



香港基督教青年會
YMCA OF HONG KONG



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香港基督教青年會的使命

YMCA OF HONG KONG MISSION STATEMENT

香港基督教青年會願貫徹其職責，作基督教團體之先領，致力促進公義、和平、宏揚真理、盼望，致志地方及國際服務：

- 為本港青少年、本會會友及社會人士，提供機會以謀求個人成長及培養公民責任。
- 致力協助人群，無分年齡、性別、種族與宗教信仰、鑑定所需，以有效措施改善其生活質素。
- 促進國際諒解，融和種族文化。

The YMCA of Hong Kong will endeavour to fulfil its role as a leading Christian organization dedicated to the furtherance of justice, peace, truth, and hope in our local and international community by:

- providing opportunities for personal growth and understanding of civic responsibility for our young people, members and the community at large.
- striving to ascertain social needs and effectively acting to offer services aimed at improving the quality of life for all persons regardless of age, gender, race, culture or religion.
- fostering international understanding and intercultural harmony.



青年會的展望

OUR VISION STATEMENT

香港基督教青年會以其悠久歷史及豐富經驗，提供各種服務，滿足社會人士在社會、教育、康體及靈性的需要，展望將來，滿具信心與承擔。本會仍將忠誠地貫徹其使命，作為基督教團體，藉提供充實生活的各項程序活動予參與的社會人士，致力促進社會的平等、公義與和平。

身為社會整體一份子的團體，香港基督教青年會為表達其使命，採用整合的方法，就香港社會人士的期望與心願，鑑定此一多種語言及多元文化社會的，尤其是青年人的，獨特需要，從而提供服務。

為認定本會服務的前景及進而確定我們服務的公眾對象，香港基督教青年會將決志繼續為香港社會的和諧與國際諒解，作積極的貢獻。再者，本會致力其為「國際基督教青年會」一員的職責，繼續加強與香港中華基督教青年會、香港基督教女青年會及本港其他社會服務團體的聯繫，保證為我們社區所有人士，不分年齡、性別、種族、宗教信仰，提供服務或給予機會以改進其個人、家庭以及社會的生活質素。

The YMCA of Hong Kong, with its long history and depth of experience in providing services that cater to the social, educational, physical and spiritual needs of the people in our community, looks to the future with confidence and commitment. It will faithfully endeavour to fulfil its mission as a Christian association dedicated to the furtherance of equality, justice and peace in our society through the provision of life enriching activities to all persons in our community who desire to participate.

As an organization founded to be an integral part of the Hong Kong community, the YMCA will express its mission by adopting an integrated, indigenous approach to identify with the hopes and aspirations of the people of Hong Kong and work to serve the unique needs of a multilingual and multicultural community especially those of the young people.

In so identifying our vision of service and further defining our target publics, our YMCA desires to actively continue to make a positive contribution to the social tapestry, harmony and international understanding within a great city. Moreover, in its role as an "International YMCA", it will further strengthen its network with the Chinese YMCA of Hong Kong, the YWCA of Hong Kong and other local social service agencies to ensure that all persons in our community regardless of age, gender, race, religious conviction, or ethnic background are being provided service, and otherwise afforded opportunities, to improve the quality of life for themselves, their families and the community at large.



會長黃佩翰先生
Hon. David P. H. Wong,
President



總幹事何慶濂先生
Mr. Peter Ho,
General Secretary

願天父和主耶穌的恩典與你常在，主內平安！

大家好！

本年度開始時，港青總幹事為梁耀源博士；作為副總幹事的何慶濂先生隨梁博士執行職務一年後，亦於本年度底順利接棒成為港青總幹事。董事局逾三年前已精心籌備接替計劃，積極討論如何更好地延續港青的展望和使命，此番順利交接與過渡實乃計劃周詳，妥善執行的成果。

梁博士出任港青總幹事時，憑其誠實正直的品格及二十多年的港青經驗，不但穩定了整個機構，更成功為何先生肩負重整港青之重任作好準備，榮耀歸於全能神，為服務祂的子民而奉獻。

為慶祝梁博士榮休之喜，除了舉辦歡送茶會，讓所有港青員工歡送梁博士外，董事局更主辦了一頓溫馨感人的歡送晚宴，港青的弟兄姊妹——基督教青年會亞太協會、中華基督教青年會、香港基督教女青年會等友好機構的董事局代表、管理層代表皆聚首一堂，一同回想基督教青年會的根源，追憶青年會的歷史，回味往事，一起感恩禱告。

二零一四至一五年，我們重新審視港青的感召與承擔——促進公義、和平、宏揚真理、盼望，致志地方和國際服務；鑑定港青的服務，以作改善；籌備人才計劃，培育港青員工的個人品格。這一年，我們寬恕、療傷、接受恩賜、和而不同、感恩，喜迎基督引領港青，懷着堅信，邁步往前。

這一年，港青憑着勇氣和堅定信念，選擇正確的前路。管理層參加啟發心靈的退修，成功提升各團員的自覺，重新許諾，構建更豐富的關懷互愛文化，各方通力合作，以事奉之心領導，回應那銘刻在每塊港青奠基石上的約翰福音17:21的感召——跟隨和效法真正的僕人領袖主耶穌基督，以真誠之心事奉，團結一致，互愛互諒，服務社群。

本年亦有很多反省的時刻，於全面檢討港青活動和課程的成效後，重整會員及社區服務部的架構。過程中我們為港青員工的自身增長、個人和專業發展作適當規劃，促進協同效應，提升港青活動和課程的效率。我們再三自我提醒，每個活動和項目皆須先推動參加者發自內在轉化心靈，方能達到發展身、心、靈的目標，並在主內連繫眾人，倚靠主的靈。

香港基督教青年會基信幼稚園（啟晴）將於本年九月一日開校，正式成為港青國際及本地幼稚園之一。我們期望在不久的將來發展幼稚園、小學和中學一條龍教育，提供以基督信仰、尊重、責任感、誠信、服務等核心價值為本的真正港青教育「直通車」。

賓館服務方面，今年我們慶祝賓館服務部總經理文慶祥先生正式榮休。文先生忠誠服務港青二十餘年，他退休後，前飲食部經理楊廷偉先生重返港青的大家庭，接替總經理一職。楊先生秉承其前輩的優良傳統，繼續為賓客提供優質且物有所值的服務，並就所需加以改善、提升，為港青的賓館服務定位成為以基督為本、卓越領先之酒店，把世界各地的賓客帶到港青。

我們感謝主在本年度為港青所做的一切，並期待聖靈引領港青邁向豐盛的二零一五至一六年度。

願港青看見基督所看到的，做基督所做的事，因惟有看見父所做的，子才能做（約翰福音5:19）。願港青映照出神的臉，好讓港青的服務能增強祂的榮耀！願主繼續光照港青，讓港青行公義，好憐憫，存謙卑的心，與你的神同行（彌迦書6:8）。

願主祝福你！

黃佩翰、何慶濂 敬上

May the grace and peace of God our Father and the Lord Jesus Christ be with you!

Greetings from the YMCA of Hong Kong!

We began the year with Dr. Aldrin Leung serving as the General Secretary; and completed the year with Mr. Peter Ho comfortably assuming the position after spending a year shadowing Aldrin as his deputy. The seamless transition is the fruit of a well-thought out and well-executed succession plan that began over three years ago when the Board deliberated carefully on how best to carry forward the vision and mission of the YMCA of Hong Kong.

During Aldrin's tenure as General Secretary, not only did he stabilize the Association with his integrity and 20+ years of YMCA experience, he successfully prepared Peter to rebuild and to rededicate YMCAHK to the glory of our sovereign God and to serve HIS people.

In addition to celebrating Aldrin's retirement with a reception for the entire YMCA staff, the Board hosted an intimate farewell dinner that brought together representatives from the Board and management team of our fraternal associations - the Asia and Pacific Alliance of YMCAs, the Chinese YMCA of Hong Kong, and the Hong Kong YWCA in an evening including recalling the roots of the YMCA, remembering the memorable moments in the history of our Association, and sharing prayers of gratitude.

2014-15 was a year when we re-examined our own calling & commitment to serve the local and international community through the furtherance of justice, peace, truth, and hope, identified areas to improving our competency, and embarked on a journey to build personal character of our staff. It was a year to forgive, a year to heal wounds, a year to recognize our gifts, a year to embrace our diversity, a year to give thanks, a year to welcome Christ as the Head of YMCAHK, and a year to move forward into the future with confident faith.

The year was also marked by courage and conviction to take the right step forward. The spiritual leadership retreat for the management team was effective in raising the self-awareness of each team member and renewing a commitment to creating a more loving and caring culture of collaborative servant leadership to answer to the call of John 17:21 that is engraved on every YMCAHK foundation stone – the call to unity, love and service modeled after the true servant leader Jesus Christ.

There were many moments of reflection, and we evaluated the effectiveness of our programmes, which resulted in the restructuring of the Member & Community Services Area. In so doing, we paved the path for organic growth, personal and professional development of our staff, creating synergies to enhance programme and operations efficiency. We were reminded that every programme designed to develop the spirit, mind, and body of the men and women we serve must first be transformational in the heart, and also an opportunity to connect and engage each other in the Spirit of Christ.

Joining the family of YMCA international and local kindergartens, the YMCA of Hong Kong Christian Kindergarten (Kai Ching) will be opened on September 1, 2015. We look forward to a full alignment of our kindergarten, primary and secondary education in the coming year providing a true "through-train" YMCA education based on the core values of Christian faith, respect, responsibility, integrity and service.

In the Hostel Services Area, we celebrated the retirement of Mr. Alfred Man, General Manager of The Salisbury. Alfred faithfully served the YMCAHK for over 20 years; and he was succeeded by Mr. Kenneth Yong, a former Food & Beverage Manager rejoining the YMCAHK family. Kenneth has continued the good tradition of his predecessors to provide quality service and good value to our guests while improving what is necessary and position The Salisbury to be a leading hotel guided by Christian values drawing guests from around the world.

We are grateful for what the Lord has done for YMCAHK in 2014-15. We look forward to the guidance of the Holy Spirit for a fruitful 2015-16.

May YMCAHK see what Christ sees and do what Christ does, because *a son can only do what he sees his father doing (John 5:19)*. May YMCAHK become a reflection of the face of God so that HIS glory may be magnified through our work! May the Lord continue to shine HIS light upon YMCAHK that *we may act justly, love mercy and walk humbly with HIM (Micah 6:8)*.

God bless!

David P.H. Wong and Peter Ho

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日營參加者的家長心聲 Feedback from Campers' Parents

Very pleased with the summer Jungle Adventure Camp. Extremely happy with the outdoor activities (swimming, field games and water fight). Outing is great but outdoor games like sports and activities are even better. The leaders were great, enthusiastic, clever and responsible. The kids can hopefully learn from their leadership skills. My boy had a fantastic time as he told me. The last summer camp he joined was the Summer Camp @ Cornell University 2 years ago, and he said that this YMCA Camp was as good as the one he had before.

(Parent of Byron Wong Shing Pui who participated in the Jungle Adventure Camp)

I think the staff (although all are very young) did a very good job in taking care of participants of such young ages. It's amazing that those leaders, though very young, and should not have their own kids yet, showed great love and have a strong sense for safety for those kids. Keep it up!

(Parent of Valerie Ho who participated in the Jungle Adventure Camp)

My child seems to have enjoyed the day camp quite a lot. The only "complaint" was the lunch – guess he didn't enjoy the food, but overall the camp experience was great. I believe he has developed team spirit and learnt to be more independent in a new environment. By the way, the staffs over the counter (Member Services) were helpful and friendly. I appreciate that an after-hours number was provided to parents for emergency contact. Will recommend the camp to my friends.

(Parent of Boris Chan who participated in the Multi-sports Day Camp)

Both of our children had fun and liked the camp from its first day. They had very good balanced programmes and the staff team was very supportive. They made good friends in the camp and already miss them a lot. Thank you for providing us the opportunity and environment to enjoy such a good week.

(Parent of Koutaro & Yuri Nomoto who participated in the Explorer Day Camp)

港青泳隊 友誼深厚 團結一致 Swimming Team: All About Friendship and Unity

港青泳隊學員不時於比賽後分享相片，從相片裏的笑容可深深感受到各隊員的歡樂，亦展示了彼此團結一致，融為一體的力量。學員施綺霖曾於Facebook講述在港青習泳期間與隊友的友誼，因泳隊所得的成就和自信。



YMCA Swimming Team Members often shared with us their photos after competitions. The smiling faces greatly impressed everyone that they are in strong bonding. Swimming Team Member Sze Yee Lam expressed on Facebook that she has strong sense of belonging towards YMCA and appreciated the friendship, success and confidence that she gained from YMCA swimming programmes and events.

童軍歷練 豐盛生命 Life Enriched in Scouting

陳海盛從小學三年級開始參加幼童軍，現已成為小童軍的副團長。童軍運動及長沙灣中心一直陪伴他成長。小時候，海盛是一個害羞、內向的男孩，現已成長為主動、有主見、願意承擔的青年人。童軍生活有助提升自我照顧能力、溝通技巧、團隊合作、主動性及膽量等。海盛現已完成副學士課程，並投身社會工作。如今他繼續到中心協助小童軍及深資童軍的工作，回饋旅團。海盛表示童軍給予他很多新嘗試和機會，校內成績一般的他，老師並沒給予太多機會，但在童軍內曾擔任小隊隊長、深資團主席，舉辦不同活動及交流團等，認識了一群好朋友及支持他的領袖，生命因此變得更豐盛。

Mr. Benny Chan Hoi Shing participated in 1357th Cub Scout Group since he was in Primary 3. He is now promoted to be the Assistant Grasshopper Scout Leaders of 1357th Grasshopper Group. Scout life and the YMCA Cheung Sha Wan Centre have kept him company through his growing up. In the past, he was an introvert and shy little boy. The scout life has helped enhance his ability to take care of himself, this communication as well as teamwork skills. He learnt to be proactive and highly motivated with a sense of commitment. Moreover, he was willing to take up responsibilities with courage. Now, he has already completed his Associate Degree and started his career. Though he is busy, he still keeps contributing to the Grasshopper Group and Venture Group actively. As Benny was not an outstanding student in school, he had never imagined that he could have the chance to be a leader and organize various events and exchange programmes. He is thankful that

the scout life, together with all the supportive leaders and friends, has provided him lots of opportunities and greatly enriched his life all the way.



陳海盛（中排右一，身穿童軍制服者）
Benny Chan (First from right of middle row, in Scout uniform)



代教育

計劃

YM Hong Kong's Charity Barefoot Walk

赤脚勤學 慈善行

赤脚勤學 慈善行

第9屆 赤脚勤學 慈善行

赤脚勤學 慈善行

心 MIND

義工服務 促進個人成長

Fostering Personal Growth through Volunteering

我因加入社會服務團而曾到過香港不同地方參與義工服務，並遇到很多價值觀不同的人，令我對社會有更深認識。我明白到不應把在義工服務上對服務對象付出的關懷和愛心從日常生活中抽離，應讓家人和朋友都感受到這份溫暖。義工經驗不但增進了我的溝通技巧，更讓我在處事及思想上更成熟。

(葉海雯，港青專業進修書院社會服務團畢業團員)



I joined the Social Service Team and participated in various voluntary services. I had the opportunity to meet with people in various places in Hong Kong, and their different beliefs and values enabled me to gain a deeper understanding of the society. Volunteering and our daily life are closely related. We shouldn't let our care, love and warmth limited to the beneficiaries of the voluntary services but extend them to our family and friends as well. My communication skills have been improved a lot through volunteering and it made me become a more mature individual.

(Toby Yip, former member of Social Service Team of YMCA College of Continuing Education)



六年前，因着對咖啡的濃厚興趣，我參加了港青專業進修書院的咖啡調配師資格證書課程 (City & Guilds)。其後，我很高興能以導師的身份，把我所學的咖啡知識和技巧傳授予學生。此外，我更熱衷跟學生分享業內及各種咖啡師比賽的經驗。完成HOFEX 2015比賽後，我便跟咖啡師大賽冠軍Brian Cheng (另一名港青夜校咖啡課程導師) 一同舉辦了一場分享會，並向同學示範拉花比賽的流程。同學還享用了我們為比賽而特別調配的咖啡呢！

(鍾銘恩，港青專業進修書院夜校咖啡課程導師)

咖啡藝術 薪火相傳

Passing On the Art of Coffee

Six years ago, driven by the interest in coffee, I took the Certificate of International Award in Barista Skills (City & Guilds) at YMCA College of Continuing Education (CCE). Since then, I am glad to become an instructor at YMCA and pass on what I have learnt to my students in return. Other than textbook knowledge and skills for making a cup of nice coffee, I am also passionate to share my experience from the industry and various barista competitions. After the HOFEX 2015, I held a sharing session together with Mr. Brian Cheng (another CCE Barista Programme Instructor), winner of the Grand Barista Championship. We demonstrated the tournament of Grand Latte Art Championship and served the participants with espresso blend for the competition.

(Reeves Chung, Instructor of Barista Programmes, YMCA College of Continuing Education (Evening))

從港青起步 踏上青雲路

Rewarding Career Starting from YMCA



港青專業進修書院畢業生朱天心坦言，以往對讀書興趣不大，會考後報讀港青的旅遊業課程，在老師用心教導和鼓勵下，天心

由無心向學轉變成愛上學習，其成績亦大有進步。她由港青的文憑課程起步，拾級而上至高級文憑和大學銜接學位課程，大學期間更獲取Griffith Award Academic Excellence獎項。「實在想不到我有如此大的轉變，我慶幸自己找對了興趣、目標和學校。」

天心獲港青安排在本地一所旅行社實習，由於她在學時已考取領隊牌，因此獲公司安排擔任短線團的領隊及旅遊顧問，增加實戰經驗，訓練溝通技巧。在港青求學期間，天心最難忘的是與同學全程肩負籌辦泰國旅行團的項目，包括挑選旅行社、宣傳、人手安排、行程編排等。「第一次在機場眾人面前briefing的緊張心情至今仍歷歷在目！」這些經驗有助天心認清自己的不足，增加應變能力。現時天心在中環一高級酒店任職客戶服務主任，過往所學的此刻在職場上大派用場。

(朱天心，港青專業進修書院旅遊業課程畢業生)

Yo Chu, graduate of YMCA College of Continuing Education (CCE), admitted that she had no interest in learning during her secondary school life. However, under the guidance and encouragement of CCE lecturers, there was a significant change in her attitude towards learning. She completed the Diploma and Advanced Diploma Programmes of Travel and Tourism in CCE, then she entered the Top-up Degree Programme offered by Griffith University of Australia and was even awarded the “Griffith Award Academic Excellence”. “I can’t believe that I’ve made such a big change. I am glad that I’ve found the right interest, goal and school.”

With the possession of the “Certificate of Outbound Tour Escort”, Yo was assigned to be a tour escort for short-haul in a local tour agent during her placement. It was a great opportunity to gain valuable working experience and to strengthen her communication skills. Yo found it most unforgettable from her study at CCE was how she worked with her classmates on her final year project of the Advanced Diploma Programme. She was responsible to organize an outbound tour to Thailand with her classmates. The project involved selection of tour agent, promotion, manpower deployment, planning of itinerary, etc. “I had a briefing session with the customers in the airport. It was my first public speaking and I was very nervous.” Yo realized her shortcoming and made up her mind to improve. Today, she is a Customer Service Officer in one of the high-end hotels in Central and serves the hotel guests with what she learned from her studies.

(Yo Chu, Graduate of Travel and Tourism programmes of YMCA College of Continuing Education)

城鄉共生 遊學·體驗·創作 Urban/Rural - Travel, Experience & Create

自小居於城市的我，因參與YMCArts手護「城鄉共生」藝術遊學展，創作「東北遊記三本大書（馬屎埔、坪輦及古洞北）」的過程中，讓我有機會與其他創作青年Joey及天藍走訪新界東北的坪輦。

第一次踏入坪輦時沿途滿是小屋，門外都是農田，遇見彎着腰的農夫忙於照顧農作物，還有小徑旁邊檔口的婆婆，仔細地介紹自家種的菜，呼吸是新鮮的空氣，聽到的都是大自然的聲音。每次踏入鄉村，都有一種說不出的寧靜，彷彿在大自然裏，一切都是那麼令人平靜安穩。

聽村民分享農村的故事，是我感到最有趣的事，而最珍貴的是村內的人都充滿着濃濃的人情味。

村民財哥的導賞十分生動有趣，分享了坪輦許多小故事，幫忙執骨以清理場地作興建學校之用、與同學一同偷雞、村內的樹有樹精守護着……邊行邊

分享，檸檬樹與桔的關係、荔枝與龍眼不長高的、韭黃是營養不良的韭菜、隨手摘到藥用植物等。

我們創作給坪輦的『東北遊記』書名是《唸唸坪輦》，像繪本一樣的硬皮大書。「唸唸」是指我們述說坪輦的故事，也寄望故事得以傳承下來。從入村、構思到製作，每一個細節，也需要得到組員間的共識。看似是一個簡單的藝術創作，但組員間的配合、包容、體諒和接納都非常重要，就好像「城鄉共生」一樣，要達到一個共識，一點也不易。

在鄉村裡透過一個城市人的角度，手作轉化親身體驗鄉村見聞和感受，創作為遊記大

Being a city dweller, I am pleased to have had the opportunity to visit and get to know Ping Che in North East New Territories through joining a youth team in the production of HK North East New Territories Travelogues Three Big-Books Project (on Mashipo, Ping Che and Kwu Tung North) @ YMCArts Community Art project.

I can still vividly recall the tranquil feelings experienced at my first encounter with Ping Che: mixed villages filled with small squatter houses, farmers working diligently in farms with some elderly villagers selling their farm produce by the small path. Ping Che is sustained with a freshness of harmony with Our Mother Nature.



I enjoyed tremendously listening to the villagers' stories which are passionate with genuine human touch. During the village tour, villager Uncle Chor, the tour guide, was able to share various funny old time stories

upon visiting various village spots e.g. how they could pick up 18 chickens with only their bare hands, how they helped the school principal to re-allocate the exposed buried bones for a school construction project, the exquisite relationship between lemon tree and tangerine, etc.

Our travelogue book for Ping Che is titled "Read about Ping Che". We want the Ping Che stories to keep being passed around by "being told it". During the whole process of group work production, each of us personally explored the meaning of "Sustainable Living". It involved mutual understanding, sympathy and sincere acceptance. To resolve book edition dilemmas into a compromise is not always easy if we cannot stand on the same page.

Throughout YMCArts art project guidance and the villagers' sharing, not only did I learn how to transform the collected stories and experiences into art work, but also to regain a balance to live by learning how to wisely develop and digest resources supplied from nature. I certainly do not wish this kind

書展覽，讓我學會農村悠然的生活節奏、就地取材的生活智慧、農夫順應自然的心態。鄉村內有很多美好的人和事，可惜未被我們發現便可能被遺忘。「城市」和「鄉村」雖是兩種不同的生活方式，但我相信，城市和鄉村是可以共生的。

(Ruby Wu, YMCArts『城鄉共生』藝術遊學計劃參與青年)

of beauty and wisdom to be forgotten. Although life in the city and the countryside seems to be very different, I still strongly believe that Urban-Rural Sustainable Life is feasible in Hong Kong.

(Ruby Wu, participant of YMCArts Community Art Exhibition Project)

從內向害羞的女孩蛻變為開朗快樂的義工 From a Shy Girl to a Happy Volunteer

當我剛開始在港青擔任義工時，我是個害羞的女孩，無論認識新朋友，還是與陌生人攀談，都非常艱難。慢慢地，我明白只要有勇氣，便可做到。這是在義工體驗裏學會的最重要的事。除了在港青，我也在學校擔任義工。農曆新年前為長者清潔家居，當他們感謝我們的付出時，我很是快樂，這次經歷最為難忘。投入義工服務，有益身心，饒富意義。

(Anjaly Saseendran, 於多元文化團隊擔任義工)

When I first started my volunteer work at YMCA, I was a very shy girl. I'd always have trouble making new friends and talking to strangers. But as time went by, I realized that I just needed the courage to do it. That was the most important lesson I've learned during my volunteering experience. I have also done some volunteer work at school. The most memorable time for me was when I helped elderly people to clean their houses before Chinese New Year. It really made me happy when they thanked us for our hard work. Doing voluntary work is very rewarding.

(Anjaly Saseendran, Volunteering at Multicultural Team)



我很慶幸能參與A-Life Academy I am Delighted to Join the A-Life Academy

參加 A-Life Academy 大大提升我的自信心，開拓我的視野。我完成以往未嘗試過的事物，如高桌晚宴、海外義工服務等，每一項活動都很有意義，讓我從中獲得無數閱歷和知識。此外，我結識到友善熱情的師友、同學和社工，走出學校的圈子。補習和導修小組也讓我的學業成績明顯提升，助我更自信面對將來。

(張佳航，中五學生，A-Life Academy 學員)

My self-confidence has been greatly improved and my horizon and perspective have been widened after joining the A-Life Academy. I joined many impressive events that I had never tried before such as high table dinner and overseas service trip and gained lots of experience and knowledge. Moreover, I made friends with the mentors, social workers and different mentees and had my social network expanded. Besides, my academic performance was improved obviously after joining the tutorial class and study group. I am now confident in building my future.



(Zhang Jiahang, Form 5 student, Mentee of A-Life Academy)

佳航於柬埔寨服務之旅探訪孤兒院。
Jiahang visited the orphanage in Cambodia Service Trip.



因着港青專上學生聯會的關係，我有幸成為香港青年會運動的一分子。在參與和籌備各式各樣的本地和海外服務團當中，我的領導和人際溝通技巧得以大大提升。在行政程序和意見諮詢方面，港青職員提供很多支援，同時對青少年的意見採開放態度，因此創造了創新和自主的空間。多年來在港青參與義工服務，在策劃、服務模式的發展、表達、游說等方面得到充分的磨練，讓我成為更出色的人，並立志在工餘服務社會。了解港青的背景和工作後，我有興趣在閒暇時間參與更多的港青項目，向世界各地介紹港青的工作。

(魏芷茵，青年代表)

快樂成長在港青 Growing Up Joyfully at YMCA

我有三名子女——Tiana（五歲）、Tanya（四歲）、Dylan（兩歲半），三名小孩自18個月大起已入讀港青。他們曾參加寶寶世界和兒童暑期樂園，並在國際幼稚園就讀。港青提供既輕鬆有趣又重視學術發展的學習環境，重要的是，教務人員不但資歷深厚，更認真培育小孩，細心了解每個孩子的喜惡。我非常滿意港青的優質教育服務，誠意推薦予他人。港青給我和孩子們帶來美好豐富的體驗。

(Hathiramani家庭)

積極投身青年會運動 Dedicated to YMCA Movement

I am grateful to get involved in the YMCA Movement in Hong Kong by joining Campus YMCA of Hong Kong, and my leadership and interpersonal skills have been enhanced to a large degree ever since, by participating in and organizing various local and overseas services. YMCA staff are supportive in terms of administrative procedures and offer of advice, but they are also open to suggestions raised by the youth and hence have created space of innovation and autonomy. The skills in project-planning, service model development, presentation, lobbying and so forth gained through the years of voluntary services in YMCA have enabled me to grow into a better person who is dedicated to contribute to the community outside of work. Having gained more knowledge in YMCA's background and its work, I am interested in engaging in various YMCA projects in my leisure time, as well as introducing the work of my local YMCA to others from different parts of the world.

(Tina Ngai, Youth Representative)



I have three children, Tiana (5 years), Tanya (4 years) and Dylan (2.5 years). All three children have attended YMCA since 18 months. They have gone through Toddlers' World, Children's Summer Playgroup and International Kindergarten. YMCA offers an academically challenging environment in a fun and relaxed way, but more importantly the staff are not only qualified, they are also nurturing and taking the time to get to know each child's likes and dislikes. I am incredibly happy with the quality of the education and services offered and would not hesitate to recommend these programmes to others. YMCA has been a wonderful and fulfilling experience for me and my three children.

(The Hathiramani Family)

靈 SPIRIT



澳加青少年成就基金 讓學童感受無條件的關愛 OKIA Young Achievement Fund An Unconditional Offer to Children

映如今年12歲，來自東涌的基層家庭，是家中長女。映如一家生活簡樸節儉，沒有豐裕的物質生活，但父母的悉心教導和澳加的結伴同行，使映如的童年生活依然豐盛。

「映如自小就有不同類別的學習障礙，學習總比別人多一分困難。幸好她自小堅守每事做到最好的原則，不斷努力練習。映如對繪畫欠缺信心，但因為澳加的無條件資助——不需學業成績、興趣班的表現或公開比賽的成績而決定能否獲得資助，讓她能按自己的進度學習繪畫。」母親麗英說。現時，映如已獲澳加資助興趣發展四年，對繪畫漸漸充滿信心，今年更獲得

「國際青少年繪畫比賽2015/16」學生組的獎項殊榮。

映如父母育有兩名女兒，經常以「克勤克儉」、「書海無涯」為訓誨。映如及其妹皆參與「玩具銀行」兒童成長獎勵計劃。

「玩具和書本的新舊並不重要，最重要是家長能令小朋友養成珍惜資源、與人分享和愛閱讀的習慣。衷心感謝港青東涌中心讓社區人士受惠。」麗英說。

Ying Yu, aged 12, is a girl from a low-income family in Tung Chung. Her family is frugal and live in a simple way without much material life. However, her childhood is definitely fruitful with the love and care from her parents and the support from OKIA Optical Co. Ltd.



“Ying Yu has suffered from a lot of learning disabilities since she was a small kid. The difficulties she encountered were always much more than others. Thankfully, Ying Yu always strives for the best and keeps practicing in all aspects. She had little confidence in painting but with the unconditional offer of assistance by OKIA – not according to her academic performance, learning progress in

interest class or grades in public exams – she could learn painting in a stress-free way and on her own progress.” Her mother, Lai Ying, said. Ying Yu has obtained the financial assistance from OKIA for four consecutive years and she is fully confident in painting now. We are glad to know that she won the accomplishment award in the International Children Painting Competition 2015/16.

“To be industrious and frugal” and “No limits in reading” are always the doctrines of the family. Ying Yu and her little sister have also joined the Toy Bank Children Development Scheme. “As a parent, we have to teach our children to cherish resources, encourage them to share and help them develop reading habit. It doesn’t matter if the toys or books are new or second-hand indeed. I would like to say thank you to YMCA of HK Tung Chung Centre as their services definitely help the community.” Lai Ying said.

Knowledge Gives Power

Before Ms. Jacqueline Gaudiel was working as a domestic helper in Hong Kong, her desire was to become a teacher as she believed "Knowledge Gives Power". Driven by the passion and love for children, she began to search for programmes for overseas domestic workers in Hong Kong. She was fascinated by the Montessori Teaching Diploma Programme after attending the orientation organized by the YMCA Domestic Helper Unit.

The process of learning was never easy. Even Jacqueline had to work almost 12 hours every day, she made good use of every chance for her study at night. During her holiday, she spent hours on studying and completing the assignments as she believed that "knowledge will bring you the opportunity to make a difference".

After months of effort, Jacqueline is now a certified Montessori Teacher. With the global growing demand for this profession, she has decided to return to the

Philippines to start a new chapter in life – becoming a certified Montessori Teacher in a kindergarten.

Jacqueline would like to show her gratitude towards YMCA as a bridge for overseas domestic workers to enrich and empower themselves with knowledge. She hopes the fellow domestic helpers can keep faith in themselves, as dedication, determination and hard work are the ingredients to reach success and the most important thing to all is "believe and trust God, for He will lead you to the right path".

(Jacqueline Gaudiel, former overseas domestic helper in Hong Kong, now working as a certified Montessori Teacher in the Philippines)



學生團契 同敬拜 齊禱告

Pray and Worship Together as Student Fellowship

我想很多人都有這個疑問——究竟甚麼是學生團契？他們做些甚麼？學生團契由一群信主的港青專業進修書院學生所組成，他們定期舉辦福音飯聚，分享日常生活點滴，一起禱告，相互支持。

對我來說，學生團契比上文所述的意義更深遠。這是我的個人經歷和感受。我很投入學生團契的活動，並慢慢在其中感受到愛和關懷，大家都無條件互相扶持。我很高興能成為學生團契一員。

(伍兆銘，港青專業進修書院高級文憑課程學生，學生團契成員)

I think everyone may have some questions like what is Student Fellowship. And what does the fellowship really do? Student Fellowship is a group of students who believe in God and they have lunch together regularly, share the daily things that have happened in their life, pray together, and support each other.

For me, the Fellowship is much more meaningful than those described above. It's my personal experience and feeling. I put in a lot of time in the Fellowship activities through which I gradually found love and care, and all members help and support each other unconditionally. I enjoyed very much being a part of Student Fellowship.

(Byran Wu, student of YMCA College of Continuing Education Advanced Diploma Programme and member of Student Fellowship)



愛源自上帝 The Love Drawn from Our Heavenly Father

聖經說：你手若有行善的力量，不可推辭，就當向那應得的人施行。（箴言3:27）

初次與「四川探訪行」的小朋友見面時，我們彼此都害羞、陌生，因為我們知道大部分小朋友都缺乏父母的愛，讓我們更為謹慎，以免某些動作或話語會不經意傷害他們。

後來我們發現，只要帶着足夠的愛跨出第一步，那麼這愛就能帶我們跨越一切的鴻溝。只要我們願意付出，小朋友的心並非那麼複雜，慢慢地我們便相處歡樂融洽，整個探訪過程變得簡單。事實上，他們是社會上最敏感和直接接觸到的一群，很多時候我們沒有勇氣，或許，是因為我們沒有足夠的愛。但是我很感恩，我們能做到，不是因着我們自己，而是因為愛的源頭——上帝。

這次探訪之行，我不認為我們是幫助者，因為在幫助別人前，我們應放下驕傲，調整心態，把自己下放到需求者的位置上，並看清一個事實：並非只有被探訪者需要我們，反之，我們更需要被探訪者；並非只有被探訪者有所獲得，我們同樣也有所獲得；並不只有我們在彌補被探訪者的缺乏，他們也在彌補我們的缺乏。造物主把萬物一件一件地安放在各自的位置上，讓我們明白我們是肢體的一部分，是為了國度的完整而存在，並體現其價值。

（王本璋，麥田團契「四川探訪行」參加者）

The Scripture says, "Do not withhold good from those to whom it is due, when it is in your power to act." (Proverbs 3:27)

During the first visit to the children's home, we were shy and were too cautious in our speech to prevent offending them unintentionally. Sometimes we restrain ourselves because we

are lacking in courage and love. But then we learned the essence of reaching out with love to overcome this barrier. The children were pure at heart and so could echo with us if we just tried to be ourselves and share our love. We

were grateful that in the end we made it, with the love drawn from our Heavenly Father.

In this journey, we learned that before serving others, it would be much better for us to put down our pride and to know that we need them as much as they need us. We, too, are receiving in the process. It is God our creator who put everyone in his/her own place such that we are parts of a whole, and to manifest the wholeness of the Kingdom.

(Steven Wong, participant of Wheatfield Fellowship Sichuan Service)



差我，我就去！

I Will Go as the Lord Sends Me

一天，我收到一個突如其來的邀請——到台南參加台南YMCA的營會。明明自己才剛從台灣回港一個禮拜，但在時間上可以配合，我沒半點猶豫，立即答應。因為我知道這是神要我去的，祂可能要我經歷一些事情。

台南YMCA已是第九年舉辦SHINE營會，今年共有1,300多名來自台灣各地的年輕人聚在一起，在香港真的沒參加過這麼大型的營會。當我們抵達遠東科技大學，就是營會舉行的地方時，便已立刻感受到營會的專業，以及工作人員和參與者的熱情。一字排開的歡迎小隊用歡呼聲和令人溶化的笑容迎接每一位到臨的參加者，在數天營會裏，台灣人的熱情有增無減，令我們這來自香港的小隊都能好好投入活動當中。

SHINE營會跟香港教會的年輕人營會有一個頗大的分別，就是SHINE營會中敬拜聚會和信息分享的時間較多，佔了活動三分之二的時間。我看到年輕人皆有一顆熱切追求信仰的心，願意全心全意去跟隨神。一個講到如何跟隨神的信息分享給我深刻的印象，要在宣告、愛、順服和犧牲這四點上達到極限才算得上真正的跟隨神。這的確給我一個很大的提醒，雖然我已宣告我是基督徒，但每天的生活都按照自己做決定。神說要愛人如己，我可以愛那些愛自己的人，但那些不愛自己，或傷害過自己的人卻愛不了。但主耶穌愛我們每一個罪人。聽到這裏有如當頭棒喝，我應該為神去衝破自己的極限，在愛人、順服和犧牲上真正的跟隨神。

我願把在台南與神的承諾、追求信仰的熱心及我們同行六人的友情都帶回香港延續下去。

(潘寶君，台南YMCA SHINE營會參加者)



I was surprised to receive an invitation to join the SHINE Camp in Tainan especially when I had just returned from Taiwan a week ago. Nevertheless, I accepted the invitation without hesitation as I knew that it was the Lord who wanted me to go and experience something new.

It was the ninth year that Tainan YMCA organized this camp and there were over 1,300 youth participating this year. The working team was very professional and their enthusiasm and passion, together with those of the other participants, led us well into the atmosphere.

There were many worship and message sharings in the camp and I could see the youth were fervent in their faith. One of the messages shared was that true Christians have to breakthrough in the four aspects of Proclamation, Love, Obedience and

Sacrifice. I reflected and found myself still doing very little in the four aspects even though I claimed myself as a Christian.

I made a pledge to follow our faith with more passion, and wish that our friendship in this trip would carry forward.



(Bo Bo Poon, participant of SHINE Camp of Tainan YMCA)

The Y's Men's Club of Tsim Sha Tsui was chartered on March 19, 1981. The regular club meetings are held on the first and third Thursdays of each month at the YMCA of Hong Kong, which are mainly conducted in English with Cantonese Chinese as an auxiliary language. Guest speakers are invited to deliver speech on topics of current interest.

The club currently has 24 members including 8 young members, who are dedicated to organize activities, fund-raising and social services for local and overseas communities. For enquiry, please contact us at ysmenhk.tst@gmail.com.

Social Services & YMCA Supporting Programmes in 2014-2015

- Members participated monthly in "Love-Vegetables" (愛•深菜) food redistribution project organized by the YMCA of Hong Kong Cheung Sha Wan Centre in 2014 - 2015.
- 5 members participated in the global "YMCA World Challenge 2015" with over 100 teenagers to deliver YMCA mission and value to the communities through various kinds of activities including a bubble soccer game on June 6, 2015.
- 3 members attended the graduation ceremony of the Youth Leadership Development Scheme organized by the



The 34th anniversary of Y's Men's Club of Tsim Sha Tsui on March 19, 2015



Charter and Installation Ceremony of Y's Men's Club of Chiangrai on December 7, 2014

Y's Men International Programmes in 2014-2015

- 3 members participated in Y's Men Southeast Asia Regional Conference held in Singapore from May 29 – 31, 2015.
- 2 members, together with 2 members from the International Brother Club Y's Men's Club of Tokyo Musashino Tama, attended the charter ceremony of Y's Service Club of Ulaanbaatar in Mongolia in September 2014.



Graduation ceremony of YMCA of Hong Kong Youth Leadership Development Scheme on September 13, 2014



Kick-off ceremony at "YMCA World Challenge 2015" on June 6, 2015



Guest Speaker Ms. Wendy Lam gave a speech on "Development and Impact of West Kowloon Cultural District" on September 25, 2014



港青開放日2014
YMCA Open House Day 2014



划艇初體驗
Our first experience with kayaking.



來自港青東涌中心的小學生與羅兵咸永道會計師事務所的企業義工一起清潔沙灘，為保護環境出一分力。
Volunteers from PricewaterhouseCoopers (China) Holding Ltd joined a mudfield cleaning activity with 20 kids from YMCA Tung Chung Centre.



參加港青游泳課程，習泳健體樂趣多！
Body building and have fun from the YMCA swimming programmes.



農圃道幼兒學校高班學生為畢業禮表演綵排。
K3 students of Farm Road Nursery School rehearsed for the Graduation performance.



女生們參加女子宿營活動，建立自信和鍛鍊社交技巧。
Girls develop their confidence and social skills in Go Girls Residential Camp.



TATA Consultancy Services Limited 贊助港青東涌中心的聖誕派對，讓低收入家庭的兒童歡度佳節。
TATA Consultancy Services Limited subsidized a Christmas party for low income kids in YMCA Tung Chung Centre to share the festive joy and happiness .



「傲翔新世代」青年領袖：歷奇訓練
Youth Leadership Development: Adventure Training



教會的外籍義工教練在港青基信書院足球場為東涌中心的初小學生提供免費的英語足球訓練。
Volunteer from Calvary Church gave free English Football Class to Tung Chung Children at the YHKCC football pitch.



中國事工計劃：廣西服務交流團
China projects: Guangxi Service Trip



參加特式日營，與動物零距離接觸。
Know more about animals in Nature Detective Day Camp.



籃球導師教授傳球技巧。
Catching lesson by the basketball instructor.



專業進修書院酒店及旅遊學系導師探訪在W酒店餅房實習的學生。
Hotel & Toursim instructor visited the student who was undertaking training at Culinary - Pastry in W Hotel.



一名畏高的女生克服恐懼，成功攀上七米高的石牆。
A girl overcame her fear of height and climbed high up to 7 metres.



到北京桃源仙谷和雲蒙峽挑戰攀冰。
Ice Climbing challenge at Tao Yuen Xian Valley and Yun Meng Gorge in Beijing, China.



「曆久常新」生命教育計劃
Life and Death Education: Reminiscence Calendar Making For Elderlies



專業進修書院酒店及旅遊學系實習學員與導師一同出席旅行社的實習學員結業禮。
Students and instructor of College of Continuing Education (Hotel & Tourism Programme) attended the Internship Graduation Ceremony held by the travel agency.



新會商會港青基信學校揭幕儀式
The Opening and Dedication Ceremony of SWCS YMCA of Hong Kong Christian School



港青東涌中心的模範學生獲安排參加慈善直升機飛行之旅，在維港上空一覽香港的美景。
Outstanding students from Tung Chung Centre were sponsored to join a helicopter tour and enjoyed the beautiful landscape in the air.



嶺南大學持續進修學院邀請專業進修書院學生參觀校園並提供有關澳洲堪培拉大學銜接學位課程的講座。
College of Continuing Education students were invited by Lingnan Life to visit their campus and to attend an Info Talk for the articulation of Top-up Degree programmes offered by University of Canberra.



和爸爸一起製作沙樽真有趣！
Making sand bottle with my Daddy is fun!



學前教育課程：我是小廚師。一起製作大餐！
Pre-school Education Services: We are little chefs. Let's cook a big meal together.



僱員再培訓課程：「泰式酸辣鳳爪」烹調示範
Employee Retraining programme: Demonstrating the cooking of "Thai Hot and Sour Chicken Feet"



領袖訓練計劃
Leadership Training Programme



港青基信書院榮獲2015年度離島區啦啦隊比賽冠軍。
YMCA of Hong Kong Christian College won 2015 Islands District Cheerleading Team Competition Champion.



第九屆赤腳學慈善行
The 9th Barefoot Walkathon



員工大會暨新春聯歡茶會
 Staff General Meeting cum Lunar New Year Tea Party



YMCA 員工嘉年華會
 YMCA Staff Carnival



員工迎新日
 Staff Orientation Day



員工週年晚會
 Staff Annual Dinner



護理安老展愛心
 Visit to Elderly Home



員工大會暨中秋聯歡茶會
 Staff General Meeting cum Mid-Autumn Festival Tea Party



燒烤同樂日
 BBQ Fun Day



燒烤同樂日：採摘士多啤梨
 BBQ Fun Day: Strawberry Picking



位置優越、鄰舍顯貴

*Our Location Is Excellent And
The Neighbourhood Could Not Be Better*

歡迎閣下蒞臨香港基督教青年會(港青)。

港青位於九龍半島的尖端，擁有美麗的維多利亞海景及香港島景色。本會佔盡地利環境，坐落於購物及娛樂中心，交通便利，閣下可盡情享受觀光，美食及購物之樂趣。

全新裝修的372間客房裝潢現代化，採用時尚設計的家具及設備。

The Salisbury welcomes you to one of the city's best locations.

The Salisbury is situated at the tip of Kowloon and many of our rooms offer magnificent views of Victoria Harbour and Hong Kong Island. With The Salisbury as a base, there is ample opportunity to experience Hong Kong where an abundance of restaurants, sightseeing tours, shopping in the city's many specialty shops and shopping malls awaits you.

All 372 rooms have been recently renovated and feature a modern and functional design.



- a. 海景房 Harbour View room
- b. 標準房 Standard Room
- c. 家庭套房(廳)
Family Suite (Living Room)
- c. 家庭套房(睡房)
Family Suite (Bedroom)
- e. 再臨閣 Salisbury Dining Room
- f. 大堂咖啡座 Mall Café
- g. 髮型室 Hair Salon
- h. 商店 The Y Shop

a	b
c	d
e	f
g	h



客房

- ◆ 四個基督教福音電視頻道
- ◆ 免費房間Wi-Fi上網
- ◆ 免費房間供應自助茶及咖啡設施
- ◆ 房間設有電子私人保險箱
- ◆ 國際直撥電話及留言服務
- ◆ 洗熨衣物服務
- ◆ 迎賓新鮮水果籃
- ◆ 免費蒸餾水
- ◆ LCD 電視包括衛星及有線電視頻道

其他設施

- ◆ 大堂咖啡座
- ◆ 再臨閣
- ◆ 宴會及會議設施
- ◆ 設備完善的健身中心
- ◆ 室內游泳池及按摩池
- ◆ 商店
- ◆ 髮型室
- ◆ 靈修室

Guest Rooms

- ◆ 4 dedicated TV channels for Christian gospel
- ◆ Complimentary in-room Wi-Fi
- ◆ Complimentary in-room coffee and tea making facilities
- ◆ In-room personal safe
- ◆ International direct dial phone
- ◆ Laundry and dry cleaning service
- ◆ Welcome fresh fruit basket
- ◆ Complimentary bottled water
- ◆ LCD TV with satellite and cable channels

Other Facilities

- ◆ Mall Café
- ◆ Salisbury Dining Room
- ◆ Banquet & Conference Facilities
- ◆ Well-equipped Fitness Centre
- ◆ Indoor Swimming Pools and Jacuzzi
- ◆ The Y Shop
- ◆ Hair Salon
- ◆ Chapel



41 Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong
 Tel: (852) 2268 7000 Fax: (852) 2739 9315
 Reservation Email: sales@ymcahk.org.hk / room@ymcahk.org.hk
 Web site: www.ymcahk.org.hk

宴會及會議設施 Banquet and Conference Facilities

共有11宴會廳、平台花園及大禮堂，可容納22圍中西式宴會或450人會議講座。

With 11 function rooms, the Podium Garden and the Assembly Hall, our function venues are ideal for events up to 450 guests.



團體活動 Highlights of Banquet Functions



1	2	3
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4

1. Cathay Pacific
2. Hong Kong Retail Management Association
3. HKSXH Welfare Council
4. Alumni Association of Divinity School of Chung Chi College, CUHK



「跨種族共融藝術」社會企業推動多元文化社會參與。
 "Y Multi-Pop Up Store facilitates cross-cultural community participation."

小型貸款計劃「大夢想由『小』實踐」2015 展銷會暨開幕禮
 The Opening Ceremony of the Microfinance Scheme Fair 2015



2015 普世青年行動的賓客和參與者在啟勁禮上以詩歌敬拜上主。
 Guests and participants took part in singspiration to worship at the World Challenge 2015 Kick-off Ceremony.

Season of 四時更迭 轉化更新
CHANGE



「翱翔新世代」全方位青年領袖訓練計劃：柬埔寨義工服務
 Youth Leadership Development: Cambodia Service Trip



在豔陽下體驗單車之旅
 Bike tour experience under sunshine



農圃道幼兒學校初班學生角色扮演活動—耶穌平靜風浪
 Role play of Farm Road Nursery K1 class - Jesus calms the storm



京士柏百年紀念中心停車坪揭幕感恩典禮
 King's Park Centenary Centre Car Ramp Thanksgiving Ceremony



「翱翔新世代」全方位青年領袖訓練計劃：緬甸義工服務
 Youth Leadership Development: Myanmar Service Trip



「攻防箭」有助提升身體靈活度和培養團體合作精神。
 Archery Tag helps improve body flexibility and cultivates team spirit.

本會謹藉此機會向各位熱心人士，在過去一年來對本會事工的支持和貢獻致衷心感謝。

本會是由一群熱心社會服務，關心社區的人士組成的基督教機構。我們在感謝數千上萬的會員、義工和同工們為本會事工所作出的貢獻之同時，更深切體會到，當一群同道者攜手一起，本着服務社群為己任，慷慨無私地自願獻出時間、才智和精力，必定能夠為改善社區和社群作出無窮的貢獻。本會去年的事工能順利發展，實有賴眾人之努力。各董事在此再向各位致謝。

The Association takes this opportunity to express its deepest appreciation to all who served throughout the year and to those who continue to serve faithfully to support the work of the YMCA.

We are a Christian Association of people dedicated to serve and contribute to the wellbeing of others in our community. In expressing this appreciation to the thousands of volunteers, members and staff, we recognize the significant contribution that can be made when people join together in common mission for the selfless purpose of giving their time, talent and energy for the betterment of their community and the people who live therein.

Thank you.

Board of Directors

Thank You!



