

## 讲述我在加拿大做义工的故事

### The story of my volunteer in Canada

赠人玫瑰 手有余香

The roses in her hand, the flavor in mine.



2006年，我退休后为了和唯一的女儿团聚来到加拿大。

After retiring, I came to Canada to reunite with my only daughter in 2006,

2010年圣诞节，我们应邀去华咨处参加一个演出，结识了华咨处辅导员 Judy Du 小姐并建立了联系。6月份突然接到杜小姐电话，说他们电脑班的老师生病了，想找人代课，问我行不行，我说可以试试。没想到，这一“试”，就延续到了今天，整整十年。

On Christmas 2010, we were invited to attend a performance at the CICS (Centre for Immigrant & Community Services), and met and established contact with Ms. Judy Du she is the counselor of the China Advisory Office. Suddenly I received a call from Miss Du in June, saying that the teacher in their computer class was ill and wanted to find someone to substitute for the lesson. I replied that I can try. Unexpectedly, this "try" will continue to this day, for a full ten years.



2010年6月是我第一次在多伦多华咨处为华人上电脑课。学员多数都是长者，因为这个年龄段的人，电脑方面的知识比较欠缺，尽管其中相当一部分人学历和职称都相当高，但是他们读书的年代还没有电脑。电脑互联网流行起来时，他们又都快退休了。如今远离国内亲人，他们迫切需要运用网络和电脑来了解世界、与国内亲人沟通。

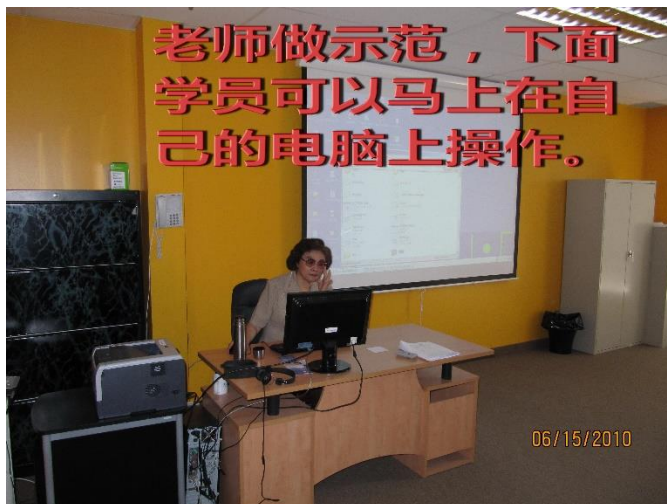
June 2010 was my first computer class for Chinese at CICS. Most of the trainees are elders, because people in this age group lack computer knowledge. Although a considerable number of them have relatively high academic qualifications

and professional titles, they did not have computers when they were studying. When the computer Internet became popular, they were all about to retire. Now that they are far away from their relatives in China, they urgently need to use the Internet and computers to understand the world and communicate with their relatives in China.



华咨处总部，设备很齐全，每人面前一部电脑，老师在大屏幕上演示，下面学员跟着操作，效果极佳。但是在其他的办事处就没有那么好条件了，靠的只能是笔记本电脑，人数也受到了限制，尽管这样，也抵挡不住老年朋友学习新知识的热情。

The headquarters of the CICS has complete equipment. Each person has a computer in front of them. The teacher demonstrates on the big screen, and the students below follow the operation. The effect is excellent. But in other offices, the conditions are not so good. They can only rely on laptops, and the number of people is also limited. Even so, it can't resist the enthusiasm of elderly friends to learn new knowledge.



我临来加拿大移民的时候，国内朋友劝我，以我好动的个性，去加拿大离开了这么多亲朋好友，日子会很难过的。现在，我在加拿大拥有了更多的朋友。他们刻苦学习的精神深深激励着我。很多老人从 Downtown 转几次公交车过来上课、风雨无阻。九十岁高龄的朱大夫，她每次都呼叫网约车来上课，她认真做笔记的样子，至今映在我的脑海里。前年初，因为年龄太大了，她决定回国养老，我们聚餐欢送她，留下了这张合影。她的电脑没有白学，我们现在仍然在微信上保持着联系，值得安慰的是，她在北京陆军总医院，享受着离休待遇，老年生活十分安逸有保障。她还时不时发来她的生活照片。对生活持乐观积极心态的人，永远幸福长寿。

When I came to Canada, my domestic friends persuaded me that with my active personality, life would be very sad after leaving so many relatives and friends in Canada. Now, I have more friends in Canada. Their hardworking spirit inspired me

deeply. Many elderly people took a bus from Downtown several times to come to class, rain or shine. Ninety-year-old Dr. Zhu, she calls online taxis every time to come to class. The way she takes notes seriously is still in my mind. At the beginning of last year, because she was too old, she decided to return to China for retirement. We had a dinner to send her off and left this group photo. Her computer is not white, and we still keep in touch on WeChat. What is worthy of consolation is that she enjoys retired treatment at the Beijing Army General Hospital and her elderly life is very comfortable and secure. She also sends photos of her life from time to time. People who are optimistic about life will always live a long and happy life.



每次新开班，都会遇到一些熟悉的面孔，朱大夫就不止一次地参加过几期学习，她说年纪大了记忆力差，还想再学学。实际上她就是想出来和我们再聚聚，要不是华咨处有规定，很多人一听说是我讲课，都想再来听听。面对这些渴望赶上社会科技发展末班车的同龄人，我只有更加努力，一种使命感和责任感敦促着我，不敢懈怠。

Every time a new class is opened, there will be some familiar faces. Doctor Zhu has participated in several sessions more than once. She said that she has a poor memory when she is older and wants to learn again. In fact, she just wanted to come out and get together with us again. If it weren't for the CICS rules, many people would like to come and listen again when they heard that it was me. Faced with these peers who are eager to catch up with the last train of social technological development, I can only work harder. A sense of mission and responsibility urges me not to slack off.



2014年，ipad 和智能手机开始普及开来，许多老人有强烈学习这方面知识的需求，Judy 小姐又和我商量，能不能将电脑课改成 ipad 课。生活又给我提出了新的课题、新的挑战，我欣然接受了。因为我知道，只要我想干，我一定能行的。我马上去买了一部 128G 的 iPad air 2（这在当时是非常高端的型号了），开始自己先学。待到正式开班时，我早已胸有成竹、信心满满。

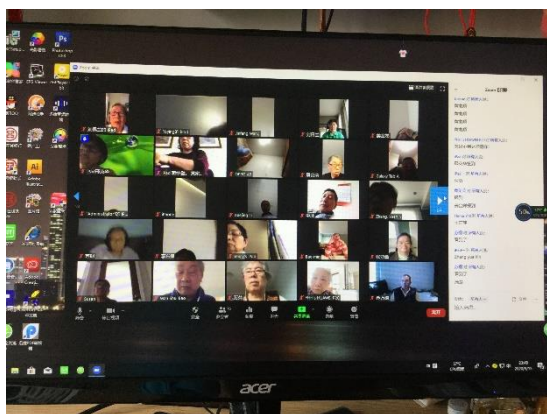
In 2014, ipads and smart phones began to become popular. Many elderly people have a strong need to learn this knowledge. CICS's Ms. Judy discussed with me whether we can change the computer class to ipad class. Life presented me with new topics and new challenges, which I readily accepted. Because I know that as long as I want to do it, I can do it. I immediately bought a 128G iPad air 2 (this was a very high-end model at the time), and started to learn it by myself. By the time the class officially started, I was already confident and confident.



因为是全新的内容，没有现成的教材、没有教学计划。我边教边总结、整理出一套教案。授课内容通俗易懂，重点教授对生活有直接帮助的各种应用技能。老人在异国他乡，最大的困惑是语言不通，打开手机上的翻译软件可以马上看懂马路上的警示牌、商店里的货品名称、打开听筒，一句也听不懂的英语，手机立即都翻译成中文了；路况不熟悉，如何在地图上就能查找乘车路线、把手机当 GPS 使用；等等。把智能手机和 ipad 的潜能一一展示介绍给大家，拍照、录像、录音、消费、网购、社交、娱乐、写作、编辑.....，让大家了解手中的“武器”（ipad 或手机）无所不能，调动大家学习的兴趣和积极性。这套方法很适用，受到了广泛好评和欢迎。Ipad 班办学条件不必太严格，只要有 wifi ，有一台投影仪就可以了，手机等 ipad 设备都由学员自备。所以 ipad 班有时在华咨处各个分部，有时在各个图书馆举办。除了雪季担心老年人路滑不安全，其他时间办班从没间断过。渐渐我讲 ipad 课出了名，不少社团也请我去做讲座，我所在的英语学习班，也热情地请我去讲 iPad 课。

Because it is brand-new content, there is no ready-made teaching materials, no teaching plan. I summarized and compiled a set of lesson plans while teaching. The teaching content is easy to understand, focusing on teaching various applied skills that directly help life. The biggest confusion for the elderly in a foreign country is the language barrier. When you open the translation software on your mobile phone, you can immediately understand the warning signs on the road, the names of the goods in the store, and open the receiver. If you don't understand a word of English, the mobile phone will immediately translate it into Chinese; I'm not familiar with the road conditions, how can I find the route on the map, use my mobile phone as a GPS, etc.? Introduce the potential of smartphones and ipads to everyone, taking pictures, videos, recordings, consumption, online shopping, social networking, entertainment, writing, editing... let everyone know that the "weapon" (ipad or mobile phone) in hand is omnipotent , Mobilize everyone's interest and enthusiasm in learning. This method is very applicable and has been widely praised and welcomed. The conditions for running an iPad class do not need to be too strict. As long as there is wifi and a projector, the students should prepare their own iPad devices such as mobile phones. So ipad classes are sometimes held in various branches of the China Advisory Office, and sometimes in various libraries. Apart from worrying about the unsafe roads for the elderly during the snow season, the school has never been interrupted in other times. Gradually, I became famous for the ipad class, and many clubs also invited me to give lectures. The English class I was in also enthusiastically invited me to give the iPad class.





疫情来临，“云课堂”成了热门话题，华咨处通知我，ipad班还要继续办，但要改在云端进行。我立即开始熟悉和学习 Zoom、Google Class、WebEx Meeting 等有关云课堂的知识和使用方法。华咨处使用的是 Zoom 软件。没想到第一期云课堂开班，竟然有九十多人报名参加。可见大家宅在家里，网上的交流与互动是多么重要。当然云课堂首先要讲的就是如何顺利地进入到云课堂里来上课。如何正确使用 Zoom。

With the outbreak of the epidemic, "cloud classroom" has become a hot topic. The China Advisory Office informed me that the ipad class will continue to be run, but it will be conducted in the cloud instead. I immediately began to be

familiar with and learn about the knowledge and usage of Cloud Classroom such as Zoom, Google Class, WebEx Meeting, etc. The China Advisory Office uses Zoom software. Unexpectedly, more than 90 people signed up for the first session of the Cloud Class. It can be seen how important online communication and interaction are when everyone stays at home. Of course, the first thing Cloud Class should talk about is how to successfully enter the Cloud Classroom. How to use Zoom correctly.

表面看我做义工付出了很多精力，社会也给了我很高的评价和荣誉，但实际上我所收获的远不止这些虚名和奖励，生活的充实和自信，一种回馈社会、敢于担当的责任感、成就感油然而生，这种内在的收益是无价的。

On the surface, it seems that I have put a lot of energy into volunteering, and the society has given me a high evaluation and honor, but in fact, I have gained far more than these false names and rewards. The fulfillment and self-confidence of life is a kind of giving back to the society and dare to take responsibility. A sense of responsibility and accomplishment arise spontaneously, this kind of inherent benefits is priceless

做了十年义工使我懂得了，人需要有动力、需要不断学习新知识。我们这一代人，含辛茹苦奉献了一辈子，不能轻易地就被时代所抛弃。我不敢说我与时俱进，跟上了时代步伐，但我努力了。我特别能理解我们这一代人的困惑。（面对 ipad 不会操作，问子女或是儿孙，他们哪有时间和耐心来教你，问多了，他们会很不耐烦地说：“不是告诉过你了吗？怎么这么简单还不会？”或者干脆说：“别费劲了，这么大年纪了学也没有用。”）每当我看到某某老人因不会使用智能手机而被困住时，心里就特别难过。他们的尴尬，我感同身受。所以我愿意做这样的义工，一直做下去。年龄不是障碍，只要身体能坚持，我都会继续做下去！当然还会有新课题，我也会继续学习下去，迎接新的挑战。2021 年的课程表，现在已经排到了七月份了，其中有华咨处的，也有其他社团来预约的，报名都十分踊跃。

After ten years of volunteer work, I understand that people need to be motivated and need to constantly learn new knowledge. Our generation has worked hard for a lifetime and cannot be easily abandoned by the times. I dare not say that I keep up with the times and keep up with the times, but I have worked hard. I can particularly understand the confusion of our generation. (Faced with the ipad can't operate, ask your children or grandchildren, how can they have the time and patience to

teach you? If you ask too much, they will be very impatient and say: "Didn't I tell you? Why is it so simple? ?" Or simply say: "Don't bother, it's useless to learn at such an old age.") Whenever I see an old man so and so trapped because he can't use a smartphone, I feel very sad. I feel the embarrassment of them. So I am willing to do this kind of volunteer work and keep doing it. Age is not an obstacle, as long as the body can persist, I will continue to do it! Of course there will be new topics, and I will continue to learn and meet new challenges. The schedule for 2021 is now up to July. Among them, there are Chinese Advisory Offices and other associations who come to make appointments. Registrations are very active.

最近在网上看了一篇文章，诺贝尔的一个重大发现：经常思考可以促进脑部新陈代谢，助人为乐、与人为善，心中会产生一种难以言喻的愉快感和自豪感，找到自我价值是身心健康的催化剂。影响寿命的决定因素中，排第一名的是“人际关系”，付出友善就会收获友善，从这个层面讲，愉快的心情和积极的心态更能赢得他人的欣然和友谊。**赠人玫瑰 手有余香**。祝大家健康快乐，长命百岁！

I recently read an article on the Internet. A major discovery of Nobel: Regular thinking can promote brain metabolism, help others, and be kind to others, and there will be an indescribable sense of happiness and pride in the heart. Finding self-worth is physical and mental health. Catalyst. Among the determinants of life expectancy, "interpersonal relationship" ranks first. Paying for kindness will lead to friendship. From this level, a happy mood and a positive attitude can win the joy and friendship of others. **The roses in her hand, the flavor in mine.** I wish you all health and happiness, and a long life!

Pearly Liu 刘珠  
2021年2月20日





# 安省傑出婦女社區建設獎

## 烈治文山市五華裔獲得殊榮

【本報訊】烈治文山選區安省省議員莫偉力(Rona Morin) 周五代表安省婦女事務部長麥潔蓮(Tracy MacCharles) 向國內在社區及婦女服務作出貢獻的婦女頒發「安省傑出婦女社區建設獎」，華社有5位女士獲得殊榮。

獲頒「安省傑出婦女社區建設獎」的包括：加拿大紅楓晚霞多元文化協會會長陳昌明、劉珠、協智社的施夢妮、華裔婦女服務中心會長孫善勤，以及烈治文山藝南協會的楊高蓮。

莫偉力表示，傑出婦女獎是安省為表揚在社區及婦女服務作出貢獻的女性而設，基本條件是18歲或以上的安省婦女，以前沒有獲得過此獎項，對婦女服務、推動多元文化、改善生活質素等範疇，作出貢獻的女士。

候選人均經由所屬選區的省議員向婦女事務部提名，經過審核及認可後，才能獲頒此獎項。故此，能夠獲得殊榮的女性都是實至名歸。

莫偉力說，很感謝這5位獲獎的女士，因

的加拿大紅楓晚霞多元文化協會，為長者提供演出、支援老年人就讀遠東大學課程、籌辦該協會，以及舉辦不同節日的活動等。協智社是一個為智障人士及其家庭提供支援服務的組織，亦參與了無獎勵計劃，提供諮詢與轉介服務等。

烈治文山藝南協會在區內發揚文化與藝術作出了貢獻，華裔婦女服務中心亦在婦女服務上提供了諮詢、支援及籌辦各項講座等服務。

加拿大紅楓晚霞多元文化協會會長陳昌明很感謝省府頒發的傑出婦女社區建設獎，該會主要是為區內的長者提供文化與文娛的活動，冀望長者們能在楓葉國享受美好的晚霞，發揚多元文化與促進族裔和諧共存。

華裔婦女服務中心會長孫善勤在華社是位著名的教育家，創辦維多利亞教育集團，亦是加拿大齊善同鄉會會長，他感謝安省省政府專為婦女而頒發獎項，關注婦女對社區的貢獻，亦對婦女的地位給予肯定。



圖為省議員莫偉力(右三)與五位獲獎婦女合影。

是女性，但協智社的服務是無分族裔與性別，只希望這群需要特別照顧的人士，能夠更具尊嚴地生活，改善他們的生活質素。

烈治文山藝南中心的楊高蓮亦感謝莫偉力省議員的提名，能夠獲獎是省府對社區服務的婦女給予肯定及鼓勵，往後要努力於社

安省婦女事務部長麥潔蓮表示，特向各位獲獎的婦女表賀，指出她們不僅是社區領袖，也為社區建設作出了貢獻努力。安省政府及個人以她們為榮，希望藉著頒發傑出婦女社區建設獎，使這些為安省甚至為加國作出貢獻的女性，能夠得到重視與尊重，發安