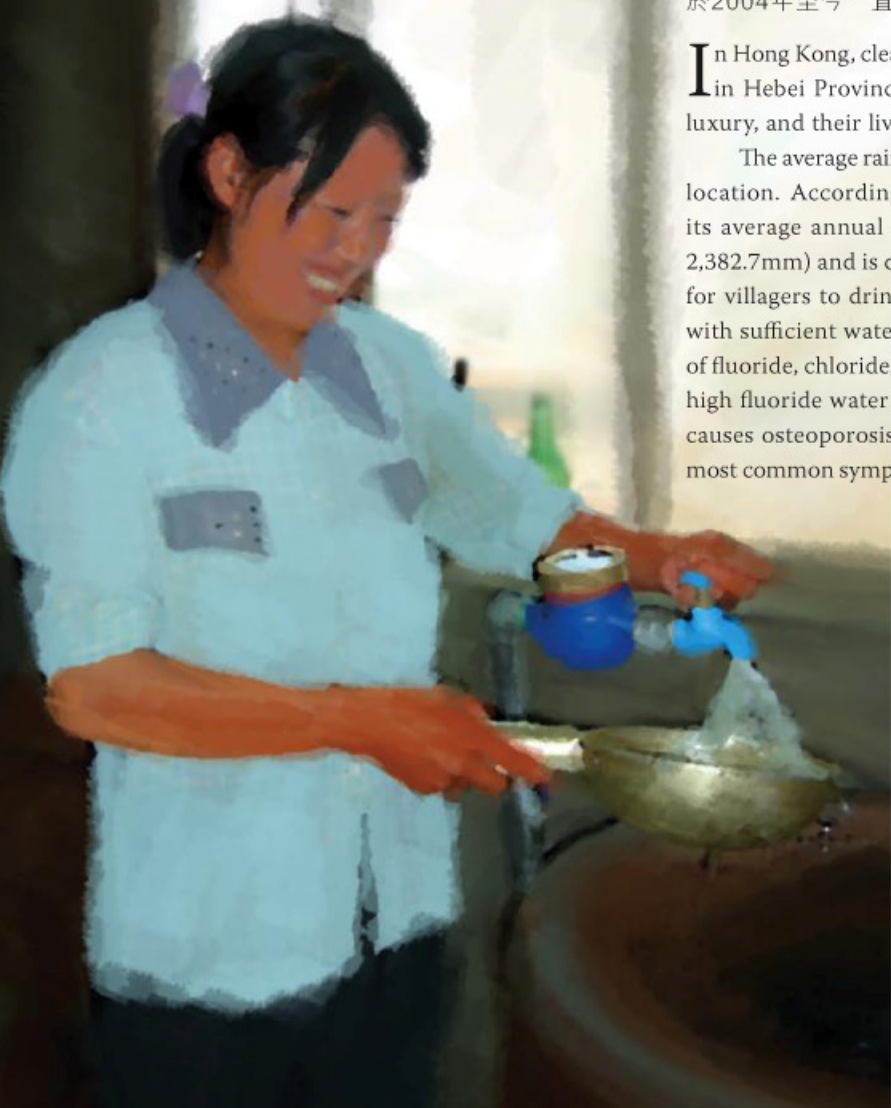


Precious Water 甘露難逢

河北省「農村社區為本備災項目」 Community-Based Disaster Preparedness Programme in Hebei Province, China

文、圖 香港紅十字會 Text & Photography Hong Kong Red Cross



喝 一口乾淨又清甜的水，對香港人來說唾手可得，然而對於中國東北部的河北省世代受旱災影響和飲用高氟水的村民而言，卻是夢寐以求。

受地理位置影響，河北省降雨量很低。根據《河北建築科技學院學報》(2005)資料顯示，河北省每年平均降雨量只有400毫米(香港年均降雨量是2382.7毫米)，且有下降趨勢，農村村民單是靠天吃水根本不夠，種植及畜牧業也受影響。儘管有些地方相對有足夠的飲用水，但所含的氟、氯、鹽份以至細菌都嚴重超標。很多農村的居民長年飲用高氟水，不但又鹹又苦澀，高氟更會導致骨質疏鬆，令骨骼變得脆弱。很多村民三、四十歲便骨骼彎曲、牙齒發黃、甚至脫落，更甚的是逾六十歲便失去勞動能力；飲用不潔的井水亦容易令腸胃感染。

乾旱成災的過程較緩慢，因此往往較易被忽視，若不及時處理，乾旱會引發更多問題，例如影響村民健康及農村生產，長遠更會阻礙社會及經濟發展。為減低旱災及其他天災帶來的損失及影響，香港紅十字會於2004年至今一直支持河北省推行「農村社區為本備災項目」。

In Hong Kong, clean drinking water is often taken for granted. For villagers in Hebei Province in the northeastern China, safe drinking water is a luxury, and their lives are seriously affected by drought and fluorid water.

The average rainfall in Hebei Province is very low due to its geographical location. According to Hebei Institute of Architecture Journal (2005), its average annual rainfall is only 400mm (while that of Hong Kong is 2,382.7mm) and is decreasing year by year. The rainfall is not even enough for villagers to drink, let alone watering crops and herds. Even in places with sufficient water supply, the water contains extraordinarily high level of fluoride, chloride, salt and bacteria. Many villagers have been consuming high fluoride water for generations. The water tastes salty and bitter, and causes osteoporosis - a metabolic disease that reduces bone density. The most common symptoms found in many middle-aged villagers are hunched-backs, yellowish teeth and tooth decay. In serious cases, villagers lose their working abilities at their sixties. Drinking water with high level of bacteria may lead to gastroenteritis.

As a type of slow on-set disasters, drought is less eye-catching and tends to be neglected. If it is not coped with in a timely manner, it will lead to more negative impacts, like poor community health and low agricultural output, and undermines social and economic development in the long run. Therefore, the Hong Kong Red Cross (HKRC) has been supporting the implementation of Community Based Disaster Preparedness (CBDP) Programme in Hebei Province since 2004 to reduce the negative impacts of drought and other natural disasters to the communities.

瘦胡蘿蔔也變肥了 Even the Carrots Grow Well

香港紅十字會先選出河北省受災影響嚴重的村落推行「農村社區為本備災項目」。透過中國紅十字會的協助，香港紅十字會選定了位於河北省最北部的縣城——圍場滿族蒙古族自治縣（簡稱圍場縣）的寶元昌村和立新村為試點。

項目開始時，香港紅十字會項目人員到兩村實地考察，與村民多次開會，廣泛徵求村內不同人士，包括婦女、弱勢群體等組別的意見。經過反覆核實，紅十字會發現村民普遍最關心、最希望和最急切需要解決的是食水問題。村民商議後，確定透過打水井才能有效及長遠地解決村中人畜飲水問題，香港紅十字會便決定協助兩條村莊打水井。

寶元昌村及立新村的項目於2004年10月啟動，香港紅十字會除捐款逾65萬元人民幣資助兩條村打水井、鋪設自來水管道及提供培訓，也積極鼓勵村民從村中選出管理項目的「項目管理小組」人員，負責組織村民挖地道作鋪設水管道及到施工地點提供協助，共同執行項目。工程於2005年6月竣工，讓155農戶、共600多人家中能用上自來水，且能喝到達標的食水。項目竣工後，村民都很高興。寶元昌村69歲的賈秀雲女士高興地說：「以往要到村外挑水，那水有股澀味，燒水的壺底都是白色的。現在的水好喝多了，而且不出家門就能喝上。」

除了村民家中有了自來水，新的水井也讓兩村擺脫了「十年九旱」的缺水現象，提高了農作物的質量和產量，增加經濟收入。例如寶元昌村就有300畝（約20萬平方米）農田從此有足夠水源灌溉，每畝產值增加了千多元，村民笑逐顏開地說：「以前沒有水灌溉，我們只能種一些玉米、土豆等平價農作物，即使能勉強種胡蘿蔔，種出來的收成又小又瘦，賣不了多少錢；現在有了水，胡蘿蔔生長得非常好，賣出的價錢可以由一分錢升到七分錢。」



To implement the CBDP program in Hebei Province, the HKRC selected the most disaster-prone communities. With the assistance from the Red Cross Society of China (RCSC), Baoyuanchang Village and Lixin Village in Weichang Manchurian and Mongolian Autonomous County (or Weichang County) at the northern tip of Hebei Province were designated as pilot project sites.

HKRC project officers first conducted field assessment and a series of meetings to collect opinions from different groups in the community, including women and the disadvantaged. After cross checking the opinions, it was found that the most concerned and pressing problem was shortage of safe drinking water in both villages. The villagers agreed that drilling deep well is the only effective solution in a long run. The HKRC then decided to assist the villagers in drilling wells.

The CBDP program in Baoyuanchang Village and Lixin Village started in October 2004. The HKRC donated approximately RMB650,000 in support of drilling wells, installation of tap water piping system and provision of trainings. It also encouraged villagers to elect the members of "Village Disaster Management Group" to manage the program. The Group is responsible for mobilizing villagers to implement the program through digging tunnels, laying pipes and providing assistance at the construction sites. The construction work was completed in June 2005. A total of 155 households comprising of more than 600 people could access to safe tap water. Villagers were all delighted. "In the past, we needed to carry water from outside of our village. The water tasted badly, and there was always white coating at the bottom of the kettle after boiling. Now the water tastes much better, and we can get it at home," said Jia Xiuyun, a 69-year-old-woman in Baoyuanchang Village happily.

The newly drilled wells also saved villages from severe shortage of water, and enhanced both quality and quantity of the crops and hence increased the income of the villagers. For instance, with 300 mu (about 200,000 square meters) of farmland watered as a result in Baoyuanchang Village, each mu had a higher output and hence the income had increased by more than RMB1,000. The villagers said delightedly, "In the past, we did not have any water for irrigation, so we could only grow crops such as maize and potatoes which had a lower market value. Though we also tried to grow carrots, they were small and gaunt, and thus could only be sold at a very low price. Now the carrots are watered and they grow well. We can now sell them at seven cents instead of one cent."

提高衛生知識水平 Enhancement on Healthcare Knowledge

「農村社區為本備災項目」不單資助打水井等硬件工程，也透過培訓村民備災、組織項目管理小組等活動，提高村民對天然災害及衛生醫護的常識及備災的意識。通過培訓，村民更易掌握備災救災和自救互救知識，並能在日常生活中運用所學知識解決實際問題。

滄州市孟村縣在2006至07年度推行項目，藉著培訓大大提高了村民衛生意識。村民參與衛生講座後，自行組織村民打掃公眾地方，保持公眾地方衛生。

Apart from hardware installation, the CBDP program also finances and supports activities such as disaster preparedness trainings and establishment of Village Disaster Management Group to enhance the community's knowledge on natural disasters and healthcare, as well as their awareness to disaster preparedness. Through trainings, the villagers acquire self-help skills and disaster preparedness and relief knowledge, so as to apply them in daily lives.

Mengcun County of Cangzhou Prefecture implemented CBDP in year 2006/07 to raise awareness on hygienic practices through trainings. The villagers organized among themselves to tidy up public areas after attending hygiene promotion talks.



孟村縣趙莊子村村民正把水井泵房取得的食水送回家。
A villager of Zhaozhongzi Village, Mengcun County, carries water from the water pump room to her home.

從被助到助人 From Receiving Aid to Rendering Aid

水井工程竣工後，滄州市孟村縣村民家中都有自來水供應，按水錶度數向項目管理小組繳交水費，以作管理維修水井之用。然而村民在解決供水的問題時，亦不忘協助在他們之中特別苦困的人，因為部份太窮困的村民連水費也交不上，全村村民都同意免收村中貧困戶的水費。

村民參與村中的事務，亦開始關心村外的事情。2004至05年度的項目試點寶元昌村村民在2004年底南亞海嘯發生後，自發舉行籌款活動，合共捐出400元給海嘯災民，成為河北省內第一個向國際救援行動捐款的農村；村內還以「項目管理小組」骨幹人員為基礎，成立了村級紅十字會組織。

滄州市孟村縣趙莊子村的村民則在2008年四川省「5·12地震」後，集捐款約10,000元，經項目管理小組轉交捐款予當地紅十字會以支持救災工作。

提高村民的主動性和管理能力，減少他們依賴外界，並用自己的能力幫助陷於苦困的人，發揮人道精神，正是紅十字會開展「農村社區為本備災項目」的長遠目標。

As wells are completed, every household in Mengcun County of Cangzhou Prefecture enjoys tap water at home. They pay for the water to the Village Disaster Management Group according to their usage in order to maintain the water system. The villagers, however, have not forgotten the most vulnerable who cannot even afford the water fee. All agree to waive the fees of low income families.

Apart from communal matters, the villagers have also shown interest in matters outside their realm. Villagers of Baoyuanchang, the pilot project site for year 2004/05, initiated a fundraising campaign for the 2004 South Asia Tsunami and donated RMB400 in total to the tsunami victims. It was the first village in Hebei Province to contribute to an international relief operation. A Red Cross branch at village level was also set up by the core members of the Village Disaster Management Group.

After the Sichuan Earthquake on 12 May 2008, villagers of Zhaozhongzi, Mengcun County of Cangzhou Prefecture, donated RMB10,000 via the Village Disaster Management Group to local Red Cross in support of the relief operation in Sichuan Province.

The long term goals of the Red Cross CBDP program include enhancing villagers' initiative and management capacity, reducing their dependence for external assistance, encouraging them to help the vulnerable by themselves and promoting humanitarian values.



項目的持續發展 Sustainable Development of CBDP Program

項目試點寶元昌村和立新村的項目在首年得以順利推行並取得良好成果，為香港紅十字會擴展項目打了一枝強心針。自2004年至今，項目已擴展至省內3個市、共21條農村。除香港紅十字會的捐款，當地紅十字會及當地政府亦努力從行政上配合或提供資金配套，使首兩年度的項目惠及5,000多人，預期第三年度的項目受益村民最少可達10,000名。



「農村社區為本備災項目」透過適當的備災及發展計劃，增加區內的自救能力，減低災難造成的傷亡和損失。計劃初期，村民由香港紅十字會人員及省紅十字會的工作人員帶領，而到項目後期，村民已能自行推行及發展有關的備災項目。香港紅十字會工作人員與村民建立合作關係，鼓勵他們關注村裡的問題，共同計劃、執行、評估及強化項目，團結村民並提高他們的備災意識，提升他們自行分配及使用區內資源的能力。✿

紅十字會人員在項目點孟縣舉行「農村社區為本備災項目」座談會，村民踴躍參與。
Villagers showed much enthusiasm in meetings held by Red Cross in Mengxun County, one of the CBDP program sites.

With the successful implementation and good results during the first year pilot projects in Baoyuanchang and Lixin villages, HKRC has extended the CBDP program to other locations. Since 2004, the programmes have been expanded to a total of 21 villages in 3 prefectures. Besides funding from HKRC, local Red Cross branches and local governments also provide administrative support and funding to the programmes. As a result, more than 5,000 villagers benefited from the programmes within the first two cycles, and at least 10,000 villagers will benefit from the programmes in the third cycle.

The CBDP program aims at enhancing the self-help capacity of community and reducing damages and losses caused by disasters through appropriate disaster preparedness and development plans. In the early stage, the HKRC staff and staff from the Provincial Red Cross took a leading role in the programme and in the later stage, villagers can implement and develop the relevant disaster management program by themselves. In order to raise the villagers' awareness on disaster preparedness, foster solidarity, and enhance their capacity in resources allocation and mobilization, HKRC staff members establish cooperative relationships with villagers and encourage them to engage in communal matters. The two parties also plan, implement, review and improve the programmes together. ✿

下期預告：下一期我們將介紹香港紅十字會與國際紅十字會在南亞海嘯受災國家之一的斯里蘭卡，推行的社區為本備災項目。
What's Next? CBDP program supported by HKRC in Sri Lanka, one of the countries affected by the South Asian Tsunami in 2004.

什麼是氟化物？

What is fluoride

來源：普通食水、茶葉、牙膏、空氣、食物。

用途：促進骨骼生長、提高牙齒抵抗酸性物質的能力，預防蛀牙。吸收過量或過少氟會損害健康，徵狀包括作嘔、肚痛、作嘔、肚悶，手足抽筋及心臟循環系統虛脫。

缺乏氟而引致症狀：牙齒的琺瑯質受損，造成斑狀齒或氟斑牙，使牙齒釉質出現污跡；骨骼變得脆弱、容易折斷，形成氟骨症。

Source: drinking water, tea, tooth paste, air, food

Applications: enhance bone growth; strengthen tooth against organic acids; prevent tooth decay

Symptoms of lack of fluorine or excessive intake of fluorine are nausea, vomiting, diarrhea, cramps, heart attack.

Symptoms of lack of fluorine: enamel damage; fluorosis with stains on the surface of the teeth; bone deterioration and skeletal fluorosis