輟學了，但她不是賦閒在家做「量地官」，她的日子也是充實的。前年十月考獲車牌，現在可駕車代步，亦會駕車往返威院當義工。幾個月來，她在教會獲得一份短工：每天傍晚時分，她輔導一些小一至小三學生做功課，每次兩小時。小朋友還是挺聽話的，她不用太動氣。

兩小時兼職工作以外，她怎樣打發其他時間呢？原來，她加入了義工行列，又開始了學刺繡，繡出花花草草。

甚麼時候大家可以欣賞她的女紅呢？

## And life goes on...

### Mo-tak

A school drop-out Mo-tak may be, but she does not laze around at home. She just lives life to the full.

Having got her driver’s licence in October the year before last, she drives to the Prince of Wales Hospital for volunteering work there. In the past few months, she worked as a temporary helper in her church, helping primary 1-3 students with their homework for two hours every evening. As the school kids are quite well behaved, she seldom gets worked up with them.

Apart from the part-time job, how does she spend the rest of the time? She has been volunteering and taking embroidery classes. Wonder when we can get to see her handiwork?

## 失業數年， 我仍能工作嗎？

佩殷跟很多香港的年輕人一樣，面對着嚴峻的就業市場，經常受失業和轉職的困擾。幸好，年輕人總有一份不屈不撓的拼勁，佩殷也不例外。

佩殷是香港第一位成功接受骨髓移植的兒童白血病康復者。這已是多年前的事了。她很不容易才戰勝癌病，重返校園，完成中學課程，接着便面對崎嶇的工作生涯。

畢業後，佩殷只當了一天的文職工作，便感到太徬徨，無力面對外面的世界。隨後幾年她未能找到工作，每天待在家中看書，只是偶然到青年中心當義工，或上一些短期課程來充實自己。當時，她曾經懷疑自己已失去了工作能力，再沒可能找到工作。

回想這幾年空白的歲月，佩殷感到有點失落。她認為自己自小體弱多病，因而受家人過份保護。再加上性格內向，又缺乏社交經驗，自己難於面對複雜的工作世界。

「在醫院中，有很多父母像自己的父母一樣，十分保護和遷就小朋友，其實這樣做會產生很多問題，」佩殷說。「如果你體力不好就不做，會令自己不懂解決問題。就像我在中學沒有參加課外活動，家人又不知道課外活動的重要性，沒有鼓勵我參加。我在家中，家人又沒有催迫我找工作。」

## Could I ever work again?

*Pui-yan had only held a clerical job for one day, when she was overcome by work phobia. The following years saw her jobless and reading books daily at home. The only way to fill her void was to do occasional volunteer work at youth centres or take short courses. At that time, she doubted if she was employable and could ever find a job again.*

Like all youths in Hong Kong, Pui-yan had often been troubled by unemployment and job changes in the highly competitive job market. Fortunately, young people have boundless energy and great resilience. Pui-yan is no exception.

She is the first leukaemic child patient to have undergone successful bone marrow transplant in Hong Kong. That happened many years ago. She had beaten cancer after a tough battle and resumed school. Having completed her secondary schooling, Pui-yan headed towards a bumpy career path.

Pui-yan had only held a clerical job for one day, when she was overcome by work phobia. The following years saw her jobless and reading books daily at home. The only way to fill the void was to do occasional volunteer work at youth centres or take short courses. At that time, she doubted if she was employable and could ever find a job again.

Thinking back, Pui-yan was at a loss as to how she whiled away those empty years. She sensed that her family overprotected her when she was a young invalid. Being an introvert and having little social experience, she found it difficult to face the complex workplace.

Pui-yan observed, "Like my own parents, many parents tend to overprotect and pamper their children in hospital. In fact, that causes a lot of problems.

"If you don't have energy, you don't do anything. Then you don't know how to solve your own problems. It's just like me. I didn't take part in any extracurricular activities at secondary school. My family wasn't aware of the importance of those activities and didn't encourage me to join any. When I idled at home, they didn't urge me to find a job."

For Pui-yan, the turning point finally came in 2002 when she was hospitalized because of a throat complaint. The doctor diagnosed a

在二零零二年，佩殷遇上一個轉捩點。她因咽喉不適入院，經醫生診斷為心理因素引致身體不適。其後她被轉介接受臨床心理學家的心理治療。治療過程中，佩殷從新認識自己，再次思考人生應走的路。

「當時自己很想改變，心想沒有理由因為病而要平淡過一生，其實病後更應活得精彩些。」佩殷說。她發現人生最重要的是開心過活，而過往實在錯過了很多。她決定鼓起勇氣，克服對工作世界的恐懼，嘗試獨立生活。

接着的數個月，佩殷積極找工作，先在百貨公司兼職，當信用咭推廣員。約滿後又當上保險經紀，每天硬着頭皮向陌生人推銷保險。「當時隨同一些較資深的同事，到工廠大廈的寫字樓介紹公司產品。雖然起初有點緊張，但漸漸也辦得到。」工作令佩殷有了人生目標。「我想多學點東西。即使不是一份長工，也想藉工作接觸不同的人 and 事。我不需賺很多工錢，只要足夠和有滿足感便可以了。」

佩殷在工作上遇到其他的難題是體力容易透支，她自覺比其他人容易疲倦。當了半年經紀，她憂慮每天疲於奔命會影響健康，決定轉職當售貨員，希望轉到室內工作，體力消耗會少一點。雖然在工作方面仍感受限制，佩殷現在比從前樂觀積極。她認為：「自己錯過了許多開心的時間。日後不論成功與否，人生要多些嘗試，當成功時會很高興。若沒有嘗試過，就等同讓機會白白溜走。」

佩殷笑言現在視每一天的挑戰為一個機會，而每一個生活經驗也能令生命更精彩。



psychological problem. She was referred to a clinical psychologist for therapy. In the course of treatment, Pui-yan went through a stage of self-awakening, taking a hard look at her own life.

“At that point, I wanted to change very much. I said to myself, there is no reason to resign yourself to a mundane life because you have been ill. In fact, when one has recovered, one should try to lead a more eventful life,” reasoned Pui-yan.

She discovered that the most important thing in life is to lead a joyful life and that she had missed a lot of things in the past. She was determined to pull herself together, pluck up her courage and overcome her work phobia, trying to assert her independence. In the following months, Pui-yan looked hard for a job. She first found a part-time job in a department store, promoting credit cards. When the contract expired, she took an insurance broker's position. Putting up a brave front, she tried to approach strangers every day. “In the beginning, I went with some more senior colleagues to factory buildings to promote our products to the management people. I was a bit nervous at first, but I managed to learn the ropes.”

It was in work that Pui-yan found her goal of life. “I want to learn more, even if it is not a permanent job. I want to reach out to the different walks of life and try different things. I don't need to make a lot of money. As long as I get enough money and a sense of satisfaction, that's good enough for me.”

One problem that Pui-yan encountered at work was she got tired easily. After half a year on the job, she worried that it was taking its toll on her health. She decided to quit and get a saleslady's job, thinking an indoor post would be less taxing. Although she still felt her limitation at work, Pui-yan had become more positive towards life. She felt that “I have missed lots of happy times. Nothing ventured, nothing gained or lost. If I make it, I'll be very happy. If I've never tried, it's just like letting chances slip away.” Smiling as she told the writer, “I take the daily challenges as an opportunity. Every single life experience brings an added lustre to life.”

## 活着就是精彩

### 鄭佩殷

佩殷現正在一家小型時裝店工作，除了老闆，店內只有她一人。因此，她從安排貨品的擺放到向客人推銷都一手包辦。她以前在裙褂店當過售貨員，有關經驗在這份工作正好用得上。

有感自己性格較為害羞和「慢熱」，佩殷刻意透過實際工作機會與客人交流，從中反思自己的表現，不斷改善。由於每天工作時間偏長，她盡量在休假日與家人、朋友相聚，取得工作與生活平衡。

## And life goes on...

### Pui-yan

Pui-yan is working as a shop assistant for a small boutique. As the only employee in the shop, she takes charge of everything from shop display to sales service. Her previous experience as a shop assistant with a Chinese wedding gown shop comes in handy.

A timid person by nature, Pui-yan wants to gain through the chance of interacting with her customers at work and strive for improvement through self evaluation of her own performance. As she has to work very long hours, she would spend time with her family and friends on her days off to strike a balance between life and work.

# 寵不壞的穎欣

甫踏進幼稚園的大門，身旁即傳來不絕的哭鬧聲，不少同學仔均被陌生的環境嚇得不知所措。就在一片混亂、嘈雜當中，才換上一身亮麗校服的穎欣輕輕的抬起頭來，以一貫羞澀的笑容回應媽媽鼓勵的眼神。然後，穎欣徐徐鬆開把母親大腿抱得緊緊的雙手，頭也不回的走進這個她從未踏足的大房間。吸引穎欣的，並非置於四周的木馬和玩具，而是那種到現在仍難以言喻的感覺；一種幸福、自主、不受拘束、彷彿重獲自由的滿足感。

就是這份感覺，這趟入學的經歷教穎欣在完成艱辛的血癌療程後，首次察覺到自己有着與同齡小朋友不一樣的特質。未嘗失去，又如何懂得珍惜呢？難怪，在這些年來的成長歲月中，穎欣始終予人一種成熟、獨立和樂觀的印象。

記得在醫院裡，穎欣雖然每天受針藥和疾病的折騰，但另一方面卻可謂集萬千寵愛於一身。只要她想得到的，身邊的人都會千方百計地滿足她。因此，為了替穎欣換領一套心儀的卡通精品，爸爸下

## Pampered. but not Spoilt

*Then one night, Wing-yan chanced to overhear her parents' conversation, in which they blamed themselves for her illness. All of a sudden, her heart sank. Young as she might be, she began to realize that for all her parents' care and concern and the love they freely showered on her, they had given their all and made endless sacrifices. All through her growing years, this small discovery worked like the yeast that fermented slowly in her heart, reminding her to be mindful of her parents' needs. Wing-yan is the least likely spoilt child.*

As soon as she stepped into the kindergarten, she heard endless crying noises. The strange environment of a new school surely daunted many of her little classmates. In the commotion and cacophony, Wing-yan, in her crisp school uniform, took things easy. She raised her head gently and flashed a timid smile at her mother, whose eyes spoke great encouragement. Slowly she unwrapped her tensed arms from around her mother's thighs and walked into the hitherto untrodden spacious room without so much as a backwards glance.

What appealed to Wing-yan were not the wooden horses and toys that were scattered around the room, it was that feeling, which even now defied any description, that mesmerized her - a sense of satisfaction derived from a mixed feeling of bliss, independence, no restraint and freedom seemingly regained.

It was this fine feeling that first impressed upon her that she had acquired some qualities which set her apart from her peers the day she resumed school after a difficult course of leukaemia treatment. If you have never lost anything, how can you learn to cherish things? No wonder Wing-yan gave the others an impression of maturity, independence and optimism during her growth over the years.

A reluctant patient who submitted herself to daily injections and medication, Wing-yan commanded the love of all those around her. She had only to name her wish, and they would be moving heaven and earth to make it come true. There was a time when her father hopped around shops in search of a set of her favourite cartoon products after a tiring day of work. At that stage, she was beyond herself with euphoria. One day, Wing-yan was told her mother had decided to quit her hard-earned job just to find time to look after her.

Then one night, she chanced to overhear her parents' conversation, in which they blamed themselves for her illness. All of a sudden, her heart sank. Young as she might be, she began to realize that for all her parents'



班後也顧不了身心的疲乏，四出奔波、打聽。那一刻，穎欣的內心難免會飄飄然。及至一天，穎欣知道媽媽為了抽出更多的時間和精力照顧自己，毅然放棄了一份幾經努力而爭取得來的工作。及至一個晚上，無意中聽到爸媽因為自己的病而難過得自責不已……穎欣的心忽然往下沉了一沉。年幼的她，也漸漸領悟到，所有關懷、寵愛的背後，其實都包含着無盡的付出和犧牲。

這個小小的「發現」自此隨着穎欣的成長，在內心深處慢慢的發酵。當同學們正盡情享受着每刻父母不在身邊的「美好光陰」時，穎欣總不忘給家裡撥個電話，自覺地向媽媽報個平安。為的就是不想爸媽再替她操心。「避免為爸媽增添憂慮」亦逐漸成為穎欣一項自我要求的行為準則。

眼看女兒的乖巧，爸媽自然是感到欣慰和放心。但一段與病魔搏鬥的經歷，讓爸媽深切體會到堅毅的性格和獨立處理問題能力的重要性。因此他們不斷鼓勵穎欣走出溫室，從豐富的生活體驗中建立自信。從克服獨自睡覺的恐懼，到經常被安排到親友家中留宿，從參與童軍活動，到完成香港外展訓練，深信自己擁有媽媽所真傳「別人認為越難做，自己則越想做得好」的個性，穎欣的表現到底也沒有教人失望，已成為老師眼中甚有「分寸」的好幫手，以及同學當中最多鬼主意的「大家姐」。

穎欣一頭直髮披肩，說話時有條不紊，腰板更始終挺得直直。但談到開懷處，雙眼即眯成兩條短短的曲線，肩膊隨着抑揚的笑聲不斷的晃動。從她開朗的笑顏，多年前一段慘痛經歷所帶來的不快，就彷彿如她脖子後淺淺的幾道手術疤痕，早已淡褪得幾乎不留半點印記。



不忘給家裡撥個電話

care and concern and the love they freely showered on her, they had given their all and made endless sacrifices.

All through her growing years, this small discovery worked like the yeast that fermented slowly in her heart, reminding her to be mindful of her parents' needs. Wing-yan is the least likely spoiled child.

When her classmates were out having a good time out of the watchful radar of their parents, Wing-yan would never forget to pause and phone home to say she was doing well. She took the trouble to do that, just because she did not want her parents to worry for her. That is her self-imposed behavioural code.

Wing-yan's parents appreciated their daughter's thoughtfulness. Her battle with cancer made them all the more aware of the importance of having a strong character and being able to tackle life's problems on her own. They encouraged her to venture beyond the confines of home sweet home and build up her confidence through diverse life experiences. She had since made big strides, from overcoming the fear of sleeping alone to being sent to friends' and relatives' homes for sleepover and from joining Girl Guides activities to completing an Outward Bound training course. She believed that was the result of following her mother's credo - the tougher the matter is, the greater the determination to do a good job. Wing-yan had no reason to disappoint anybody. To her teachers, she was their sensible good helper. To her numerous classmates, she was their ingenious big sister.

As Wing-yan talked to the writer, she spoke with eloquence. Her long hair framing her shoulders, she sat very straight. When she got excited, her eyes narrowed into two small short curves and her shoulders rippled to the rhythm of her laughter. Her bright smile says that the unhappy experiences in the past have all faded into nothingness, just as the few surgical scars on her neck have become scarcely noticeable.

## 活着就是精彩

### 柳穎欣

穎欣形容跟媽媽無事不談，兩人就像知心朋友一樣。媽媽曾唸會計，穎欣受她影響，對這門學科產生興趣，現在就讀於香港專業進修學校，正是主修會計一科。小妮子課餘不忘協助籌備「陽光大使」的義務活動，本着「人幫我，我幫人」的互助精神，回饋兒童癌病基金，自己從中獲得莫大的滿足感。

有志考進大學的穎欣，希望學成後學以致用，活用會計知識與技能，在市場推廣方面發展。

## And life goes on...

### Wing-yan

There are no secrets between Wing-yan and her mother, who are like bosom friends to each other. Under the influence of her mother, who has studied accounting, Wing-yan developed an interest in the subject, and is currently majoring in accounting at the Hong Kong College of Technology. In her spare time, Wing-yan takes part in organizing volunteering activities for the Children's Cancer Foundation Sunshine Ambassador Group.

Having set her sights on undergraduate studies, she hopes to be able to apply her accounting knowledge in a marketing job.



*In an adverse situation, man feels lonely, helpless and at a loss. Bracing himself, he knocks on a door for help. Fortunately, every door that he knocks on opens and a helping hand reaches out to help him overcome one crisis after another. Such was the warm and poignant feeling that kept Tsz-man and her mother going all these years. Today, the mother-and-daughter team takes it upon itself to pass on the torch, kindling the needy with the fire of love.*

## 愛的循環

當一個人身處困境，他感到孤獨、徬徨、無助；他鼓起勇氣去叩門，希望得到幫助，可幸他叩的每一度門都伸出手來，助他一起度過一個又一個困境。這種溫暖感覺，即使已經過了多年，仍然是很鮮明很深刻地保留在芷敏及芷敏媽媽的心中。今天，她們抱着薪火相傳的心情，向其他有需要的人送上一點一滴的祝福，讓別人也感受到困境中的溫暖。

這種美妙的愛的循環起端，要從一九九一年開始說起。當時芷敏才六歲，常常感到頭痛、頭暈、視力模糊。經過多月的檢查跟進，在年底證實患上腦癌，然後緊接着的是一連串磨人的治療手術、電療和化療。芷敏的病情時好時壞，有時有理想的進展，有時停滯不前。芷敏媽媽的心情也好像過山車一樣時起時落。這樣的日子一直至一九九三年中才結束，而同年的九月，芷敏也開始重過校園生活。

告別醫院的難忘日子，重新踏入正常生活，心情雖然比較愉快，但生活卻絕不輕鬆，癌病即使已經遠去，但因疾病帶來的影響卻接踵而來。聽覺下降而要配戴助聽器、身體仍需跟進治療、並須服用藥物去幫助康復。現時芷敏每天仍要服用幾種藥物，隨身亦帶備藥物包，以備不時之需。此外，由於體力的問題，芷敏也不能進行太劇烈的活動，甚至逛街也不能太長時間，但比起醫院的日子，芷敏認為已好得多，最重要的是有媽媽這位她戲稱是「冒牌護士」的照顧。她覺得這一切的不便，已漸漸變成生活的一部份。

The wonderful cycle of love began in 1991, when Tsz-man was but six years old and suffered from frequent headaches and spells of dizziness and blurred vision. Months of follow-up tests led to a diagnosis of brain tumor at the end of the year. What followed immediately was a series of torturing treatments - surgery, radiotherapy and chemotherapy.

During her treatment, Tsz-man took good and bad turns. At times she was responding remarkably well to treatment, but there were times when there was hardly any progress at all. Her mother's moods went through a roller-coaster ride. Those chaotic days finally came to an end in mid-1993. In September of the same year, the young girl resumed school.

Having turned her back on those unforgettable hospital days, Tsz-man tried to return to normal life. Try as she might to make a semblance of normalcy and take things easy, her life was not easy at all. Her cancer was in remission, but the side effects quickly emerged. She suffered hearing loss and had to use a hearing aid. She needed follow-up treatment and medication to boost her health.

Even now, Tsz-man has to take several kinds of medicine daily and carry a medicine kit for emergency. She cannot take vigorous exercise because of her reduced energy. Shopping cannot be done for a long stretch of time. Despite that, she is inclined to think that she has made tremendous progress since her hospitalization. Most important of all, her mother has become her "pseudo nurse". She has learned to take all the inconveniences as part of life.

When Tsz-man was undergoing treatment and in recuperation, mother and daughter realized that many people had helped and cared for

從患病走到康復的路，芷敏與媽媽兩人感到一直都有很多人給予幫忙、照顧。印象最難忘的是芷敏有一天在家中清晨五時抽筋，媽媽情急下打電話給一位醫生，醫生建議她把芷敏送院，當媽媽帶芷敏到達病房時，醫護人員已經為芷敏準備好一切，而醫生亦早已趕到醫院正等待着她們。這一刻，芷敏及媽媽感受到別人適時的幫助及關懷，就好像雪中送炭一樣，在冰冷的困境中難得地感受到一點點溫暖的感覺。

現在母女二人除了繼續攜手共同面對康復路上各種各樣隨時都有機會出現的問題外，她們也各自各精彩，母親忙於以過來人的身份，積極投入家長互助工作，為患病小朋友的家長送上關懷問候，分享個人經驗，有時自己幫不來，就為他們去叩其他人的門，總希望小朋友及家長可以得到幫助。至於芷敏，除了繼續努力學業外，亦抽時間參加義務工作，即使是刻板的點算及輸入資料，憑芷敏細心及忍耐的性格，也做得有條有理，母女倆都感受到人與人之間就是靠這種「人幫你、你幫人」的關懷聯繫起來，美妙的愛的循環。



them all along the way. In a most unforgettable episode, Tsz-man had a bout of convulsions at 5 a.m. Out of desperation, her mother phoned a doctor for help. She was advised to take her daughter to hospital immediately. When the two reached the hospital ward, the medical staff had everything ready for Tsz-man's admission. The doctor was already waiting for them at the hospital. There and then, the two of them were deeply touched by the timely help and care. When they most needed assistance, someone offered a helping hand, as if handing them a badly needed bowl of burning coal in the bitter cold.

Nowadays, mother and daughter work hard to overcome the various problems that crop up on Tsz-man's road to recovery. They also keep their separate agendas. The mother is actively involved in the parents' group, caring for child patients' parents and sharing her personal experiences with them. When she is not in a position to help them, she would knock on other people's doors, hoping someone else might be able to come to their rescue.

As for Tsz-man, she works hard at school and makes time for volunteer work. Even for mundane tasks like data entry, she goes about her job meticulously and patiently, handing in some tidy work.

Mother and daughter share the same feeling that all mankind is bonded in the wonderful cycle of love and linked up by a "you-for-me and I-for-him" kind of concern for each other.

## 活着就是精彩

### 許芷敏

自前年畢業以來，芷敏一直希望找一份文職工作。「最理想的當然是在瑪麗醫院啦，離我家比較近，而且我對這裡的環境比較熟悉。」芷敏是在瑪麗治病的。

作為長期病患者，她知道本身的體力極限，很希望在醫院任職，上網求職，尋訪勞工處和醫管局職位空缺資料。等待復等待，她只希望有一個機會，讓她發揮所長。這位「陽光大使」，不止在等待機會，也積極給人帶來歡樂。除了為青少年朋友報佳音，今年暑假的探訪活動也不會缺席。

## And life goes on...

### Tsz-man

Since her graduation in 2007, Tsz-man has been looking for a clerical job. "It would be best to get a job with Queen Mary Hospital, which would be more convenient for me as it is located in my neighbourhood."

Tsz-man received her treatment at Queen Mary Hospital and, fully aware of her own limitations as a long-time patient, she very much hoped to work there.

All this while she has been job hunting. Searching online and gathering information on vacancies from the Labour Department and the Hospital Authority, she just hopes for that single chance to prove her mettle. In the meantime, she has also been doing her part as a Sunshine Ambassador to cheer people up. Apart from Christmas caroling for the young, she will also take part in summer visits with the group this year.



# 奧運金牌得主

當香港傷殘運動員余翠怡在二零零四年殘疾人奧運會取得四面金牌的消息傳來，所有認識她的人，無不感到興奮，更以她為傲。翠怡能在劍擊比賽中取得驕人成績，全賴她對此項運動的熱愛和四年的努力。

余翠怡是骨癌康復者。在她印象中，醫院是個開心的地方。在留醫的日子，若毋須接受化療，是蠻不錯的，因為可以經常與其他小朋友嬉戲，醫生和護士們對病童亦很親切。

事實上，翠怡在當年治療骨癌的手術過程中曾經歷不少波折。一九九五年秋天，翠怡完成了所有療程，重返校園不久，便在一堂體育課中不慎跌倒，使剛換上的新骨折斷了。做第二次手術，是利用她自己右腳的腓骨駁上，可是手術後傷口一直發炎，無法癒合，因此她須打石膏和每天洗傷口，間中還須進手術室大洗傷口，清除壞死的肉。

## The Olympic Winner

*When the news that Hong Kong disabled fencing athlete Yu Chui-yee had won the gold medal at the Paralympics 2004 came, all those who know her were overjoyed. They were proud of her achievement. Chui-yee excelled herself at the Paralympics all because of her great passion for fencing and her tremendous hard work for four years.*

Chui-yee is a bone cancer survivor. In her mind, a hospital is a happy place. If there were no chemotherapy sessions, everything seemed to be pretty good. She got to play with other kids often. Moreover, the doctors and nurses were very friendly.

In fact, Chui-yee went through a tough time when she had surgery. In autumn 1995, she completed her treatment and resumed study. Shortly after her return to school, she slipped by accident during PE class. The newly grafted bone was broken. Chui -yee had to go for a second operation and used her own right fibula for a bone graft. Unfortunately, her wound was infected all the time and would not heal. She had to put on dressings and wash her wound daily. At times she needed to go for intensive cleansing and to get rid of rotten flesh in the operating room. That went on for three years. The wound just refused to heal.

After discussing the matter with her family and a great deal of consideration, Chui-yee finally took the doctor's advice and decided to have her leg amputated. When the positive and optimistic schoolgirl underwent the third operation, she took the medical procedure calmly. Reluctant as she might be to part with her troubled limb, she knew deep down there was no use clinging to a withering limb that would not heal.

After the surgery, Chui-yee tried hard to use her artificial limb. Even the seemingly simplest movement such as balancing had to be learned all over again.

Each day found Chui-yee practising diligently with her prosthesis. Before long, she was moving about without crutches. That alone showed her undaunted spirit and perseverance. Maybe it is this very trait that helped her win the gold medal at the Paralympics.

Most people tend to think of Chui-yee's illness as a tragedy. The worst part was she became disabled in the end. Chui-yee thought otherwise. She has never been saddened by her illness. Nor has her handicap robbed her self-esteem. Speaking from her own experience, she maintained that it is not as difficult as the general public thinks for a handicapped person to cope with his or her predicament psychologically and adjust to everyday life.

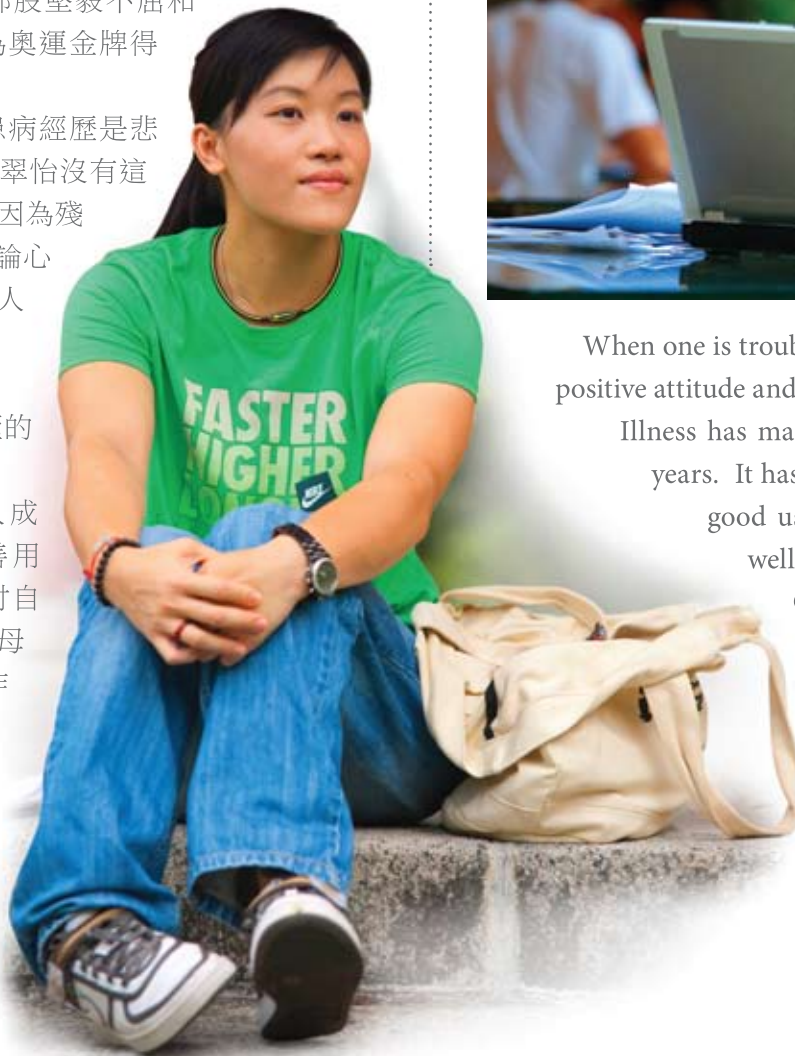
這樣折騰了三年，傷口始終不能癒合。翠怡經過周詳的考慮和與家人商量後，毅然決定接納醫生的建議，接受患肢截除手術。面對第三次手術，天性樂觀積極的翠怡，心境非常平靜。縱使難免對患肢有點兒不捨得，但她明白既然傷口已復原無望，便毋須留戀，寧願忍痛捨棄它，希望可以早日恢復正常生活。

手術後，翠怡努力學習適應穿着義肢走路，即使一些看似簡單的動作如平衡等，亦要重新學習。翠怡每日勤力地練習，很快便毋需倚賴拐杖了。我們可以從這點體會她那股堅毅不屈和努力不懈的精神，或者這就是她能成為奧運金牌得主的原因吧！

大多數人或者會認為翠怡昔日的患病經歷是悲慘的，而且她最終成為殘障人。可是，翠怡沒有這個想法。她從沒為患病而傷心，更沒有因為殘障而感到自卑。她強調作為殘障人，無論心理和現實生活上的適應，都並非如一般人想像中困難。

在逆境裏，最重要是保持樂觀積極的態度，而不是自怨自艾或輕言放棄。

患病的經歷令翠怡比同年齡的人成熟，亦豐富了她的生命。翠怡懂得善用時間，無論在學習和運動上，她都應付自如。翠怡與家人感情深厚，她感激父母和弟弟對她的照顧和疼愛，相信她所作的努力和成就便是給予家人最好的回報。翠怡對將來充滿憧憬，而且有清晰的人生目標。她勤奮積極態度和不屈不撓的精神，實在是很多人的學習榜樣呢！



When one is troubled in hard times, it is most important to keep a positive attitude and refuse to indulge in self-pity and give up easily.

Illness has made Chui-ye a more mature person beyond her years. It has also enriched her life. She knows how to make good use of her time. In study and sports, she copes well. Her relationship with her family is very good.

Chui-ye is grateful to her parents and younger brother for their love and care. She regards her achievements and hard work as a token of appreciation for her family's support. She has high hopes for her future and a clear goal in life. Chui-ye's hard work, positive attitude and perseverance would surely make a good example for many people.

## 活着就是精彩

### 余翠怡

二零零八年北京奧運會的聖火來到了香港，在一片喝采聲中，翠怡加入一百一十九名香港火炬手的行列。她在尖沙咀接跑第十棒，只見她右手舉起火炬，左手輕鬆地向兩旁圍觀的市民揮手致意，臉上始終掛着自信的笑容。

這位殘障劍擊運動員去年完成中文大學地理與資源管理學士課程，現在攻讀中大體育管理碩士課程。去年九月，她在北京殘障奧運會取得佳績。

## And life goes on...

### Chui-ye

On the day the 2008 Beijing Olympic torch relay reached Hong Kong, cheered on by the crowds, Chui-ye became one of the local torch bearers. The tenth in line to run the Tsimshatsui leg, she held the torch with her right hand and, with a confident smile on her face all through, waved light-heartedly to the crowd lining both sides of the street.

A paralympic fencer, Chui-ye completed her course of study in Geography and Resource Management at The Chinese University of Hong Kong, and is reading a Master's degree in sports management at the university. In September 2008, she took part in the Beijing Paralympics and got good results.

# Responsibility

Like many busy people, Brian lives the frenetic pace of life that is Hong Kong. He holds down two jobs - a full-time job at an accounting office, and an evening part-time job in the Jockey Club - to save some money to start his own business. "I hope to be my own boss," Brian says. His eyes, though tired from lack of sleep, sparkled as he talked about his future.

"I want to save enough money to start my own business as soon as possible. I want to be a boss," he said.

Surely starting a business is a difficult task, but the daunting venture could not crush a young man's dream.

When the writer suggested that was totally understandable, as education centres and tutoring schools are the most lucrative businesses, he replied, "It's not only about making money. I plan to open an education centre to teach young people moral and ethical values, develop their interests, and give them a good start in life!"

He firmly believes that we build from our childhood and the failure to instill good morals during those years will make the course of growing up much tougher.

"It really is everyone's responsibility to uphold society and its values!" These words are surprising, coming from Brian, a youth of the 21st century when traditional family values are ignored and parents leave the task of teaching to schools. When the classroom is geared to intensive book learning, how much can the schools do? The media may have some influence on the young, but they often go about their job in an irresponsible way and planting seemingly right but wrong concepts in their minds.

But Brian has come a long way. Having overcome many difficulties, he had evolved into a young man with a mission. As a teenager Brian enjoyed his fun time in school and placed little importance on studying. As a Form 2 student he represented his school in swimming competitions and it was on the eve of a selection event for Hong Kong's youth swimming team that he felt something wrong about his health. After a BBQ party before the event, he felt as though he had been severely sunburned all over. At first he did not think much of the matter. The delayed medical appointment happened to be costly and the diagnosis was leukaemia.

Not that Brian understood exactly what was ailing him, or the seriousness of his condition. It was just that the older generation reacted in a way he could not comprehend. The males looked somber, and the females cried. He was just 13 then, and he had to cleanse his blood in the hospital for 30 hours. The treatment landed him in intensive care for four days. From then on he was in and out of hospital for two years, which meant that schooling

## 責任

與一般忙碌的香港人一樣，永豪每天隨着緊迫的生活節奏向前衝。除了日間在會計師樓做全職工作外，晚上還在馬會兼職。年輕人這樣拼搏，目標清楚明確——賺錢，是那麼直接、現實及市儈，卻隱藏了他對人生的希望及夢想。

「我希望能儘快儲到足夠的資本創業，自己當老闆。」雖然經過在馬會的通宵工作，永豪那疲倦的眼神中同時亦散發着對未來的期待的光彩。

創業雖難但亦未能掩蓋年輕人的理想。

「我計劃開辦教育中心，」永豪說。筆者笑言絕對可以理解，因為那些教育中心、補習班等都是可以賺錢的行業！「不單純是因為賺錢的生意，最重要是希望能夠培養小朋友的品德、興趣，為他們提供成長的基礎。」

「我相信『三歲定八十』這句老話，所以，如果在小時候未能養成良好的德行，往後在成長過程中要走的日子會是很艱難的。」

縱觀現今社會，家庭教育的通病是盡量提供物質生活予下一代，但卻忽略了道德、品行等傳統觀念的教育，家長們很多時會把教導的責任倚重於學校，但在密集的教學環境下，學校能做到的又有多少？加上大眾傳媒對教導下一代缺乏責任感，甚或灌輸些似是而非的觀念。

「所以，每人都應承擔社會責任，及肯定在社會上存在的價值！」

很難想像這樣的說話是出自二十一世紀年輕人的口中——什麼社會責任及存在價值！對於永豪來說，自己經歷了很多困難，才蛻變到今天肯定未來要走的方向的思想。

回想少年時代，學習對他而言並非最重要。十多歲的少年，哪個不貪玩。「那時，一切以自己興趣為主，讀書總是次要的。」

永豪是學校泳隊代表，就在中二那年有機會參加港隊青年軍選拔賽。但世事往往反覆，當你以為一切都是理所當然時，生命總會帶來一點「驚喜」。選拔賽前的一次燒烤後，永豪覺得身體不適，老像是被太陽灼傷似的，初時不以為意，但日子天天過去，情況還是一樣。病向淺中醫，但結果卻非「淺」了，驗血顯示他患了血癌。

躺在病榻上的永豪，並不清楚患了什麼病，更遑論其嚴重性，只察覺到長輩們異常的反應。「男的神情凝重，女的在一邊飲泣。」當時只有十三歲的永豪，在醫院裏接受了超過三十小時洗血後，隨即被送往深切治療部，經過了差不多四天的治療，才可轉往普通病房。

在接近兩年的治療期間，永豪穿梭於醫院及家庭，因此終斷了學習。當治療告一段落後，永豪需要重讀中二。重返校園後，永豪被編到成績較差的班別。

「雖然成績差，但並不代表人品差！我們相處非常融洽，同學們都很照顧及關心我，事實上，他們只是成績較遜但卻願意用真心對待別人的好同學。」

經歷了患病及在醫院治療的一段日子，病癒後的永豪較同齡的少年顯得成熟，並開始思考未來的路向。「主要是受到醫院裏那位盡心盡力照顧我的醫生的影響。」

生命影響生命，所以，不要小覷個人的力量。「他令我明白到每個人的社會責任，因而必須先追求知識，然後才可盡責，亦因此肯定了學習的重要性，個人的興趣享樂變為次要。」

經過一番埋首苦讀，永豪順利地升上中三的精英班，但那段期間滋味並不好受。「那班同學的學業雖然很突出，但品格卻與成績差天共地。」那些同學行為自私，曾患病的永豪經常受到那些精英的冷嘲熱諷。了解到個人的品格修養並不同於一般社會所認同的價值後，永豪確定要負的社會責任，就是培養下一代的品格。

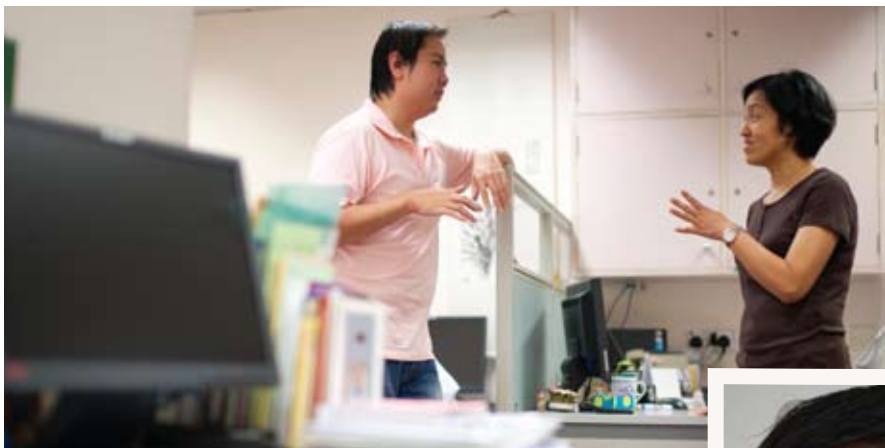
中學畢業後，繼而完成了兩年的商科課程，永豪正式踏入社會，從事會計的工作。這幾年間的試煉，面對殘酷的現實，不單沒有磨滅年輕人的理想，反而加強了信念。

永豪從第一份工作中就體驗到被利用的滋味。在一間新開的會計師樓過了一段「開荒牛」的日子，一切上了軌道後，永豪被無情地解僱了。但在短時間內，他找到另一份在清潔公司的會計工作。永豪表示，實際上是「一腳踢」的職位，由會計、開拓業務、接見客人、以至所有英文書信往來都由他負責。在這樣的環境下工作近兩年，可以學到的東西已差不多，他知道可發揮的空間有限，正盤算着是否應

had to stop. When he did return, his grades were poor and so he was back in the same class, but in a lower stream.

That did not matter too much - his new classmates were kind and concerned about him. Their academic levels were not the best, but they were genuine people who cared for him. He had been touched by the attention doctors gave him in hospital too, and his new-found maturity made him realize the importance of a good education and how an individual can be strong.





該離開的時候，老闆的處事態度卻逼使永豪作了最終的抉擇。

一直以來，老闆都有以封紅包的形式走法律罅，但事情變本加厲，老闆要求永豪代表公司簽合約、回佣單，最後更要求他「造」數。「我向廉政公署舉報了，但他們說證據不足，循例開了檔案便算。若在這間公司繼續工作的話，擔心有朝我會變得軟弱而同流合污。」

凡事擇善固執，一定要追求真理並堅持到底，那怕最後失敗。「我不相信做生意一定要利用人，或是不擇手段、走捷徑等方法才能成功；有實力、有品德、真才實料的人最終一定會成功的。」因為對這份信念的執着，永豪希望幾年後能當老闆，藉此親身證明這個原則。

現在永豪在新的工作崗位上繼續認真地工作，堅守信心。期望他最終能開辦教育中心，貢獻自己的力量，為培育下一代的品德修養而努力。



Brian's decision to work hard paid dividends - he made it to the top stream in Form 3. But his classmates there disappointed him. They were brilliant students, but their attitudes towards people were appalling. They were a selfish lot and treated Brian with scorn and sarcasm. It made Brian understand all the more how different his standards were from those around him and how important it was for him to help educate the young.

After secondary school, Brian completed two years of commercial studies, and set forth on his accounting career. The first job, helping to set up a new company, left him disillusioned as he was made redundant the minute his task was completed. His next post in a cleaning company was again a one-man-band job, as he was required to be the organizer, accountant, receptionist and English secretary at the same time. But what really helped him make up his mind about quitting was when he realized that his employer used underhanded means in business dealings and even suggested that Brian "cook the books".

As he struggles to get on in the world, Brian has made a firm commitment to himself that when he does set up his own business, it would be his own strength and resources and morality that steer him towards the path of success. He will never use people in an ungangly way.

## 活着就是精彩

### 邢永豪

開「教育中心」當老闆，曾經是永豪的首要目標。但看似簡單的教育中心，原來一點也不容易經營，「教琴、補習，要有自己的客路，需要時間和口碑。最重要的是，現時不止教育中心，就連託管，也要靠連鎖經營，才能攤分昂貴的開支，降低成本。」

精打細算是經營之道，永豪繼續在貿易公司當會計，也籌劃着二零二零年當老闆的大計，與姊姊合資開公司。去年開始他抽空修讀基金保險專業課程，為將來開公證行準備。只要有夢想，凡事可成真，祝他願望達成！

## And life goes on...

### Brian

To run his own education centre was once Brian's dream. It may sound simple, but running your own business is no easy task. "Piano lessons and private tutorials call for a stable clientele, which would take time and word of mouth to build. The thing is, in this day and age, even running a day-care centre, let alone an educational centre, calls for the chain-store approach with costs sharing and saving."

As meticulous planning is the key to success in any business, Brian is working as an accountant for a trading firm while setting his high goal of starting his own business with his elder sister in 2010. Last year he took time out of his work schedule to study a professional fund insurance course in preparation for the opening of his own notary public office. To those who dare to dream, nothing is impossible. May his dream come true!



從護士手中接過這麼一個可愛的小生命，臂彎內感到那如絲的幼嫩，空氣中傳來淡淡如花的體香。在媽媽的回憶中，首駿的出生就是這般近乎完美。如夢的一刻，她相信自己是全世界最幸福的母親。

一切的轉變是從連番不尋常的高燒開始。當媽媽仍在疑惑之際，竟在洗澡時，發現孩子下腹隆起了小小的一個硬塊。送院經醫生徹夜的檢驗和觀察，首駿隨即被證實患上肝癌，他當時才不過手抱的三個月大。

遭逢巨變，兩夫妻仍能強忍傷痛，冷靜地把一家五口的生活重新規劃，以配合首駿即將展開的漫長療程。

# Little sportsman

The moment the nurse put her new-born baby boy into her arms, she was overwhelmed by an immensely refined feeling and mesmerized by the faint fragrant smell of an infant. In his mother's memory, the birth of Sau-chun was nearly perfect. As if in a dream, she felt she was the luckiest mother in the world. Everything changed when some unusual bouts of fever started to plague the baby. The mother had yet to figure out the cause when she chanced to find a small hard lump in the lower abdomen of her baby during a bath. An overnight hospital stay, the doctor's observation and subsequent tests led to a diagnosis of liver cancer. It all happened when Sau-chun was but three months old.

Shocked by the traumatic news, father and mother managed to suppress their anguish and calmly went about their business of re-adjusting their family life to cope with the lengthy therapy ahead.

To begin with, Dad had to work as usual, keeping up with his role as the bread-winner, while making home-hospital and hospital-home trips after work. Their two daughters - in Primary 2 and 4 - would have to be left in the care of their schoolmates' mothers at times. Meanwhile, Mom had to spend six-and-a-half days a week at the hospital with Sau-chun, except for Sunday afternoon when Dad took over. That didn't leave much time for rest since she still had two little girls to look after. Deadly tired, she had to listen to their whining back home.

For one whole year, the family worked hard at it and the labour of love paid off. Sau-chun was eventually discharged from the hospital.

While the immediate threat of cancer might have been reduced, young Sau-chun was not without his share of complications from the continuous radiotherapy, chemotherapy and surgery. The most obvious were deterioration in hearing and poor physique, which deprived him of the energy to lead an active life. Unlike his agile peers, he lacked energy



首先，爸爸必須抖擻精神如常工作，以穩着全家唯一的經濟來源。下班後，他立即往家和病房兩邊跑，兩名分別就讀二年級及四年級的女兒只好偶爾交由熱心的同學母親代為照顧。至於媽媽，則一星期六天半長駐醫院獨力照料首駿。只有在週日下午，在丈夫的接替下，趕忙回家探望兩名女兒，拖着疲憊的身軀細聽她們的申訴和埋怨。

全家的努力和犧牲畢竟沒有白費。一年後，首駿終於康復出院。

癌病的威脅是解除了，但連番的電療、化療和手術多少在這個幾乎是全院最年輕的康復者身上遺下一些副作用。當中，聽力衰退和體能不足均直接影響到首駿的生活。體能不足不單使他缺乏同齡小朋友應有的朝氣，就是走起路來也一拐一拐的。而聽力衰退除了對課堂學習構成障礙，也大大增加首駿的挫敗感，情緒問題自然隨之產生。偶有不順意便鬧情緒，甚至大發脾氣，這都讓爸媽頭痛不已。

「運動！努力做運動！」媽媽即時想到的，就是這個簡單的解決方法。自此，元朗公園的小草坡上，便經常出現這對母子，一個打氣，一個喘氣的有趣身影。

所謂日子有功，孩子的體質逐漸有了改善。雖然首駿自己也感受到運動的好處，但做歸做，興趣始終不大。

直到近年，首駿在父母的鼓勵下，抱着好奇貪玩的心態參加由兒童癌病基金家庭會舉辦的「親子外展挑戰營」，情況便起了戲劇化的轉變。在兩日一夜的密集訓練中，一家三口馬不停蹄地參加了跳碼頭、獨木舟歷險和繩網攀爬等高難度活動。

在父母和十多位隊友的激勵下，首駿的表現可謂屢敗屢戰，越戰越勇。尤其在繩網攀爬項目中，這位年紀最輕，個子最小的隊員更讓人刮目相看。在面對足足三層樓高，不停搖晃的木樁時，他只仰天高喊一聲：「死就死啦！」便身先士卒，屏着氣，死勁的往上爬。在中段時，雖因氣力不繼而急得在半空抱着木樁發了個小脾氣，更不小心地掉下幾顆英雄淚，但他最終仍能完成任務，光榮着陸。

結果，幾位原先打了退堂鼓，躲得老遠的隊友亦紛紛重提勇氣，隨着一聲聲「死就死啦！」的豪語，甚有節拍地向高空進發。

首駿這番「創舉」不單贏了歡呼與掌聲，更重要的是贏了自生病以來一直缺乏的自信。

活動結束，首駿即以前所未有的熱情主動參加了校內外各式各

and walked with a limp. The hearing impairment caused learning problems at school. He could not catch up with his studies. All this led to yet other side-effects for Sau-chun - a strong sense of failure and emotional ups and downs. At times distressed and frustrated, he would throw tantrums, which had become a common sight and the new headache for his Mom and Dad.

“Exercise! Let’s get some workout!” This thought dawned on Mom as a possible simple cure. From then on, a mother-and-son team working out frequently on the grassy knoll of Yuen Long presented an interesting scene - with one cheering and the other catching his breath.

Again, all that time and labour were not wasted. The little boy, while not really enthralled by the exercise regime, gained in strength.

Eventually, a dramatic upward turn came for Sau-chun a few years ago when, out of his own curiosity and encouraged by his parents, he joined the Family Challenging Camp organized by the Children’s Cancer Foundation Families’ Club. During the two-day-one-night intensive training, the family trio had its grand day out taking on such challenging sports as pier-jumping, canoeing and rope-climbing.

Cheered on by his parents and a dozen team mates, Sau-chun was all geared up for a conquest in each event. Being the youngest and smallest in the team, he made an impressive attempt in the rope-climbing event by reaching the top of a three-storey-high wood log. He plucked up his courage and shouted, “To heck with it!” He simply held his breath and climbed up the wood log while pausing on the way to catch his breath and shed a tear or two in a silly, unguarded moment. He completed the feat finally and made a glorious landing.



樣的體育訓練班。他現在除了是帶式欖球校隊成員外，更是社區足球隊的左翼前鋒。此外，他一有空便參與由學校主辦的籃球、羽毛球和乒乓球的遴選集訓班，希望能爭取機會代表校方出外參賽。

首駿的父母不必再為孩子的體能操心，至於首駿的壞脾氣也意外地逐漸得到改善。

「運動為他帶來課業以外的成功感，而無論是過剩的精力或不安的情緒在不斷的操練中也一併得到徹底的宣洩。那麼回家做功課自然會比較安定，遇到困難也不會隨意發『忤憎』啦！」爸爸的解釋馬上得到身邊的首駿和媽媽點頭附和。

運動讓首駿重拾信心，而家人的愛與支持則給予了他重拾信心的勇氣和機會！



Sau-chun's "dare-devil" attitude inspired his teammates who were thinking of aborting the events. One after another, they mimicked his cry and braced themselves for the event.

The little sportsman's brave act was so inspiring that it not only won cheers and applause from the others, but also helped him gain his hitherto poor self-confidence.

The end of this adventure marked the beginning of Sau-chun's lifelong passion for sports. Infused with more enthusiasm than ever, he actively took part in all sorts of sports training in and out of school. Apart from being a member of the school rugby team, he was a left-wing striker for the community football team. He would take every opportunity to join his school team selection training sessions for basketball, badminton and table tennis, wishing to compete for his school.

His Mom and Dad worried no more about his physique, and his temper had surprisingly mellowed.

"Sports have brought him a sense of achievement outside school. It has also provided the perfect outlet for his pent-up energy and negative emotions. These days, he would come home, sit down and finish his homework with no angst, no matter how difficult it is," Dad observed as Mom nodded in agreement.

It was in sports that Sau-chun regained his confidence; it was love and support from his family that lent him the courage to regain his confidence and the chance to do so.

## 活着就是精彩

### 黃首駿

動若脫兔，勇如駿馬，簡直是首駿的寫照。這個中一小子，現在除了是足球、排球和羽毛球校隊代表，還在教會裡擔當一個興趣小組的組長，成為眾人的開心果。

「他有讀寫障礙，不用書寫的功課可以應付自如。」黃爸爸坦言，不強迫兒子非要取得好成績不可，最重要是讓他有足夠的空間和自由度。當然，這不代表爸爸對兒子全無要求，他仍適時提醒首駿緊記溫習，而兩個姊姊也指點弟弟的功課。

## And life goes on...

### Sau-chun

Endowed with "the agility of a rabbit let loose" and "the drive of a racing horse", just as the Chinese saying goes, Sau-chun, a Form One school boy, has not only joined his school football, volleyball and badminton teams, but also led an interest group in church. He is truly the apple of everybody's eye.

"Though he suffers from dyslexia, he can handle school work that does not require writing." To be honest, his father said, he would not force Sau-chun to work real hard to get good grades at school. What is most important is to give him the space and freedom he needs. Of course that does not mean he has no expectations for his son. He would still remind Sau-chun from time to time of the importance of revising his school work, while the boy's two elder sisters would help him with studies.



What is the biggest lesson in life? While the Chinese would say learning to be a whole person is the most important thing in life, Westerners tend to say the art of loving is the ultimate lesson. The following story tells the experiences of a young man who has learned in adversity how to be a wholesome person and how to love.

人生最大的課題是什麼？中國人說是學做人，西方人說是學會愛。以下是一個少年人從小到大在逆境中學做人和學會愛的故事。

故事的主角叫國榮。他在讀幼稚園時確診血癌，從幾歲開始與醫院結下不解之緣。正如不少患病的幼童一樣，國榮住院時，十分抗拒下藥，時常發脾氣。他情緒失控時，更會咬母親的手發洩。

國榮病癒後，他的心靈還沒有恢復過來，他的情緒更不穩定，脾氣變得更暴躁。「我以前常常向家人發脾氣，」國榮說。「有一次，我要媽媽買一個機動戰士『高達』給我，她不肯。我一怒之下，在玩具店內亂扔東西，幾乎把所有玩具都推倒在地上。」

除了鬧情緒的野蠻行為外，國榮更一度拒絕上學，他的母親很頭痛。國榮病癒重返校園時，他的母親無意中透露兒子曾患癌的事實，豈料招來其他家長和同學的歧視和排斥，國榮承受不了別人的嘲笑，不願意上學。

母親很不容易才能說服國榮復課，但孩子在校內已再沒有朋友，他唯有把受傷的心靈藏起來。性格上他變得更孤僻，更難相處。他說：「當時我決定不再理會別人，也不再與其他人打交道。」這就是國榮的小學時代了。

上了中學，國榮的人生遇上一個轉捩點。一位苦口婆心的老師不斷勸勵輔導他，把他從憤世嫉俗的世界引領出來。這位老師提醒國榮：「幸福不是必然的。」

「老師的一句『幸福不是必然的』把我點醒了，」國榮說。「別人不一定要遷就我，亦不一定要跟從我的意思去做。」他醒覺到自己的不快樂不是來自外在的不幸，而是內在的自我中心和不肯包容寬恕的劣根性。在這一刻，國榮好像忽然長大了。

數年前，國榮的母親也確診癌症。自此以後，母子之間來了一

Kwok-wing's story began with the horrifying diagnosis of leukaemia when he was at kindergarten. From then on, going to and from the hospital had become part of his life. Just like any other sick toddler inside the ward, Kwok-wing hated chemotherapy. While he was under treatment, he would throw big tantrums. When he went berserk, he bit his mother's arm to vent his frustration.

Even after his remission, Kwok-wing's heart and mind was never quite settled. His mood swings were getting a greater hold of him and his temper was hotter than ever. "I often threw a temper fit at my family," he said. "I remembered once I asked my mom to buy me a toy robot 'Gundam'. She wouldn't listen. I was so mad that I stormed the shop and threw almost all the toys on the floor."

Emotional outbursts were just one display of Kwok-wing's unreasonable behaviour in his tetchy years. The more mind-boggling issue was yet to come for Kwok-wing's mother when her son refused to go to school. When he first went back to school, his mother confided in other parents about his illness unwittingly, little guessing that he would be discriminated against and spurned by parents and students. He could not stand being ridiculed by his classmates and refused to go to school.

After much persuasion and solicitation, Kwok-wing finally relented and returned to school. The second time he went back, the little child could not find a single friend. Deeply hurt, he tried to take his own counsel and put a safe distance between himself and the others. "I have made up my mind to have nothing to do with anyone anymore and I will not make friends with anyone," he said. This was how Kwok-wing spent his primary school days.

Sometime in his secondary years, Kwok-wing reached a turning point.

個角色逆轉。這個打擊令國榮更成熟，他不止打開心扉，接納其他人，更跨出主動的一步，關心照顧身邊的人。這時候，他實踐以愛還愛的精神。

由於國榮受過電療和化療之苦，他自然也很明白母親在治療期的痛楚和壓力。他像母親當年對他一樣不離不棄，每天陪伴她往返醫院，又時常以溫柔的說話安慰她，減輕她的焦慮和不安。就是這樣，二人同行母子同心地熬過一年多的苦難歲月，母親的身體也慢慢康復過來。

回顧十多年的時光，不斷蛻變的國榮現在面帶笑容，對身邊的人和事能時常帶着一顆關懷的心。

他不再冷漠了，因為他有生活磨練，他學會怎樣愛人和做人處世的道理。



He met a teacher who gave him a lot of counseling and personal guidance. His cynicism was challenged by the teacher's enlightened comment, "We should not take happiness for granted."

"My teacher's very words struck me. 'We cannot take happiness for granted.' Other people have no obligation to accommodate me, nor do they necessarily have to do things the way I want," Kwok-wing said. There and then, he realized that he was unhappy not because of an external factor like bad fortune. The source of his unhappiness was his egocentricity and inability to forgive. At that very moment, Kwok-wing appeared to have grown up suddenly.

A few years ago, Kwok-wing was given a chance to reverse roles with his mother. She was diagnosed with cancer. The child cancer patient had suddenly become his mother's caregiver. The blow of his mother's illness somehow speeded up his growth. He managed to gain in maturity and take command of the situation. He opened his heart to others and took the initiative to look after the next person. He has learned how to love in return.

From his personal experience, Kwok-wing was very familiar with the pain associated with radiotherapy and chemotherapy. Just as his mother had never abandoned him, Kwok-wing was at his mother's side every day, taking her to and from the hospital. He tried to console her in words of comfort to alleviate her anxiety and distress. The mother-and-son team braved the tough time, which lasted for more than a year. Gradually, the mother recovered.

In the past decade, Kwok-wing has turned over a new leaf. Today, he smiles often and shows his compassion to all those around him. He is no longer an aloof person because he has learned a lesson of life. Its ups and downs have taught him how to love and be a whole person.

## 活着就是精彩

### 馬國榮

國榮完成了中學課程，和大多數中五畢業生一樣參加會考，雖然成績未達自己期望，但他決定以自修生身分再次報考會考，晚上重讀中五課程，日間則為公開試努力準備，不會給自己壓力。

在成長的過程中，國榮學會做事應該先詳加考慮，加以計劃。如果條件許可，他希望將來能夠繼續升學；要是加入社會大學，也打算透過修讀實用課程充實自己。

## And life goes on...

### Kwok-wing

Just like any other Form 5 students who complete their secondary education, Kwok-wing sat for the HKCEE. As his exam results were less than satisfactory, he decided to re-take the examination as a private candidate. But he would not put too much pressure on himself. Apart from attending classes at an evening school, he spends his time preparing for the examination during the day.

In the process of growing up, Kwok-wing has come to realize the importance of thinking before jumping, and good planning. If conditions are right, he hopes to pursue his studies. And if he has to join the labour force, he will take up practical courses to improve his knowledge after work.

# 畢業生

一向健談的美鳳來到會客室，她的外表跟幾年前剛中學畢業時差不多。可是，如今的她思想已成熟了許多，由一位在校內因病而受歧視的中學生，變成有理想有抱負又踏實盡責的大專生。這位年輕人說是癌病教曉了她怎樣在現實環境下掙扎求存。

中學時代的美鳳和其他學生一樣，一心只想進大學，時常夢想大學生活會是多麼美好。在中四那年，腦癌把美鳳的心願幾乎粉碎了。她花了一年的時間醫病，病癒後回到昔日的校園，只感到景物依舊，人面全非。由於同學們的年紀比她小，在思想上難以溝通，再加上病後自己的外表有點改變，行動不如以往靈活，因此時常受到同學歧視和排斥。

美鳳很不容易才完成中五，再轉讀香港大學的副學士學位，她自覺現在的她對升學就業等前途問題，有了新的看法。

「病前堅決要讀大學，沒有想過實際情況。病後反而有機會想得深入，衡量一下現實和自己的能力。」美鳳說。「以前只



## THE Graduate

When Mei-fung stepped into the interview room, the forever eloquent young lady appeared to look no different from the fresh graduate from secondary school that she was a few years back. Nevertheless, she has become more mature in thinking. She was transformed by her life experience into a conscientious and steady college student with aspirations and a social conscience. Gone was the day when she was just a timid secondary school girl who was picked on and discriminated against for being a cancer patient. Mei-fung believes that it was cancer which taught her how to live and survive in this real and complicated world.

Mei-fung was an average student who, like most other secondary school students, would like to go to university. Campus life was often painted with rosy colours. When she was studying Form 4, her dream was nearly shattered by brain cancer. She had to be hospitalized and suspend her academic work for more than a year. After treatment she returned to her original school, with no inkling that she had to face a harsh and unforgiving world. Everything had changed and gone were those familiar faces.

In the classroom, almost all of her classmates were her junior in years. She found it difficult to communicate with them. Gradually, she became an outcast and was wrongly judged and discriminated against because of her feeble appearance and clumsy gait, the complications caused by brain cancer.

Mei-fung plodded through Form 5. Afterwards, she enrolled in the associate degree course offered by the University of Hong Kong. It was at this juncture of life that she felt she had gained insight into her future academic and career paths.

“I was determined to go to university before I fell ill. I never really considered whether I was up to it. After my remission, I began to ponder my future and re-evaluate realistically my actual circumstances and my ability,” Mei-fung said. “In the past, I was blinded by my desire to go to university. Now, going to university is not as important as before and work has become an option,” she added.

Mei-fung has always had a great interest in arts subjects such as literature and languages. Her dream is to work as a translator at a television station or a publishing house after graduation. Despite a change of her college plans, she is by no means relinquishing her dreams.

“Now my priority is to accomplish what I am obliged to do and then do

是盲目地希望進大學讀書，現在我認為是否讀大學並不重要，工作是另一條可行的途徑。」

美鳳一向對文學、語言等科目有興趣，夢想能在大學畢業後到電視台或出版社當翻譯。她強調她雖然改變了讀大學的計劃，這不代表她放棄了理想。

「我現在想先做到自己要做的事，才去做一些自己喜歡的事。」她解釋說。「現在我想找一份穩定的工作，當我有工作和賺錢的能力，便能減輕家庭負擔。有了工作後仍可以進修。現在有很多讀書的機會，所謂活到老學到老，我不相信沒有機會讀書。」她自信地說。美鳳深信就算是兼職修讀學士課程，學成後也跟其他大學生沒分別。

從病癒到回校遭排斥和過了一年與中學截然不同的大專生活，美鳳比從前更了解自己的性格和能力。她明白自己容易「心散」，而大學教育卻強調學生的主動性，一時間也擔心自己未能適應。「大學是一個十分自由的地方。如果沒有外來的壓力推動自己，只怕會浪費三年寶貴的時間和金錢。」

美鳳強調她不是消極地向現實低頭，只是能成熟地放下昔日的執着。她不太介意自己的能力有限，因為樂觀的她總覺得仍有選擇的餘地，山窮水盡，柳暗花明。正如她沒有考上高級程度會考，仍然可以選修副學士一樣。

對於自己的前途和應走的路，美鳳可能比很多大學生還要清楚。畢竟，癌病的經歷叫美鳳從虛幻的夢想中醒來，腳踏實地往前走。



things that I want to do,” she explained. “I want a stable job that can earn me a living and relieve the financial burden at home. I can still hold a job and study. There are plenty of opportunities out there and I don’t think I will miss the chance for learning. As the saying goes, learning is a life-time job,” Mei-fung reiterated confidently.

Deep down, she has a strong faith that she can finish a part-time bachelor’s degree and it would make her no less competitive than other graduates.

Life has taught Mei-fung a lot. Now, she knows who she is and understands her own personality and limitations far better than before. She realizes that she is weak in self-discipline and motivation, qualities which are required at university. She worries that she might not be able to fit into the intellectual culture. “As far as I know, university should be a place which gives students a lot of freedom. If I don’t feel the outside pressure to work hard, I’ll likely waste three precious years and money.”

Mei-fung maintains that she is not giving in to reality passively but that she has let go of her old stubborn self in good grace. She does not mind owning up to her limitations. Her optimism tells her that life is full of options. For instance, she did not succeed in getting into the A-level but somehow she had an offer from an associate degree course.

Mei-fung is probably more insightful than most university graduates regarding her future and the path she should take. After all, her battle against cancer woke a young girl up and taught her how to face the real world squarely and take bold steps forward.

## 活着就是精彩

### 賴美鳳

美鳳從高等院校畢業投身社會大學，曾經在不同機構做事，加深瞭解自己的興趣和技能。她本來在一家科技公司負責打字、電腦的職務，無論工作性質或上班時間、地點都非常合適，老闆也欣賞她勤奮投入，但因為手術的安排，不得不辭掉工作，專心調理身體。

對於自己的工作表現，美鳳懷着信心，深知只要努力，必定可以發揮所長。待身體康復過來，她將會積極找尋另一份適合自己的文職工作。

## And life goes on...

### Mei-fung

Having worked in different organizations after the completion of her tertiary education, Mei-fung has come to a better understanding of her own interests and abilities. For a time her job with a technology company, handling typing and computer work, was a good match for her in terms of job nature, work hours and office location. Her boss was also impressed with her hard work. However, she had to resign due to her surgery and the need for recuperation.

Mei-fung is confident in her work performance. She knows that if she works hard, she will be able to perform well at work. Once she is fully recovered, she will try her best to find an office job that suits her abilities.



我們失去手上所掌握的東西時，或者可以看作為自己多了一個機會去把握另一樣東西，所以得失之間，全在乎你怎樣看「得」，又怎樣看「失」。對於彤彤的媽媽來說，彤彤四歲半時患上腦瘤，一度令女兒失去了健康，也讓幼小的彤彤的成長路變得崎嶇不平。

今天彤彤已完成小學，升讀中學，回首看這一段路，縱使不好走，卻讓母女二人體驗到許多「得」與「失」。

由於彤彤患病時年紀尚幼，她對當年的遭遇已印象模糊，但陳媽媽的感受深刻難忘，很多細節仍是清楚記得，仿如昨日才剛剛發生。陳媽媽是個務實的人，所以除了在女兒患病初期經歷一段短短混亂的日子，很快已經收拾心情，不再問蒼天為何偏偏選中彤彤，因為天既不會答，也無人能解答這個問題，陳媽媽一心一意只集中精神怎樣配合醫生的治療，讓彤彤在治病過程中減少一些痛苦，或是有更好的休息，讓身體有最強的条件與癌病對抗。就這樣，一年半的治療時間終成過去，彤彤也重新回到最快樂的幼稚園生活。

康復的路並不易走，癌病的後遺症仍需要逐一克服。剛出院時，彤彤走路仍然不穩，很易跌倒，加上年半的治療生活，與世隔絕，所以陳媽媽努力陪同彤彤參加各式各樣的活動，尤其戶外活動，一方面讓彤彤有更多步行機會訓練體能，另一方面也讓彤彤與外界接觸，增加她的眼界，假期週日總是節目豐富，香港的各個戶外活動熱點都留下了她們的足跡。

彤彤在十歲時更首次單獨與一群小朋友由志願團體帶到番禺旅行，陳媽媽回想當時作出決定時內心不無掙扎，但最後仍讓彤彤接受了這次挑戰，彤彤離家旅行的數天，陳媽媽很擔心，但看到彤彤愉快平安回來，又再次肯定自己的決定。

豐富的課餘活動經驗不但讓彤彤增廣見聞，也讓她變得有自

# 得 失 之 間

# Lost and Found

When we lose our grip on something, we may look upon the loss as being an additional chance to come to grips with something else. It all depends on how you look at the “losses” and the “gains” in life. In the case of Tung-tung’s mother Mrs. Chan, the brain tumour that once took the health of her four-and-a-half-year-old daughter away had hitched her on a bumpy ride.

Today, Tung-tung is a secondary school student and, Mrs. Chan would look back at the bumpy path, and ponder upon all that she and her daughter had “lost” and “gained” during those years.

For Tung-tung, memories from those days had turned blurry since she was still in her formative years when she was stricken with cancer. Yet, Mrs. Chan could easily recall so many episodes in such detail that it seemed as if it was only yesterday. Being a pragmatic person, she was quick to pull herself together soon after her daughter was diagnosed with a brain tumour. She knew that asking why her daughter had the misfortune of being ill would not help. She might as well find ways to alleviate her daughter’s pain. She could at least support the doctor’s treatment by ensuring that Tung-tung had the best chance to recuperate and build up her strength. That was how she went through the 18-month course of treatment for her daughter, who finally picked up her happy kindergarten life.

The road to recovery was by no means easy. Overcoming one hurdle after another, Tung-tung had to start all over again by literally learning how to walk without stumbling. Eighteen months of seclusion also called for



信，例如她自己單憑看書學會了扭氣球，把長長的氣球扭成各種動物形狀，或是帽子、長劍等。

在回首與前瞻之間，陳媽媽深信命運的安排有時不由得自己選擇，但怎樣去面對，怎樣去解決仍由自己操控，為了幫助彤彤有更好的康復及成長，陳媽媽辭去工作，專心照顧女兒，每天陪伴女兒做功課，雖然失去了工作機會，但也得到更多親子相處時間。彤彤前面的成長路仍是充滿挑戰，但清楚女兒的需要，有着踏實的期望，總可讓路稍為變得好走些。



adjustment in social life. Mrs. Chan made an effort to take part in various activities with her daughter, particularly outdoor ones so that Tung-tung could build up her physical strength while getting in touch with the outside world. Weekends and holidays had since then become “Big Days Out” for the family, whose footprints could be found all over the hot visitors’ spots of Hong Kong.

At the age of ten, Tung-tung even stepped beyond the border of Hong Kong when she and her buddies joined a tour organized by a non-profit group to Panyu, Guangdong. That particular long trip was one that Mrs. Chan had doubts about, she admitted. When she saw her daughter home safe and sound after several days, she was reassured about her decision.

All these enriching extra-curricular activities had not only exposed Tung-tung to a world that she got to learn, but also built up her self confidence. For instance, she became a self-made artist - simply by reading books - in twisting balloons into all shapes and sizes, be it a cat, a hat or a sword.

Looking back and ahead, Mrs. Chan deeply believes that fate may have its way, but one’s will power has its say when it comes to making resolutions. She could speak for herself about this, since she quit her job at one point to devote herself to taking care of her daughter and keeping her company. To her, losing a job meant gaining more time to spend with her daughter. She knows that Tung-tung has to face challenges inevitably. Well aware of her daughter’s needs and having attainable expectations in her future, Mrs. Chan knows Tung-tung’s course of life will be made easier.

## 活着就是精彩

### 陳曉彤

「小小苦楚等於激勵，等於苦海翻細浪.....」曉彤已是中學生了。平日的功課基本可以自己應付，不用找補習老師幫忙。「唯一較困難的是科學科，名詞比較多，要學的內容又多。作業嘛，我盡力去做，不明白的地方就問老師，能完成多少就完成多少。」一切盡在我。

課餘方面，她參加排球和電腦組活動，希望在不久的將來，大家可以欣賞到她自己編寫的網頁，說不定還會有個人網誌呢。

## And life goes on...

### Hiu-tung

“A little pain spurs you on, like small waves rolling in the sea of despair...” Now a secondary school student, Tung-tung manages to handle her studies without the help of a private tutor. “What I find the most difficult are the science subjects. There are special terms to memorize and a load of things to learn. As for the assignments, I can only try my best and get help from my teachers for things that are out of my depth. I will get as much done as possible on my own.” She is striving to be totally self-reliant.

Apart from her studies, she has been participating in volleyball and computer activities. Hopefully we will soon be able to see her own website. Who knows? She may even come up with her own blog.

# 寶貴的經歷

## An Experience to Treasure

If you are among the majority who considers living with cancer a most unwelcome experience, you will be intrigued by Mei-ling's declaration, "I'd rather have it!"

The fact that Mei-ling has such a positive outlook on life and that she focused on the bright side of things has relatively softened the onerous threat of the disease. Yet, it is certainly not easy for a survivor of such an 'extraordinary' disease to make such an 'outrageous' remark!

In 1994, Mei-ling was diagnosed with rhabdomyosarcoma, which came as a major trauma for the family, not to mention the inevitable physical pain for the patient. It took her a whole year to go through treatment and get back to normal life. For Mei-ling, those therapy-packed hospital days were somehow memorable for all the joyful moments.

So, is that the very reason why she would rather have this disease? Well, let's say this special experience had such positive results that she considered it precious instead of intolerable.

One of the biggest gains for Mei-ling was a much closer relationship with her parents. Not that she had any doubt about her parents' love before falling ill, she felt Mom and Dad could have been much nicer to her. It was not until she got ill that the love of her parents and her brother came across so strong and deep. To say the least, her mother was entirely dedicated to taking care of her physical and emotional needs, day-in and day-out during the treatment period. The intense love borne out of tough times proved enduring up till this very day, when Mei-ling gives a hug and a kiss to show her feelings for her parents.

Having fought her way back from the brink of death, she has adopted a new perspective towards life. That "close encounter" had not crushed her strong will and she cherished her family and friends all the more.

On hindsight, Mei-ling has much to gain from her troubled course of life. Apart from overcoming her fear of death, she also came to grips with life. For her, it is a "live it all, give it all" experience - seizing the opportunities to do her best before they slip through her fingers. Even if she suffered a relapse, she knows she is prepared for it.

一般人都會認為患上癌病不是個好經驗，但美玲卻說：「情願患這病。」這是怎麼一回事？

開朗積極的美玲的一番話，叫人對「癌病」刮目相看。這個讓人聞「名」色變的疾病，忽然變得不再那麼恐怖。不過，若不是曾經身患此病的過來人，又豈能口出「狂」言呢！

美玲在一九九四年診斷患上橫紋肌肉瘤。雖然這個病確實為美玲及整個家庭帶來不少震盪，治療給她帶來皮肉之苦，但一年的治療期總算安穩度過，跟着美玲便完全恢復正常的生活。對美玲來說，住院及接受治療的經驗並不惡劣，因為當中也有開心的時候。

為什麼美玲會情願患這個病呢？因為這個特別的經驗給了她很多正面的影響，所以她毫不抗拒這個寶貴的經驗。

美玲認為患病最大的得着便是與父母的感情大幅增長了。在患病前，她不是不知道家人疼惜她，然而她總是埋怨他們仍不夠好。可是，患病後，她才深切體會父母及兄長原來這麼愛她。在治療期間，母親心力交瘁，盡心盡力和無微不至的照顧，給了她莫大的支持，她可以笑對頑疾。因此，直至現在，她與父母的感情仍是那麼好。她常擁抱及親吻他們，與他們分享自己的內心世界。

另一方面，她的人生觀因患病而改變了。曾經與死神拼搏，生死只懸一線的經歷，但沒有消磨美玲的意志，她更懂得珍惜生命、親人和朋友。當踏過荊途回望時，原來得比失還要多。美玲再無懼死亡，然而絕不會輕言放棄。她明白到做人凡事要盡力而為，把握機會，善用時間及積極進取，因為機會往往一去不復返。即使他朝再罹患惡疾，她也會坦然面對，繼續堅持到底。

美玲從不避諱談及自己患病的事，她的經歷原來也曾鼓勵其他朋友。一直以來，美玲都很注重健康，更經常提醒自己要快快樂樂的生活。她熱愛生命，因為她曾幾乎失去它。

與家人的融洽關係給予美玲強力的支持，成為她奮鬥的最大推動力。她與父母的深厚感情是很多人羨慕的。「家」就像一個風平浪靜的海港，給大海中飄泊和遭遇大風浪的船暫時棲息及補給，待風雨過後再度啟航，繼續向目標邁進。



It is in this frame of mind that Mei-ling goes about her daily life and shares her experiences with others, who are inspired by her. That, together with her constant mindfulness to maintain her physical and mental well-being, is powerful proof that life is worth loving.

Behind all this, Mei-ling attributes her source of strength to the support from her family, which is also the envy of many who yearn for a “home”, a haven where they could nurture and find peace in the tumultuous sea, before setting sail again on the journey of life.

## 活着就是精彩

### 任美玲

「有甚麼事，請留言。」電話錄音裡是一把童稚的聲音，原來是美玲讓學生為她預錄的。不知不覺，她當了幼稚園老師快九年，每天都給小朋友圍攏着，忙得不亦樂乎。

前年起，教育局推出幼稚園學券，同時資助幼師進修，美玲今年完成了浸會大學的幼兒教育證書課程，並將繼續攻讀浸會大學幼兒教育學士學位課程。未來數年，她繼續過「白天教學生，晚間做學生」的日子。不說不知道，她還是九巴之友，在繁忙的工作和進修之餘，還定期抽空當義工。生命，可以如此充實！

## And life goes on...

### Mei-ling

“Please leave a message after the beep.” That child-like voice on Mei-ling’s voice mail is in fact a recording by her student. A Kindergarten teacher for nearly nine years now, she is happily surrounded by pre-school kids on a daily basis.

With the introduction of the Pre-primary Education Voucher Scheme and the teacher development subsidy two years ago, Mei Ling enrolled in a Certificate in Early Childhood Education course. This year she completed her pre-school teaching certificate at Baptist University and will pursue her Bachelor’s degree in the same discipline at the university. So in the coming years, she will be a teacher by day and a student by night. She also takes time out of her busy work and study schedule to volunteer on a regular basis as a member of the Friends of KMB. A perfect example of a fulfilled life!



## In search of the perfect curry recipe

How does life appeal to one's palate? Some say it tastes sweet, others say it is sour. Some think it is hot while others feel its bitterness. As for Yuk-woo, life tastes like "curry". It is tangy, spicy hot, mingled with a bitter-sweet after-taste. Indeed, it is a complicated gastronomic experience as complex, unpredictable and malleable as life could be. This is a fitting description of Yuk-woo in the first half of his life.

# 咖喱人生

人生的味道是怎樣的？是甜是酸、是苦是辣，各人的見解也不同。對梁鈺和來說，人生卻像「咖喱」，有辛辣的一刻，也有甘甜的味道，複雜多變而又可塑性高，大概形容鈺和的前半生。

鈺和曾經在童年時患上淋巴瘤，亦有復發的經驗，年輕的他已習慣在生死邊緣掙扎，在困難中成長。

樂觀的性格和堅強的信念的確幫助鈺和跨越了不少障礙。他完成中學後，決定學習西廚時，他那不屈不撓的精神，總能克服種種困難和接受挑戰。

「學廚需要刻苦，要有無比魄力和堅毅的耐力。廚房的生涯，工作時間十分長，而且對體力要求也很高。」鈺和說。因為得到家人的支持和鼓勵，鈺和從沒害怕曾患癌病的身體應付不來。

「我從沒憂慮工作影響自己的身體，也不會想到復發的可能性。幸好，家人也很支持我繼續幹下去。」

「當我在富豪酒店實習時，要面對頗長而且不穩定的工作時間。每天上午九時上班，一直工作至黃昏六時。之後再看當天的情況，如果師傅認為有需要，便要一直工作下去，沒有固定的下班時間，」鈺和說。「有一次酒店辦了個大型戶外宴會，我要從早上九時工作至凌晨二時，可算是心身疲憊極了，第二天又是早上九時上班。」

漫長的工作時間對鈺和是個實實在在的考驗。「我會腰酸背痛，腳也痛得麻痺了，不再像是屬於自己的。」他說。話雖如此，鈺和支持下去，只會偶然到後巷歇息一會。

鈺和認為學廚的生涯即使對普通人也不是一件容易的事。「和我同期學廚的同學，在實習後不到兩個月，已走了一半。原來坐四十

Yuk-woo was once a child cancer patient suffering from lymphoma and one relapse. At a tender age, he was an old hand at cheating death and a veteran in braving hardships in times of trouble.

Endowed with a sunny character and entrenched in deep faith, Yuk-woo managed to overcome many hurdles. After finishing secondary school, he decided to go into a cooking school to learn Western cuisine. Armed with fortitude and strong will power, he was able to weather all the difficulties and face the challenges ahead.

"It is a tough job to learn to be a chef and you need to have stamina and perseverance. You have to prepare yourself for long hours of work and it is physically demanding," Yuk-woo said. Supported and encouraged by his family, the young man had no doubt about his physical fitness despite the fact that he had been twice stricken with cancer.

"I've never had the slightest concern that my job will affect my health. I have never thought about the possibility of a relapse. Fortunately, my family is very supportive and they encourage me to pursue my career," he said.

"When I was working as an apprentice at the Regal Hotel, I had to work long and irregular hours. I started work at nine in the morning and finished at six in the evening. Then there were some days I might have to work extra hours if the chef said so. There was no fixed time to go," Yuk-woo recalled.

"There was once a huge outdoor banquet at the hotel. I needed to work from nine in the morning till two after midnight. I was totally exhausted and I still had to return to work at 9 a.m. the same day."

It was an uphill battle for Yuk-woo to work the marathon shifts. "My back was aching and my feet got sore and numb. They didn't feel like parts of my body anymore," he explained. Nonetheless, Yuk-woo persisted and took short breaks in the back lane next to the hotel to freshen up.

He observed that it was never easy to learn to be a cook, even for

人的班房，變得十分疏落，最後只有二十人能畢業。」他說。

除了漫長的工作時間外，學習廚藝亦講求個人主動學習的精神和對味道的追求和創意。「我曾認識一位女師傅，她的沙嗲很了得，我很想向她討教。起初她不大願意教導我。我要十分主動，以誠意打動她，後來她終於願意把沙嗲的食譜給我。」

鈺和對味道的追求，可算一絲不苟，他尤其喜歡鑽研不同的咖喱款式。「我自己很喜歡吃咖喱，也喜愛煮咖喱。我會到不同的地方品嚐咖喱，如印度菜館、泰國餐廳或咖喱批發商。每次嚐到美味的咖喱，便會把它買回來，鑽研一下，學習烹煮。」他解釋。

鈺和畢業後曾多次轉換工作。由酒店到餐廳、咖啡店到茶餐廳，他都工作過。對他而言，當工作環境再也不能給他新的學習機會，令他在烹飪上更上一層樓，他便會選擇離開。

尋尋覓覓，目的只是為了不斷提升自己的烹飪技巧，務求藉着烹調美味的食物令自己的生命更精彩。



ordinary healthy people. "In my class, half of my classmates dropped out after two months of apprenticeship. The class was supposed to take 40 trainees. The room looked too spacious for the remaining 20 who managed to graduate."

To Yuk-woo, the perfect chef would have to be willing to put up with not just the very long working hours, he would also have to be self-motivated in learning, creative and have a strong desire to try out innovative dishes. "I met a female chef who made excellent satay. I wanted to learn from her. At first, she was reluctant to part with her secret recipe. I had to show her I was eager to learn and worked very hard to win her trust. Finally, she gave me the recipe," he recalled proudly.

Yuk-woo took it upon himself to perfect his dishes and try out new flavours. He was obsessed with cooking curry. "I love curry food and certainly like to cook it myself. I go to different places to sample various kinds of curry. I visit Indian curry houses, Thai restaurants and even curry wholesalers. Whenever I find some remarkable curry dishes, I will take them home. Then I would figure out how they are cooked."

After graduation Yuk-woo had changed several jobs. The employers he had worked for varied from hotels to restaurants, cafes to the unlikely Hong Kong a-la-carte restaurants. Whenever he felt that he had learned all about cooking in one particular eating place, he would move on to the next to learn new things and hone his skills. All he wanted was to improve his culinary skills and to fulfill a chef's wish of garnishing one's life with superb dishes.

## 活着就是精彩

### 梁鈺和

在飲食業累積了豐富經驗的鈺和，希望在工作方面尋求突破。他不久前修讀一個會所及康樂助理的證書課程，連同已考獲的保安員資歷，相信有助他的職業轉型，找到一份對體力要求不太高而又可應用一己之長的工作。

鈺和性格樂觀，喜歡待人接物，也許是他強烈的好奇心，一直支持他終身學習的理想，在人生不同階段不斷提升自己，以便迎接未來種種挑戰。

## And life goes on...

### Yuk-woo

With his wealth of experience in the catering industry, Yuk-woo is looking for a breakthrough in his career. He has recently finished a club and recreational assistant certificate course. As a certified security guard with his newly acquired qualification, he believes he will be able to find a new job that is less physically demanding and suits his abilities.

A born optimist and extrovert, Yuk-woo is perhaps driven by a strong sense of curiosity that sustains his wish for life-long learning and equips him with the tools to rise above himself in the event of facing all challenges ahead.



一個普通的少年

# Just the boy next door

Tse Wang-kong plays basketball, swims and enjoys hanging out with his buddies. Anyone should be impressed to learn that he's also a good cook, who serves his family of five a few steaming dishes every day.

Wang-kong is the beloved eldest of three sons in a typical Hong Kong family. What turned his life out of the ordinary was the ordeal he went through since he was diagnosed with cancer.

He was only in Primary 4 when a lump was first found in the neck. When he was diagnosed with leukaemia, his happy childhood was abruptly interrupted by a full year of hospitalization. Wang-kong had to endure rounds of needles, not only at the ordinary spots in the arm. His finger tips were pricked for blood samples, and special injections were administered on the spine. Game time arranged by the hospital was a welcome distraction. Being a boy of strength and conviction, Wang-kong firmly believed that there's always light at the end of the tunnel. His parents were by his side all the time, giving him all the support and encouragement he needed to face the hard times. At long last, the year was history.

謝宏岡喜歡打籃球、游水、與朋友談天，這位年青小伙子，還有一手好廚藝，每天為一家五口提供一湯幾餸。

這位普通的少年人，是父母的心肝寶貝，是兩位小弟弟的哥哥，成長於一個典型的香港小家庭，因為一個癌病，經歷了不是一般普通少年人會有的遭遇，為他的普通人生活，加添了一些難忘的片段。

宏岡記得四年級的時候，發覺頸部生了個腫瘤，經醫生診斷下，證實患上白血病，當時正享受普通人生活的他轉瞬間要在醫院的陌生環境生活一整年，醫院生活最難忘的苦事是打針、刺手指、打背脊針；最快樂的事是接受醫院遊戲服務，為枯燥的醫院生活加添一些生氣及笑聲，抱着痛苦的時間總會成為過去這種信念，加上父母的鼓勵與支持，一年的住院生活終於熬過去了。

重投正常生活，宏岡印象中並沒有太多困難，而這個突如其來的病，除了打擾了他的正常生活近一年外，似乎再沒有其他後遺症，距離病發時間愈遠，宏岡也漸漸淡忘了這個病所帶來的經歷，也沒有刻意向同學朋友提起，但同樣地他也沒有刻意要抹去這段經歷，就好像把它當成是成長過程中其中一段插曲，遇到知音人便重提一下，但仍舊繼續過他的普通人生活。

在人生的旅程上，有時是平淡的，有時會有意想不到的驚喜，當然也會有始料不及的困難，對於為什麼會患上白血病，宏岡也是一頭霧水，但這段經歷令宏岡領悟到凡事處之泰然，以平常心去面對，困難始終會成過去，當一切歸於平淡，又可再次享受普通人的生活。

平凡便是福，宏岡深明這道理。



Once again face-to-face with a normal life away from the hospital setting, Wang-kong needed little adjustment. The disease fortunately did not make a lasting mark on him. As time elapsed, memories of the torturous year began to fade. He makes no attempt to hide the fact that he is a cancer survivor, but neither does he think it is something to talk about all the time. He sees it merely as an unplanned detour, which could be shared with the right people at the right time. Otherwise, he is still just the ordinary boy next door.

Most life journeys are uneventful trips dotted occasionally with unanticipated challenges and pleasant surprises. Wang-kong has no answer as to why he was the one to suffer from cancer. But the hardship is not a lesson wasted. Wang-kong learned that when you are faced with difficulties, peace of mind helps to get you through. All problems will be over one day. It is then that we will be able to fully appreciate how blessed we are to be able to lead an ordinary life.

Wang-kong knows it, up close and personal.

## 活着就是精彩

### 謝宏岡

時間過得真快，宏岡已是職訓局「人力管理」高級文憑四年級學生了，他在二零零九年畢業。至於日後是否繼續深造，抑或先行投身社會大學，他還未作最後決定，一切順其自然。

自由自在，不強求，抱持一顆平常心的宏岡，最享受閒來炒幾味小菜，給至親的家人品嚐品嚐，他非常著重「菜不要太油膩，還是清淡好。」人生，何嘗不是如此？

## And life goes on...

### Wang-kong

Time really flies. Wang-kong graduated from the Vocational Training Council with a four-year Higher Diploma in Human Resources Management programme last September. At the moment, he has not yet decided whether to pursue further studies or join the workforce. He prefers to let things run their natural course.

Always easy-going and never asking too much, Wang-kong regards cooking a meal for his dearest and nearest his favourite pastime. "Never use too much oil. I think it is better to take things light." Obviously, a guiding cooking principle of such kind could also be applied to life in general.



## 抱抱 小嬰孩

李尚樺在母親的眼中是一個奇蹟。他是少數能戰勝癌病的初生嬰兒。才剛八個月大的尚樺因血癌入院，在落藥期間不到三個月，情況急轉直下，他被送往深切治療部。

在深切治療部時，弱小的尚樺已進入半昏迷狀態，有嘔吐的情況而且手指也變成藍色。最令母親痛心的，就是看到自己的嬰孩全身插着喉管臥在一張大床上。每當母親想撫摸孩子時，他會因劇痛而把母親的手撥開。

「醫生說是九死一生，嬰兒的情況可以惡化得很快，還說情況很嚴重，叫父母作最壞的心理準備。當時尚樺應該很痛楚，我們不能撫摸他，他會撥開我們。連醫生也不能替他作檢查。」母親對當時的情境仍歷歷在目。

「他不能進食，也不能輸送營養水給他。他只能接受抗生素，但藥效最少要四十八小時才發揮出來。醫生說很多小朋友也不能支持到藥物發揮功效。」母親說。

看似是絕望的情況，尚樺的母親唯有坦然接受。她作好了心理準備，亦邀請所有關心尚樺的人前來探望，如醫生、親友、社工、修女等……雖然尚樺不會理解，但母親總覺得探訪是一種支持。

上天的安排往往出人意表，奇蹟出現了。在深切治療部的第二天半夜，尚樺開始大哭起來。到了第三天，醫生認為他已過了危險時期。

# Just to hug the baby

Lee Sheung-wa is a living miracle, according to his mother. The fact is that he was among the very few newborn babies who survived cancer. At eight months old, he was stricken with leukaemia, which sent him to a hospital ward and caused a stay in the Intensive Care Unit (ICU)—all within a matter of three months.

At the ICU, Mrs. Lee had to bear the sight of her infant son suffering from nausea and falling into half-coma, his fingers turning blue. What was most heart-wrenching was to see all the tubes attached to his body and her baby lying helplessly on a big bed. He would react to her softest touch by instantly staving off her hand, out of immense pain,

“The doctor considered this a touch-and-go case,” Mrs. Lee said, recalling certain episodes. “As the baby’s condition worsened so rapidly and seriously, he even told us to prepare for the worst. The pain for Sheung-wa must have been unbearable. He would stave off any helping hand. Even the doctor could not get close to examine him.

“He couldn’t take any food, not even nutrient fluid through tubes. The only thing injected into his body was antibiotics, which took at least 48 hours to start working - way too long for many sick children to survive,” added his mother.

Faced with the seemingly desperate end, Mrs. Lee felt compelled to accept and prepare for the inevitable. At the same time, she invited everyone who cared for Sheung-wa to pay him visits, be they doctors, social workers, relatives or nuns. The little boy might not be aware of the visits, but to his mother, everyone entering his ward meant some support for the child.

As fate would have it, a miracle unfolded on Sheung-wa’s second night at the ICU when he suddenly started crying loudly. On the following day, the doctor declared him clear from the critical stage.

“It was his strong will to live, according to the doctor, who initially anticipated peritonitis would cause the baby’s death. But then the boy made it without even a trace of bacteria in his blood,” said Mrs. Lee. “I literally cried my way through the critical stage, feeling pity for him and helpless for myself. As soon as I heard that he pulled through, the first thing I felt like doing was to hold him, though it was impossible with all those tubes attached to his body. I did have this dark imagining that the next time I hugged him, it would be upon his final departure. Little did I think that when I lifted him up again, he would still be alive!”

「醫生說他的生命力很強。他們初時估計尚樺會因腹膜炎引致死亡，但他卻能捱過，而且血液裏的細菌也清了，」母親說。「當尚樺仍在危險期，我每天也以淚洗臉，覺得他很可憐，自己又沒有能力幫助他。當知道他脫離危險期，第一件事便想抱起他，可是他一直全身插滿喉管，不能抱起他。最初我想像能再抱起他時，他可能已離開了我們。沒想到再抱起他時，他仍然生存。」

接着，尚樺很順利地完成骨髓移植和其餘的治療，身體亦漸漸康復過來。像很多癌病康復者，尚樺的母親跟着便要面對復發的擔憂。

「剛完成療程兩三年，我時常擔心他會復發。每當在血液檢查時像是有復發的跡象，我會十分惶恐。」母親說。

幸好，尚樺的母親亦像孩子一樣有堅強的生命力。她即使面對不明朗的前景，亦能抱着積極和正面的態度。

「當我覺得他可能復發時，我會很難過，但仍盡力去做一點事，積極面對。在最差的時候，我會以『阿Q』精神面對。想到尚樺一向是性格樂觀開朗的小朋友，即使在落藥時也不失他活潑的本色。我會安慰自己叫自己放開點，因為即使一個人長壽但不快樂也不見得是件好事，」她說。

「如果你時常擔心孩子復發而不開心，就只是把不快樂的時間加長。如果孩子真的要復發，做家長的必然會難過。但在他未復發時也憂心忡忡，就等同把不快樂的時間加長。」母親解釋。憑着這種積極的信念，尚樺的母親便覺得釋懷了一點。

尚樺康復之後，時間越長，媽媽便越安心。她認為平日應盡量少去想復發這個題目，多點珍惜眼前的一切美好事物。

「基本上我盡量不去想復發。有時回去醫院檢查，看到其他病童，反而覺得自己十分幸運，會更珍惜現在的時間。」這位樂觀積極的母親面帶笑容地說，內心充滿安寧和喜悅



After that, recovery was in sight for Sheung-wa, who went through bone marrow transplant and other treatments smoothly. Nevertheless, Mrs. Lee had the constant fear of a relapse, as is often the case.

“It had been a constant fear for the first two or three post-treatment years. Whenever the blood test showed some signs of recurrence, I would become paranoid,” she said.

Fortunately, she was also blessed with a strong will to survive, which helped her adopt a positive outlook despite the uncertain future.

“The thought of relapse was hard to bear, but I was ready to do my best no matter what. It was this self-assuring spirit and optimistic attitude, not unlike that of Sheung-wa while facing the daunting treatments, which would carry me through the worst scenario. And I rationalized that it would be worse for people to live a long, yet unhappy life.

“If the concern about relapse keeps you in a constant miserable stage, you are prolonging the unhappiness brought about by the sickness. What’s the use of worrying about something that hadn’t actually happened?” Mrs. Lee said. With this positive mind, she released herself from misery.

After Sheung-wa’s recovery, Mrs. Lee felt more settled as time went by. She tried to lock away any thoughts of a relapse while focusing on the precious moments of the here and now.

“Basically, I’m trying my best not to let the thought of relapse cross my mind. When I went for check-ups in the hospital and saw other sick children, I would be reminded of how fortunate I was and how I should treasure the present moment,” mused the optimistic mother as she flashed a reassuring smile filled with inner peace and joy.

## 活着就是精彩

### 李尚樺

升讀英文中學的尚樺面對繁多的科目，覺得經濟與公共事務最困難，卻對興趣濃厚的數學科特別有把握，更希望將來可以修讀應用數學。

年紀小小的尚樺已考獲皇家音樂學院八級鋼琴考試，在空餘時間喜歡有助訓練思考的橋牌活動。他堅強的性格沒有受曾經患病影響，是個樂觀開心的初中生。尚樺媽媽希望兒子滿有信心之餘，也學習謙厚之道，做人處事遵守規矩，畢竟個人修養比知識技能重要得多。

## And life goes on...

### Sheung-wah

A student at an English-stream secondary school, Sheung-wah finds Economic and Public Affairs the most difficult amongst all the subjects. As Mathematics is his favourite and strong subject, he hopes to study Applied Mathematics one day.

At a young age he has not only received his Grade 8 piano certificate from the Associated Board of the Royal Schools of Music, but has also taken to playing bridge, a thought-provoking game, in his spare time. Despite his illness, he remains a strong character and a happy junior secondary student. But, above all, his mother hopes that he can learn to be modest and well-behaved. After all, she believes personal virtues are more important than knowledge and skills.



慧芊患上急性淋巴性白血病時只得兩歲多，那遙遠的記憶已非常模糊，只隱約想起零星片段。然而，對於一個母親來說，這段經歷依然歷歷在目，記憶猶新，回想時仍百般滋味在心頭。

在慧芊患病前，關太已因照顧兩名年幼女兒的壓力致情緒低落，心情抑鬱，需延醫診治及服藥。關先生在國內工作，只能在週末回家。慧芊患病期間，關太便是唯一的主要照顧者，其他親人亦有心無力，愛莫能助。縱使醫生認為慧芊的病治癒率不高，但關太卻不輕言放棄。在母親心目中，女兒的性命是最重要和寶貴的，因此關太振作起來，以意志力克服自己的情緒困擾；她全心全意照顧女兒，誓與慧芊並肩對抗頑疾。

慧芊接受治療期間，關太往返醫院和家居之間，感到心力交瘁。當時慧芊年紀幼小，每件事都需要她親力親為。可是，慧芊尚有一個姐姐需要照顧，這叫關太感到徬徨無助。

在這時候，天主送來了一位天使——李太。李太是關太的教友，她們同時領洗。慧芊患病時，正值李太亦患上重病。李太意志消沉，曾向關太表示她想自殺。關太便把女兒患病的事告訴李太。自李太探望了在醫院的慧芊後，她便打消了自殺的念頭。

李太告訴關太，她從沒想過，原來做母親是可以這麼盡心盡力的。李太深受感動，並答應幫忙照顧關太的大女



Wai-chin was stricken with Acute Lymphoblastic Leukemia (ALL) at age two, a tender age that made the memories of her early bed-ridden days blurry and sketchy. Yet, for her mother Mrs. Kwan, those old memories were etched in her mind as if they were new. Whenever she thought about them, she was seized by mixed feelings.

Before Wai-chin fell ill, Mrs. Kwan was under a lot of stress having to look after two young daughters. She even got to the point of depression where she sought help and medication. As her husband worked in the Mainland and came home only for the weekends, she became the sole care-giver for her sick daughter. Willing as her relatives might be to lend a helping hand, they could help very little. Faced with the doctor's poor prognosis for a cure for her daughter, Mrs. Kwan vowed not to let go and shook off her depression. In the eyes of a mother, Wai-chin's life was the most important and precious. Such determination had somehow brought back the life within her, and she was ready to dedicate all her heart and soul to fighting for her daughter's life no matter what.



兒。李太的支持，就如雪中送炭，使關太無後顧之憂。雖然關太曾經歷過不少辛酸，她自言自己和慧芊仍是幸運的。如今一家人能夠齊齊整整，已是最幸福的了。她學懂了珍惜和把握現在。

關太、慧芊和李太，她們都以自己的生命影響其餘二人。慧芊的病令關太從抑鬱中走出來；關太的偉大母愛感動了李太，李太放棄自殺；而李太在關太最有需要時伸出援手。或者，缺少了任何一環，生命的樂曲都不會那麼動聽。事實上，只有愛才能把這個環連結，也只有愛才会有如此力量。



During the treatment period, Mrs. Kwan was completely exhausted. Running back and forth between hospital and home, she had to attend to everything since Wai-chin was young and demanded all her attention. Then she had to look after the elder daughter. In the midst of her predicament, Mrs. Kwan bumped into Mrs. Lee, whom she considered God-sent. In fact, they attended the same church and were baptized on the same day. Mrs. Lee also happened to be suffering from a serious illness and was contemplating suicide. She had confided her suicidal thoughts to Mrs. Kwan, who in turn disclosed her own problem. Then Mrs. Lee started paying visits to Wai-chin and was enlightened. She offered to support Mrs. Kwan by helping her take care of her elder daughter. She was so touched by a mother's great love. Mrs. Kwan was giving her all. To Mrs. Kwan's relief, this kind offer relieved her burden. She could devote herself wholeheartedly to looking after Wai-chin. She was grateful that she was fortunate enough to be able to spend time with her daughter and enjoy every precious moment together.

This is a story of how three people's lives are intertwined, each influencing the other two in different ways. It was Wai-chin's illness that lifted Mrs. Kwan out of her depression; it was Mrs. Kwan's great love that dispelled Mrs. Lee's suicidal thoughts, and it was Mrs. Lee's helping hand that saved the day for Mrs. Kwan. Without any of these clefs, the symphony of life would not have reverberated so gloriously. Indeed, it is only in love that the chain is bonded, and it is only love that wields so much power. Above all, without the power of love, this intricate bonding would not have endured so miraculously.

## 活着就是精彩

### 關慧芊

慧芊去年完成中學課程後，便入讀職訓局三年制設計高級文憑課程。今年九月她已升讀二年級，並選擇了平面設計作為專修科目。慧芊很享受學習設計，因為這是她的專長和興趣。她期望日後完成文憑課程後，可以繼續在此專科進修，攻讀學位課程。

縱使學習生涯很充實，慧芊仍抽空於課餘時間任兒童繪畫班助教，因為在教學過程中，可以教學相長。不過，慧芊慨嘆現代的孩子大都缺乏豐富的想像力。

## And life goes on...

### Wai-chin

Having completed her secondary education last year, Wai-chin took a three-year advanced certificate course in design at the Vocational Training Council. This past September she began her second year studies and started to major in graphic design. Wai-chin enjoys studying design tremendously because she has a great interest in the subject and is good at it. She hopes to specialize in design and pursue a Bachelor's degree.

Although she finds great fulfillment in studies, Wai-chin still finds time after school to help out in children's painting classes as an assistant teacher. To her, teaching and studying are complementary to each other. However, she regrets that today's children have little imagination.



# Her smiling eyes

Just by looking at some people's eyes, you can almost hear their laughter. Kam Wai-kwan is one of them. When you look at her eyes, you can tell she's smiling. They twinkle.

Yet Wai-kwan was the girl who underwent the most painful treatment for bone cancer at the age of 12. She appeared in a television programme, telling a story of her courageous encounter with life and death as the reporter prompted her with questions. Shouldn't we expect a girl of that age to spend her days lying on the grass, staring into the azure sky, weaving one dream after another? Instead, Wai-kwan calmly retold of her brush with death. The optimism she exuded was unforgettable. I believe it has something to do with the twinkle in her eyes as she smiled.

Wai-kwan was born in Macau. The youngest of the family, she is the jewel of her parents and two elder sisters. During the summer vacation when she was a fifth grader, she had an excruciating pain in her left leg. It was so acute that even a young girl like her could tell there was something seriously wrong. No sooner had she been diagnosed with bone cancer, than she found herself checked into Queen Mary Hospital in Hong Kong. The subsequent treatment took a year, involving chemotherapy and an amputation of her leg. Fortunately the treatment went smoothly.

Wai-kwan remembered the days at Queen Mary Hospital as colourful ones. Although the disease itself and the treatment caused her much pain, she felt more intently the warmth and love that were showered on her. She basked in the comfort of knowing how much her mother and the medical staff cared for her. In turn she was considered an exemplary patient who brightened the ward with her smile and optimism. That probably explained why she became the focus of media interviews.

The treatment finally came to an end a year later. Wai-kwan returned to the familiar life in a familiar Macau. The only difference was that she walked with a prosthetic limb. The pain in her hips and the amputation wound marred the happy reunion with her family and friends. She knew the days ahead were not going to be easy, and she had to prepare herself for the many challenges.

## 一雙會笑的眼睛

有些人，你光看她的眼神便彷彿聽到她的笑聲。金慧君就是最典型的一位。首次接觸她，是在電視熒幕上的一個專訪節目。當時慧君剛完成艱辛的療程，在記者的引導下，憶述幕幕與骨癌搏鬥的經歷。十二歲，一個本應躺在草坪上，仰望蔚藍天空，暗自編織豆芽夢的年齡，如今竟在鏡頭前從容地談論着生命與死亡。更令人意外的是，慧君的一言一語絲毫沒半點灰暗和埋怨，相反，觀眾卻被她的樂觀和豁達深深感染着，我想原因之一，就是她那雙會笑的眼睛。

澳門出生的慧君，在家中排行最小，一直是父母和兩位姐姐的寵兒。就在五年級的暑假，左腳無故的劇痛起來，那種如刀削骨的刺痛早讓慧君意識到自己的病況殊非簡單。不幸的消息才剛証實，慧君便輾轉的被送到香港的瑪麗醫院接受骨癌治療。在往後一年的療程中，慧君先後進行了化療和截肢手術。整個過程尚算順利。

在慧君的記憶中，瑪麗醫院的歲月是充滿色彩的。雖然她每天要忍受疾病和針藥的煎熬，感覺卻有如溫室中的小花；在母親和醫護人員無微的呵護下，悠然地沐浴在和煦的陽光中。加上本身愛笑的樂觀性格，病房中的慧君始終予人一種開朗、積極的印象。在家長和醫護人員眼中，她更成為一時的典範。正因如此，慧君遂成為不少媒體的追訪對象。

冗長的療程終於結束，慧君撐着一條簇新的義肢，懷着美麗的憧憬重臨闊別一年的澳門。能與昔日的親友、同窗重聚固然興奮不已，但陣陣從盤骨和義肢駁口處傳來的酸痛卻彷彿在提醒慧君，她在未來的日子裡，要付出的努力和代價，也許會比想像中的要多。

事實上，不少問題正隨着新生活的展開而逐漸呈現出來。上學就是其中教慧君感到十分懊惱的事情。從家裡到學校，以前蹦蹦跳跳，沒幾分鐘便走完的路，現在竟變得有如馬拉松障礙賽。當年毫不起眼的幾條小階梯，對提着拐杖，撐着義肢的慧君而言，簡直就是幾座攀不完的大山。但說到底，這些都不過是體力上的折騰，只要咬緊牙關，問題總不難解決。最叫慧君視上學如畏途的，其實是那些毫無預警，突如其來的「摔倒」意外。

慧君就曾經試過在學校大門口、熙來攘往的下課時間，冷不防砰的一聲摔在路中央。這一摔不單把身上的書本、雜物和拐杖給摔滿一街，就連她最寶貴的「自尊心」也給摔得碎滿一地。意外發生後的幾分鐘，慧君只能側臥在地上，忍着痛楚，四肢狼狽地胡亂撐動，但在顧得了裙子卻又顧不了平衡的窘境下，任憑她如何努力，就是站不起來，旁人一時間卻欲助無從。

走在路上的慧君，除了加倍「步步為營」，還得有心理準備隨

Indeed, problems popped up as she tried to resume a normal life. The same old school was still within the same old walking distance, only that a brisk walk of a few minutes had become a marathon. Climbing the few steps was as mammoth a task as scaling a few tall mountains. However, these were only physical challenges that a brave girl like Wai-kwan was ready to overcome with a great perseverance. She dreaded school more because of the many falls she would have to endure.

Wai-kwan recounted how she fell once after school, without prior warning, right at the school entrance where there were plenty of people around. The fall sent not only her books, stationery and crutch flying and scattered her stuff on the street, it also shattered her remaining dignity. The few minutes immediately after the fall felt like an eternity. All Wai-kwan could do was lie there, fighting the pain and crawling helplessly with all four limbs. Struggling to get up, she had a hard time trying to regain her balance and hitch her skirt back into place at the same time. No matter how hard she tried, no matter how much the people around wanted to help, there were always those eternal few minutes that stripped her of pride and self-esteem.

As Wai-kwan took great care to mind her every single step, she had also to endure the unwelcome stare of strangers. She found it easier to handle the inconsiderate grown-ups than the innocent children who wouldn't think twice before blurting out: "Why is the lady's leg so strange? Oh, it's not real!?"



時迎接來自路人的奇異目光。當中，慧君最害怕遇上的並非好事的成年人，而是那些天真的小孩。曾經有小朋友在路上當着慧君面前，大聲地問他媽媽：「咦！點解呢個姐姐隻腳咁嘅？假嘍？」

原本笑容燦爛、惹人疼愛的溫室小花，在現實世界裡遭逢連番挫折後，思想也靜靜起着變化。慧君樂觀而豁達的笑聲雖然絲毫未改，但她對於別人加諸自己身上，例如甚麼抗癌鬥士或青年模範等美譽，則顯得十分保留，甚至抗拒。因她自覺真實的自己絕非如此完美，而接受這些美譽也等同要承受隨之而來的壓力。此刻的慧君，最想做的，是做回真正的自己，最想過的，是平凡而獨立的生活。

有了這個想法，慧君便讓自己靜下來，謝絕一些傳媒的訪問，好好思索未來，為自己定下目標。努力追求獨立的慧君，確實有一套獨特的思考方法。她先不問自己愛做什麼，而先評估自己在依靠一條義肢的協助下有什麼不能做。然後向自己承諾，絕不浪費任何時間去埋怨，去幻想一些自己達不了的目標。之後，她便全力去應付能力範圍內的所有事情。因此，本來立志行醫或當護士的慧君，結果便選擇了心理學家作為自己的奮鬥目標。

在臺灣攻讀心理學學位課程時，被問到每天穿梭於偌大的校園和居所，可有什麼困難？慧君的回應有點雀躍：「揸電單車咪得囉！我手車唔差嘍！有時仲忍唔住飛兩轉添。」她的眼神又再閃爍着開懷的笑聲。



Gradually this loving and lovely girl underwent a quiet and perceptible change. Her optimism and smile may remain intact. She now has some reservation about or even resistance to being called a cancer-fighter or a model youth. She recognizes her own weaknesses, and understands that those labels exert pressure on her. She desires nothing more than being true to herself, and leading a normal and independent life.

To keep the necessary privacy she desires and to find time for her future planning, Wai-kwan started to turn down press interviews. She had a unique way of thinking and planning. She does not start from what she wants to achieve. Instead she would assess the options for a person with one prosthetic limb. She also vows to herself that she would waste no time complaining or feeling sorry for the possibilities lost forever. Rather than sticking to her childhood dream of becoming a doctor or a nurse, she works towards the goal of becoming a psychologist.

When asked whether she had any problems getting around the huge campus and her residence during her study for a psychology degree in Taiwan, Wai-kwan answered with a typical twinkle in her eyes, “I have my motorbike. You know, I ride well. Frankly, sometimes I speed a little.”

From her smile you can tell she's still the same sunshine girl.

## 活着就是精彩

### 金慧君

十五年來，在金媽媽的關顧下，慧君闖過了一個個人生的關卡。如今，她是一名教育心理學家，於澳門學校服務已經三年。許多學生都喜歡與她傾談，講高中選科，講親子問題。

不過，為了申請一個泊車位，慧君要撐着一條義肢，跑遍多個部門。為了爭取合理的權益，金媽媽打電話到電台節目「澳門廣場」申訴，獲得社會人士和應，政府官員也積極跟進。慧君終於取得一個泊車位，可以每天自己開車上下班了。

她後來結束教學生涯，從事文職工作。

## And life goes on...

### Wai-kwan

Over the last 15 years, the tender loving care of her mother carried Wai-kwan over many a hurdle in life. An educational psychologist, she had taught at a secondary school in Macau for three years. Many of her students loved talking to her about their subject streaming for higher forms, and parents-and-children relations.

Wai-kwan once overcame an obstacle by literally hopping around on her prosthesis. For a parking space at work, she had to visit various government departments concerned. Her mother helped along the way, calling the radio talk show “Piazza Macau” to air her grievances. Because of the social support thus generated, local government officials took action and followed up on the matter. In the end, Wai-kwan got her parking space, and drove to work on her own.

She has since quit her teaching work and now holds a clerical job.



# 怒海中的平靜

曉華給人的第一個印象是文靜、有禮及常常面帶笑容，說話不多，語調總是輕輕的，令人感到舒服、沒有壓力。她看來是個平凡不過的鄰家小女孩，如果你不認識曉華，或許你永遠猜不到她的遭遇就像怒海中不斷湧起的巨浪。

從出生的那一天開始，曉華彷彿注定與醫院建立親密的關係，一出生便患上急性肺炎，被送進深切治療部，住了兩個星期，跟着要再多住兩個月才出院，之後每個月大概有一半時間是患病，身體虛弱的她是醫院診所的常客。好不容易到了上幼稚園階段，又發現聽覺有問題，經評估後判斷為嚴重至深度失聰，要學習唇讀及配戴助聽器。曉華天生文靜，學習專心，所以她的進展不錯，可以在普通學校上課，能夠與老師同學有言語上的溝通。

但到了踏入小學一年級，曉華的脊椎長了脂肪瘤，要動手術切除，但細胞組織經化驗後未能斷定腫瘤的性質。到三年級時，腫瘤又在原位出現。醫生用染色體技術測驗，証實是惡性腫瘤。

## Peace in the raging sea

Hiu-wa may give you the first impression of a gentle soul with her suave smile, a soothing voice and an unostentatious demeanour that puts you at ease. Indeed, she appears to be just the girl next door whom many people pass off as an ordinary person leading an uneventful life. But once you get to listen to her story, you will be more than surprised to find that she had gone through stormy weather. It has not been plain sailing for Hiu-wa at all.

Mind you, it is not an exaggeration to say that Hiu-wa was born hospital-prone. Soon after her birth, a bout of pneumonia sent her to the Intensive Care Unit. She was hospitalized for two months. From then on, she was an invalid for a good half of each month and a frequent hospital and clinic patient. Having made it to Kindergarten, she was diagnosed with severe hearing loss, the remedy for which required lip-reading and a hearing aid. Being an attentive and diligent student, she made tremendous progress and got back to regular schooling where she enjoyed normal communication with her teachers and schoolmates.

When she entered Primary 1, she was hit by another set of health problems. It began with the diagnosis of a lipoma in the spine, which required surgery. At that stage, the nature of the tumour could not be determined by biopsy. She held on until Primary 3 when the tumour reappeared at the old site and was confirmed to be malignant by a chromosome test. This was no doubt a heavy blow to her parents, who realized the high risk of surgery. Yet they had faith in the doctor and decided to take the risk, hoping the doctor would do his best to save their daughter. This decision marked the beginning of Hiu-wa's tough year-long radiotherapy and chemotherapy treatments.

Years later, when Hiu-wa ruminated on her hospital experiences, she did not recall too many depressing moments, except for one unforgettable Christmas when she had to put up with the discomfort of fighting a high fever while the others were celebrating the festive season.

Despite the admittedly unbearable treatment that she had gone through,

這一次復發，曉華及媽媽都十分擔心，因為醫生明言手術風險甚高，雖然醫生細心詳細解釋手術的利弊，但最終最後決定權仍是交到父母手中。曉華媽媽抱着對醫生的一貫的信任，深信醫生一定會全心幫助女兒，讓曉華勇敢地開展了一段絕



不輕鬆的治療。動過高風險的手術後，接着還有電療及一年多的化療。

談到這些住院經歷，曉華說她沒有許多不開心的回憶，唯獨記得那一年，人們都在高興地慶祝聖誕，她要留在醫院忍受高燒帶來的種種不適。別人認為難以承受的治療，曉華總是淡淡地回答：「沒有什麼大不了，都過去了。」

難過難過終於過，與其說曉華逆來順受，倒不如說她默默地、無怨無悔、積極面對不可逆轉的命運。

癌病曾奪去她的健康，但也讓她感受到家人無微的關懷及愛護，顯示她面對困難的冷靜及沉着應戰的能力。失去聽覺讓她失去了一些正常生活，但也帶給她一顆平靜的心，面對未來一個又一個的挑戰。

## 活着就是精彩

### 詹曉華

曉華剛完成職訓局商業文憑二年級課程，計劃繼續攻讀高級文憑課程。詹媽媽說，平日的功課曉華應付得了，「她肯學又肯問，老師同學都樂意幫助」。

另一方面，針對曉華內向而被動的性格，詹媽媽不斷鼓勵她多做義工，包括參與兒童癌病基金的服務活動，結交更多朋友，擴大社交圈子。



Hiu-wa would always try to make light of her misery by saying, "It's no big deal...now that it's all over."

Unbearable though those moments may be, they belong to the past. Not that Hiu-wa faces her destiny with no complaints, it is just that she suffered in silence with few regrets and took a positive approach towards the non-reversible fortune of life. Although cancer had once deprived her of health, it had left her with fond memories of her family's unfailing love and concern, and served as a testimonial for her steely nerve and obdurate fighting spirit. The loss of hearing is still a predicament to a normal life, yet she is ready to face life's challenges with a peaceful mind.



## And life goes on...

### Hiu-wa

Hiu-wa has just completed her two-year Vocational Training Council diploma in business and intends to pursue a higher diploma. According to her mother, Hiu-wa can handle her studies all right. "She's willing to learn and raise questions. The teachers and her fellow classmates are all very helpful."

However, to overcome Hiu-wa's introversion, her mother has spurred her on to volunteer on a regular basis. For example, taking part in Children's Cancer Foundation service activities has enabled Hiu-wa to enlarge her social circle by making more friends.

# Self-esteem beats it all

“The most unbearable thing wasn't the illness itself. It's the repeated blows after the remission that overwhelmed you,” Man Choi-wui reminisced about the challenges she faced in her new lease of life.

When she was stricken with cancer, Choi-wui was between two and three years old. She has only a fragmentary recollection of her illness. Her parents were to fill her in with most of the details in her later years.

Choi-wui remembered she had neuroblastoma. At the beginning, she had fever and tummy ache. Suspecting a tumor in her belly during an examination, the doctor referred her to Queen Mary Hospital. Soon afterwards, Choi-wui was put through a series of treatments, including chemotherapy and surgery. The more tangible impression she had of the ordeal was serious vomiting. She was also unhappy about her lost hair for a period of time.

When the tough treatment was over, Choi-wui reverted to normal life. About a year after her treatment, when everything appeared to be on track, freckles appeared on her face and they got worse. The doctor reasoned that the freckles could be the side effect of drug treatment.

As Choi-wui gained in years, she was becoming more and more conscious of people staring at her in the street. Some passers-by would even turn back to take a second look at her. The stark stares made her more and more conscious of her own freckles.

Two incidents hurt her most. The first took place in Primary 6. She was attending Sunday school when a younger boy pointed at her and said right out loud, “I've never seen such an ugly person before.” The abrupt remark caught Choi-wui by surprise. Not knowing how to respond, she wished the earth would swallow her up.

The second incident happened when she was in the first year of secondary school. A female classmate since primary school spread a rumour that her freckles were contagious. The whole class took her for an epidemic sufferer, giving her a wide berth. Since then, Choi-wui dared not approach anyone for fear of being rejected right in her face. That was how she went through Form 1.

Her school days took a better turn in Form 2, when she made a few good friends. Not only did they not make fun of her freckles, they took the initiative to befriend her. These friends told her they never noticed her freckles and took her for a friendly classmate.

With the support of her classmates, Choi-wui was able to overcome a



## 讓自信勝過一切

「最難受的不是病，而是痊癒後接二連三的打擊。」有個溫文爾雅名字的文采匯，正在分享她戰勝病魔的感受，此時是她踏上另一段充滿挑戰道路的開始。

她發病時只是個二、三歲的幼兒，對於患病的經過記憶已很模糊。很多細節都是長大後父母告訴她的。采匯記得她患的是神經母細胞瘤，起初是因為發燒、肚痛，醫生觸摸到腹部有懷疑腫瘤，給她轉介到瑪麗醫院診治，緊接着確診的是一連串治療，包括化療、手術。印象較深的是嘔吐得很利害，頭髮脫落也令采匯有一段時間不開心。

辛苦的治療終於告一段落，采匯也恢復了正常的生活，當一切都走上軌道時，在治療結束後一年左右，她的臉開始長雀斑，而且有愈來愈多之勢，醫生說這是藥物的副作用，可能是她的基因對藥物產生身體變化。文采匯漸漸長大，發覺上街時很多人都會注視她的臉，有些人甚至會走回頭看她，旁人不禮貌的注目，令她開始愈來愈介意臉上的雀斑。

兩件事令采匯最難受，第一件發生在她六年級的時候，當時她在週日參加主日學，有一次在主日學班上，一個三至四年級的小學男生指着她很大聲地說：「從未見過這樣醜怪的人。」這番突如其來的批評令文采匯剎時間不知如何反應，當時只願地上有一個洞可以躲起來。

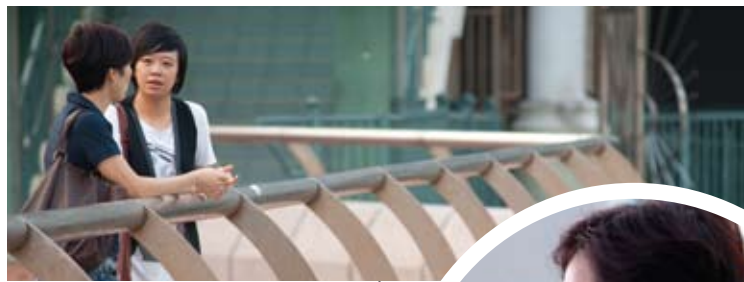
第二件事發生在中一時，班中有一位與她在同一小學升中的女同學在班中散佈謠言，說她的雀斑會傳染，害得全班同學都當她是傳染病病人，避得她遠遠的，采匯也不敢主動與人接觸，生怕遭別人當面拒絕，就這樣渡過了一個孤獨的中一。

但到了中二，采匯的中學生活有了轉變，她認識了幾位好同學，他們不但沒有譏笑她的雀斑，反而主動願意與她做朋友，這班好朋友說從來沒有留意過她臉上的雀斑，只當她是一位友善的同學而已。同學的支持幫她渡過一個很大的心理關口；她相信臉上的雀斑不是自己的責任，所以不值得為了它而不開心，別人的說話不重要，自己對自己欣賞才有意思，也相信世界之大，總有人比自己幸福，也有人比自己不幸，自己接受自己才是最重要。

漸漸長大，采匯不再專注於自己臉上的雀斑，反而投入學校和教會的生活。回望這段痛苦經歷，采匯最感謝一直對她支持給她鼓勵的父母，尤其每星期兩次陪她跑步的爸爸，在跑道上，采匯不但流過很多汗水，也留下了很多父女間的深情對話。

采匯不知將來會不會再遇到「以貌取人」的人，但她相信動力來自對自己有信心，相信自己有實力，不要輕言放棄，對未來作好最壞的心理準備，讓自己有所裝備，但也要保持樂觀的態度，對未來有最好的期望。

訪問結束，想告訴采匯，我在她面上看到的是可愛的笑容，還有那自信的眼神，這一切已掩蓋其他的一切。



deep psychological block. She came to the realization that she was not to blame for having freckles and it was not worth the trouble to be unhappy about them. Other people's remarks did not count. What mattered to her was her high regard for herself. She also believed that there must be some people who are more or less fortunate than she is in the whole wide world. The most important thing is to accept the I as I am.

As she grew up, Choi-wui had learned not to dwell on her own freckles. She had thrown herself fully into school life and religion. Looking back at those painful experiences, she thanked her parents for their steadfast support, especially her father, who took the trouble of jogging with her twice weekly. Their jogging track encapsulated Choi-wui's sweat and snatches of conversations that showed the loving relationship between father and daughter.

Looking ahead, she could not be sure if she might run into anyone who would take her for her looks in future. But she believes that the force of life comes from her own self-esteem. One has to believe in one's own strength and should not give up easily. Be prepared and brace oneself for the worst fortune in life. At the same time, take an optimistic approach and hope for the best.

As the interview drew to an end, I wanted to tell Choi-wui very much that what I saw was her lovely smiling face and her confident glances. That was enough to block out everything else.

## 活着就是精彩

### 文采匯

今年參加高等程度會考的采匯，由於擔心準備未夠充足，心情難免忐忑不安。雖然去年的會考整體成績尚算滿意，但她對其中一兩科因一時失手而未如理想，仍然略覺可惜。因此，今年應考四科，定必全力以赴，希望跨進大學的門檻。

采匯在醫院接受治療的經驗，讓她瞭解到身邊需要幫助的人很多。她計劃將來修讀社會工作學，能夠像爸爸一樣，成為社會工作者，向社會上的弱勢社群伸出援手。

## And life goes on...

### Choi-wui

Choi-wui just took her HK Advanced Level Examination again this year. The thought that she was not well prepared for the exam gave her the jitters. Her overall results in last year's HKCEE might have been satisfactory, but she was a bit disappointed by the slip in performance and the less-than-ideal grades for a couple of subjects. Taking four subjects for this year's exam, she tried her best to gain admission to a university.

The hospital treatments for cancer made her realize that there are many needy people around. She is planning to major in Social Studies so that, like her father, she can become a social worker and lend the underprivileged a helping hand.



# 最緊要好玩

病發、住院、復發、隔離、換骨髓，對絕大部份的癌病康復者而言，肯定是連串不堪回首、卻又難以忘懷的痛苦經歷，黃景勳偏偏是個例外。

個子不高的景勳，額前薄薄的披着一頭短髮，眉宇間隱約透出一絲秀氣。「隱約」是因為你很難看得清楚，「難」就難在他根本不會乖乖停下來讓你看。這秒鐘，他突然在你耳邊說了一聲「嗨！」，你給他這樣一嚇，還未定過神來，下秒鐘，他已「閃」到一旁和大小朋友嬉鬧得扭作一團。他精力無限，他神出鬼沒，五官卻始終是模糊的！

## It must be fun

To most cancer survivors, words like “diagnosis”, “hospitalization”, “relapse” and “bone marrow transplant” are certainly a reminder of some unforgettable and unbearable memories best to be cast aside. One of the few exceptions you would ever meet is Wong King-fan.

At first sight, you may find nothing striking about this young man’s diminutive stature. Under the short bangs on his forehead, you might detect a faintly refined temperament that’s barely noticeable from his features, largely due to the fact that he can hardly stay still long enough for you to do a mental sketch. One minute he literally jumps on you with a hearty “Hello”, and before you know it, the next moment he has already hopped over to join the wild bunch of kids in the other corner with what seems like inexhaustible energy. Indeed, he is heard rather than seen! You can only catch a glimpse of him and there is no way you can etch his face in your mind.

King-fan ran an inexplicable high fever for a few days at the age of eight. After a series of consultations and tests, the doctor told him directly that he had a rare disease medically known as Acute Myeloid Leukemia (AML). Reclining in his hospital bed, he responded immediately, “Is that so. Just get a cure.”

Having made his point, he left the company of his worried parents and climbed hastily into the next bed to finish a game of Monopoly with his comrades in sickness.

“Ever thought of dying? Me? Heck, no!”

“Even if there’s no cure, there’s no point worrying. Don’t cross the bridge before we come to it!”

“Why sit there and blame the gods when you can go out and have all the fun? The minute I play, I forget everything. There’s so much fun, too.”

These words probably sum up King-fan’s outlook on life and explain why others would easily pigeonhole him the ‘tongue-in-cheek’ and ‘street-smart’ boy who doesn’t think too hard about life. Yet, this happy-go-lucky attitude somehow serves kids well in hardship. For King-fan, it was exactly this ‘just-have-fun’ attitude that helped him through the various stages from



景勳八歲時無故的發了好幾天高燒。經一輪診斷後，醫生直接地告訴景勳，他患的是較罕見的急性骨髓細胞性白血病。半臥在病床上的他即時的回應是：「哦，有病咪醫囉！」。說罷便撇下憂心忡忡的父母親，急不及待的跨到鄰床，與小病友繼續他們已玩了一半的大富翁遊戲。

「冇嘍，我有想過會死㗎！」

「就算真的醫不好，擔心也沒用，到時再算吧！」

「與其坐着怨天怨地，不如去玩！一玩我便什麼都唔記得，又開心。」

在旁人眼中，景勳這樣的性格也許被視為「冇皮」、「爛玩」或「唔識死」。但這種天塌下來當被釘的心態，卻正是小朋友用以對抗惡疾和艱辛療程的力量來源。就這樣，景勳由病發玩到復發，由復發玩到換骨髓。康復後的他仍堅持這種「最緊要好玩」的處世哲學，癌病的經歷在他身心似乎沒有留下半點痕跡。

幾年前，一個突而奇來的遭遇戲劇化地改變了景勳對生命的看法。事發時，景勳正在上海參與由學校舉辦的交流活動。正當他們一行數十人踏出酒店大門時，對面一個建築地盤忽然傳來一聲巨響，一名正在地面工作的工人隨即被掉下的石屎壓着，奄奄一息。當所有目擊的師生正被此血腥且震撼的一幕嚇得不知所措，景勳即本能地撲上前，把接近地盤的同學們全拉回來，並大聲催促各人返回酒店暫避。

diagnosis to relapse and from relapse to bone marrow transplant, keeping him physically and emotionally unscathed.

Paradoxically, the real change in his attitude towards life did not take place dramatically until the occurrence of an incident several years ago.

It happened one day during a school exchange trip to Shanghai. He and a bunch of schoolmates had just stepped out of their hotel when they were startled by a loud crashing noise from the construction site across the street. A massive cement structure collapsed right in front of their eyes and a worker was crushed at the bottom. That very sight turned every teacher and student dumb and numb, except King-fan, who swiftly pulled everyone back as he yelled "Back-off, everyone!" and "Everyone back in the hotel now!"

He observed, "I never pictured life to be so fragile and transient as if it would vanish in the blink of the eye.

"That night, I tossed and turned all night long, pondering on things that I've never given a thought to before, about the question of life."

For King-fan, who had a close brush with death when stricken with cancer without registering the close call, it seemed to be absurd and ironic even in his own view that his rude awakening would come when he witnessed a stranger on the verge of death.

No matter what, this mishap had doubtlessly brought about many unexpected changes in him.

At school, King-fan was commended for his calm response and quick-witted action during that incident. He was even invited to counsel his fellow students who witnessed the tragic industrial accident. Having some good feedback and support, King-fan went a step further by sharing his experiences as a cancer survivor with his teachers and students at school.



「我真的沒想過生命可以咁脆弱，脆弱得眨眼間便失去。」

「我當晚都瞓唔着，思考了很多以前從未想過，有關生命的問題。」

一個曾在生死邊緣徘徊的康復者，對生命的反思，竟然由一名陌生人的不幸遭遇所啟發，景勳也感到有點諷刺。

但不管怎樣，這趟經歷確實為景勳帶來很多意想不到的轉變。

在學校，景勳在事故中所表現的冷靜和機智深受師生的讚賞，校方更特別邀請他協助為當日目睹慘劇的同學進行輔導。由於反應甚佳，景勳便多番獲邀以個人的抗癌經歷向全校師生分享自己對生命的看法。

從此，這位玩世不恭的「百厭仔」竟然搖身一變成為同學心目中，充滿歷練和智慧的傳奇人物。人紅了，形象改善了、就連自信心也大大增強。

在家中，景勳比以往更懂得珍惜和家人的相處。與哥哥景聰更是有影皆雙。

課餘，他經常參與醫院的義工服務，與媽媽一起探訪病房內的癌病小朋友和他們的家人，以過來人身份為他們打氣。

談到未來，景勳覺得自己並非讀書的材料。他希望能進修一些與寵物有關的課程，志願是當一名專業的寵物護理員。

「點解想入這行？好玩囉！成日對住啲貓狗狗真係不知幾好玩呀！」

Since then, King-fan had a complete change of image from the cavalier naughty boy to a legendary experienced and wise person in the eyes of his schoolmates. Now that he was a well-known role model, he also got a boost in his self-confidence.

At home, King-fan had learned to cherish his family more, especially his elder brother Patrick. He also found time after school to do volunteer work, such as visiting paediatric cancer wards and the patients' families with his mother, just to cheer them up as a survivor.

Talking about the future, King-fan admitted that he isn't the scholarly type. He intends to take courses on pets for animal caretakers.

"Why do I want to do that? Just for the fun of it all - to be close to kittens and puppies all day. Wouldn't that be lots of fun?"



## 活着就是精彩

### 黃景勳

景勳正修讀職業訓練局電腦高級文憑課程，今年年底畢業，那將是跨進社會大學的入場券。

近期，他正忙於預備期末考試。由於本身英文基礎較弱，今年暑假也許要上補習班，否則升讀四年級將很吃力。如果要上英語補習班很可能影響他原本的計劃：希望趁暑假好好汲取工作經驗，順道也掙一些錢，因為讀職訓局的學費，一年需要三萬多元。在此，讓我們為他加油吧。

## And life goes on...

### King-fan

King-fan, currently a student of a Higher Diploma in Computer Studies course at "the Vocational Training Council, will be graduating at the end of this year. This will give him a ticket to the job market.

Lately he has been busy studying for his final exam. As he is not strong in English language, he may have to take a remedial English class in summer. Otherwise he will have a hard time in year four. But the remedial class will probably clash with his job plan to gain work experience and earn some money to supplement his school fees, which exceed HK\$30,000 a year. Let us all show him support!

# Blessing in disguise

Yim-lan was only seven years old when brain cancer was first diagnosed. The complications of the tumour are still getting in the way of her normal life. Her ability to learn suffers severely. Although Yim-lan faces a bumpy road ahead, she remains optimistic and is full of drive.

Her memory impairment poses a big obstacle for her school life. Yim-lan explained, "What others can pick up in an instant, I'll take several hours. Whatever I finally manage to grasp will be largely lost when I am under stress. So during examinations, I could only remember bits and pieces of the lessons I crammed in. By and large, I lost interest in my studies."

After completing Form Three, Yim-lan attended the Youth Pre-employment Training Programme (YPTP). Although she did not make the grade in regular school, she persevered, hoping she could learn a trade.

Yim-lan studied interpersonal and communication skills in the programme, and part of the training included voluntary services at old people's homes. It was an enlightening experience. The initial difficulties in getting along with the elderly were overcome. The pre-conceptions that old people were stubborn and hard to communicate with were nothing more than a figment of imagination. "I find them just cute. We have such good times playing games," Yim-lan said.

While learning about interpersonal skills, Yim-lan came to realize her own foibles. So she tried to improve herself. She said, "I'm sort of self-centred and sometimes find it hard to follow others' way of doing things. My stubbornness could easily result in clashes."

Apart from polishing her interpersonal skills, Yim-lan was planning to take computer and language courses to add a competitive edge to her future job hunt.

In her fight with cancer, Yim-lan had not been alone. Her mother was by her side all the time along the path to recovery. Mrs. Lee was always forever grateful when she recalled the marked differences before and after Yim-lan's brain surgery. She vividly recounted the helplessness that was once so overwhelming. "When she first underwent the surgery, Yim-lan's ability to take care of herself was greatly reduced. She could not walk or speak, as if she'd gone back to the infant stage. I felt so bad that I didn't know how to take it."

As they tried to weather their trials and tribulations, support from the family played a huge role. Her eyes brimming with tears, Mrs. Lee recalled, "I was so moved when my family came to see how I was doing. Even the elder members came and asked after me. Comfort also came from the social



## 焉知非福

艷蘭七歲時患上腦癌，一直受腦瘤的後遺症影響，其中以學習能力的損傷最顯著。雖然成長的路途較別人崎嶇，仍無損艷蘭樂觀的性格和努力進取的精神。

腦部的損傷影響艷蘭的記憶力，對她在課堂上的學習造成障礙。「別人很快學會的東西，我要花上數小時才能唸到。但在緊張的時候又會忘卻了很多，可能到考試時，只能記起少許。」艷蘭說。「漸漸地，我對讀書失去興趣。」

艷蘭完成中三課程之後轉讀展翅計劃。雖然在傳統的課堂學習上發展未如理想，艷蘭仍然努力上進，希望修讀實用課程，將來有一技之長覓工作。

在課程中，艷蘭學習人際關係和溝通技巧，還有機會到老人院當義工，她有新的體會。她起初覺得與老人家相處是十分吃力的事。但在過程中，她竟然發現他們並不如自己想像中的頑固和

難於溝通。「我發現老人家也很可愛，我和他們玩遊戲，大家十分投契。」艷蘭說。

在學習與人相處的同時，艷蘭亦有機會看出自己性格上的弱點，從而加以改善。她說：「我比較自我中心，有時不喜歡跟別人的方法去做事。在選用自己的一套時，便容易惹起爭執。」

除了用心去改善人際關係和溝通技巧，艷蘭更考慮報讀電腦和語文等課程，以加強競爭力，希望將來能找到適合自己的工作。

從病發到康復，一直和艷蘭並肩作戰的就是她的母親。每當李太回想起艷蘭剛完成腦部手術的情況和現在康復後的對比，她心裏常存感恩之心。「在剛完成手術時，艷蘭的自理能力倒退，不能行動和說話，就像回復嬰孩時期一樣。當時我實在很難過，不知如何是好。」李太回想起那段徬徨無助的經歷，不禁傷感起來。

在這段艱辛的日子裏，最能幫助李太和艷蘭的，就是家人的支持。「當時家人前來探望我，我覺得十分感動，沒想到家中的長輩也前來慰問。」

李太回想起，仍是熱淚盈眶。艷蘭和母親在家人的支持和社工、院牧的鼓勵下，最終也渡過難關。大約在五個月後，艷蘭完成了電療，情況亦好轉過來，大部份功能亦回復正常。

病魔令艷蘭母女倆堅強起來。艷蘭的母親自覺在靈性生活上成長了不少，癌病的經歷令她更依賴神的助。現在她很積極參與教會和義工的工作，時常去探訪其他病人。

至於艷蘭，雖然在學業成績上未如理想，她卻學會了自我肯定，認同自己的價值。「如果有人在街上以歧視的眼光看着我，我不會理會的。」艷蘭說。

她明白日後每一步也要昂首闊步地走，雖然未知目標在哪裏，但仍要快快樂樂地過每一天。



workers and the hospital chaplain.”  
In about five months’ time, Yim-lan completed the radiotherapy treatment. Her health improved and she recovered well.

The fight with cancer made them much stronger. Mrs. Lee saw in herself substantial spiritual growth. The experience had taught her to seek help from God. She now spends more time in church work and volunteering. She also finds time to visit other patients.

Although Yim-lan did not do well at school, she had learned to believe in herself and keep her sense of value. “If someone stares at me, giving me that discriminating look, I don’t care.”

She understands that she has to stand tall, take bold strides and live every day to the full as she searches for the ultimate goal.

## 活着就是精彩

### 李艷蘭

接受了展翅計劃訓練後，艷蘭做了一些與銷售有關的短工。她一直努力找尋較為穩定的長期工作，終於獲得一家連鎖集團快餐店聘用。艷蘭喜歡與人交往，多樣化的職務比較適合她的性格。她從來不怕辛苦，只望能夠累積多些工作經驗，日後在零售業的推銷工作有所發展。

工餘以外，艷蘭不忘幫助別人；近年都參與兒童癌病基金的義工服務，例如籌備活動等，讓她領會到施比受更有福的道理。

## And life goes on...

### Yim-lan

Having completed her training under the Youth Pre-employment Training Programme, Yim-lan worked as a temporary salesperson. Her efforts in seeking full-time work finally paid off, and she found employment with a fast food chain. As an outgoing person, she found the diversified nature of her new job suited her personality more. Not being one of those workers to shun hard work, she hopes to gain more experience on the job, so that she can find a sales-related job in the retail business down the road.

In her free time, Yim-lan would take the initiative to help others. In recent years, she has been volunteering for the Children’s Cancer Foundation in organizing events. Through taking part in these activities, she has come to learn the true meaning of the saying “it is better to give than to receive”.



# 天生快樂人

Happy by nature  
A sunshine girl

麗嫦是典形的家庭主婦，經常帶同兒子出席大大小小的兒童癌病康復者活動。在活動中，其他家長問她：「你的孩子看來很精神，你有沒有什麼祕訣？」麗嫦的答案卻是出人意料。她回答：「我的小孩沒有病，我才是癌病康復者。」

麗嫦在一九七九年証實患上肺癌，當時她只有十二歲。她可算是香港第一代的兒童癌病康復者。

當年的醫藥沒有今天那麼先進，而且病房內的配套設施也不完善。「當年沒有遊戲室，也沒有醫院遊戲師，在病房唯一的娛樂便是在圖書車上借圖書看。」麗嫦回憶說。

當時，大多數人不認識兒童癌病。「別人看到我的禿頭樣子，還以為我是男孩子。於是我外出時甚少去洗手間，以免別人誤會我。」麗嫦笑着說：「以前的假髮看來不自然，戴了總是怪模怪樣。於是，我便決心不戴假髮回校。老師看到了，還以為我長了頭蚤，要把頭髮剃光，弄出一個大笑話。」

麗嫦的性格樂觀積極，即使下藥的過程十分辛苦，頭髮也掉光了，她的心情也沒有低沉下來。「我想當時年紀少，十分無知。在醫院期間一直也不知道自己患上癌病，只知道有病需要留院。偶然看到隔鄰的小朋友不見了，只會想他可能轉了院，當然現在便明白他們可

Lai-sheung is a typical housewife. A frequent participant of child cancer survivors' activities, she often elicited a question from other parents who were curious about her healthy-looking son that she brought along. "Your boy looks great. You have any tips?" Her answer surprised many. "My child is in good health. The cancer survivor is me." Lai-sheung was only 12 years old in 1979 when she was diagnosed with lung cancer. She was among the first generation of child cancer survivors.

In those days, medicine was far less advanced. The facilities in cancer wards were less sophisticated. Lai-sheung recalled, "There were no playrooms, nor hospital play specialists. The only pastime we had was readings books that we picked up from the mobile library."

Pediatric cancer was then a little known disease to most. "Many would think I was a boy judging from my bald head. So, I tried not to use public toilets lest people thought I'd made a mistake." She tried to stifle a laugh as she said, "The wig we had looked very unnatural and you always looked awkward in it. So, I decided to go bald when I returned to school. The teachers thought I must have shaved my hair because of lice. That was so funny."

Lai-sheung is blessed with a cheerful disposition. Although the treatment process was so onerous that all her hair fell out, she never felt downhearted. "Probably I was too young to know what was happening. I didn't know it



能已離開人世。」

天真無知或許是一種福氣。麗嫦就是糊裡糊塗地熬過了幾年醫病的歲月。病癒後，她沒有擔憂復發。「癌病對我的唯一影響，就是在學業方面，我覺得病癒後讀書比從前吃力。但畢業後，癌病並沒有影響我的工作。我做成衣採購員，工作時間頗長，壓力也沉重。」麗嫦說。

麗嫦時常被醫生選為成功例子的榜樣。她的成功不止於身體上打敗了癌病，在心理上贏了漂亮的一仗。

「我在談戀愛和結婚時也沒有被過往的經歷困擾，我對我丈夫說我曾患癌。他的回應是『你真捧呀！』我想無論開心不開心，也要面對現實，為何不樂觀些去面對呢？」

麗嫦深信現在的醫學一定比當年進步，只要把一切交託給醫護人員，自己便能以輕鬆愉快的心情度過每一天。



was cancer, believing some other ailments were keeping me in the hospital. Whenever a little one disappeared from the neighbouring bed, I would think he must have been transferred to another hospital. Of course, now I've come to understand that he might have left us forever.”

Perhaps ignorance is a real blessing. Lai-sheung didn't realize what she was going through during the several years of cancer treatment. Neither did she worry about a relapse. “The only impact cancer had on me was on the learning side. I had to make extra efforts in my studies after my remission. But as I started to work after graduation, cancer did not in any way affect me. I am a garment purchaser - the work hours are long and there is considerable pressure.”

Lai-sheung is often quoted as a model cancer survivor by doctors. She boasts both of physical and psychological triumph.

“What I've experienced didn't hinder my love life or marriage. When I told my husband about the cancer, he said I was great. In my mind, whether you're happy or not, you've got to face the reality. The wiser way seems to be to take an optimistic view.” Lai-sheung believes that medicine must have made enormous progress over the years. Therefore, she places her trust in the medical profession so that she can be her cheerful self each and every day.

## 活着就是精彩

## And life goes on...

### 譚麗嫦

麗嫦的兒子剛升上中學，她為了撥出更多親子時間把工作辭掉，全情投入協助兒子適應中學新生活，待他學習上了軌道以後，才再考慮擔任兼職的文職工作。

為人開朗樂觀的麗嫦對自己因病而停學一年感到可惜，但她把這個遺憾化作積極的動力，好好掌握自我增值的學習機會，例如之前參加英語及電腦課程等；不過，現在從旁輔導兒子的功課和活動，對麗嫦來說也算得上是個全新課程。

### Lai-sheung

Just as Lai-sheung's son began his secondary studies, she quit her job to devote more time to help him adjust to his new school life. She will wait till her son is settled down in his new school before looking for part-time clerical work. Lai-sheung often regrets having to stop going to school for a year because of her own illness. Optimistic as she is, she has taken the opportunity to learn new things for self-improvement. For example, she completed an English course and a computer course. But, to Lai-sheung, helping her son cope with his schoolwork and activities is a whole new learning experience.



Dare to be  
eXtraordinary

何謂「康復者」？不同的人、不同的專業，也許有不同的定義。

我們姑且看看以下這個版本：

「患病不過是成長中一段較獨特的經歷。病好了，它便成為自己回憶的一小部份，別人不問，我無必要說，別人問起，我也不會迴避。在學校，我有一班好朋友，課餘常打機。兒童癌病基金則是陪同我成長的大家庭，當中，也交了一些老友。以前大家一起參加活動，現在則一同做義工。做朋友最緊要『夾』、健康或有病並無分別……」

說出這番話的，是就讀於專業進修學院機械系的鄧日成。

人群中的日成很容易成為眾人目光的焦點，這跟他鶴立雞群的六尺身材不無關係。但他寡言、慎言的性格卻很快就讓自己在人群中湮沒，誰也不會感到他的存在。

What is a survivor? Different people and different professions have a different definition for it.

Let us just ponder this view:

He said, "Getting ill is but a relatively special experience in the process of growth. Once you are recovered, it then becomes a fragment of your memory. If people don't ask, there is no need for me to talk about it.

"If someone raises the subject, I would not avoid it. At school, I have a group of good friends and we often play computer games after school. The Children's Cancer Foundation is the big family that saw me through my formative years. In there, I got to make some good friends. We used to take part in activities and now we do volunteer work together. Friends must be compatible. Whether you are healthy or sick, it makes no difference..."

That was how Tang Yat-shing, an engineering student at a vocational school, thinks about cancer survivors.



日成的病是母親在替他洗澡時無意中發現的。一小片在頸部出現的硬塊，不痛不癢，卻教母親憂心不已。沒多久，醫生便對她說，日成頸上長出的不是熱氣引致的「喉火核」，而是會致命的淋巴瘤。

當時才四歲的日成，背着水壺剛上幼稚園。對於四個多月的住院生涯，只剩下零碎的模糊回憶。

病癒後，日成一家積極參與兒童癌病基金的各項活動。加入兒童癌病基金這個大家庭，日成最大的「收穫」除了結識一班好友外，還包括：「我因此才知道自己患的是癌病。」

有人說，成功男士的背後，必定有位出色的女士。那麼，「生性」、盡責的小男生背後便是一位賢能的母親了。

面對孩子罹患惡疾，母親當然強忍悲痛，每日貼身照料，不眠不休。但同時，她和丈夫卻憂慮過度的呵護，將有損孩子心智健康地發展。故在整個治療及康復過程中，母親盡量把日成視作正常孩子看待，尤其在品格培養的標準上，更要求和弟妹一致，以避免他出現恃「病」生嬌的心態。因此，母親便刻意淡化，甚至隱瞞日成的病情。這種愛在心裡口難開的苦況就只有當事人才能體會。

可幸，父母的一片苦心漸漸在日成，甚至弟妹身上顯出成果。我們看看日成以下的獨白：

「回想患病及康復的日子，我沒有什麼特別不快或愉快的記憶，一切都很平淡、正常。其實，當我接受了兒童癌病基金的服務後，弟妹的反應比我更開心、積極，因為他們自此多了不少外出玩樂的機會。」

「弟妹很少呷醋，因為他們做錯了要受罰，我自己做錯了，媽媽一樣照打，甚至更重手，誰叫自己是大哥且做壞榜樣。」

回首過去，日成的評價始終是「平淡」兩個字。那未來又如何呢？

「沒有多想，一切順其自然吧。有機會我當然想繼續學業，自己在這方面的能力都不錯，要是投身工作，我亦不愁出路。然後.....

Yat-shing stands out easily in a crowd, probably due to his six-foot frame. Otherwise, his reticence and discretion readily rendered him into a nonentity in a crowd. Very soon, no one would feel his presence in a group.

It was his mother who found out something was amiss with her four-year old son Yat-shing. She spotted a lump in his neck by chance while she was bathing him. It was not painful and itchy. She was worried. Soon afterwards, the doctor told her directly that the lump in Yat-shing's neck was not caused by the so-called 'fire element' in the body. It was lymphoma and could be fatal.

Thinking back, Yat-shing had only a vague and fragmented memory of those four-odd months of hospitalization, before which he had just started his water-bottle slugging, Kindergarten days.

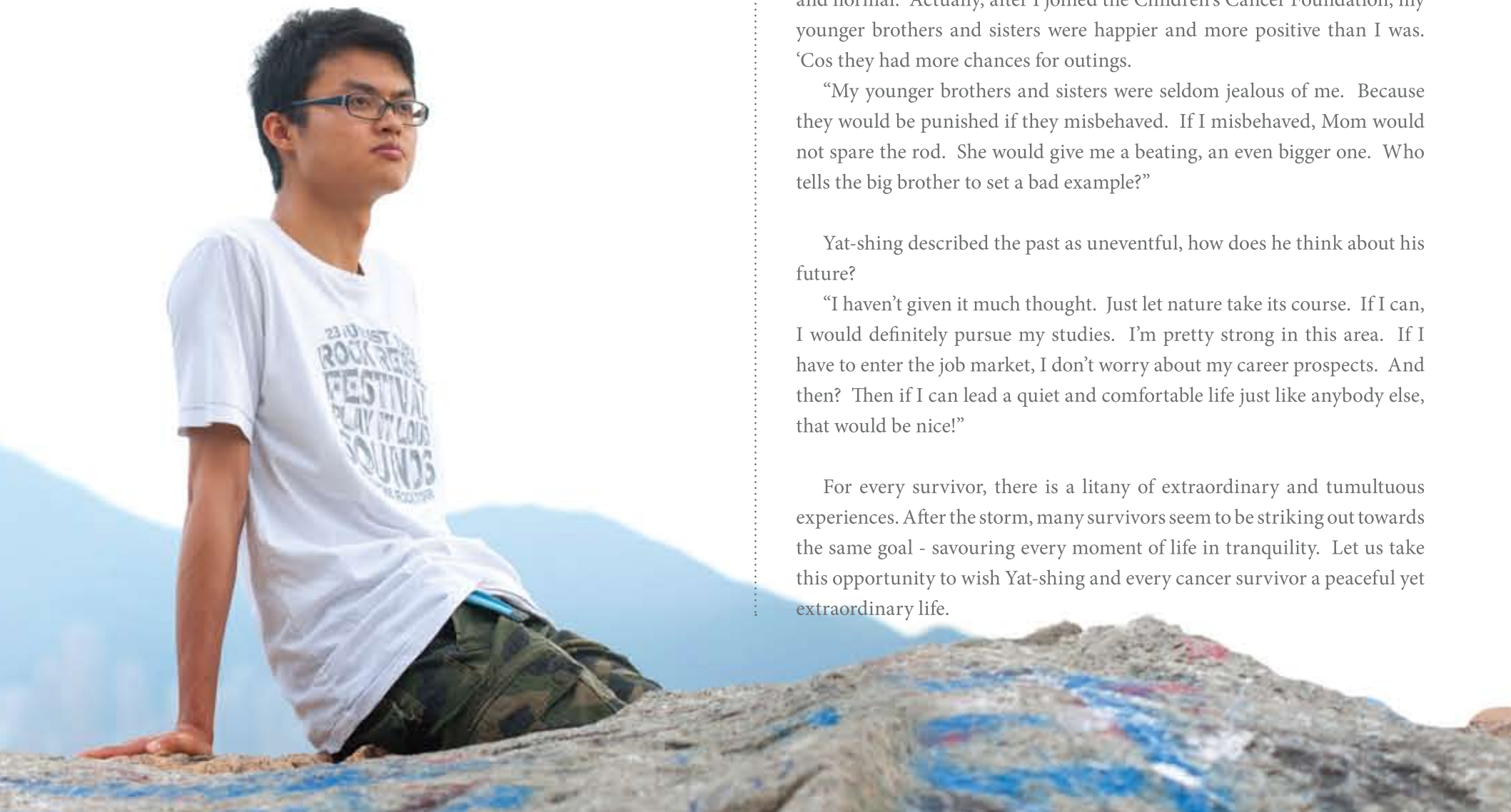
After his remission, Yat-shing and his whole family took an active part in various Children's Cancer Foundation functions. His greatest reward in having joined this big family was having made some good friends and "finding out only then that I had cancer".

They say that for every successful man, there is a wonderful woman behind. For this dutiful and sensible young man, the great woman behind him happened to be his mother. She faced her son's illness with great courage, trying hard to suppress her mental pain and attending to his daily needs closely. In caring for her son, she spared little time for sleep and rest. At the same time, she and her husband worried that paying too much attention and pampering the sick child might hamper his mental development.

So Yat-shing's mother tried to treat him like a normal child during his treatment and convalescence, taking pains to set the same standards of character building for all children. She had the same expectation of the sick child as she would of his siblings. She tried to dismiss the disease and even hid the disease from him. Only she and her husband could tell how hard it

然後能如正常人般平靜、自在的生活也很好呀！」

每個康復者的背後都有一段非比尋常，大起大落的經歷。但風雨過後，能平靜地享受生命的每一刻，似乎是不少康復者努力追求的方向。在此祝願日成和每位陽光小子，能擁有一個平靜但不平凡的人生。



was to suppress the urge to verbalize their love for the child.

Yat-shing and his siblings learned to appreciate their parents' love gradually. Here is his view about his relationship with his siblings. "Looking back, I didn't have any particularly unhappy or pleasant memories about the days when I was ill or under convalescence. Everything was so tame and normal. Actually, after I joined the Children's Cancer Foundation, my younger brothers and sisters were happier and more positive than I was. 'Cos they had more chances for outings.

"My younger brothers and sisters were seldom jealous of me. Because they would be punished if they misbehaved. If I misbehaved, Mom would not spare the rod. She would give me a beating, an even bigger one. Who tells the big brother to set a bad example?"

Yat-shing described the past as uneventful, how does he think about his future?

"I haven't given it much thought. Just let nature take its course. If I can, I would definitely pursue my studies. I'm pretty strong in this area. If I have to enter the job market, I don't worry about my career prospects. And then? Then if I can lead a quiet and comfortable life just like anybody else, that would be nice!"

For every survivor, there is a litany of extraordinary and tumultuous experiences. After the storm, many survivors seem to be striking out towards the same goal - savouring every moment of life in tranquility. Let us take this opportunity to wish Yat-shing and every cancer survivor a peaceful yet extraordinary life.

## 活着就是精彩

### 鄧日成

日成由於成績理想，畢業後即受聘於一間具規範的飛翔船公司。不久，更接獲理工大學一項學士課程的取錄通知。但日成最終選擇了薪酬與前景都甚為理想的，飛翔船輪機見習生的工作，以便吸收更多課本以外的實務知識。現時，日成正理首有關的專業考試，一旦通過，可望在兩三年內，獲大幅度的進升，正式成為一名專業的輪機長。

## And life goes on...

### Yat-shing

After his completion of a higher diploma in Mechanical Engineering with good results, Yat-shing got a job at an established hovercraft company. Shortly afterwards, he got a notice of admission from the Polytechnic University for a bachelor's degree course. Eventually he decided to take the internship at the hovercraft company because of the good remuneration and career prospects. He wants to acquire hands-on knowledge in addition to studying. He is now working hard for his professional examination. Once he passes the examination, he stands a chance for a big promotion within two to three years, landing a qualified chief engineer's job.







平凡？不平凡！刊載三十一個動人心弦的真實故事，主角是曾經與兒童癌症搏鬥、現在已完全康復的少男少女的親身體驗，他們之中有些正在青春期，有些已經成年並且成家立室，兒女繞膝。

麗嫦（肺癌）

「別人看到我的禿頭樣子，還以為我是男孩子。於是我外出時甚少去洗手間，以免別人誤會我。」

這些不平凡的經歷，感人肺腑，見證了面對最棘手的挑戰時無私的愛、希望得勝的信念、以及人性本能求生的意志。

日成（淋巴瘤）

「弟妹很少呷醋，因為他們做錯了要受罰，我自己做錯了，媽媽一樣照打，甚至更重手。」

自一九八九年成立以來，兒童癌病基金為數以千計患癌兒童和他們的家人提供援助，勇抗從此改變他們一生的病症。

平凡？不平凡！讓市民大眾明瞭康復者的心路歷程，面對困境，時而情緒深沉，時而樂觀，讀來仿如親歷其境，令人油然而敬。

景勳（急性骨髓細胞性白血病）

「冇嘍，我有想過會死㗎！就算真的醫不好，擔心也沒用。」

善長們不斷支持本基金協助有需要的患者，謹藉此書致以深切謝忱。

**Ordinary Kids, Extraordinary Lives** traces the very real experiences of 31 ordinary children - some still in their teens, others already grown up and married with children of their own - who have fought and overcome an encounter with childhood cancer.

*"Many would think I was a boy judging from my bald head. So, I tried not to use public toilets lest people thought I'd made a mistake."*

Lai-sheung – childhood lung cancer survivor

Here they tell the uplifting stories of their extraordinary lives; 31 stories that bear witness to the power of love, the triumph of hope, and the strength of the human survival instinct in this toughest of all battles.

*"My younger brothers and sisters were seldom jealous of me. Because they would be punished if they misbehaved. If I misbehaved, Mom would not spare the rod. She would give me a beating, an even bigger one."*

Yat-shing – childhood Lymphoma survivor

Since 1989, the Children's Cancer Foundation in Hong Kong has helped thousands of children and families in their fight against childhood cancer, a journey that has changed their lives... forever.

**Ordinary Kids, Extraordinary Lives** will help you understand the ups and downs of this journey and, through their often inspiring stories, you will become involved in every step they have taken.

*"Ever thought of dying? Me? Heck, no! Even if there's no cure, there's no point worrying."*

King-fan – childhood Acute Myeloid Leukemia (AML) survivor

Thank you for helping the Children's Cancer Foundation bring hope to those who need it most.

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兒童癌病基金  
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關愛同行二十年