

Iced Lemon Tea ~ Mandy ~

I never asked for much from life... neither wealth nor fame... My only ambition was to take good care of my husband and child, enjoying quality time with them.



Five years ago, I was blessed with a loving family, a responsible husband and an adorable son. We even considered expanding our little family by having another child. Then one day - without any warning - this beautiful life was torn to shreds.

The unexpected death of my husband left me drawn and devastated. I made my way through the funeral routine like a robot. Now, in our once happy home, the only sound left was my son's innocent laughter. I tried to pull myself together - to make a conscious effort to look after him, but facing life's harsh changes felt like being dragged down a bottomless well.

As I walked my son to school one morning, he pulled me to the side of a footbridge. His serious little face looked up to mine, "Mom, let's jump. When we die, we can meet Dad!" I was shocked speechless and couldn't stop the cold shudders running through me. It tore me apart to realise my little boy was hurting so deeply inside, yet I was powerless to heal his broken heart. With every step we took, my heart sank deeper and deeper.

My son and I hastily moved into a public housing flat in Tuen Mun. Although we finally settled down, a painful void remained that nothing could fill. Until one day, when a social worker from the Hong Kong Family Welfare Society came into my life.

I joined the single parent mutual aid group at the Family Resource Centre, where I met many other people in similar situations. At last, I knew I was no longer alone on my path of grief. With the social workers' help, we shared, we learned and we felt for each other. Some of my group mates were in their late fifties with grown up children, while others had kids still in kindergarten, like me. Although we came from different backgrounds, we learned to let go of our anguish together - to focus on building a brighter future.

At the Hong Kong Family Welfare Society, I saw my first ray of hope.

Time flies. My son is now a Primary Four student and is growing up faster than I anticipated. More than anything else, I am relieved by his independence.

One day, while I was catching up with my friend Jane, my son ordered an iced lemon tea. After taking a few happy sips, my son asked Jane why iced lemon tea tasted so unique. "Lemon tastes sour, tea is bitter, ice is cold and syrup is sweet," said Jane. "You need to blend all these ingredients together to make a really interesting drink."

Everyone has the ingredients to make their own unique iced lemon tea. With each passing day, we learn to mix these elements together to produce the most wonderful concoction of all: Life.



Hong Kong and Kowloon Walk for Millions

Participating in a charity walk is a fantastic way to help those in need, while spending an enjoyable and active day outdoors! The Chest's first large-scale fund-raising event this year, "Hong Kong and Kowloon Walk for Millions" was held on 10 January 2010 - attracting 15,000 participants, including members of over 160 walking teams and individuals - to raise funds for "Services for the Elderly" supported by the Chest.



The Honourable Donald Tsang Yam-kuen, GBM, Chief Executive of the HKSAR, and Mrs Selina Tsang officiated at the Starting Ceremony of the 10-km long charity walk. All funds raised through this event will be designated to provide residential, medical and recreational support; volunteer training; as well as other integrated services to help senior citizens integrate into the community and make positive use of their leisure time in retirement.



The Community Chest "Run-up Two ifc" Charity Race

Jointly organised by the Chest and Premier Plus (the management company of Two ifc) and fully supported by MTR Corporation, "Run-up Two ifc Charity Race 2010" was held on 24 January 2010. A record number of over 300 individual runners and participants from local organisations took up the challenge, raising over HK\$2.3 million for "Services for the Mentally & Multiple Handicapped" supported by the Chest.

Dr Raymond K F Ch'ien, Chairman of the MTR Corporation Ltd; Mr Thomas H K Ho, Chairman of "Run-up Two ifc Charity Race Organising Committee"; and Co-Chairmen Mr Benjamin Hung and Dato' Dr S J Wong officiated at the Starting Ceremony. Mr John Tsang, JP, Financial Secretary of HKSAR, also attended the Award Presentation Ceremony as the Guest of Honour.

After a close competition, Cathay Pacific Airways charged up 2,500 staircases in 14 min 4 sec to claim the Championship. Mr Pedro Ribeiro won the Men's Champion title for the second time at 14 min 27 sec; and Ms Cheung Lai Yin took the Women's Champion trophy in the Individual Race with a winning time of 19 min 16 sec.

This year, the Organisers introduced the new Industries Award in recognition of the tremendous contributions made by corporations. The Chest will allocate all funds raised from this well-received event to its 11 member social welfare agencies to provide a wide range of supportive and integrated services for the mentally and multiple handicapped.



The 2010 Community Chest Corporate Challenge

More than 1,400 runners from 39 corporations and organisations took part in the 2010 Community Chest Corporate Challenge on 17 January 2010, setting a new record for the event. In addition to their exemplary sportsmanship, all participants demonstrated their passionate commitment to the community by raising over HK\$5 million to benefit "Community Support Services for the Elderly" subvented by the Chest.

Starting and finishing at Sai Kung Pak Tam Chung Country Park, the race took runners on a majestically scenic route through the High Island Reservoir. Mr Thomas P K Kwok, SBS, JP, Chairman of the Event Organising Committee; and Co-Chairmen Mr Edward W Y Cheung and Mr Carmelo K S Lee officiated at the Starting Ceremony. Mr Kwok and Mr Cheung also joined the Half Marathon with their staff members to demonstrate their commitment to creating a better future for Hong Kong.

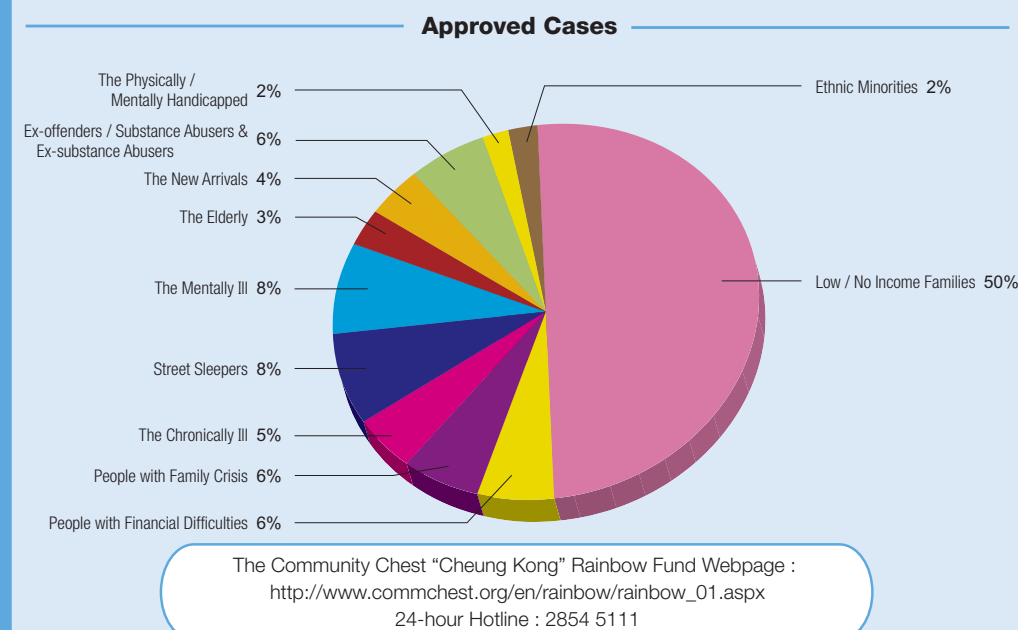


The Community Chest "Cheung Kong" Rainbow Fund

"The Community Chest Rainbow Fund" was established to meet the urgent needs of individuals or families in financial crisis where other resources may not be obtainable. With the support of the Chest's 76 assessment centres throughout the territories, the Fund has offered timely assistance to more than 22,800 beneficiaries since its inception in 2004.

Report from November 2009 to February 2010

Number of applications:	564
Number of approved cases:	541
Number of beneficiaries:	1,155
Total amount granted for this period:	HK\$1,893,907



Skip Lunch Day

The Community Chest Skip Lunch Day was held on 23 March 2010. This one-day fundraising initiative encouraged participants to donate what they would normally spend on lunch to help support the needy. As a token of appreciation, donors who contributed \$30 or more received a Skip Lunch Day Coupon generously sponsored by Hung Fook Tong Holdings Ltd. Over HK\$2 million was raised through this event to benefit "Services for Street Sleepers and Cage Residents" supported by The Chest.



The 2010 Community Chest BOCHK Charity Golf Day

Thanks to the ardent support of the Bank of China (Hong Kong) Limited, the Chest's Charity Golf Day was successfully held at the Hong Kong Golf Club on 12 March 2010. With the support of nearly 200 keen golfers from 49 teams, over HK\$1.7 million was raised to enhance "Services for the Mentally III and Ex-mentally III" subvented by the Chest.



At the Prize Presentation Ceremony, Mr Fred Lam, JP (right), Chairman of the Charity Golf Day Organising Committee and Mr Lee Tin Leung (left), Deputy General Manager (Corporate Banking and Financial Institutions) of Bank of China (Hong Kong) Limited presented prizes to a representative from Baker & McKenzie - which won the "Champion" and "Best Gross Award".

活動綜覽 Event Update

「萬眾同心公益金」電視籌款節目
"Community for the Chest" Television Show 29/5/2010

公益綠「識」日
The Community Chest Green Day 27 & 28/6/2010

恆常籌款活動

賀禮捐公益
商業及僱員募捐計劃

一般捐款
環保為公益
公益利是錢
午砲籌款為公益
樂捐公益謝嘉賓

Year Round Events

Celebrations for the Chest
Corporate and Employee Contribution Programme
General Donations
Greening for the Chest
Laisee for the Chest
Noonday Gun for the Chest
Souvenirs for the Chest