

Love, Light & Laughter

Light

黃巴士
Yellow Bus

52

贈閱FREE

Aug 2013



敢·想

Let's listen to what the children have to say



手機成癮

Mobile addiction



幼兒蛀牙

Tooth decay in young children

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編者的話

Letter from the editor

暑假臨近尾聲，不少家長正為孩子開學作出準備：新書新簿、新文具、新書包、新校服……上學期做得不足的地方，在假期補一補，希望在新學年駕取得輕鬆一點。小兒小女已經是中學生了，在學業上我能插手的實在不多，尚算樸實的年青人，要給他們買新書包新筆袋他們還要推辭。做媽媽能為他們準備的，恐怕就是在旁輕輕提點一下：在開學前調節好自己，養成好習慣，並於整個學年中持之以恆：早起、早睡——誰不知道功課吃重？網上又有千千萬萬種引誘，能夠訂好每天上床的時間然後堅持，代表孩子愈來愈有自制能力，對於時間管理亦更熟能生巧；不用別人提供「叫醒服務」，自己調校鬧鐘起床；每天吃營養早餐才上學；書包不過重——這不是易事！只有肯每天認真「執書包」及懂得管理個人物品的學生才能確保帶齊東西的同時又可保持書包重量適中；中學生是可以自由外出用膳的，年青人是否會濫用自由，還是更加珍惜為自己的健康多做一點點？「均衡飲食」與否，決策權在他們手中；升了高班，投放在各種活動的時間是否需要改變？跟孩子談談，看看有哪些活動是可以「忍痛割愛」的？除此之外，理財、擇友、社交、做家務、做義工……大了一年，要學的、要進步的、能處理得更好的東西有很多很多，孩子們，願你們以好學、謙虛和積極的態度去擁抱人生中的Love、Light及Laughter，開學愉快！

While parents are anxiously preparing their children for the new school year, busily buying new books, stationery, school bags and uniforms and enrolling them in enhancement courses for an easy start in September, I realize that there is so much that we, parents of teenagers, can do for our children in a more elaborated manner, for example, work with them on new resolutions – it is not just about “what” but also “how”. I am happy to hear that my children are determined to wake up to their own alarm clocks on time for the new school year, not requiring a back-up wake-up call from the adults in the house. To achieve this, they realize that they have to go to bed early, which means they need to better manage their time in order to finish their homework quickly and at the same time to be strong enough to fight the numerous temptations that their computers may offer. By waking up early, they also find it possible to enjoy a nutritious breakfast leisurely before leaving home for school. I remind them that maybe it is a good idea to review the weight of their school bags to see if anything unnecessary can be taken out – it takes one to be well-organized to do so.

As secondary school students who have the freedom of deciding where and what to eat for lunch, it has become my children's choice to decide for themselves whether they would like to keep a healthy lifestyle – are they going to spoil themselves with junk food or are they willing to keep a balanced diet? As they are now one grade more senior, is it necessary to make changes to their timetables? How about things such as money management, friends, social activities, housework and volunteer work? Getting promoted to a higher grade means more to learn and more to progress. Embrace your new challenges with determination, modesty and positivity. Embrace Love, Light and Laughter!

Contents

Lyric	2
Laughter	3
Light	4
Look	6
Love	8
Lotus	9
Live	10
Luxe	14
Listen	16
Link	21
Literature	26
Library	26
List	28
Lullaby	32

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跨性別資源中心

消除歧視 使隱蔽的一群重見光明

Transgender Resource Center fighting for transgender rights

當我們都自在地以與生俱來的性別生活時，社會上有一群有性別焦慮的人，他們因自身的內在性別認同和外在的生理性別不同而產生焦慮甚至抑鬱，更常因做變性手術或以另一個性別生活而受家人和朋輩的排擠，在職場上受歧視。跨性別資源中心為跨性別社群提供支援和爭取權益，並教育社會大眾認識和接納跨性別人士。



While we are living comfortably with our biological sex, we are not always aware of the fact that there are transgender people who are suffering from gender incongruence. As their gender identities are different from their biological sex, they not only suffer from anxieties and depression, but are also unwelcomed and discriminated by their families and peers in daily life and workplace because they have changed their sex or are trying to live their lives in the opposite sex. Transgender Resource Center supports transgender people, fights for their rights and educates the general public to accept them.

跨性別人士多年來都是社會上隱蔽的一群，自終審法院裁定變性人W小姐可與男友結婚後，我們才關注到他們在婚姻、平等受僱和日常生活上不受歧視的權利一直被社會忽視，甚至被剝削。不少人認為跨性別人士應接受輔導以接納本來性別，事實上這無法解決多年來身心不一致的痛苦，變性手術成為他們追求的解決方法。可是，公立醫院只有一名醫生懂得做全套變性手術，加上手術繁複，很多病人因經濟問題無法到外地進行手術，或因健康不佳而無法進行手術，繼續活在焦慮和旁人的誤解和歧視目光中。政府對跨性別人士的支援一向不足，亦沒有教育公眾以消除社會誤解。

跨性別資源中心成立於二零零八年，由已接受手術的「過來人」組成。中心恆常地邀請醫生、專家和跨性別人士舉辦研討會，並致力透過接受媒體訪問，走進大專院校和包括青少年中心及基督教機構在內的社區組織舉行分享會，提升公眾對跨性別人士的認識和接納。精神支援方面，中心有輔導和支援小組及每月聚會，使同路人不再孤單。

Transgender people have long been a hidden group in society. Their rights of marriage, equal employment and to not to be discriminated in their daily life have long been ignored and exploited. Many people think those who suffer from gender incongruence should receive counselling. In fact, this cannot help them to live out their inner gender identities. Gender reassignment surgery seems like a popular way out. Unfortunately, many transgender people cannot undergo the surgery either because their health is not good enough to undergo such a complicated operation, or because they do not have sufficient money to do it overseas as there is only one doctor in the public hospital service who knows how to do the full-set surgery. As a result, many transgender people continue to live a life of anxiety with misunderstanding and discrimination of others. The government has neither provided enough support to transgender people nor educated the general public on the issue.

Found in 2008, Transgender Resource Center aims at making transgender more welcomed in society by deepening the general public's understanding. The Center invites doctors, experts and transgender people to give talks, holds sharing sessions in universities and community organizations including youth groups and Christian groups, and appears in mass media. In order to provide mental support to transgender people, support groups and monthly gatherings are held with the hope that they will no longer be isolated.