



1972-2011 基督信仰我们的方向
CHRISTIANITY THE WAY FORWARD

CELEBRATION OF
40th ANNIVERSARY
MAGAZINE

诗巫基督教青年会四十周年

纪念特刊

詩
巫
基
督
教
青
年
會



*Selamat
Datang*

歡迎光臨



詩巫基督教青年會

PERSATUAN PEMUDA KERISTIAN SIBU

YOUNG MEN'S CHRISTIAN ASSOCIATION OF SIBU, SARAWAK.
50, JALAN SIE POI KHENG, P. O. BOX 1363, 96008 SIBU, SARAWAK.

TEL: 084-339214, 313588 FAX: 084-323031

Internal: <http://www.scgcc.org.my/ymca/>



TUAN YANG TERUTAMA
TUN DATUK PATINGGI ABANG HAJI MUHAMMAD SALAHUDDIN
S.M.N., D.P., S.P.M.P., S.P.D.K., D.U.P.N., P.C.D., D.U.N.M.
YANG DI-PERTUA NEGERI SARAWAK

40th Anniversary Celebration Programme

5:30 pm
Arrival of organizing committee

5:45 pm
Arrival of invited guests

6:00 pm
Thanksgiving service
(Empress Ballroom)

7:00 pm
Arrival of Guest-of-honour,
YB Dato Sri Wong Soon Koh
Environment and Public Health
Minister & Minister of Finance (II)

7:03 pm
National Anthem-
"Negara Ku"

7:05 pm
Welcoming Dance

7:10 pm
Grace before meal

7:15 pm
Cutting of 40th Anniversary Cake
Welcoming Speech by the President,
Temenggong Vincent Lau Lee Ming
- Choir singing (2 songs)
- Installation ceremony of:
 i) YMCA directors
 ii) Ladle's Section
 iii) Senior Citizens
 iv) Hi-Y Club
- Dance (山地舞)
- Dance (现代舞: 美丽假期)
- Speech by invited guest,
 Rev. Dr. Paul Hwang
- Folk Dance (土风舞)
- Address by Guest of Honour,
 YB Dato Sri Wong Soon Koh
- Presentation of Souvenir to Guest of Honour
- Long Service Awards
- Exchanging souvenirs
- Toast
- Hi-Y performances
- Lucky Draw
- Finale

Good night. God Bless You All.



YANG AMAT BERTHORMAT
PEHIN SRI ABDUL TAIB MAHMUD,
MLA, LLB (Adelaide Uni), Hc (Adelaide Uni),
D.Tech (Curtin), SBS, DP, PGDK, PSM,
KTWE (Thailand), KEPN (Indonesia),
SPMB (Brunei), KOU (Korea), AO (Australia)
KETUA MENTERI SARAWAK
MERANGKAP MENTERI PEMBANGUNAN SUMBER



My heartiest congratulations to young Men's Christian Association (YMCA) of Sibu on its 40th Anniversary Celebration this year. Achieving 40 years of growth is indeed a milestone. It reflects the maturity of the Association and aspiration of its members to achieve its Vision.

Although YMCA is a lay organisation, I am sure that it has its own rules and regulations. Apart from organising religious activities and propagate the teachings of the church, I note that YMCA Sibu has become more community-oriented in reaching out to youths through educational, sport and social welfare activities. This is indeed commendable. We are thankful that our leaders placed great important on the rights to religious freedom that enable us to choose and pratise our beliefs.

Our government has been trying its very best to uplift the standard of living of the rakyat through the Economic Transformation Programme and National Key Results Areas with focus on the people. It is hoped that the initiatives of the government transformation programme will propel the nation to a new era of progress and prosperity. Similarly, I also hope that YMCA will expand and succeed in its programme and achieve its Mission.

Thank You.

DATO SRI WONG SOON KOH
Minister of Finance (II)
Minister of Local Government &
Community Development Sarawak.

Message



YMCA SIBU 40th Anniversary Thanksgiving Service Order Of Worship

Date : 22.10.2011
Time : 6:00p.m.
Venue : Kingwood Regalia Hall
Preacher :

We Prepare :
Prelude
Silent Prayer and Meditation

- * We Praise :
Call to Worship :
Leader : You are the light of the world. Let your light shine before others, so that they may see your good works and give glory to your Father in heaven.
People : The harvest is plentiful, but the labourers are few.
Leader : "Come, follow me" Jesus said, "and I will make you fishers of men."
People : It is our desire to follow Jesus and be His fishers of men.
Leader : How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"
People : Let the song go round the earth, JESUS CHRIST IS LORD!
Leader : Sound His praise, tell His worth, may His name be adored! Every tribe and every tongue join the grand glorious song!
People : Let the song go round the earth, JESUS CHRIST IS LORD!
All : At the name of Jesus every knee should bow, in heaven and on earth and under the earth, and under the earth, and every tongue confess that Jesus Christ is Lord, to the Glory of God the Father. Hallelujah!
- * Hymn : From the raising of the sun (1)
* Prayer :
Liturgist We Listen : Scripture Reading: Liturgist
Sermon : Rt. Rev. Bishop Joseph Hii
Greeting & Announcement : Temenggong Vincent Lau Lee Ming
* Hymn of Dedication: We are one in the spirit (2)
* Benediction: Rt. Rev. Bishop Joseph Hii Postlude
Liturgist : Mr. Siew Woo Ming
Pianist :

Hymn

1) From the Rising Of The Sun

From the rising of the sun, to the going down of the same, the Lord's name is to be praised.

From the rising of the sun, to the going down of the same, the Lord's name is to be praised.

Praise ye the Lord, praise Him all ye servants of the Lord.

Praise the name of the Lord.

Blessed be the name of the Lord from this day forth, and forever more!

2) We Are One In The Spirit

We are one in the Spirit, We are one in the Lord

(2X) And we pray that all unity may one day be

re-stored And they'll know we are Christian by our

love, by our love, Yes, they'll know we are Christian

by our Love.

1) 日升之处

齐声赞美主天主！赞美祂圣名！哦！赞美祂！全地赞美！赞美天主主的名！在日升之处，哦！到日落。全地赞美！赞美我主，全地人类都当赞美祂！赞美我主圣名，齐声赞美，赞美，我主，赞美我主，直到永永远远！

2) 我们在灵里合一

我们在灵里个一，在主为为一，(2X) 我们求一日世上一切都能够合一，世人认识基督徒因着爱，因着爱，世人认识基督徒因着爱。

Organizing Committee

Chief Organizing Chairman	: Temenggong Vincent Lau Lee Ming
Deputy Organizing Chairman	: Cr. Robert Lau Hui Yew
Vice Chairmen	: Dato Kapitan Janet Lau Ung Hie (O.C of joggerthon)
	: Michael Wong Ngee Khih (O.C of leadership training)
	: Dr. Simon Tiong King Hoon (O.C of community project)
	: Philip Ngu Wu Tiing.... (in-charge of thanks-giving service)
	: Siew Woo Ming.... (in-charge of thanks-giving service)
	: Teresa Lau Pick Eng
	: Kapitan Tio Tung Ping
	: Yong King Sung
	: Temenggong Vincent Lau Lee Ming
	: Cr. Robert Lau Hui Yew
	: Dato Kapitan Janet Lau Ung Hie
	: Michael Wong Ngee Khih
	: Dr. Simon Tiong King Hoon
	: Philip Ngu Wu Tiing
	: Siew Woo Ming
	: Wong Ei Sing
	: Yong King Sung
	: Kapitan Ting Tiew Chai
Magazine Committee	: Dr. Simon Tiong King Hoon
	: Teresa Lau Pick Eng
	: Sophia Tang Poh Kiew
	: Lau Kiing Nang
	: Hu Chang Luk
Master of Ceremony	: Michael Wong Ngee Khih
Food & Beverage	: Wong Ei Sing
	: Hu Chang Luk
Entertainment	: Kapitan Tio Tung Ping (chief)
	: Michael Wong Ngee Khih (Asst.)
Stage decoration	: Sia Pick Woo
Light & Sound Systems	: Vincent Chieng Sie Kong (chief)
	: Philip Ngu Wu Tiing
	: Tan Siew Jin
Stage Manager	: Tie Sing Yew
	: Law Cheng Ching
Reception	: Juliana Wong Suk Fang and Ladies' Section
	: Tang Chiok King and Senior Citizens' Club
Accom & Transportation	: Yek Tiew Chiong
	: Kapitan Ting Tiew Chai
	: Ladies' Section
	: Senior Citizens' Club
Souvenirs	: Secretariat
Tour	: Michael Wong Ngee Khih
Invitation Cards & Tickets	: Secretariat
Publicity	: Dr. Simon Tiong King Hoon
Banners & backdrop	: Secretariat

Office Bearers for Year 2011 to 2012

Honorary president :	Datuk Lau Hieng Ing
	: Mr. Chieng Hie Kwong
President :	Temenggong Vincent Lau Lee Ming
Deputy President :	Cr. Robert Lau Hui Yew
1st Vice President :	Dato Kapitan Janet Lau Ung Hie
2nd Vice President :	Mr. Siew Woo Ming
3rd Vice President :	Mr. Philip Ngu Wu Tiing
Hon. Gen. Secretary :	Dr. Simon Tiong King Hoon
Asst. Gen. Secretary :	Mdm. Teresa Lau Pick Eng
Hon. Treasurer :	Mr. Yong King Sung
Directors :	Mr. Augustine Ngu Liong Ing
	: Mr. Vincent Chieng Sie Kong
	: Kapitan Tio Tung Ping
	: Mr. Wong Ei Sing
	: Kapitan Ting Tiew Chai
	: Mdm. Lau Ngik Leng
	: Mdm. Tang Hie Chai
	: Mr. Cheng Kwang Li
	: Kapitan Tay Lee Joo
	: Mr. Hu Chang Luk
	: Mr. Michael Wong Ngee Khieh
	: Mdm. Sophia Tang Poh Kiew
	: Mdm. Juliana Wong Suk Fang
	: Mr. Tang Chioh King
	: Mr. Yek Tiew Chiong

Appointment of Advisors and Patrons Advisors

Rt. Rev. Bishop Dominic Su
Bishop Joseph Hii
Rev. Dato' Dr. Su Chii Ann
Rev. Steward Damat
Rev. Father Canon Jamal Senada
Rev. Sinawat Buaya

Patrons

YB Dato Sri Wong Soon Koh

YB. Datuk Tiong Thai King
YBhg. Tan Sri Datuk Tiong Hiew King
Mr. Lau Swee Nguong
YBhg. Datuk Hii Yii Peng
YBhg. Dato' Ding Lian Cheong
YBhg. Datuk Tiong Su Kuok
YBhg. Dato' Henry Lau Lee Kong
Mr. Vincent Goh Chung Siong
Kapitan Lau Nguong Tieng
Mr. Hii Yii Siong
Mr. Philip Lau Buong Hoo
Mr. Lau Ngie Hua
Dato' Ting Ong Hua
Dato' Lau Cheng Kiong

Appointment of Various Committee and their members

(i) CENTRE EXTENSION COMMITTEE

Chairman :	Datuk Lau Hieng Ing
Members :	Mr. Chieng Hie Kwong
	: Temenggong Vincent Lau Lee Ming
	: All Board Members

(ii) RELIGIOUS COMMITTEE

Chairman :	Mr. Siew Woo Ming
Vice Chairman :	Mr. Philip Ngu Wu Tiing
Members :	Mr. Tang Chok King
	: Mdm. Juliana Wong Suk Fang

(iii) YMCA TRUSTEES

Temenggong Vincent Lau Lee Ming
Mr. Robert Lau Hui Yew
Dr. Simon Tiong King Hoon

(iv) FINANCE COMMITTEE

Chairman :	Temenggong Vincent Lau Lee Ming
Vice Chairman :	Datuk Lau Hieng Ing
Members :	Cr. Robert Lau Hui Yew
	: Mr. Chieng Hie Kwong

- : Mr. Augustine Ngu Liong Ing
- : Dato Kapitan Janet Lau Ung Hie
- : Dr. Simon Tiong King Hoon
- : Mr. Vincent Chieng Sie Kong

(v) SENIOR CITIZEN CLUB

- Hon. Chairman : Mr. Tang Chiok King
- : Kapitan Tio Tung Ping
- : Mr. Cheng Kwang Li

(vi) MEMBERSHIP COMMITTEE

- Chairman : Mr. Wong Ei Sing
- Members : Mdm. Juliana Wong Suk Fang
- : Dr. Simon Tiong King Hoon
- : Mr. Augustine Ngu Liong Ing
- : Mr. Lau Kiing Nang

(vii) PROGRAM COMMITTEE

- Chairman : Dr. Simon Tiong King Hoon
- Members : Mr. Yek Tiew Chiong
- : Mr. Tan Yii Chang
- : Mdm. Juliana Wong Suk Fang
- : Mdm. Teresa Lau Pick Eng
- : Mdm. Lai Ngiik Leng

(viii) HI-Y CLUB

- Chairman : Mr. Augustine Ngu Liong Ing
- Deputy Chairman: Mr. Yong King Sung
- Members : Ling Ing Wen (SMK Elizabeth)
- : Lau Xian Zhuang (SMK Tung Hua)
- : Cindy Wong Ming Hie (SMK Sacred Heart)
- : Joan Wong (SMK Methodist)

(ix) CENTRE COMMITTEE

- Chairman : Mr. Hu Chang Luk
- Members : Mr. Vincent Chieng Sie Kong
- : Mr. Lau Kiing Tuan
- : Mr. Yek Tiew Chiong
- : Mr. Wong Ei Sing

(x) TOUR COMMITTEE

- Chairman : Mr. Michael Wong Ngee Khieh
- Members : Mr. Lau Kiing Nang
- : Mr. Sia Pick Wu

(xi) MUSIC, DRAMA & DANCE CLUB

- Chairman : Dr. Simon Tiong King Hoon
- Members : Kapitan Tio Tung Ping
- : Ms. Alice Hu
- : Ms. Chua Mei Lang

(xii) HONORARY LEGAL ADVISOR

- Chairman : Cr. Robert Lau Hui Yew
- Members : Mr. Cheng Kwang Li

(xiii) CHILD CARE & KINDERGARTEN COMMITTEE (JOON HUP GARDEN)

- Chairman : Temenggong Vincent Lau Lee Ming
- Vice Chairman : Dato Kapitan Janet Lau Ung Hie
- Members : Datin Wong Suk Ding
- : Dr. Simon Tiong King Hoon
- : Mr. Yong King Sung
- : Mdm. Wong Phick Ngiik
- : Mdm. Teresa Lau Pick Eng

(xiv) INTERNATIONAL PROGRAM

- Chairman : Dr. Simon Tiong King Hoon
- Members : Mr. Augustine Ngu Liong Ing
- : Mr. Philip Ngu Wu Tiing

(xv) CAMP RESORT COMMITTEE

- Chairman : Temenggong Vincent Lau Lee Ming
- V-Chairman : Mr. Hu Chang Luk
- Secretary : Mr. Siew Woo Ming
- Asst. Secretary : Teresa Lau Pick Eng
- Members : Dato Kapitan Janet Lau Ung Hie
- : Kapitan Ting Tiew Chai
- : Dr. Simon Tiong
- : Mr. Yong King Sung
- : Mr. Wong Ei Sing

F 調 4/4 Y M C A SONG

5 4 | 3 3 2 2 | 1 - - 1 2 || 3 3 2 1 2 3 | 1 - - 3 4 |
We are folks of Y M C A Ready

齊賀百載頌主名服務
千禧創前程建立

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to share with sincerity To serve o-ther & not to be served Christs com-

人群獻忠誠非以役人乃役於人宏揚
健康身心靈青年運動齊心推動世紀

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mission our du-ty be Friendly Place Y M C A Building
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基督大使命頌主名齊頌主名百載
獻獻榮主名

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3 3 2 3 2 1 | 7 - - 3 2 | 1 - - 1 2 3 | 4 - - 3 2 |
strong minds, spirit & bo-dies, Noble aim Y M C A Making
蒙恩頌主名創前程同創前程千禧

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this world a better place We are this world a better place
獻獻創前程同祝獻獻創前程



Congratulations to YMCA Sibu

I sincerely tender my heartfelt congratulations to YMCA Sibu under the leadership of Temenggong Vincent Lau Lee Ming (President) and Dr. Simon Tiong King Hoon (Gen. Hon. Secretary) and the celebration committee on the occasion of their 40th anniversary celebration.

Credit also goes to past leaders Datuk Lau Hieng Ing and the late Datuk Robert Lau Hoi Chew for their active involvement and promotion to enable YMCA Sibu to become one of the most active movements in our society benefitting the people of Sibu.

During this joyous time of celebrating the 40th Anniversary let us not forget the prime mover; the late Mr. Chew Kuo Ping who took time to get YMCA Sibu registered under the society Act Sarawak.

Best Wishes and God Bless You All

A handwritten signature in black ink, appearing to read 'Chieng Hie Kwong'. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

CHIENG HIE KWONG
Hon. President

Message



Message

It was by circumstances that I took over the post of President for YMCA Sibu at the beginning of the year. It is also coincidence that this is the 40th year since the establishment of this organization and we, therefore, decided to organize events to commemorate this auspicious occasion.

40 years in the history of an organization may not be that long time. Measuring against the life of a person it is reaching middle age, the period that he or she is getting matured, very vibrant and full of energy.

For YMCA Sibu, thank to the dynamic leadership of past Presidents, the hard work of the committee members the organisation has grew from strength to strength. Compare to other Non Government Organisation (NGO) we have good facilities and infrastructure to enable us to serve the needs of our members in particular and that of the Sibu Community in general. For example, YMCA Resort and Training Camp at KM33 Oya Road Sibu, involving capital investment in excess of Ringgit Malaysia Three Million Five Hundred Thousand, provide our members and the Sibu public a good venue to rest and relax, for the purpose of trainings and seminars.

We also believe that an anniversary despite is a time to celebrate past achievement more importantly is also a time to take stock and decide how we should move forward to ensure that the organization continue to expand and grow. Without looking at the aims and objectives of this International Organisation I think it is safe to say that we should try to serve the need of young people particularly their sense of value toward Christianity. That is why for this 40th Anniversary celebration we adopted the theme for the celebration as "Christianity the way Forward". We would like to see that theme of the celebration could be further explored and discuss so that strategies could be formulated as important part of YMCA Sibu future development and growth direction. We need to do this to ensure the existence of YMCA Sibu future remain relevance and that it could continue to grow and expand in the future years.

Let together not only make this celebration successful also that YMCA Sibu continues to grow and remained an outstanding organization.

Temenggong Vincent Lau Lee Ming
President
YMCA Sibu



Message

I feel very privileged to be given the opportunity to write a few words for your 40th Anniversary Magazine.

Young Men Christian Association, popularly known as YMCA, has a long history in various services, such as hotel, educational, charity and religious projects, to fellow mankind. Particularly, we are very appreciative of all the good works you have strived your best to render to Sibu community in the past 40 years.

As you move into next 40 years and beyond, we have these to share with you,

Be young - 40 years are considered young, and stay young in spirit and in strength. And so Always "remember now your Creator in the days of your youth" (Ecclesiastes 12:1a).

Be mature - Portraying a mature, visionary, spiritual and educational image to the people around us helps in demonstrating that all the programs and projects run by YMCA are relevant to them.

Be caring - Mobilizing members and associated organizations to provide hospitality, health care and other social services certainly makes people feel that YMCA is a caring, friendly and warm Christian Association.

Be active - Be active, and be proactive at times, in venturing into new areas of ministry, like disaster relief project and providing courses and services for single parent.

You are a great team in recruiting and utilizing resources together for the benefits and welfare for all walks of life. This will make Sibu in particular, and Sarawak at large, a better community to live in.

I Congratulate you on your 40 years of faithful service. With God's help, press on to success in all your undertakings.

Sincerely in His service,
Rev. Dato' Dr. Su Chii Ann
The President,
Sarawak Chinese Annual Conference,
The Methodist Church in Malaysia.



Message

Thank you for inviting me to write a message for the YMCA 40th anniversary souvenir magazine.

We are indeed very grateful to God, our Heavenly Father, for all His blessings showered upon our YMCA throughout these 40 years.

We thank and praise God for blessing us with so many dedicated brothers and sisters, like the late YB Datuk Robert Lau, the president, secretary, treasurer, administrator and others, to run this YMCA.

With their commitment, the YMCA was able to carry out various activities smoothly at different times during these years.

On the occasion of this Ruby jubilee of YMCA, I like to join you all to give glory, praise and thanksgiving to God for His blessings.

We should also show our appreciation to all the Board members of YMCA. Without their commitment and financial support, YMCA will not be as it is today.

Let us congratulate the members of this organizing committee, under the leadership of Temenggong Vincent Lau, for organizing this celebration on 22nd & 23rd October 2011.

To God be glory and praise forever and ever!

Yours sincerely in Christ,



Bishop Dominic Su
Advisor



Message

I write with joy this short message for the 40th Anniversary Souvenir publication of the Sibu YMCA. As President of The National Council of YMCAs in Malaysia and also President of Penang YMCA, I bring you congratulations and best wishes. We note with delight and jubilation the many blessings the Lord has showered on you, enabling you to grow from strength to strength. On this special and auspicious occasion you may do well to remember the significant contributions of the late Datuk Lau Hoi Chew who served with distinction as President of Sibu YMCA for many years before his return to the Lord. You can honour his memory by continuing in his good works to bring hope and joy to the youths in your area and beyond. We have been told time and again that the future of our beloved country belongs to our youths. It therefore follows that it is our duty to provide proper leadership training to equip them for the task ahead. Among the several YMCAs in our country, you are the one blessed with the most suitable facilities-your excellent camp site. With the cooperation and support of the other YMCAs in the National Council, an effective training module with experienced trainers, may be arranged.

We wish you every success in your noble endeavours. May our Lord Jesus continue to bless and guide your leaders and members with good health, clear vision and total commitment to serve.

A handwritten signature in black ink, appearing to be 'Geh' followed by a stylized flourish.

Geh Cheng Lok, DJN, PJK

President

National Council of YMCAs / Penang YMCA



I feel very privileged for being able to associate with Y.M.C.A., since it's inception, from a young person to the present "senior".

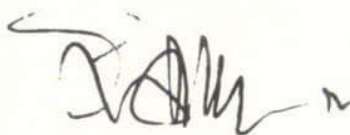
The deepest impact experienced was in 2009, the "return home" of our beloved past president, the late YB Datuk Robert Lau Hoi Chew, who had been with us for thirty over years and developed YMCA from "empty-handed" to what we have at present. Thus let us rethink how much time is left for us to serve?

We should try our best to contribute and serve our community, especially the youth, through YMCA while we are "able" and to strive a balance in the growth of "Body, Mind and spirit" (Luke 2:58), the motto of YMCA.

I pray that under the able leadership of our current president, Temonggong Vincent Lau Lee Ming, YMCA will grow from strength to strenght.

Happy 40th Anniversary.

Sincerely,



Siew Woo Ming
2nd Vice President
YMCA SibU

Message



Peace be with you!

I am very pleased to be associated with the movement of Young Men Christian Association (YMCA) which was founded by Sir George Williams in London, England in 1844 with the primary aim of uniting Christian young people together and bringing others to Christ.

Today, this ecumenical movement has spread throughout the world and has become a global organisation. Sibu YMCA established in 1971 will be celebrating its 40th anniversary in October, this year. Celebrating successes and special occasions is an universal practice since time immemorial. It is therefore appropriate and fitting for Sibu YMCA to hold a celebration to rejoice at the fruits of its labour and to commemorate this joyous occasion.

Under the able and resourceful leadership of the past and current members of its management committee, Sibu YMCA has progressed by leaps and bounds and developed into a multifaceted Christian body without losing the movement's fundamental principles and ideals. Looking at its past track record, one can confidently conclude that Sibu YMCA has definitely achieved its aims and vision.

As a saying goes, life begins at 40. Thus, Sibu YMCA has now attained adulthood and full maturity. I have full confidence that the movement will be capable of playing a more significant role to bring it to a higher level of success for the greater glory of our Lord, Jesus Christ.

Thank you.

A handwritten signature in black ink, consisting of a stylized 'H' followed by a wavy line.

Dato Henry Lau Lee Kong
Patron

Message



I am indded privileged to be given an opportunity to congratulate the Young Men's Christian Association (YMCA) of Sibü, Sarawak for celebrating its 40th anniversary this year.

The YMCA of Sibü has come a long way since its inception forty years ago to what it is now - a respectable and charitable organisation worthy of praises. Within a short span of forty years, it had managed to purchase a building located at No. 50 Sie Poi Kieng Road and the YMCA Camp Resort, located 33 kilometres off Oya Road. Such remarkable achievements could only be done through the concerted effort of its leaders as well as the community.

As we strive towards achieving Vision 2020, may the YMCA of Sibü continue to uphold its motto by serving the people, the society and the nation better. Truly, we are One in Body, Mind and Spirit. One Malaysia!

Yours faithfully,

Mr. Hu Yu Siong,
The President,
The Chinese Chamber of
Commerce and Industry, Sibü

Message



Congratulations to Sibu YMCA for your 40th anniversary celebration. Indeed, time flies. Just imagine how Sibu was four decades ago when your club was formed.

Looking back, we all have beautiful memories of growing together with Sibu town. Of course, being YMCA members, you are part of this transformation because you had brought much change towards the spiritual and social growth of the people. From educational, cultural and social development, and from promotion of goodwill and family unity, Sibu YMCA has always been a motivator and an active participant.

Thank you very much for growing with us. In fact, in growing together, you have carried forward a strong message about the values of caring, honesty, respect and responsibility. These core values were the adaptation of the YMCA in the United States in the early 1990s to help teach the society, especially through the children, the morality of life. YMCA Sibu has achieved this.

May we continue to walk together so that we can grow together in shaping a happier and healthier nation for our young generations. Remember what Henry Ford said: Coming together is a beginning; keeping together is progress; working together is success.

Thank you.

Vincent Goh
Patron

Message



My heartiest congratulations to YMCA, Sibu on your success in organizing the 40th Anniversary Celebration.

YMCA Sibu has accomplished a lot over the years. Through the devoted and able leadership of her previous presidents, the current President and their dedicated teams, YMCA Sibu has reached out to Sibu community through social, welfare and educational activities. YMCA Sibu is to be commended for being the pioneer in bringing in many new ideas and activities to engage the younger generation and to reach out to the wider community. Your international networking has also encouraged interaction among people from different countries. In the globalised village of YMCA located in different parts of the world, people of different culture and background intermingle harmoniously.

YMCA Sibu should continue with her goodwork and may God endow you with the vision, wisdom and resources as you conceptualise your future plans and goals.

DATUK TIONG SU KOUK
Patron

Message



詩巫基督教青年會創立迄今，已有四十年了。其主旨在團結青年同志，發揚基督精神，培養健全人格，建立美滿社會。

青年會不祇注重青年的靈性需要，更需發展德育及體育以達致全人平衡發展的目標。

四十年來，在歷屆會長及執委秉承該會宗旨目標努力經營下，善導青少年健康活動，在一定程度上影響着詩巫社會。更籍着貴會為國際性組織與聯絡網，方便青少年在國內與國外旅游，也提高詩巫國際之知名度。

際茲，貴會新屆執委就職盛典，謹書數言。籍申祝賀之忱。

獻 詞

ABS劉義華
本會贊助人



詩巫基督教青年會成立於1972年，現已走過四十年歲月了由一個無人知曉，手空空，無會所也無任職職員，經過歷屆會長及執委努力經營，目前已成為馬來西亞一間最有規模的基督青年會。並籍着各種的活動吸引各階層的青年人參與，身心靈得到舒解。在詩巫首辦有氧健康活動，韻律操，皇家芭蕾舞及土風舞。帶動了目前能蓬勃的發展。

基督教青年會，本着宗旨，舉辦各項健康活動，以喚醒青年人在這五花十色的現代社會中，不要迷失了方向和目標。而一定要作出明智的抉擇，邁向光明的前程。

感謝貴會，盛意邀請我獻詞。謹綴數語，共勉并身賀忱。

獻
詞

拿督劉增強
本會贊助人



It is such a tremendous honor for to be invited to attend the 40th Anniversary Celebration of the Sibu YMCA. Over the past few decades, Sibu YMCA and Tainan YMCA had established a close connection through frequent exchanges of visits and contacts. It is, therefore, especially an honor for me to be invited to be part of this joyful occasion.

With enthusiastic anticipation, I look forward to being at the Anniversary Celebration and visiting with old friends to further strengthen the ties between Sibu YMCA and Tainan YMCA.

May God's grace and blessing be with Sibu YMCA and the people it serves!

Yours sincerely

Rev. Dr. Paul D. C. Hwang
Tainan YMCA

Message

Message

Congratulatory message to Sibu YMCA on Your 40th Anniversary

On behalf of the Board of Directors and staff of Tainan YMCA, we congratulate you and send our very best wishes for your 40th Anniversary Celebration!

To dedicate 40 years of faithful service to the mission of the YMCA is an important milestone and wonderful achievement. We wish to congratulate your YMCA for the significant achievements and contributions made to the people of your community during the past forty years.

We are confident that with the grace of God, the association will strengthen and continue to render excellent services to the community to meet the challenges in the future.

May the growth of your YMCA movement continue under God's blessing, and we look forward to a long friendship between our two YMCAs. Congratulations again and with best regard.

Jong-shyong Tsai
President
Tainan YMCA



Jimmy C. L. Lin
General Secretary
Tainan YMCA



Message

Congratulations from Shanghai YMCA, Congratulations on the 40th anniversary of SibU YMCA.

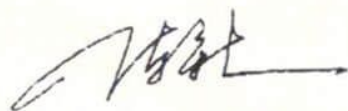
During the past 40 years, SibU YMCA leaves us an impression with the major participants of volunteer, which has made contributions to the moverment of world YMCAs.

Shanghai YMCA pays attention to the friendship with SibU YMCA. We have learned lots of priceless experience from your development.

We are looking forward that SibU YMCA will have large and fast development in the future, and we will obtain more cooperation and communication under the lead of the God, which will create more chance for city YMCAs to upgrade ourselves and burden social responsibilities, so to reach the mission of serving the society and benifiting the people.

Wish glory with the SibU YMCA! May God bless youall the time.

Best wishes,



Xin Chen
President
Shanghai YMCA




Jianrong Wu
General Secretary
Shanghai YMCA



Message

CONGRATULATIONS ON YOUR 40TH ANNIVERSARY

On behalf of the Board of Directors, management and staff of Metropolitan YMCA Singapore, we send our warmest congratulations on the occasion of your 40th anniversary.

Since your inception in 1971, Sibu YMCA has grown steadily in community service through visionary leadership and the dedication of your members, volunteers and staff. You had established your base with a new YMCA building in 1989 and expanded with a YMCA camp resort in 1996. You officially opened a new kindergarten in 2004. You connected with YMCAs in the region with various partnerships and programme linkages, and in 1994 signed a Brother YMCA Affiliation with our YMCA.

YMCA of Sibu has been playing an important role in East Malaysia to build up children and young people through your kindergarten, camp and community programmes.

We pray that God will continue to bless and multiply the work of your hands, and that your work will grow from strength to strength.

Your sincerely,

Arthur EH Lim
President
Metropolitan YMCA
Singapore



Phyllis HS Tan
Executive Director & CEO
Metropolitan YMCA
Singapore



Message

CONGRATULATORY MESSAGE FROM YMCA OF SINGAPORE FOR SIBU YMCA 40TH ANNIVERSARY CELEBRATION

YMCA of Singapore extends our heartiest congratulations to YMCA Sibu on the joyous occasion of your 40th Anniversary. May God bless YMCA Sibu abundantly and enlarge its territory that it may touch the lives of many more people in Sarawak.

We applaud YMCA Sibu's good works and tireless efforts over the last 40 years in serving your community, especially the deaf and elderly, empowering them through self-reliance and self-advocacy. We commend your variety of community programmes which have benefits a broad spectrum of individuals and groups. May you also continue to develop strong leadership among the women membership with active women participation and leadership at Board Committee levels.

YMCA of Singapore looks forward to greater collaboration with YMCA Sibu in the years ahead to touch more lives for the extension of God's Kingdom.

Heartiest Congratulations & Best Wishes from,

STEPHEN LOH
President
YMCA of Singapore

ALBERT L H CHING
General Secretary
YMCA of Singapore





The YMCA of Ipoh rejoices with the YMCA of Sibu in the 40th Anniversary Celebrations of the YMCA of Sibu. Both our YMCAs face similar challenges though we are located in different parts of the country. We also share similar objectives, we share similar ideals. Most important we share the same God; Jesus Christ our Lord.

So we will stand together shoulder to shoulder as we move forward into your 41st year. We will grow together in continued and greater dependency on our Lord in our programs, activities and our reaching out to the community around us.

God bless the YMCA of Sibu,

Dato' Daniel Tay
President
YMCA of Ipoh

Message



Message

Thank God that you still survive after 40 years,
I pray you will continue well for long at top gear;
It is also time to reflect on your works and achievements,
So as to function well and not to be de-generated into a mere monument;
It is not good enough that we operate in a house of gold,
But forget the heavenly vision and our earthly role!

We should constantly be reminded of the Paris Basis,
And if we have deviated, come back to the very basis;
It is good that we stay united and having one mind,
To serve Him with our firm foundation in Jesus Christ;
Without that we are like dead fish in a river of life,
Happily dying yet we do not seem to realize!

It is good that we can serve Him in this land of our pilgrimage,
With less regards to the world and even our age;
It is my prayer that all together we can gain some good soul ties,
Which will keep our spirit free and always high in Jesus Christ;
It is also time to rejoice and be thankful and celebrate,
Paying much tribute to Jesus Christ and His sages!

"Praise The Lord!"
Brother Joshua Ong
President of YMCA Kuala Lumpur



Message

As we are now approaching into the time line of sharing the past and its successful establishment of the Mission of the YMCA of Sibu, Sarawak for the past 40 years with great success and the pursuit of the towards another accomplishment into the future of the YMCA's works for the community and society in this integral ecumenism of the global citizenship. It is my honor and privileges to convey the Congratulatory and well wishing to your incoming celebration of the 40th Anniversary and its felicitation herewith. May the Lord be with your beloved YMCA to bless his servant to serve the society with peace and justice, to share love and care for the staff and the volunteers and its members to recognize the New Way of the Global Citizenship and Social Responsibility.

May I quote the well remember what the Chinese sage Guan Zhong once said as I did borrow from Rev. Ahn Jae Woong on his sharing reflection-Title: That they may all be one:

Do not dwell in the past
Do not stay in the present
Change with the trends
Change with the time.

May God lead your Mission of the YMCA Sibu to render services in your community that it may light up hope to those underprivileged so that they can be the good example of the love and concerns towards others for another long journey. May our Good Lord bless all of the leaders and directors and those volunteers who are serving YMCA Sibu in their entire endeavor.

Yours Sincerely,

Wichian Boonmapajorn
President of Alliance YMCA of Thailand
President of YMCA Bangkok



Message

We bring greetings from the National Council of YMCAs, Malaysia, and we congratulate the Sibu YMCA on its 40th Anniversary.

We are delighted to note that over the last 40 years, your YMCA has managed to bring a wide range of programs and services that fits across the life cycle of the human race. You have programs for pre-school kids; the Hi-Y programs for those in schools; programs for the self-improvement of the working adults; and activities for the Senior Citizens. All these you were able to achieve through the hard work of your leaders - past and present - who not only depended on your own resources but also able to tap those from our brother YMCAs in the other parts of Asia.

Your YMCA has also been able to work on developing a beautiful camp-site which we hope the other YMCAs in Malaysia, will take advantage of not only to enjoy the facilities there but to come and learn more about the culture of our brothers and sisters in this part of our beautiful country and be able to build our a better integrated Malaysia.

While you pause to celebrate your achievements over the last 40 years, I am confident the YMCA of Sibu will be able to continue this long journey and achieve greater heights in the years following. Perhaps with the experiences gained so far, your YMCA can help the National Council to bring forth the good news of our Movement to other parts of Sarawak so that others can enjoy the work that our founding fathers started more than 150 years ago.

Your YMCA has been participating and providing leadership in the National Council. We look forward to your continued support.

With God's Blessings,



Liew Mun Khai
Hon. Secretary
National Council of YMCAs Malaysia



Message

This truly is an auspicious occasion as the Sibu YMCA marks 40 years of YMCA Service manifested in the love of Jesus Christ. During these past 4 decades, the Sibu YMCA has surely affected the lives of many youth, families, and individuals in significant ways, and been a beacon of light where people can come to learn, grow and build fellowship within the spirit of your YMCA Community. On behalf of the Hiroshima YMCA Board of Directors and staff, I would like to offer my sincere congratulations to Dr. Tiong and everyone within the Sibu YMCA as you celebrate this wonderful occasion.

The Sibu YMCA and Hiroshima YMCA established a Partnership in 1989. During these years, a special bond has grown and various meaningful exchanges took place. I personally am very committed to our Partnership growing ever stronger, and am eager to forge ahead in realizing ever more ways to deepen our bond. The Partnership between our YMCAs is a gift to treasure and bring together.

As you reflect back, and give praise and thanks to our Lord Jesus for all that has been accomplished and come to be during these past 40 years, I'm sure that you are also looking ahead to the future as well. I pray that God continues blessing the Sibu YMCA abundantly, and that many people will be served in the love manifested by Jesus Christ within your YMCA Community.

In Fraternal Brotherhood,

A handwritten signature in black ink, appearing to read 'Shoji Kamikubo'.

Shoji Kamikubo
General Secretary
Hiroshima YMCA



Greetings from Penang YMCA!

Thank you for your invitation to join such an auspicious occasion. On behalf of the Penang YMCA Board of Directors and Staff, I extend our Heartiest Congratulation to Sibu YMCA as you celebrate your 40th Anniversary.

We pray that God's continuous blessing be upon your YMCA as you continue to work with your community through your camp sites and kindergarten that has so much potential to reach out to those in need.

May Challenge 21 "Sharing the Goods News of Jesus Christ and striving for spiritual, intellectual and physical well-being of individuals and wholeness of communities" be in the forefront of Sibu YMCA's mission in years to come.

God Bless!



Ong Sook Gaik
General Secretary
Penang YMCA

Message



THE SECRETARY COLUMN

The YMCA is the world's largest and oldest voluntary Christian youth organization, there are over 12,000 Associations in over 90 countries with a total membership of over

16 millions. The YMCA as a Christian movement seeks to provide healthy and meaningful channels for youth to realize their potentials through social, religious, cultural, impersonality - Body, Mind and Spirit.

Under the world Alliance of YMCAs, there are at present 4 areas organization:-

- a) The Asia and Pacific Areas of world Alliance of YMCAs with its office in Hong Kong, established after the end of the World War II.
- b) The European Area Committee of world Alliance of YMCAs with its office in Germany formed after the end of the World War II.
- c) The Latin American Confederation, with its office in Montevideo, Uruguay established in 1914.
- d) The Africa YMCAs Committee, with its office in Kenya, formed in 1977.

The Y.M.C.A movement was introduced to Malaysia in 1905 when the Y.M.C.A of Kuala Lumpur was founded. Our Y.M.C.A of Sibu, Sarawak, and the application for registration was approved in 1972. After the death of Rev. Peter G. P. Chew, the Association was inactive from 1972 to 1973. In 1974 only the president Mr. Chieng Hie Kwong, Mr. Roger Ong and myself were present in the AGM. So it was postponed. Later Mr. Chieng conducted another meeting by inviting those old and young who were more active leaders in Sibu three churches like Dr. Eugene Teng, Father Joachim Pang, Rev.

Joshua Bunsu, Rev. Lionel P. A Muthiah, Simon Tiong King Hoon, Roger Ong Seng Teck, Siew Woo Ming, John Ling Hau Kee, Datuk Yeo Ping Hua, Mr. Paul Anging, Mr. Ling Tung Leh, Rev. Wong Meng Chuo, Miss Eleanor Goh, Mr. Tang Ann Ding, MR. Ting Kai Tai. The working committee started to carry out various youth activities; meanwhile Dr. Wong Soon Kai was invited to give a talk. We held inter-secondary school debate in three languages, Bahasa Malaysia, English and Chinese competition. With the approval of Rev. Lionel P.A. Muthiah of Wesley Methodist Church, we make use of the movement centre of Wesley Church to conduct meetings and various activities such as cake making, cooking, skin-care and make-up and Folk dancing courses. We are proud to say that YMCA, Sibu under the co-ordination of my wife, Madam Wong Phick Ngiuk and myself was the pioneer to pioneer to introduce cake-making, cookery and folk dancing classes to the people of Sibu and the response was over whelming.

On 17th January 1976, a young chartered account, Mr. Robert Lau Hoi Chew was invited by penghulu Chang Chung Ching to attend the AGM of Sibu Y.M.C.A at the office of its then President Mr. Chieng Hie Kwong at Hock Hua Bank Building, Sibu. The Meeting was attended by only 24 persons and Mr. Robert Lau was elected as President of Y.M.C.A. A fund raising was launched and a "Talent Discovery Night" held. Since then it has become one of our annual activities.

In 1977, with the kind permission of Y.B. Robert Lau Hoi Chew we were able to make use of his Matimor Institute as our centre and additional activities were carried out at the Sacred Heart Kindergarten and the Catholic High School Canteen. We thank our almighty God for his

providence. The first activity with Y.M.C.A Sibu took part at national level was the Y.M.C.A Festival of Sports in 1980 in Ipoh, 14 Directors and members took part in the various events. During this Festival we realized that it is very important to have our own centre in Sibu as Y.M.C.A Ipoh has its own fully equipped centre for all its activities.

So when we returned to Sibu from Ipoh and after discussions, we rented one floor premises at Ianang Road, Lane 2 as our Centre, the monthly rental pay by Y.B. Robert Lau Hoi Chew and Directors. At that time, the main annual activities were cake-making, handicraft, cookery, religious activities, folk dancing drama club and "Talent Discovery Night" The response was very promising. As such, we found that the rented premise was no longer able to accommodate our various activities. Then we began to talk about finding a more suitable place.

One day while visiting our advisor Rev. Dr. Eugene Teng, he mentioned that the parcel of land opposite his house, that is No. 50, Sie Poi Kieng Road is offered for sale. At the time we also received news that National Council of YMCA Malaysia, has agreed to obtain a loan of US\$50,000.00 for us from the Association of churches of Malaysia. With that, a sale and purchase agreement was signed with a consideration sum of RM195,000.00 Unfortunately after the signing of the agreement we were informed that the Association of Churches of Malaysia was not approved. After many meetings and discussions, our president Mr. Lau Hieng Ing decided to seek for public donations and loans from our directors and members to fund the purchases of the subject property.

So in 1981, under the leadership of our president, Mr. Lau Hieng Ing. Y.B. Robert Lau Hoi Chew, Datuk Yeo Ping Hua, Mr. Simon Tiong and Penghulu Chang Chung Ching and other dedicated members, we managed to collect more than RM100,000.00 from our patrons and the balance as loan from our members. Thus, on December 26, 1981, Y.M.C.A Sibu was successfully located at No. 50, Sie Poi Kieng road.

With the comfort of our own centre, we concentrated on training programmes and introduced various classes to the benefit of the people in Sibu. We sent instructors for aerobic, keep-fit and yoga to Japan and Korea Y for training. In return the instructors trained 6 assistants to start full classes from aerobic classes which later became very popular in Sibu.

In 1986, our centre once again, became too small and the Board members decided to build a multi-storey centre. At this point, we must thank our beloved YAB Chief Minister for giving us his blessing to build our new centre after an appeal on our behalf by YB Tan Sri Datuk Amar Dr. Wong Soon kai, Deputy Chief Minister. This new centre which costs RM1.5 million provides space for a child care centre, a multi-purpose hall with two badminton courts, a teaching kitchen, classroom for skill learning and tuition, an administrative office, a swimming practice pool for children, and aerobics dance rppm and a canteen. With the blessings of our Almighty God the generous support of our Government and patrons, our building fund raising project was a success, starting with only RM10,000.00 in our bank. However, Rev Hwang of Y.M.C.A Tainan. encouraged us by informing us that when Y.M.C.A Tainan first started to build its centre, they only had about US\$6,000.00

to start off and he assured us that we had to depend wholly on our precious lord who would provide. YMCA Tainan assisted us in many ways including sending a ballet instructor to train instructors.

Our new centre was declared open by our beloved Deputy Chief Minister. YB Tan Sri Datuk Dr. Wong Soon Kai on 6th August, 1989. The concept of managing YMCA Sibu is modern economical and effective with new ideas from our bother association, Tainan YMCA, Hiroshima YMCA Japan, Cheon YMCA, Korea, Singapore Metropolitan YMCA, Orchard Road YMCA Singapore and Shanghai YMCA with whom we twinned in 1987, 1989, 1990 1995 and 2004 respectively. We are now in the progress of negotiating with Guanzhou YMCA, Tiangin YMCA, Nanyang YMCA, Chiangmai YMCA, New Zealand, India, Myanmar and Philippines for brotherhood twinning.

To share Christ's love and show our concerns to the youth and to strengthen youth leadership training, we bought a piece of land at 21st miles Oya Road to build Youth Camp. The 1st phase of fully air conditioned camp building was completed in 1995 and declared open by our beloved YAB Chief Minister, at the same time our intrnational Hi-Y camp hosted by our YMCA Sibu.

In addition, Sibu dance committee of Dewan ZSuarah Sibu and YMCA Sibu have jointly organized 6 phases of cultural and folk dancing workshop at dewan Suarah Sibu from 1990 To 1998. The ain is to provide the locals with a basic knowledge and understanding of cultural, traditional and folk dances. It's also one way to spread goodwill and understanding of other nations' culture. Amazingly, more than 300

participants from all over Sarawak came to attend the workshops every time. Now foik dancing and cultural dance have become every popular in Sarawak.

One cannot deny that the ladies section under the leadership of Datin Kapitan Janet Lau Ung Hie, Madam Wong Phick Ngiuk and Madam Juliana Wong and its committee and the Senior Citizen Committee members has contributed tremendously to the great progress and development of YMCA Sibu.

We must specially record our most sincere gratitude to our Honorary Patron YB Tan Sri Datuk Amar Wong Soon Kai for his tremendous assistance in getting the building construction approval and the Sarawak Government's grant. Tan Sri Datuk Sri Tiong Hiew King, the late Datuk Lau Hui Kang, and Mr. Lau Swee Nguong and Tan Sri Ting Pek Khiing, Mr. Wong Siew Kwong and the late Choo Siong Tieng whose generous donations at the very beginning of our new building fund raising had given us the confidence to proceed with the ambitious project. And it was the very generous donors combined efforts which brought us the magnificent building.

I am happy to say that, with God's love, YMCA Sibu has achieved its many goals and I do hope and continue to prey that it will grow from strength to strength and generating more fruitful service to the people in Sibu in the years to come.

May God bless us all.

Dr. Simon Tiong King Hoon
Hon. General Secretary

Yakin Diri Kindergarten, Soon Hup Garden Board of Director



Adviser
Mr. Chieng Hie Kwong



Adviser
Datuk Lau Hieng Ing



Honorary Life Chairman
Dato' Ting Ong Hua



Chairman
Temenggong Vincent
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Lau Ung Hie



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Dr. Simon Tiong
King Hoon



Secretary
Mr. Siew Woo Ming



Treasurer
Mr. Yong King Sung



Supervisor
Kapitan Ting Tiew Chai



General Affair
Mr. Chieng Sie Kong



A very warm welcome to our auspicious and memorable 40th Anniversary Celebration.

Our praise and thanksgiving to God for all the years of dedication and well-being of our Ladies Section.

40 years of existence to YMCA, Sibu, is an achievement and is never easy and simple. Our heartfelt salute to our late YB Datuk Robert Hoi Chew for his great love and dedication and he will always be remembered in his undertakings.

Let us persevere and continue to serve with our best foot forward for a better tomorrow for YMCA, Sibu, and stay united in body, mind and spirit.

May The Lord continue to shower His Blessings endlessly on our Patrons and donors for their continuous support.

Praise The Lord.

Mdm. Juliana Wong
The Chairperson of
The Ladies Section

Message



YMCA 松青俱樂部簡史與樂齡人士感言

松青俱樂部創立於1992年。創辦時由已故張俊朝任主席，本人任秘書。取名為松青，意即長者健康快樂，如松柏長青。後吳標國（已作古），甲必丹趙重炳，程光利律師及本人續任主席。

我們的會員約有一百五十名。算是目下YMCA人數最多且比較活躍的支體。每年有舉辦上半年與下半年兩次的生日會，宴開十五，六桌，席間有牧者短講，餘興節目等，相當熱鬧。我們曾舉辦過多次的歌唱比賽，選拔了多位名歌手。如張賽英，張雲英倆姐妹，黃愛玲，張燕，劉六勇，許品官等。

旅游方面，集體的旅游，我們尚嫌不多。近年祇到過沙巴KK與古達及泗省的魚鱗甲與甲望。

我在雪梨看到樂齡人士祇花一元的澳幣乘搭巴士，火車，輪船暢游一整天；在首爾有整百個的樂齡男女在船上高歌，跳舞；在福州的公園，汕頭的江濱，早，晚各有一團一團的人在唱歌，跳舞及演奏樂器，演劇等。本地的退休人士，常集在咖啡店中聊天，實在沒有別的好去處....！

退休的公務員尚屬幸運。每月可領到退休金。今年首相納吉還另拔RM500.00為開齋節禮物。希望許多窮苦的非公務員長者，政府也能發給新年紅包！

鄭作鈞
松青俱樂部主席
YMCA SibU

獻
詞



YMCA

松青俱乐部2011-2012年之委



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YAKIN DIRI KINDERGARTEN, SOON HUP GARDEN

顺合自信幼稚园

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Message

It is indeed my pleasure to be invited to write a message for the 40th Anniversary Souvenir magazine of YMCA, SibU. I really feel honoured that I can partake in the organization of this grand auspicious occasion which marks a milestone in the history of YMCA. In fact, this is a memorable and meaningful event to every member. Just imagine how many 40-years-old events can one experience and witness in one's life?

How time flies! It seems like just yesterday we celebrated the YMCA's 35th Anniversary with our dynamic beloved past president, late YB Datuk Robert Lau Hoi Chew. He's gone now but his exemplary leadership capability had motivated some of our directors. His selfless dedication and determination to work well for the better of YMCA had certainly touched me. I can still recall vividly his words to me when he urged me to set up a kindergarten for YMCA, "Teresa, it's never wrong to do something for education. You will receive abundant blessing from the Almighty God!" These enlightening words stimulated and stirred me; thus Tadika Yakin Diri came into existence in the year, 2003.

Moreover, our late YB Datuk Robert Lau had really showed his affection and concern for YMCA. He made sure that he had found a caring enthusiastic successor for YMCA before he left this world. Our present president, Temenggong Vincent Lau Lee Ming is really another energetic leader of strong will. Once he came into office as President, he, without hesitation, initiated the idea to hold this 40th Anniversary Celebration. His ardent desire to improve and transform the present situation of YMCA makes me salute to him. How fortunate YMCA is to possess leaders who are willing to take up challenge and responsibilities. With the fervent spirit and positive attitude of our past and present presidents who intend to serve the association well, YMCA will certainly progress and strengthen from time to time!

Lastly, I wish to congratulate all the directors and members on their success in organizing the 40th Anniversary Celebration. Lets us all rejoice!

"God Bless You All"

Regards,

A handwritten signature in black ink, appearing to read 'Teresa'.

TERESA LAU
Tadika Yakin Diri's Principal

STAFF OF TADIKA YAKIN DIRI 2011



Mdm Teresa Lau
Principal



Liong Siaw Ping
Teacher



Huong Mee Hung
Teacher



Sii Siew Hie
Teacher



Siew Teck Siang
Teacher



Hii Hie Ing
Teacher



Wong Ai Moie
Teacher



Huong Suk Hong
Teacher Asst.



Angela Ting Yew Tieh
Teacher



Monica Ak Nyanggau
Cleaner

TASKA YMCA SOON HUP GARDEN



Mdm. Wong Poh Hung
childcare in-Charge



Mdm. Ng Siew Hung
Teacher



Mdm. Lai Suok Hie
Chief Cook



Emylia
Teacher



Isn't our lunch delicious?

OUR ACTIVITIES AT TASKA YMCA SOON HUP GARDEN



HARI TASKA "Nursery Day"



"Cute Dancer" Follow me, I'm the leader!!!



Birthday Party Celebration



Picnic at Lake Garden



X'mas Party



Physical Exercise

Activities of TADIKA YAKIN DIRI 自信幼稚园学生生活



哗! 多可爱的小舞蹈家
Wow! Cute dancers



TADIKA YAKIN DIRI 自信幼稚园



自信幼稚园 儿童们参与社会各机构所举办的活动



图为严建安（中）颁发欢乐游乐园最佳创意摊位设计奖予自信幼稚园代表。



Aren't we most creative?
有人说：“我们是最有创意的。”



Future artists of Sibu!
诗巫未来的艺术家！



Winners of writing competition 书法家得奖者



"We show sportsmanship spirit"
运动精神



Potential Singers! Aren't they marvellous?
潜能歌星是否很棒?







YMCA STAFF



Mdm. Jane Yii Siew Ling
Chief Clerk



Miss Michelle
Office Clerk



Mdm. Ling Ee Mee
Centre Maintenance



Ting Kee Haw
General Maintenance

YMCA CAMP RESORT STAFF



Edward Ell Bin Tang
Camp Manager



Agnes Alan Ak Massam
Office Clerk



Unyit Ak Mancha
House Keeper



Inggü Bin Jaraw
Camp Security Chief



Thomas Mekit Bin Tang
Security Guard



Ko Leong Ung
Gardener

成长中的YMCA土风舞班

首先，我们恭贺YMCA进入40年头，40岁生日快乐！

土风舞班创办人张锦芬博士、导师及团员们全力支持下，成立迄今进入第十年。一路来，团员们把舞蹈当作生活的重要一环，谨慎努力的经营，让它茁壮成长。起初，我们礼貌拜访各舞蹈团体组织，进行舞蹈交流，互相切磋舞艺，促进团员之间的情谊。

近年来，为了扩展舞蹈班的发展空间，我们跨省越埠，组团前往各地参加由不同团体主办的交流会、观摩舞蹈大汇演，从中取经，提升团员的舞蹈素质。

土风舞是一种富有创意及娱乐性的健康活动，现今人们视它为强身健体的运动，它的成立，增添人们的生活情趣，舒解了日常生活中的工作和学习压力，绝对值得我们积极去推动，及

深入钻研的舞蹈文化艺术。

尽管现今的土风舞由早期传统式的风格演变为现代化，及加入了交际舞的曲风，却改变不了舞蹈员那份热忱的心，大家练出健康的体魄，也为自己舞出生命的色彩。

欢迎您加入大家庭，别让忙碌的生活和工作，埋没了您的兴趣和舞蹈才华，欢迎您赴这个美丽的约会。

活动时间：每星期三及星期五

时 间：7.30PM—9.00PM

地 点：YMCA顶楼

负 责 人：胡美容

导 师：蔡美兰

助 教：王琳琳

联 络：胡美容

(013-8037535、084-327221)



2009年受邀于泗里街市区睦邻委员会妇女组/土风舞班之周年晚宴呈献“明日恩典”



呈献之舞“圆圆恰恰”



2008年摄於民丹莪舞蹈协会举办之“欢乐之夜”土风舞交流晚会



31.07.2010友谊拜访馬拉端福州公会
妇女组姐妹舞蹈班



追念 已故本会前任会长 拿督刘会洲事功

1976年1月17日，一位年轻有为的渣打会计师刘会洲先生被本固鲁张宗清邀请参加于其会长钱惠光先生在前福华银行大厦内召开的YMCA常年会员大会仅有24人出席当时的大会，而刘会洲先生就在没有其他选择之情况下接受当选为YMCA会长。当时的诗巫YMCA的银行来往户口仅剩RM69.70。但新上任的会长心有成竹拟定了新的发展策略来带动基督教青年会的发展。在京都大戏院举办第一次破天荒“天才文艺晚会”，全场满座。当时因客观因素政府禁止在公开场所举办文娱活动。又能由刘会洲先生特殊关系，才能获得政府部特别批准举办“天才文艺晚会”后成为常年活动之一。

继天才文艺晚会后刘会长又策划举办别开生面从未有的露天烛光圣诞庆祝会。在黄乃裳街道中央搭起大舞台，借来海港局货架，邀请基督徒领袖，如拿督姚炳华，已故拿督丁明惠及其他教会领袖发表圣诞演说。共勉共励。更非常荣幸的邀请到尊敬的前本州第一副首长丹斯里拿督阿

玛黄顺开医生以及一些本市政治社会及宗教领袖为主宾及上宾。同时吸引大批观众观赏。

1980年，我们几个理事及会员包括我，黄宣琴，蔡祥基，已故周国聪，户开达，黄素莲，王寿宽等二十多位第一次去怡保参加马星基督教青年会嘉年华会时，我们看到怡保YMCA有大片广场，会所大礼堂及活动中心，饮食中心及旅社，使我们羡慕不已。当晚我们商量回诗巫后决定租一层店屋允作我们自己的会所，不用借用卫斯里活动中心，公教食堂来作活动。当开理事会时，我们提出租用店屋不得理事批准。当时会长是现已故黄祯华会长。他只批准理事们自己出钱去租。当时刘会长已到印尼为KTS在印尼公司任职。刘会长得知此情形后，他就答应出租金一半及内部饰修及桌椅由他负责。所以我们就租南兰律第二巷三楼店屋一间，允作活动中心。由刘会长主持开幕礼，展开各种活动。会员也很快增加。我们深感他太过狭力。





1981年拿督刘贤英挺身而出，担任本青年会会长，立即策划购置自己会所。在本会顾问邓玉岐博士的说服下，又得到马来西亚联合教会答应借用美金六万元。我们决定购置施培路50号一间独立房屋。我们签约后其独立屋价格是RM195,000.00后得知马来西亚联合教会不借款给我们。刘贤英会长开会决定须自己去筹款，不然YMCA招牌我只得拿回家挂在我家里。当时前任会长刘会洲先生身在印尼，心仍然在YMCA由印尼回家得知此情形，即召集拿督姚炳华，本固鲁张宗清会长刘贤英先生及我，第一位由找社会贤达，拿督张晓卿先生。由他领头作用捐出马币3万元，其他木材商如已故拿督刘会干，刘瑞源先生，已故朱祥田先生没黄守光先生及其他社会贤达及商家。另外几位理事也暂借几万元，我们成功购置施培路50号一间独立屋。我们非常感激本会前任会长拿督刘会洲及本会赞助人及诗巫慷慨的公众人士鼎力捐献。

经过装修后，我们的中心就成为本会例常活动的场所。如我们最早介绍韵律操，有氧活动及皇家芭蕾舞到诗巫。现成为商业化。其他活动如假期生活营，补习班，绘画班，手语班，美容及美发班。

1986年，我们的中心再次显得太过狭小，当时刘会洲先生已回诗巫工作，又担任会长。于是他大胆决定重建YMCA。建造一座多层建筑物。当时银行存款只有马币一万元。要斥资一百二十万零吉。提供了完善儿童护理中心。一个多种用途的大礼堂，拥有两个羽球场，教导烹饪的厨房，技能训练与补习的课室，行政办事处，一个



教导儿童学习游泳池，健美操及有氧运动舞池及一个餐厅。1989年8月6日邀请我们可敬的前任副首长丹斯里拿督阿玛黄顺开医生正式主持开幕典礼，位于施培路的新会所中心深获诗巫各阶层人民，特别是年轻一代的热烈影应与爱护。

本会前任会长刘会洲更雄心万丈，更向更高目标发展。在1996年在乌驿路21哩山坡处，地三面环着士敏得河，风景非常优美，建起斥资五百多万元YMCA度假村。可住入3百多人宿舍及可容纳五百人大礼堂、3间会议厅、3百人餐厅、一间会议厅、一公里长跑道、7间烧烤亭、二个球场、一个大广场。更由拿督刘会洲前会长费尽心机获得丹斯里赞助承建30间木屋如三星旅店，使我们度假村尽善尽美。

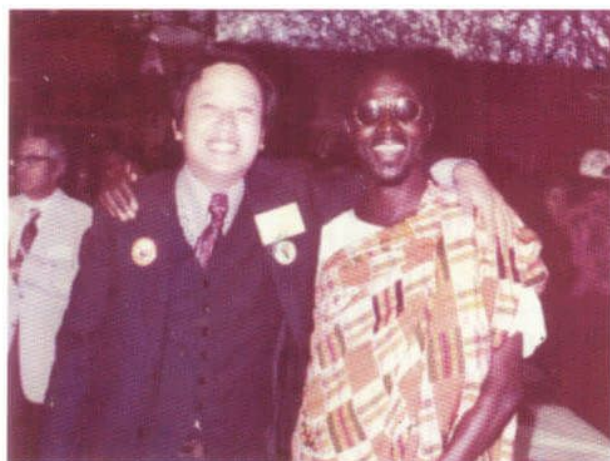
2004年，拿督刘会洲前任会长更向本市著名顺合建筑公司为本会建立一间十五间教室，三层幼稚园在顺合花园。均是实现我们梦想的推动力。本会前任会长拿督刘会洲在1976年也代表马来西亚YMCA与吉隆坡Mr Wan Thong Choon参加世界YMCA在美国HOUSTON举办世界青年营。

拿督刘会洲前任会长对诗巫YMCA大公无私现献出精力与时间在他拥有神圣宏愿的大前提下，为本会克服重重困难，披荆斩棘，使今天我们的诗巫YMCA步入康庄的大道。今后YMCA之发展须配合天猛公刘利民会长及拿督甲必丹刘文惠副会长及理事们努力，使我们的YMCA能更上一层楼前途更远大。

张锦芬稿



OUR PAST PRESIDENT ATTENDED YMCA YOUTH CAMP AT HOUSTON U.S.A. 1976





台南/詩巫YMCA結盟禮 地點：台灣台南





YMCA CHRISTMAS PROCESSION



NATIONAL YOUTH WEEK



诗巫基督教会简史

十八世纪中期，英国的工业革命，造成了大量年轻人涌入大城市工作，比如伦敦，可是那里的生活与康乐条件依然落后。青年人沉迷于饮酒与不道德活动来消遣他们的时间。

在一个炎阳高热的周日下午，两位年轻人一起去参加黄昏礼拜祈祷，当他们走过泰晤士河毕拉华斯大桥时，佐治威斯突然灵机一动，向他的朋友标文德发出挑战：“你愿意为基督作出牺牲吗，后者欣然答允。”

当晚，他们更鼓起勇气，以实际行动来实现他们的理想，逐说服了十位青年人在一间栈房的二楼相聚，查读圣经及祈祷。在这个会议中，就成立了基督教青年会，带领着青年人远离社会不良的恶习，倾心查读圣经，进行讨论会、祈祷会及团契聚会。在过去一百五十年，基督教青年会会不断成长壮大，俨然成为一个国际性的庞大青年组织，在全世界的一百四十八个国家中拥有一万两千个公会及宿舍，会员中数达到两千六百万，引导着青年人朝向德、智、体三方面的健全发展。基督教青年会是一九零五年引进马来西亚而在吉隆坡成立了基督教青年会。

七十年代，在诗巫这个砂州中区城市已播下了几个国际自愿服务团体的种子，例如青商、扶轮社及狮子会。与此同时，基督教会，诸如天主教、卫理教以及英国圣公会，除了展开宗教活动外，也对诗巫的教育发展贡献良多。卫理与圣心学校已俨然变成培育英才的主流学校，桃李满天下，在政治、经济与社会领域里大显身手，展露才华。

时至一九七二年，几位基督徒领袖，例如已故周国聘牧师，庞征鸿牧师、钱惠光、江顺生、邓至歧牧师、佐华蒙苏牧师、余泽瑞牧师、张锦芬、本固鲁张宗清、刘贤英、王圣德、黄宜琴、史提越卡尔、朱文发及已故保罗安丁，毅然决定筹组诗巫基督教青年会，加强我们社会的青年人的德、智、体发展。

由于缺乏经费及自己的会所，故使到许多的活动都要在教会学校的课室和餐厅举行。早期在香港深造的张锦芬已对香港基督教青年会的各项

活动有所认识，首先发起推动烹饪、蛋糕制造、美容班及其他赛项目更由他的太太协助，而他老旧的一部汽车常常也变成流动的器具藏之地方，以推动行各项YMCA的活动。

一九七六年正月十七日，一位年轻有为的渣打会计师刘会洲先生被本固鲁张宗清邀请参加于其主席钱惠光先生在福华银行大厦内召开的诗巫YMCA常年大会。仅有二十四人出席这项大会，而刘会洲先生就在没有其他选择之情况下接受当选为诗巫基督教青年会会长。当时的诗巫基督教青年会的银行来往户口仅剩六十九零吉七角马币，但新上任的会长及其新理事会还是非常坚决地拟定了新的发展策略来带动诗巫基督教青年会的发展。一个常年活动纲领拟就出来。各项活动的筹委会主席也受委任以推动整年的活动计划。

我们常年的活动，包括露天烛光圣诞庆祝会，天才文娱晚会来筹募基金及促进文化活动和祷告周筹都是家喻户晓，人人皆知，同时吸引大批观众夹道观赏。我们的舞台剧表演，比如百花齐放，百鸟争鸣的“双女情歌”也吸引成千上万观众的欣赏，掌声雷动，好评如潮。我们早期的圣诞烛光晚会也邀请基督徒领袖，好像拿督姚炳华，已故拿督丁明惠及其他教会领袖发表演说，共勉鼓励。而现在我们非常荣幸的得到尊敬的本周第一副首长丹斯里拿督阿玛黄顺开医生以及一些本市政治社会及宗教领袖为主宾。我们的基督徒戏剧比赛、舞蹈比赛、歌唱比赛、烹饪比赛和舞台刻的知名度还是不减当年。

一九八零年，我们几个人包括张锦芬、黄宜琴及蔡祥基等一去怡保参加马来西亚基督教青年会体育嘉年华会时，决定这是我们拥有自己会所的时候了。于是理事会成员们同意租下诗巫南兰律第二巷一间店屋三楼作为我们的会所，但自从正式举行开幕礼后，我们深感它太过狭小。

一九八一年，刘贤英挺身而出，担任本青年会会长，立即策划购置自己会所建筑物。在本青年会顾问邓玉歧博士的说服下，我们成功地使其他叫价者不要抬高价格，购置了位于施培坚路50号的一间独立房屋。虽然当时我们在银行的存款仅有一万零吉马币，但以十九万零吉买下这间会

所。我们非常感激本会赞助人及诗巫慷慨的公众人士鼎力捐献，促使我们的购置会所义举获得成功。

经过轻微的装修后，我们的中心就成为本会例常活动的场所，再配合举办其他活动例如假期生活营、补习班、绘画班及周日学校等等。

一九八六年，我们的中心再次显得太过狭小，于是理事会作出重大决定建造一座多层建筑物。我们要感激可敬的本州首席部长批准本会建造新的会所中心。这项请求是通过我们可敬的副首长丹斯里拿督阿玛黄顺开医生代表本会申请。这座新会所中心斥资一百二万零吉，提供了完善儿童护理中心，一个多重用途的大礼堂，拥有两个羽球场、教导烹饪的厨房、技能训练与补习的课室、行政办事处、一个教导儿童学习游泳的游泳池、健美操舞池及一个餐厅。在上主的祝福和政府与赞助人的大力支持下，本会筹建会所基金运动获得热烈响应，顺利达到我们的目标。尽管当我们推行这项计划时，银行只有区区一万零吉存款。我们的新中心是于一九八九年八月六日邀请我们可敬的副首长丹斯里阿玛黄顺开医生正式主持开幕典礼。位于施培坚路的新会所中心深获诗巫各阶层人民，特别是年轻一代的热烈响应与爱护。

管理诗巫基督教青年会的概念是采取我们姐妹会的现代化，经济化及有效率的新知识，例如台南基督教青年年会、日本广岛基督教青年会、韩国。

我们市区中心扩建工程也包括一间幼稚园、补习班教室、三个羽球、两个壁球场、一个家政中心、一个设备完善的健身间、一个室内健美操体育馆等。

从一九七六年，只有七十零吉的资金开始，我们历尽了漫长的岁月与艰辛的道路，已达到了今日我们所拥有的一切。我们怎么样发达呢？当然其答案是来自我们上主的祝福、政府及其领袖的指导，政府部门的协助，理事们的热忱与努力工作。各工作小组及会员们的紧密协调以及诗巫公众人士们慷慨解囊，特别是我们的赞助人大力捐助我们的建筑基金，因而被称为“诗巫人民的

伟大精神”所惠赐。

我们应该衷心感谢全体的赞助人这么鼎力资助，尤其是几位非常杰出的热心社会事业的企业家。例如拿督张晓卿是我们的首位赞助人，为我们市区会所中心及我们的渡假营的筹款运动登高一呼，抛砖引玉，给予我们最重大的支持与信心。有了拿督张晓卿的良好榜样，促使我们有更坚强的信念去寻求第二位赞助人。接着义款纷至沓来，会所及首期渡假营顺利建成。

我们另一位非常杰出的赞助人，拿督刘会干热心公益，也不落人后，常以捐款面露鼓励的笑容及亲切友好的谦虚态度见称。

我们尊敬的赞助人丹斯里拿督陈伯勤，他在事业上传奇性的成就，闻名国内外，而他捐献给社会福利事业也是给受惠者带来传奇性的惊奇。丹斯里陈义不容辞地为YMCA渡假营在极短的时间内，捐建一间拥有三十房间媲美世界闻名的本国浮罗交怡市丽马渡假村同样设计的旅馆。

本会还有一位杰出的赞助人刘瑞源先生，处世稳重、生活简朴、自制意识极高的慈善家，对于慈善与教育工作具有最大与乐善好施的心怀。

我们尚有许多多慈善为怀的热心人士，包括我们的主要承包商顺合建筑有限公司，以及其他赞助人，不胜枚举，均是实现我们梦想的首要推动力。

诗巫基督教青年会的设备是开始此间全体马来西亚公民使用，不论他们的种族、宗教与社会地位。这是全民共同使用的地方，而我们的收费是非常合理，而非盈利的。

可敬的首长，副首长以及全体嘉宾们，我们殷切需要你们继续的祝福，指导与支持，尤其是我们仍缺乏数百万零吉去实现我们的宏愿。

我们深具信心，在汇合大量的人材，资源以及大公无私地贡献了不少的精力与时间，尤其是大家共同拥有的神圣宏愿的大前提下，诗巫基督教青年会将可披荆斩刺，克服重重困难，步入康壮的坦途。



THE STORY OF YMCA SIBU

In the mid 18th century, the Industrial Revolution in England generated a huge urban migration of young people to work in cities like London where the living and recreational conditions were very poor. Young men indulged themselves in drinking and immoral activities as their pastimes.

One sunny Sunday afternoon, two young men headed for an evening church service. As they were walking on Blackfrairs Bridge over the River Thomas, George Williams suddenly challenged his friend, Ted Beaumont, "Ted, are you willing to make a sacrifice for Christ?" Ted Beaumont consented.

That very evening, they decided on an action of courage, by convincing ten of the young men to meet in the upper room of a warehouse for Bible studies and prayers. From this meeting was born the Young Men'Christian Association (YMCA) which began to lead young men away from undesirable social vices to Bible reading and discussions, prayers and fellowships. Over the last 150 years, YMCA has grown into a big international youth organisation with over 12,000 associations and hostels in 148 countries, having over 26 millions members and helping youths to grow in Spirit, Mind and Body. YMCA came to Malaysia in 1905 with the founding of YMCA Kuala Lumpur.

During the early 70's, Sibu was already the home of a few international voluntary service organisations like the Jaycees, Rotary and Lions Clubs. At the same time, Christian churches like the Catholic, Methodist churches and the Church of England, besides other religious activities,

had contributed much towards educational development in Sibu. The Methodist School and the Sacred Heart School had become the elite schools, educating hundreds of outstanding students who excelled in political, economic and social fields.

In 1972, a several Christian leaders like the late Rev. Peter Chew Kuo Ping, Dr. Eugene Teng, Rev. Lionel P.A. Muthiah, Mr. Hwang Cheng Hua, Rev. Joshua Bunsu, Mr. John Ling Hau Kee, Rev. Fr. Joachim Pang, Rev. Yii Teck Soi, Mr. Chieng Hie Kwong, Mr. Kong Sung Seng, Mr. Simon Tiong King Hoon, Mr. Roger Ong, Penghulu Chang Chung Ching, Mr. Lau Hieng Ing, Mr. Michael Wong Ngee Khieh, Mr. Stewart Karl, Mr. Choo Boon Huat and the late Mr. Paul Anding decided to form the Sibu YMCA to promote youth activities to enhance the development of Body, Mind and Spirit among the younger generation in our society.

Due to lack of funds and own premises, various activities were conducted in various mission schools' classrooms and canteens. Mr. Simon Tiong, who had exposure to the activities in YMCA Hong Kong during his tertiary education there, took the initiative to organise various activities like cookery, cake making classes and competitions with the assistance of his wife, Madam Wong. His old car virtually became the mobile junk store, transporting equipment needed for various YMCA activities.

On 17th January, 1976, a young chartered accountant, Mr. Robert Lau Hui Chew, was invited by Mr. Chang Chung Ching (now Penghulu) to attend the Annual General

Meeting of Sibu YMCA at the office of its then President, Mr. Chieng Hie Kwong at the Hock Hua Bank Building, Sibu. The meeting was attended by only 24 persons and Mr. Robert Lau was elected or rather coerced into becoming President of YMCA Sibu. With only RM69.70 in the Association's bank account, the new President and his new committee charted out a new development strategy to develop Sibu YMCA. An annual activity programme was planned and various project chairman were appointed to implement the various projects throughout the year.

Our annual programme, including open-air carolling by candle-light to celebrate Christmas, and the Talent Discovery Night Concert to raise funds and promote cultural activities and prayer weeks became very popular and drew huge crowds. Our stage drama shows like "The Singing Ladies" attracted even thousands of the people from outside Sibu. We even managed to invite our open-air carolling by candle-light, Christian leaders like the Rev. Datuk Yao Ping Hua, the late Datuk Ting Ming Hoi and other church leaders to deliver messages of exhortation. And today, we are honoured by the presence of our Deputy Chief Minister, YB Tan Sri Datuk Amar, Dr. Wong Soon Kai and many community, political and church leaders as our Guests of Honour. Our Christian drama, dance, singing cookery and drama competitions were, and still are, very popular.

During a trip to Ipoh to attend the Malaysian YMCA Sports Festival, a few of us including Messrs Simon Tiong King Hoon, Michael Wong Ngee Khiah, Peter Chai Siong Kee, Philip Ngu and Joseph Chew Decided that it was time for us to have our premises. The Board members all chipped in to rent the second floor at Lane

2, Lanang Road, Sibu as venue to be our own YMCA Centre which became too small by the time we officiated the opening ceremony.

In 1981, Mr. Lau Hieng Ing became our President and immediately planned to buy our own building. Our advisor, Rev. Dr. Teng Yu Chee successfully convinced the other bidder for a detached house at No. 50, Sie Poi Kieng Road not to outbid YMCA Sibu. We bought it at RM190,000 although we had only RM 10,000 in our bank. This purchase was made possible through generous donations from our patrons and the Sibu public.

After some minor renovations, our centre was buzzing with activities including extra programmes like holiday camps, tuition classes, Art & Drawing classes and Sunday school classes.

In 1986, our centre once again, became too small and the Board members decided to build a multi-storey centre. At this point, we must thank our beloved YAB Chief Minister for giving us his blessings to build our new centre after an appeal on our behalf by YB Tan Sri Datuk Amar Dr. Wong Soon Kai, Deputy Chief Minister. This new centre which costs RM1.2 million provides space for a child care centre, multi-purpose hall with two badminton courts, a teaching kitchen, classroom for skill learning and tuition, an administrative office, a swimming practice pool for children, an aerobics dance room and a canteen. With the blessings of our Almighty God, the generous support of our Government and patrons, our building fund raising project was a success, starting with only RM10,000 in our bank.

Our new Centre was declared open by our beloved Deputy Chief Minister, YB Tan Sri

Datuk Dr. Wong Soon Kai on 6th August, 1989. It has been well patronised by the SibU people from all walks of life, particularly the younger generation.

The concept of managing YMCA SibU is modern, economical and effective with new ideas from our brother associations, Tainan YMCA, Hiroshima YMCA Japan, Chun Cheon YMCA Korea, Singapore Metropolitan YMCA and Orchard Road YMCA Singapore with whom we twinned in 1987, 1989, 1990 and 1995 respectively. We are now in the progress of negotiating with YMCA Hong Kong, New Zealand, Australia, China and Thailand for brotherhood twinings.

The success of our town centre prompted us to expand the centre and build a youth camp in the countryside.

After three years of planning and searching, we finally bought the 12 acre fruit garden at Jalan Kasturi, 33 Km Off Jalan Oya, SibU. We consulted our international brother associations on the design and management of our youth camp and town centre expansion. These twin development projects are expected to cost about RM6 million. After lengthy discussions and brain storming, we decided to build the youth camp first while waiting for the approval from the relevant authorities on our town centre extension. The decision to build the youth camp first is also due to our response to our beloved YAB Chief Minister's vision of SibU twin town, "SibU Baru" in a nearby area. Our Camp Resort is surrounded with beautiful green virgin forest with Pasai Siong River meandering around it. The air is cool and clean, made more welcoming by the singing birds, the chattering of insects and the sweet fragrance of exotic flowers; it's indeed an ideal place for recreation and training seminars.

Today, the first phase of the youth camp is completed and declared open by our beloved YAB Chief Minister. This camp has two distinct zones, the sports and recreation zone for the day picnickers, and the seminar and training zone. We even changed the name from SibU YMCA Youth Camp to SibU YMCA Camp Resort with the inspiration of our Chief Minister and Deputy Chief Minister; it's our own humble contribution towards the development of the tourist industry in our state. Our recreation and sports zone boasts 5 gazeboes, 1 basketball court, a multi-usage courts of tennis, netball and volleyball, 10 picnic pits, a fish pond, a canteen, a 1 km jogging track, one set of open-air keep-fit station, open air camp area and a natural river swimming area. Our seminar training and accommodation zone boasts a fully air-conditioned main building with a multi-purpose hall with a seating capacity of 600 people and banquet for 400 people, hostel facilities for 240 people, 4 seminar rooms of capacity of 100 people each, a fully equipped kitchen, a dinning hall for 300 people, a KTV coffee house, a praye room, A coffee house, a mini store and toilets and visual facilities, 5 phone and fax lines, an outdoor drilling field, an aerobics dance field for 1,000 people, a grandstand and a mini hotel of 24 rooms complete with attached bathrooms and toilets, 2 queen-size beds in each room, colour TV, telephone, 2 chalets of 3 bedrooms complete with a sitting room and kitchen, comparable to Ekrans Delima Resort standard in Pulau Langkawi. The whole camp site is brightly lit and enhanced with outdoor piped music and P.A. system.

Our camp's next phase will include a two-tier swimming pool equipped with water slides, a water-fall, an indoor stadium with 3 badminton courts, 2 squash courts, sauna and gymnasium, an indoor children's paradise, a mini bird corner,

suspending bridge and a natural canoeing lake.

Our new town centre expansion will boost a kindergarten, tuition classrooms, 3 badminton courts, 2 squash courts, a domestic science centre, a well-equipped gym, an indoor aerobics studio, to name a few.

With a humble sum of RM69.70 in 1976, we have come a long way to achieving what we have today. How did we do it? The answer comes in many forms. They can be found in the blessings from our Almighty God; guidance and assistance from our Government and leaders; dedication of our hard-working Board of Directors; the faith and commitment of our various committee and members as well as the tremendous generosity of the Sibu people, particularly our patrons who contributed generously towards our construction cost in what we fondly call "The Great Spirit of the Sibu People".

We must also express our heartfelt appreciation to all our donors, particularly a few outstanding patrons led by our distinguished patron, Y. Bhg. Datuk Tiong Hiew King who had been giving us the most important support and the much need confidence as the first donor and starter of our fund raising campaign for our first town centre and also our camp resort. With the shining example provided by Y. Bhg. Datuk, we went on to successfully appeal to many other donors.

Our outstanding Patron, Y. Bhg. Datuk Lau Hui Kang is famous for his humble attitude of donating with a friendly and encouraging smile.

Our distinguished Patron, Y. Bhg. Tan Sri Datuk Ting Pek Khiing's legendary achievement in business needs no introduction and his contribution towards charitable work in

also legendary and it was not was surprising therefore, that Tan Sri transplanted a mini hotel of 30 rooms from the world famous Delima Resort Langkawi to our camp in the blink of an eye!

Another distinguished Patron, Mr. Lau Swee Nguong, is a very low key philanthropist who lives a simple and self-restricted life with a big and generous heart towards charitable and educational projects.

There are many other generous people including Messrs Soon Hup Construction, our main contractor, whose names are too numerous to mention and who are also our prime driving forces in the realisation of our dream.

YMCA Sibu's facilities are available to all fellow Malaysian regardless of their religion, race or social status. It is a people's place and our charges are very reasonable as we are a non-profit making body.

YAB Chief Minister, YB Deputy Chief Minister and all distinguished guests, we need your continuous blessings, guidance and supports, particularly as we are still short of millions of ringgit as we strive towards realising our YMCA Sibu vision.

But we are confident that, with this tremendous pooling of personalities, resources, selfless contribution of effort and times and most importantly, a collective sharing of this noble vision, YMCA Sibu will overcome all obstacles. Thank you for your time.

Games invented by The YMCA

Yes, it was at the international YMCA Training School that in December 1891, James Naismith invented the game of Basketball, doing so at the demand of Luther Gulick, the director of the school. Gulick needed a game to occupy a class of incorrigibles - 18 future YMCA directors who, more interested in rugby and football, didn't care for leapfrog, tumbling and other activities they were forced to do during the winter. Gulick, obviously out of patience with the group, gave Naismith two weeks to come up with a game to occupy them.

Not only was basketball invented by a YMCA institution, but the game's first professional team came from a Y. The Trenton (N. J.) YMCA had fielded a basketball team since 1892 and in 1896 its team claimed to be the national champions after beating various other YMCA and college teams. The team then severed its ties with the Y. It played the 1896-97 season, charging for admission and keeping the proceeds.

Volleyball was invented at the Holyoke (Mass.) YMCA in 1895, by William Morgan, an instructor at the Y who felt that basketball was too strenuous for businessmen. Morgan blended elements of basketball, tennis and handball into the game and called it mintonette. The name "volleyball" was first used in 1896 during an exhibition at the International YMCA Training School in Springfield, Mass., to better describe how the ball went back and forth over the net. In 1922, YMCAs held their first national championship in the game. This became the U. S. Open in 1924, when non-YMCA teams were permitted to compete.

Racquetball was invented in 1950 at the Greenwich (Conn.) YMCA by Joe Sobek, a member who couldn't find other squash players of his caliber and who did not care for handball. He tried paddleball and platform tennis and came up with the idea of using a strung racquet similar to a platform tennis paddle

(not a sawedoff tennis racquet, as some say) to allow a greater variety of shots. After drawing up rules for the game, Sobek went to nearby Ys for approval by other players, and at the same time formed them into the Paddle Rackets Association to promote the sport. The original balls Sobek used were half blue and half red. When he needed replacements, Sobek asked Spalding, the original manufacturer, to make the balls all blue, so they wouldn't mark the Y's courts.

Softball was given its name by motion of water Hakanson of the Denver YMCA in 1926 at a meeting of the Colorado Amateur Softball Association (CASA), itself a results of YMCA staff efforts. Softball had been played for many years prior to 1926, under such names as kittenball, softball and even sissyball. In 1926, however, the YMCA state secretary, Homer Hoisington, noticed both the sport's popularity and its need for standardized rules. After a gathering of interested parties, the CASA was formed and Hakanson moved to settle on the name softball for the game. The motion carried, and the name softball became accepted nationwide. Shortly thereafter, the Denver YMCA adopted a declaration of principles for softball, adhering to noncommercialized recreation open to all ages and races and demanding good sportsmanship. When the Amateur Softball Association of America was formed in 1933, the Denver YMCA team represented Colorado in its first national tournament, held in Chicago.

Table Squash, adapted name from a full-size Squash court. It was designed by Edward Ong Keng Wan of the YMCA of Singapore in 1975, to fit into a mobile programme unit, a van carrying games and sporting equipment into government housing estates or satellite towns. The game is played in the same way as squash, using half of a table-tennis table with ping-pong and bats. The front and two sides are boarded in the shape of a squash court.

World Alliance of YMCAs Chronology

THE YMCA is an international organisation. The basic units of the movement are the local associations. These associations are united through national and area groupings in a world movement which is given meaning and purpose by the World Alliance. Through membership of the World Alliance and by a multitude of direct relationships, no local association or member movement lives unto itself.

THE YMCA is a membership organisation. The YMCA renders services to both members and non-members in order to meet the needs of particular situations, but at its centre it consists of those who consciously associate themselves to carry forward its purpose and who accept some degree of responsibility for their own small group in their association or the wider movement of which their association is part. Professional secretaries have important responsibilities in the leadership of the YMCA and in policy formulation and implementation. Ultimate control, however, rests, not with these professional secretaries, but with the members and the elected directors and other officers - the lay forces. The professional worker helps to build this member spirit and to make it more effective.

THE YMCA is a fellowship. In the local community, in the nation, and throughout the

world, it seeks - through its membership and its programme and as an expression of its Christian purpose - to be a fellowship uniting in bonds of brotherhood persons of all classes, creeds, colours, and nationalities.

THE YMCA educates for responsible citizenship and leadership, but it is a non-political organisation. It is socially conscious and conscientious. It helps its members to be informed and concerned about matters of public policy in their countries and in the world. It aids them in developing capability in discharging the responsibilities of citizenship. It offers opportunities to join in nation building. But it does these things, as an organisation, without political alignment.

THE YMCA maintains a diversified programme. It carries on its work mainly through small groups. It is concerned for the development of its members in spirit, mind and body. It seeks fresh methods and new ways of services; it is innovative in spirit. Its many-sided programme is the result of deliberate attempts to provide a wide range of points of easy contact with individuals, to meet needs of members in daily life - work, school, family, free time and to express in different ways its Christian concern for persons.

(from a publication of the World Alliance of YMCAs, "The YMCAs of the World 1977")

The World Alliance of YMCAs

The World Alliance of YMCAs was founded in Paris in 1855 by YMCA representatives from nine countries. It had been maintained since then by growing numbers of member movements as a symbol and instrument of their unity.

Since 1878 the headquarters of the World Alliance has been in Geneva, Switzerland.

THE PARIS BASIS

The basis of its work and mission is the Paris Basis accepted in 1855 at the first YMCA World Council Meeting:

"The Young Men's Christian Association seek to unite those young men who, regarding Jesus Christ as their God and Saviour, according to the Holy Scriptures, desire to be His disciples in their faith and in their life, and to associate their efforts for the extension of His Kingdom amongst young men.

Any differences of opinion on other subjects, however important in themselves, shall not interfere with the harmonious relations of the Constituent Members and Associates of the World Alliance."

THE KAMPALA PRINCIPLES

The 7th World Council re-affirmed the Paris Basis in 1973 at its meeting in Kampala, Uganda, and in addition adopted an interpretative statement, now known as the Kampala Principles:

The Paris Basis expresses that Christ is the

centre of the Movement, which is conceived as a world-wide fellowship uniting Christians of all confessions. It is consistent with an open membership policy, involving people irrespective of faith as well as age, sex, race and social conditions.

The Basis is not designed to serve as a condition on individual YMCA membership, which is deliberately left to the discretion of constituent Movements of the World Alliance.

The Basis makes clear that the constituent Movements of the Alliance have full freedom to express their purpose in other teams designed to correspond more directly to the needs and aspirations of those whom they are seeking to serve, provided these are regarded by the World Alliance as being consistent with the Paris Basis.

Recognizing the character of the YMCAs in the world today, this act of acknowledging the Paris Basis lays upon the various Associations and their members as fellow workers with God, such imperatives as:

1. To work for equal opportunity and justice for all.
2. To work for and maintain an environment in which relationships among people are characterized by love and understanding.
3. To work for and maintain conditions, within the YMCA and in society, its organizations and institutions, which allow for honesty, depth and creativity.
4. To develop and maintain leadership and programme patterns which exemplify the varieties and depth of Christian experiences.
5. To work for the development of the whole person.

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World Alliance of YMCAs CHALLENGE 21

Affirming the Paris Basis adopted in 1855, as the ongoing foundation statement of the mission of the YMCA, at the threshold of the third millennium, we declare that the YMCA is a world-wide Christian, ecumenical, voluntary movement for women and men with special emphasis on and the genuine involvement of young people and that it seeks to share the Christian ideal of building a human community of justice with love, peace and reconciliation for the fullness of life and creation.

Each member YMCA is therefore called to focus on certain challenges which will be prioritised according to its own context. These challenges which are an evolution of the Kampala Principles adopted in 1973, include:

- Sharing the good news of Jesus Christ and striving for spiritual, intellectual and physical well-being of individuals and wholeness of communities.
- Empowering all, especially young people and women to take increased responsibilities and

assume leadership at all levels and working towards an equitable society.

- Advocating for and promoting the rights of women and upholding the rights of children.
- Fostering dialogue and partnership between people of different faiths and ideologies and recognising the cultural identities of the people and promoting cultural renewal.
- Committing to work in solidarity with the poor, dispossessed, uprooted people and oppressed racial, religious and ethnic minorities.
- Seeking to be mediators and reconcilers in situations of conflict and working for meaningful participation and advancement of people for their self-determination.
- Defending God's creation against all that would destroy it and preserving and protecting the earth's resources for coming generations.

To face these challenges, the YMCA will develop patterns of co-operation at all levels that enable self-sustenance and self-determination.

**Approved at the 14th World Council of YMCAs
13-19 July 1998, Frechen, Germany**

AREA ORGANIZATIONS

Under the World Alliance of YMCAs, there are at present four area organizations:

The Africa YMCA Alliance, with its office in Nairobi, Kenya;

The Asia & Pacific Alliance, with its office in Hong Kong;

The European Alliance, with its office in Kassel, Germany;

The Latin American Confederation, with its office in Montevideo, Uruguay.

Oldest of these is the Latin American Confederation, established in 1914. Youngest is the Africa YMCA Alliance, formed at a conference in Nairobi in March 1977. The other two area organizations have functioned since shortly after the end of World War II.

- To provide opportunities through conferences, consultations and workshops for common planning on an area basis, in the work and directors of the YMCA, and to relate these to problems and needs specific to their respective parts of the world.

- To strengthen a sense of unity and

partnership between the national YMCAs in their respective areas.

- To coordinate efforts of intermovement co-operation for the purpose of extending the YMCA movement into new countries or in support of younger or, for other reasons, weaker movements.

- To provide representation of the YMCA with international organizations active in their respective areas.

- To co-operation with the World Alliance in mutual fields of work, such as development education and projects, work related to refugees and rehabilitation, lay and professional leadership training.

An important and established principle is that national movement within each area maintain their direct relationship with the World Alliance.

The area organizations have in recent years acquired an increasing effectiveness and there is every reason to expect that this encouraging trend will continue.

(Adapted from The YMCAs of the World 1977)



40th Anniversary Celebration Long Service Awards

Director-Awards for Outstanding Service	No. of Years	
1. Mr. Chieng Hie Kwong	1972-2011	40
2. Dr. Simon Tiong King Hoon	1972-2011	40
3. Mr. Siew Woo Ming	1972-2011	40
4. Datuk Lau Hieng Ing	1974-2011	38
5. Mr. Philip Ngu Wu Tiing	1976-2011	36
6. Mr. Augustine Ngu Liong Ing	1983-2011	29
7. Mr. Vincent Chieng Sie Kong	1972-2011	29
8. Mr. Michael Wong Ngee khih		24
9. Mr. Cheng Kwang Li	1992-2011	20
10. Mr. Hu Chang Luk	1992-2011	20
11. Kapitan Tio Tung Ping	1994-2011	18
12. Mr. Tang Chiok King	1994-2011	18
13. Mr. Wong Ei Sing	2001-2011	11
14. Mr. Yong King Sung	2001-2011	11
15. Mr. Yek Tiew Chiong	2001-2011	11

Ladies Section	No. of Years	
1. Mdm. Wong Phick Ngik	1972-2011	40
2. Mdm. Tang Hie Chai	1978-2011	34
3. Kapitan Tay Lee Joo	1978-2011	34
4. Mdm. Tan Siew Huon	1982-2011	30
5. Mdm. Juliana Wong Suk Fang	1983-2011	29
6. Mdm. Lau Ngiik Leng	1985-2011	27
7. Mdm. Christina Chiong	1985-2011	27
8. Dato Kapitan Janet Lau Ung Hie	1972-2011	26
9. Mdm. Nguang Shwu Ting	1987-2011	25
10. Mdm. Eii Pik Koun	1988-2011	24
11. Mdm. Lucy Lau	1988-2011	24
12. Mdm. Jenny Chiew Mei Siang	1988-2011	24
13. Mdm. Goh Choo Leng	1989-2011	23
14. Mdm. Sophia Tang Poh Kiew	1991-2011	21
15. Mdm. Sia Ngiik King	1993-2011	19
16. Mdm. Kho Chuo Ing	1994-2011	18
17. Mdm. Ling Chuo Hua	1994-2011	18

YMCA Staff	No. of Years	
1. Mdm. Jane Yii Siew Ling	1993-2011	19
2. Mdm. Hii Bee Leh	1993-2011	19
3. Mr. Ko Leong Ung	1994-2011	18
4. Mr. Edward Ell Bin Tang	1995-2011	17
5. Mr. Inggui Bin Jaraw	1995-2011	17
6. Mdm. Ng Siew Hung	1995-2000 2003-2011	15
7. Unyit Anak Mancha	2000-2011	12
8. Thomas Mekit Bin Tang	2000-2011	12

Senior Citizen	No. of Years	
1. Mr. Lau Kiing Nang	1992-2011	20
2. Mr. Koh Kii Lai	1993-2011	19
3. Mr. Ong King Ching	1993-2011	19
4. Mr. Lau Boon Wah	1994-2011	18
5. Mdm. Catherine Tang Poh Ting	1994-2011	18
6. Mdm. Ling Gek Eng	1994-2011	18
7. Mr. Hung Sing Kai	1999-2011	13
8. Kapitan Ting Tiew Chai	2001-2011	11
9. Mdm. Tiong Ai Ling	2001-2011	11
10. Mr. Sia Pick Wu	2001-2011	11
11. Mr. Hii Phing Kuang	2001-2011	11

Our Activities at Wesley Methodist Centre in 1975



First cake-making class started in 1975



Our Secretary first time to introduce our YMCA to the first cake-making class members



First make-up class started in 1975



Our Activities at Sacred Heart Kindergarten



Our Activities at Catholic High School Canteen





Mother Day



Welcoming dinner for the member of National Council of Malaysia



Birthday Gathering



First YMCA members Gathering in the Yien King Restaurant in 1976



First YMCA Gathering at Wesley Church Centre in 1975



Welcoming dinner for the member of the Osaka YMCA

Our Activities at Lanang Road, Lane 2, in 1980



The Activities Which YMCA SibU Look Part At National Level was the YMCA Festival of Sports in 1980 in Ipoh



全体运动员摄于Ipoh YMCA门前



YMCA Festival of Sports 开幕礼



张道赏顾问授旗



Netface 球员合影



全体运动员集合



满载而归



大马YMCA总会长颁冠军奖予本会



与大马YMCA总会长夫妇合影



Membership Campaign



Story-Telling Competition



Children Christmas Party



Children Art Competition



Christmas Drama Contest



Christmas Carolling by Candle Light



Tour to Kapit in 1976



Tour to Niah Cave



Pinic to Bukit Lan



Tour to Giriga Seabeach



Visit Logos



Tour to Bintulu

**To bring up a TOTAL CHILD is our aim
YMCA CHILD CARE CENTRE 2007**



FIRST YMCA OPEN HOUSE

DECLARED OPEN BY YANG BERBAHAGIA DATIN PADUKA DR. JANE YONG



The Ground Breaking of the YMCA Building Officiated by Y. B. Datuk Dr. Wong



YMCA Centre in 1981



Extension of the YMCA Centre in 1983



INSTALLATION OF NEW BOARD OF DIRECTORS



1975



1976



1977



1978



1979



1980

INSTALLATION OF NEW BOARD OF DIRECTORS



1981



1982



1983



1984



1986



1987



1988

INSTALLATION OF NEW BOARD OF DIRECTORS



1989



Installation of 1990 Board of Directors witnessed by YB Datuk Amar Dr. Wong Soon Kai, Minister for Infrastructure Development.

1990



1991



1992



1993



1999

TALENTS DISCOVERY NIGHT



1976



1977



1978



1979



1980



1981

X'MAS CAROLLING BY CANDLE LIGHT



WELCOME TO YMCA SIBU



1974 年亚洲YMCA总干事Su Ming Lee来诗巫访问



大马总会长黄总会长访问



新加坡京华YMCA林传喜访问



日本大阪YMCA访问



YMCA CHRISTMAS JOY



YMCA CHRISTMAS JOY



歌舞剧在诗巫京都戏院及 泗里街篮球场成功演出“双女情歌”



在诗巫京都戏院演出



京都戏院演出全体演员合影



全场满座



在泗里街篮球场演出



在泗里街演出全场满座



YMCA DANCE WORKSHOP 1990 - 2004



饮食调理您的健康

人要达到健康要平衡体内微量元素。微量元素不平衡，人体就发生各种疾病。检查人体内的微量元素，知道那些微量元素少了，那些微量元素多了，我们就可以通过食物或药物调整，防止相关疾病的发生。所以我们保持体内的微量元素平衡，提高身体素质有很大的好处。微量元素之调整，除了药物外，我们食物调整也是非常重要。因此，吃什麼？怎样吃？如何吃？对人体材能真正起到营养又健康的作用，就是通过饮食调整您的健康。以下是食物能补充的微量元素：

补充镁有：绿叶蔬菜、香蕉、蜂蜜、糙米、
海带、无花果、大蒜、海参。

补充钙有：海带、黄豆、牛乳、莲子、
黑芝麻、核桃、金针菇、牛肉。

补充锌有：海参、牡蛎、羊肉、黄鳝、蘑菇、
板栗、黑枣。

补充铁有：海蜇、猪红、瘦肉、牡蛎、蛋黄、
黑木耳、黑枣。

补充铬有：海鳗、条虾、墨鱼、红枣、桃、
黑芝麻、南瓜、羊肉。

补充硒有：海参、墨鱼、带鱼、鸡肉、海蜇、
黄鱼、猪腰、大蒜、猪肉。

补充磷有：鱼、家禽类、牛肉、蛋、坚果。

补充碘有：海带、紫菜、海参、海蜇、海盐、
海鲜、鸡蛋、鸭蛋。

补充铜有：墨鱼、香菇、核桃。

补充锰有：茶叶、海带、紫菜、黑木耳、
黄豆、青椒、芹菜。

补充钼有：海参、墨鱼、猪肉、牛肉、核桃、
小米、大豆。

补充镍有：黑枣、红枣、海带、黑木耳、
绿豆、赤豆、苋菜。

补充钴有：西瓜、葡萄、苹果、大枣、粳米、
竹笋、银耳。

补充钒有：苋菜、海带、紫菜、黑枣、
黑木耳、绿豆、菠菜、山楂。

补充锡有：空心菜、西洋菜、洋葱、茄子、
小米、玉米、葡萄、乌鸡。

补充锶有：海参、虾、海带、玉米、粳米、
山楂、山药、苦瓜。

补充钛有：红薯、马铃薯、百合、草菇、
红柿、栗子、红砂糖、芝麻。

补充硅有：鸡蛋、鸭蛋、海带、蚕豆、绿豆、
黑枣、香菇。

补充钡有：干贝、螺肉、蛤肉、海藻、鳝鱼、
泥鳅、蜂花粉、蜂胶。

补充硼有：化生、莲子、胡萝卜、竹笋、
红薯、参薯。

补充锗有：大蒜、蘑菇、竹荪、银耳、灵芝。

排除铅有：牡蛎、牛乳、海带、鸡蛋、核桃、
杏仁、绿豆。

排除镉有：芝麻、茼蒿、菠菜、芹菜、海带、
青椒、红柿、绿豆。

排除铝有：海参、鱿鱼、牛乳、核桃、
猴头菇、黄豆、赤豆、绿豆。

通过饮食调理健康快乐每一天。

我们人体主要微量元素有14种如锌、铁、铜、锰、铬、钼、镍、钴、钒、硒、锡、锶、氟和碘。有害的微量元素有6种如铊、镉、铍、汞和铅，须吃大蒜多糖，排除有害的微量元素（重金属）。

妙医齐医馆张锦芬医师供稿

妙医斋医馆

人体微量元素检测 常识问答

1. 检查人体微量元素有什么好处？

答：人体是由92种微量元素组成的，每种元素在人体内都有其特定的生理功能，而且每种元素都以一定的量和元素之间都以一定的比值分布在人体的各个器官中，如果其量比值超出正常范围，微量元素就失去平衡。微量元素不平衡，人体就会发生各种疾病，检查人体内的微量元素，知道那些微量元素少了，那些微量元素多了，我们就可以通过食物或药物调整，防止相关疾病的发生。所以检查人体微量元素，对我们保持体内的微量元素平衡，提高身体健康素质有很大的好处。

2. 检测血液和头发中的微量元素哪个更准确？有什么不同？

答：血液和头发都可以作为检测人体微量元素的样本，都能反映体内的微量元素含量水平，都与疾病的发生有关，都能准确测定，这是相同的。不同的是，第一，头发中的微量元素种类比血液多，头发中得微量元素含量（除个别元素外）比血液高，从测试的角度来看，测定头发中的微量元素比血液更准确。第二，血液只能反映体内微量元素瞬间或1-2天水平，头发反映体内微量元素一段时间1-2个月水平，所以头发比血液更能反映人体内微量元素水平。第三，头发对人体内得微量元素暴露有“记录丝”的作用，把头发分段（1-2公分）测定微量元素含量，可追溯人体即往的微量元素暴露历史，血液测量是不可能做到的。

3. 为什么要检测枕部的头发中微量元素？需要多少头发？

答：因为头发中的微量元素含量在头皮的不同位置有差异，也就是说，同一元素在再不同部位的头发含量有所不同。为了保证采取头发样品的代表性和测定微量元素含量的可

比性，需要统一取后枕部的头发进行测定。一般的常规微量元素检测，要取一克左右的头发就够了。要取干净的不受污染的头发。

4. 人体内的微量元素有多少种？有哪几种最重要？ 答：人体内的微量元素有92种，其中人体必需的微量元素有14种，如锌、铁、铜、锰、铬、钼、镍、钴、钒、硒、锡、锗、氟和碘。非必需的微量元素有9种，如硼、铷、砷、硅、铝、钡、钛、和锆。有害的微量元素有6种，如铊、镉、铍、镭、汞、和铅。必须微量元素有害微量元素是最重要的，必需微量元素少了和有害微量元素多了，都可对人体的健康造成危害。非必需的微量元素人体也不能少，少了对人体健康也会造成影响。从这个角度上说，凡是组成人体中的每一种微量元素都非常重要。

5. 看起来健康的人为什么要检测微量元素？

答：微量元素平衡的人身体会健康，但看起来健康的人不等于微量元素平衡。为什么呢？因为人的成长过程是微量元素的变化过程，人体随着年龄的增加，有益微量元素，逐渐减少，有害微量元素逐渐增加，人的生老病死都与微量元素息息相关。微量元素一衡是相对的，是动态的，所以每一个人都要定期地检测体内的微量元素含量，从微量元素含量和比值来了解身体的健康状况。微量元素有诊断功能，预防功能和治疗功能。例如，有人测定体内的铅含量，就可以预知其6年后会出现高血压，现在就可以通过食疗排铅，预防6年后高血压的发生。微量元素对人体健康近期或远期的影响，不是看出来的，而是检测出来的。

6. 微量元素检测结果出来后有什么指导可以给被检测者？

答：微量元素检测结果出来后，有三份报告可以

给被检测者，第一份报告是告知被检测者体内的微量元素及平衡状况；第二份报告是评价被检测者身体的健康状况；第三份报告是建议被检测者通过食物调整微量元素平衡的方法。

7. 常见疾病（高血压、糖尿病、高血脂、不孕不育、易衰老等）检测微量元素有什么帮助和治疗？

答：高血压病人钙、镁、锰和硒等偏低，锌、钡和铅偏高；糖尿病人铬、镁、锰、锌、和铜偏低，铁偏高，高血脂病人镍和钒偏低，钴偏高，不孕不育症病人锌、铜、锰和钒偏低，钼、硼和铅偏高，易衰老病人锌和硒偏低，铜和铝偏高。检测上述微量元素就可以找出病因，并针对病因进行微量元素食物或药物调整，做体内微量元素恢复平衡，对治疗相关疾病很有帮助。

8. 刚出生的小孩适合检测微量元素吗？哪个年龄段检测更有意义？

答：刚出生的小孩不适合检测微量元素。在哺乳期，婴儿体内的微量元素水平会受到母体的微量元素水平影响，母体的碘高，婴儿的碘也高，母体的铅高；婴儿的铅也高。正常情况下，母婴之间微量元素含量是同步的，成正相关关系。在哺乳期应检测母体的微量元素就可以间接知道刚出生的小孩的微量元素水平。因此，小孩在三岁和三岁以后的各个年龄段检测体内的微量元素水平，又有代表性，更有意义。

9. 对未发生的疾病，通过检测微量元素可否预测？

答：元素医学是预防医学的重要组成部分。微量元素体的缺乏和过量都是一个渐进过程，世界卫生组织把微量元素缺乏和过量分为四个阶段，就缺乏而论，第一，边缘缺乏，起始缺乏阶段，检查不出生物结构和功能紊乱。第二，轻度缺乏，代谢代偿阶段，某些特殊的生化生物功能受损。第三，中度缺

乏，代谢失代偿阶段，对健康有重要的功能缺陷。第四，重度缺乏，临床缺乏阶段，随着缺乏的严重度增加，出现疾病和死亡。所以微量元素缺乏有“边缘” - “轻度” - “中度” - “重度”之分，其对健康的影响也有 - “功能紊乱” - “功能受损” - “功能缺陷” - “疾病和死亡”之分，如果检测头发中微量元素是处于起始缺乏阶段，即边缘缺乏阶段，不但可以知未病，而且还可以通过调整微量元素，防病于未然。

10. 孕妇检测微量元素重要吗？哪些微量元素对胎儿有影响？

答：微量元素与优生育密切相关。国务院办公厅发出的【关于提高我国出生人口素质的通知】指出，由于环境中的碘缺乏向铅超标，做我国出生婴儿的畸胎率呈上升趋势。中美合作的【环境与生殖健康研究】科研项目，其研究结果表明，婴儿的先天畸形是孕前或怀孕日期受到环境中的重金属污染侵入的结果，所谓重金属就是有害微量元素铅、铜、汞、砷等，也是早产、死胎、死产、新生儿死亡和婴儿夭折的重要原因。上海市每年出生缺陷发生率为0.9%，七岁以下儿童现残率为0.9%，所以孕妇检测微量元素尤为重要。对胎儿发生影响微量元素有：钙、锌、铁、镁、镉、锰、钼、钒、碘、铅、汞、砷等。

11. 癌症病患者能做微量元素检测吗？有没有治疗作用？

答：许多癌症的发生都与微量元素有关。就以微量元素硒为例，现已查明，肝癌、肺癌、胃癌、食管、鼻咽癌等都与硒有缺乏有关。所以癌症患者检测微量元素不但可以找到病因，而且找到了治疗措施。大剂量的生物态硒可以把癌症治好，国内已有先例。为什么？因为人体内的自由基和自由基反应产生的过氧化物所造成的过氧化损伤是导致癌症的基本原因，微量元素硒，一方面起抗氧化作用，可以清除自由基，抑制看由基反应。另一方面，参与谷胱甘肽过氧化物酶的合成，该酶的作用是及时清除自由基反应中产生的过氧化物。所以硒对癌症的治疗作用太

重要意义。

12. 人体内微量元素不平衡，可以用中药调理吗？

答：人体内微量元素不平衡，可以用中药调理。我国用中药调整体内微量元素平衡已有几千年的历史，只不过那时还没有人“微量元素”这个名词出现而已。例如，用仙茅和太子参治疗慢性肾衰有显著疗效，慢性肾衰病人体内缺乏磷、铁、锰和锌等微量元素，而仙茅和太子参富含磷、铁、锰和锌等微量元素，慢性肾衰病人服用了上述中药后，体内微量元素达到平衡，身体恢复了健康。现在常用丹参和四物汤治愈缺铁性贫血病人，用昆布和海藻治愈缺碘甲状腺病人，都是用中药一衡体内微量元素的例证。用中药来平衡体内微量元素有很多优点，

- a) 中药中的微量元素是原生态的，无毒，无副作用。
- b) 中药中的微量元素谱与人体中的微量元素谱比较吻合，在多种微量元素作用下，人体恢复微量元素一衡较快。
- c) 内对中药的微量元素生物利用度高，疗效显著。

13. 人体缺硒有什哪些症状？可通过那些食物或药物补充？

答：人体缺硒的症状：

- a) 硒具有抑癌抗癌作用。缺硒易患肝癌、肺癌、胃癌、食管癌、肾癌、前列腺癌、膀胱癌、宫颈癌、白血病等。
- b) 硒具抗老化作用。缺硒容易衰老。
- c) 硒具有抑制心血管病，。保护细胞膜的稳定性和正常通透性，缺西可发生心血管病、克山病、大骨节病、高血压、婴儿猝死综合症、溶血性贫血、肝脏坏死、心肌病、胰腺炎、肌肉萎缩症、多发性硬化症、白肌症等。
- f) 硒具有调节维生素A、维生素C、维生素E、维生素K的吸收与利用。缺西易发生近视、白内障、视网膜病、眼底疾病、老年黄斑变性等。

- g) 西具有调节蛋白质的个成功能。缺西易发生蛋白质能量缺乏性营养不良，染色体损伤等。

- h) 西具有增强生殖功能。缺西易发生射精过程受阻，精子活力降低，中断发生畸形，受胎率降低，子宫炎发病率升高。

补充西的方法是：

- 1. 定期检测发硒。
- 2. 常吃富硒地区生产的原生态硒农作物。
- 3. 药物补硒有硒维尔和富硒它汀等。

14. 延缓衰老的、微量元素有哪些？

答：微量元素硒和锌通过抑制看由基反应，在延缓衰老方面起重要作用，微量元素硅和铜参与大分子交联，保护结缔组织，特别是血管、骨骼和皮肤结缔组织的弹性、硬度和结构的完整等起重要作用。微量元素铜、铅和铝进入人体后，同蛋白质中的巯基结合，从而导致多肽的变性，老化加速衰老。如果人体中有益元素硒、锌、硅、和铜缺乏，有害元素铜、铅和铝过高，就会未老先衰，就会出现白发、脱发。所以要预防字老先衰，就要注意补充硒、锌、硅和铜，排除过高的铜、铅和铝。

15. 有利于养颜的微量元素有哪些？用哪些食物或中药可以补充这些养颜微量元素？

答：所谓养颜，必需有模特的体形、光滑的皮肤和靓丽的头发，微量元素是天然的化妆品，可以使人体健而美。

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VIP 微量元素不平衡症状项目 (附表 1)

项目	缺乏症状	过量症状
钙(Ca)	骨质疏松、软骨病、佝偻病、记忆力下降、生殖能力下降、肌肉痉挛、疲劳、疲劳高血压、四肢麻木、尿石症、白发、失眠、盗汗、疲劳精神失常、犹豫症	骨质硬化、白内障、胆结石、慢性粥样硬化。
镁(Mg)	心血管病、肿瘤、关节炎、糖尿病、肿瘤听力迟钝、白血病、白内障、高血压、高血压、失眠、肥胖病	麻木症、癌症
锌(Zn)	食欲不振、生长迟缓、智力低下、关节炎、脑萎缩、生殖能力低下、口腔溃疡、皮炎、脱发、白发、衰老、免疫力低下、各种眼疾、近视。	胃肠炎、前列腺肥大、癌症贫血、高血压、冠心病。
铁(F)	贫血、免疫力低下、口腔、食欲不振、智力和行为异常、精神不集中、头痛、头晕、心悸、胸闷、气短、盗汗、皮肤无光泽。	糖尿病、心力衰竭、肝硬化、月经过少或无、胰岛萎缩、生殖器官发育不良、皮肤虽棕黑色、脱发。
铜(Cu)	贫血、心血管损伤、溃疡、风湿性关节炎、胆固醇升高、不育、精神衰落、毛发褪色、白癜风、反应迟钝、皮肤过敏、骨质增生。	坏死性肝炎、黄、肝硬化、胃肠炎、癌症。
锰(Mn)	生长迟缓、脑功能减退、生殖功能受抑、先天畸形、内耳失衡、高血压、头发褪色、癫痫、脂褐斑、贫血、皮肤过敏、过敏性鼻炎、肿瘤。	肌无力、帕分森氏、心肌梗塞、震颤、锰性癫狂症、精神分裂症
锶(Sr)	骨质疏松、骨折难愈合、白发、龋齿、尿石症。	大关节关节、骨赂变形、骨质脆弱、肌肉萎缩、贫血。
铬(Cr)	糖尿病、胆回醇增加、血管硬化、肥胖症、肿瘤冠心病、脑病、肿瘤胆结石。	损伤肝肾、癌症、鼻中隔穿孔。
钼(Mo)	生长迟缓、尿酸清除障碍、心血管病、肿瘤胃溃疡、风湿性关节炎、肿瘤肾结石、痛经、阳痿、龋齿、尿结可、肿瘤。	男性性欲减退、佝偻病、软骨症、贫血、脱发、痛风症、心肌肥大。
钴(Co)	贫血、神经还化、乳准停止分泌、消瘦、心血管病、骨髓炎、清光眼、气喘、消瘦白癜风。	心肌受损、心原性休克、红血球增多症、高血脂症、心肌梗室、精神分裂症。
镍(Ni)	肝硬化、慢性尿毒症、慢性肾衰竭、消瘦脂肪肝。	皮肤炎症、白血病、癌症、白发。

VIP 微量元素不平衡症状项目 (附表2)

项目	缺乏症状	过量症状
钒 (V)	生长抑制、胆固醇增加、骨骼异常、脂肪代谢改变、生殖功能低下、心肌功能低下、癌症心肌无力、癌症贫血。	结膜炎、鼻咽炎、持续咳、哮喘、心肾受损、狂躁忧郁症。
铁 (Ti)	衰老、免疫力低下、心脏功能异常、不明原因猝死。	抗衰老、增加免疫力、强化心、肝、胃功能、预防心血管病、有良好生物相容性。
钡 (Ba)	胆结石、气管炎、过敏性鼻炎、皮肤过敏。	高血压、心功能不全抗衰老、增加免疫力肾功能障碍。
硼 (B)	骨质疏松、骨关节炎、记忆力减退、精神不集中。	肠炎、胃痉挛、皮肤粘膜青紫、肾小球肾小管损害、不孕、不育。
锡 (Sn)	生长受抑制、牙齿色素不全	生长迟缓、胃肠炎、贫血、肝脏异常
硅 (Si)	关节炎、动脉硬化、骨畸形、甲状腺肿、牙釉质发育不良。	矽(硅)肺
铅 (Pb)	失眠、智力低下、易激动、多动症、反应迟钝、贫血、脑炎、高血压、死胎、流产、不孕、不育、免疫力低下。	
镉 (Cd)	慢性支气管炎、肺气肿、蛋白尿、肾炎、肾结石、高血压、衰老、毒血症、癌症。	
铝 (Al)	中中枢神经系统障碍、神经紊乱、老年性痴呆症、脑病变、贫血、神经性退化、衰老。	
碘 (I)	生理功能异常、甲状腺肿、生长发育停滞、智力下降、细胞代谢异常、皮肤及毛发结构异常、生殖功能低下、神经功能失调、痴呆、聋哑、克汀病。	高碘甲状腺肿
砷 (S)		食欲不振、体重下降、便秘、胃肠道障碍、末梢神经炎、结膜炎、皮肤角化症、黑皮症、皮肤癌、台湾黑脚病。
硒 (S)	心血管病、克汀病、大骨节病、肌肉萎缩症、白血病、免疫力低下、胰岛炎、白内障、克汀病肝坏死、肿瘤、关节炎、高血压、衰老。	
汞 (Hg)		心肾功能障碍、乏力、脱发、指甲变形、脱甲、皮疹、腹泻。
铬 (G)		



YMCA YMCA Camp Resort



Main Building



Grand Stand



Children Playground



Basketball Court



Fish Pond



Tennis Court



YMCA Camp Resort



An Automatic Door Ensures Safety



A Bird's Eye View of The Seminar Zone



A Gazebo Admits Tropical Forest



Outdoor Keep Fit Stations



Children Playground



Dupont Made Outdoor Camp

Longhouse TPK and Woodhouse I & II (3 Stars Hotel)

A TROPICAL PARADISE ADMITS EXOTIC FLOWERS & TREES & LAWN





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