Welcome all of you to the life tour of Miss Yau. Today, we are going to explore her footprints---with Jesus.

Miss Yau Wai Yu is 5F's class teacher. She teaches English, and has already taught at CYC three times in the past. Each time she left, she would start a new journey in her life. Come on, let's explore!

(Continued on page 2)
From 2007 to 2010, Miss Yau took part in a 3-year course in theology. She went to the US and studied in a Bible school called Moody Theological Seminary. She studied the Bible and got to know God more, and who He is. She also learnt Greek to read the Bible in the original language. She thinks this has helped her to understand the Word of God more and to read the Bible from a different angle so that she can master God’s guidance better. She also spent time analyzing her own personal development and relationship with God. She has a better perspective and is not so harsh in treating herself now. Aiming high is everyone’s target but if we cannot meet our target, we should not beat ourselves up but let it go with our apologies. She mentioned that this was a big change for her as she learnt to forgive. She thinks the course was an eye-opening experience and it was the best 3 years of time in her life so far. It was a blessing from God.

Miss Yau got to know God when she was in Form 4. Her class teacher, who taught her English, always copied and highlighted sections of the Bible and used them to encourage and comfort Miss Yau. She invited her to attend a gospel meeting. That was a good start for Miss Yau’s religious road. Miss Yau became a Christian in 1992. It was a great change. In the past, she believed she could defeat all failure and help herself on her own. She did not realize that she needed to rely on somebody. However, she found she needed God. She sought His help. She became willing to be an obedient servant of God.

Are you curious about why Miss Yau decided to study Theology in the US? It’s because Miss Yau wanted to know God more and to get equipped for the ministry. She said a friend in the US gave her lots of information about the Bible school. Miss Yau prayed and decided to submit her application and finally, she succeeded.

A memorable experience there was when Miss Yau met some Chinese immigrants. Some senior citizens said that they couldn’t communicate with local people so they never went out by themselves. (Continued on page 3)
Miss Yau took them to museums they had never been before and that was really a fabulous experience for all of them.

Miss Yau participated in two internships too. The first internship was to serve the local children. They were African-American children, who had no parents. The internship was a summer program for a month. Miss Yau sang songs and played games with them. She went to Lincoln Park with the students and spent time with them just like Jesus would do with children.

In the second internship, she went to St. Petersburg in Russia, to visit orphans. That internship also lasted for one month. Miss Yau went to the orphanages where she read Bible stories and sang songs with the orphans. She also went to the Crisis Centre (an orphan centre) to visit the babies, who were abandoned by their parents. Miss Yau held and fed the babies, and shared the love of God. She was honoured to be the hands and feet of Jesus serving others. She found out that all learning is preparation for serving others outside the school.

Miss Yau changed after the courses. She has learnt to be patient like God, and not to lose her temper easily. She found that her relationship with God is getting closer. She does not feel fear about difficulties in life, "My father in heaven is always with me and I experience His presence in my life."

Miss Yau encourages Christian students and teachers to strive to know God more. For the students and teachers who haven’t accepted Jesus, it’s okay. God is always waiting for us and opening His arms for welcoming us.

For those who get lost, Miss Yau encourages them to keep praying and searching for God. As Proverbs 3:5-6 says, “Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and He will make straight your paths.” This Bible verse is a gift from Miss Yau and from God. If you are a believer, act out your belief and always share your happiness and worry with God as, “It’s impossible for human beings but all things are possible for God.”
Xian study tour  

What do you think of autistic people? Trouble makers? A burden on society?

Many people think that autistic people cause a lot of trouble to others, however, I learned from the service tour to Hui Ling School in Xian that their ability is often underestimated. I was glad that in this tour we had an opportunity to get close to some autistic people and do activities with them.

Before the visit, I had thought that they had no discipline at all. I even imagined a group of students running around the place and refusing to listen to others. I also thought that they might easily become violent and assault others if they were made angry. However, this tour proved that I was totally wrong. They were all very friendly and kind. They were happy to see us and wanted to share their things with us.

Our visit began with a talent show. They performed a dance and sang while we CYC students played musical instrument and sung. Then we were arranged in small groups to paint Easter eggs and fold candle boxes. I found that they were very confident and did not care about what the others said. During the performance, some of our group mates were shy, but it seemed that the autistic students did not think they were performing. They were just having fun doing things they liked. They tried their best and enjoyed themselves. It was obvious that they had the ability to do some easy tasks and looked after themselves to a certain extent.

Many people have prejudice against them. However, being autistic is not their fault. They do not have a choice in this. A civilized society should be tolerant and fair to them. I think the government should provide them with more assistance so that they can use their abilities in their daily life or in working. We healthy people should try to understand more and help them if we can.

The tour let me learn a lot about autistic people and reflect on the meaning of life for both healthy people and the disabled. It is a meaningful tour.
A tour of heritage by Noelle Yu (4C)

I visited Xian from 31st March to 3rd April, 2015. In those days, we visited many places that are full of history, such as Huaqing Palace Heritage Site, the Terracotta Warriors and Horses, the ancient city wall, and Hangyangling museum, etc. Each heritage site has its own ancient history and special historical appearance. Although these heritage sites are spectacular now, I am afraid they will be damaged in a few years because of the bad behavior of the tourists. It will destroy the heritage conservation of Xian seriously.

During the trip, I saw many tourists who didn't respect the heritage sites and did something uncivilized. In the Huaqing Palace Heritage Site — there were two large bathtubs for the emperor and his wife to take a bath. It was really spectacular because the bathtubs were as big as a swimming pool, even bigger. Also, it was historical. However, some visitors didn't respect them. They threw coins into the bathtubs to make a wish. It was absolutely stupid behavior. It will also destroy the integrity of the heritage site because the force of the coins may damage the surface of the bathtubs.

Moreover, most of the attractions, such as the Terracotta Warriors and Horses and the Hangyangling museum, etc. had notices such as "Don't use flashlight", and "Don't touch". But the tourists didn't follow the instruction. In the dark area, I saw many tourists taking photos with flashlights. Also, some heritage sites are not protected by glass. People can touch things easily. But in fact, the sweat from a hand and the flashlight can do damage.

After the trip, I found that people lack awareness of protecting heritage sites. To solve the problem, I think the government should start from the basics. They should add 'heritage conservation' into school lessons, and tell the students the importance of heritage conservation. If people have a better education, they will cherish and protect their heritage well.

Actually, when tourism is managed responsibly, it can be a driver for conservation of cultural and natural heritage. However, if not planned or managed effectively, tourism will cause a huge damage to our heritage. I hope the government can manage it well and the heritage and history of China can be conserved.
From 29\textsuperscript{th} to 31\textsuperscript{st} January, 40 Form 2 and Form 3 students took part in a study tour co-organized by the Geography, Chinese history, History and the Liberal Studies departments. The tour aimed to explore the geographic structures of Danxia Mountain in Guang Dong Province. Some participants would like to share their experiences of this tour with you.

It was really tiring to hike such a long distance in the mountain, but I didn’t regret it as it was really a fantastic opportunity to explore the landscape outside Hong Kong and know more about the geographic knowledge.

3A Phoebe Li Tsz Lam

As the Chinese saying goes, it is better to travel 10,000 miles than to read 10,000 books. I learnt more about the formation of Danxia landform and the tourist development in this area. I’ve come to understand the importance of tourism for the Danxia area.

3A Zoe Hung Sze Yee

It’s a tour filled with joy and discovery. We won’t forget this unforgettable experience. Learning opportunities were everywhere if you were willing to observe. Learning in the real life can be so different from learning from the textbooks. I can’t explain how fabulous it was!

3A Karen Koo Yuk

I felt so relaxed when I was surrounded by the natural beauty of Danxia Mountain.

3A Gigi Leung Wing Ki

I learnt many things about the structure of the rocks in Danxia. Also, I found that people there were very friendly and lived a very different life from ours.

3A Mandy Tang Pik Ying

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This trip was not an easy one because there were many slopes and stairs for us to walk. Although it was tough, we made it. We learnt so much geographical knowledge. The geographic terms came alive and now I really understand what they mean. Learning outside the classroom was a lot of fun.

3A Goody Lor Hiu Lam

I am glad to have joined the tour. I seldom go to mainland China and the tour let me experience the culture and appreciate the masterpieces of nature in Shaoguan. In the journey, we saw lots of rare red rocks and experienced the unique landscape of Danxia Mountain. A great journey with teachers and my classmates! Thank you to the tour organizers.

3A Ken Hui Tat Lung

In this trip, I saw many spectacular views in Mount Danxia, like Yang Yuan Stone and Craggy Face. Also, I have learned more about Danxia landform, generally known as reddish sandstone. I enjoyed this trip very much and I hope that I can have a chance to join similar tours again in the near future.

3A Edison Mok Wing For

Easter Trip to Macau

Hello! I’m Katherine Lau from S.4A. I joined a one-day History study tour on 2nd April. This was a special and meaningful experience for me. Let me share my experience of the tour with you.

Chapel of St. Francis Xavier & Tam Kung Temple
Famous relics:
- Chapel of St. Francis Xavier: the hand bones of St. Francis Xavier
- Tam Kung Temple: whale bones

These two buildings demonstrate the cultural exchange in Macau. Different religions, languages and living styles are respected in this former colony. They were well developed and localized and have become the collective memories of the Macau people. If you go to the church, don’t miss the Chinese words and pictures on the building. They tell you about the spread of Catholicism in the East.

Avenida De Cinco De Outubro

This road has its historical significance. It is to memorize the Portuguese Republican Revolution on 5th October, 1910. It is not a day in the Chinese lunar calendar, but a “beautiful misunderstanding” of the Portuguese.

Taipa Houses Museum

Built in 1921, the Taipa Houses Museum used to be the mansion of Portuguese officers. It includes 5 green houses with Portuguese architectural features. Some exhibits on display now are the old costumes and building tools. A visit to the museum let me know more about the living conditions of the Portuguese in Macau in the 19th century. Attracted by its traditional western style, many people like to visit the place. During our visit, I saw some couples taking their wedding photos. What a romantic scene!

Maritime Museum

The museum has done a marvelous job in getting tourists interested in the maritime history of Macau, especially for the period from the Ming Dynasty to the 19th century. If you go there, you must not miss the wonderful stars display and ‘mini theater of the A-Ma’. You can also see a traditional dragon boat outside the museum. Many tourists, including me, were attracted by the dragon boat.
Ruins of St. Paul’s

I was very glad to visit the best known landmark of Macau. Officially listed in 2005 as part of the UNESCO World Heritage site, the impressive epic ruins have been a symbol of communication of the East and the West. When you look at the building, don’t rush. Pay attention to the stone carvings as you climb up step by step, you will find a lot of surprises.

I hope you can share my joy in this fruitful tour. Grab the opportunity if your teachers organize a study tour out of Hong Kong, you will be surprised at how much you can benefit from such a tour.

Club News

Eight students from the CYC Community Youth Club participated in the New Territories Walk 2015 held by the Community Chest.

Participants’ sharing:

Tiring but amazing. I’m grateful to have the opportunity to take part in the walk, enjoying the beautiful views in the New Territories while raising money for the needy at the same time.  

Wendy Pang (3A)

This charity event let me see Hong Kongers’ zealous heart to help the needy. I was amazed to see a huge number of people join the walk. Some of them were families, some were elderly people and many of them chose to wear clothes of the same color. We walked from Sha Tin to Tai Po. Although the weather was hot and the route was long, everyone looked energetic. Charity activities like this are more fun and meaningful than just donating money. You will enjoy the process more and have more involvement.  

Vicky Sze (3A)

This fundraising activity was challenging and rewarding. Doing charity work together with tens of thousands of people was great. Join us next year.  

Lily Sam (3A)

I really enjoy doing charity work with friends. Look forward to the next opportunity.  

Kathy Ng (4A)
My thoughts on English Week 2

Ivania Lau Shun Ying (1D)

The Spelling Bee

Hello! I am Lau Shun Ying Ivania from 1D. This term I joined the Spelling Bee. I think I got an unforgettable experience and I learnt more vocabulary from the activity. The days before the competition, I revised the vocabulary list hard. Some of them were really difficult and long so I looked them up in the dictionary first. On that day, 24th April, I went to SAC for the competition. All the other contestants were there from the other classes. We were all nervous facing the audience. At first, the words were very easy but then they became more difficult. Many other competitors lost and had to go to the back row. Finally it was only I and 2A’s representative, Lee Chung Kit left. I was very nervous because he is a grade higher than me. I felt pressured. When I was spelling the word “coordinate” I thought my voice was too low, so I repeated the word again. Unfortunately one of the rules was not to self-correct and Ms. Carmel, who was the judge, said that because I had repeated I was wrong. I was quite disappointed and regretted self-correcting. But I thought for my first time I had done a good job! I would like to join it again. The champion of the Form 1-2 was Keith Lee Chung Kit from 2A, and I was the runner up. The champion of the Form 3-4 Spelling Bee held on 21st of April was Kitty Cao Yen Suong 3B and the first runner up was Jeffrey Leung Ka Hang 3A.

The Singing Competitions

The English Society also held a singing contest, it was really amazing. I saw that my schoolmates have very good talent in singing. They all acted just like singers. The overall winner, Vicky Lau 4C, sang the song very well and she received hearty rounds of applause. All the performers tried their best to sing and they really created a very good show and assembly for us. I hope one day I can go to their concert if they become a singer. I even downloaded the songs to listen to after the competition because the songs are really unforgettable. English week activities were fun and meaningful. We all had a good time and look forward to the next one soon.
The two inter-house debate heats were held during English Week Two. They were both exciting and fantastic. If you missed seeing them, don’t worry. The final debate is scheduled for the 2nd of July during the post examination time.

The first debate heat was between Wisdom House and Faith House. They competed after school on 22nd April in the SAC. The topic of this debate was that "Genetic modification is doing more harm than good to humans". Wisdom House took the affirmative position and Faith House was the opposition. Such a topic is sure to excite argument and it was the case here with a lot of dense information being used as support. The audience’s vocal responses showed that they were clearly being entertained by the speakers. The adjudicators Ms. So and Mr. Ng commented on the importance of such a topic in our society and further on the clarity of the speakers. In the end the debate went to Wisdom House and the best speaker was Yau Man Tak 5F, the third speaker of the affirmative.

Then two days later, after school on 24th April, Love House competed against Hope House in the Geography Room on Level 4. Their topic was "Hong Kong students are too reliant on electronic devices". Love House took the affirmative position and gave a clear definition of reliance on devices and abundant daily life examples of students addicted to using smart phones with harmful effects. Some of the audience could be seen nodding their heads in agreement. The opposing side, Hope House, indicated electronic devices only assisted their life. They also queried whether the source of harmful effects came from electronic devices. As the debate continued and everyone contemplated both arguments the atmosphere in the room became extremely tense.

At last, the adjudicators Mr. Wan and Mr. B Chan said they appreciated the excellent performance of the two sides. The debate winner went to the opposition team- Hope House and the best speaker was Koo Yuk 3A, the third speaker of the opposition.

The final debate between Wisdom House and Hope House should be a very exciting one. The topic is top secret right now but we have been informed that it should be arts based because science has been done in the heats. It definitely gives us something to look forward to for the post examination period. Good luck to both houses and see you in the hall on the 2nd July.
Visit to Kam Hing Noodle Museum

Eric Tong (4C)

On a sunny Saturday morning in March, we visited Kam Hing Noodle Museum in Fanling. It was a wonderful, educational and fun experience.

Have you heard about Kam Hing noodles? Probably not. However, most of the noodles we eat are made by Kam Hing. Kam Hing Noodle Factory supplies noodles mainly in the local market, for both big and small restaurants. Its products have even been sold to Asian countries such as Singapore, India and Japan. It’s a famous and main supplier in the noodle industry. What impressed me most is not its success in business but its efforts to make the younger generations in Hong Kong be aware of the old traditions and treasure them as part of our city’s heritage. This is why the factory started to run a museum in its Fanling factory a few years ago. Now it has received thousands of students from many local schools. I was grateful that the school arranged the trip for us.
A meaningful trip

Alex Lam (4C)

Look at the picture and guess what we were doing. You might think that it was a Chinese tea restaurant and what we were doing was yum cha. Oops, you are wrong! Actually we were listening to a talk on the development of the noodle making industry at a noodle museum. This was part of a service learning program co-organized by our school and Morning Hope School. Each of us was paired up with an intellectually disabled student in this tour.

Listening to the detailed explanation of the speaker, I learned that noodle making involved a lot of techniques and was definitely not an easy thing. I looked around and was wondering whether the students from Morning Hope School could understand the talk. To my surprise, they were very attentive. In the Q & A session, they kept asking questions. Their curiosity and serious attitude were really impressive. To be frank, I did not know much about intellectually disabled people and had had little contact with them before. I had thought they were passive and shy. How wrong I was! I should try to understand and care more about people who are different from us.
Sharing from the Beatbox Boy

Wilson Kwok (1A)

‘Bo,ti,ka,ti’ Can you remember me? I am the Beatbox boy! I am the one who did the beatbox at the school’s 45th anniversary talent show. It feels like I have been studying in this secondary school for a long time now.

Let me share my most memorable experience with you. It wasn’t doing the beatbox at the talent show. It was when I and my classmates went to the Hong Chi Winifred Mary Cheung Morning Hope School.

It was the first time that I visited a special school. I felt quite nervous and a little bit scared. You may ask me, why were you so scared? It is because when I was a child, a mentally challenged person hit me! It was quite painful. Although our group was well-prepared, I still felt nervous. Fortunately before we went to Hong Chi Winifred Mary Cheung Morning Hope School, a social worker told us something about the retarded people.

When we arrived there, we took out our tools quickly. Our group had designed a balloon game and a painting game. First, we explained the rules of the balloon game and we started the game. The children were happy and excited. Then we started a painting competition game. The students drew it carefully because the prize was candy! There were two students who were most memorable to me. One of them was ill tempered. He always shouted out and ran out. Another was better and he was very enthusiastic.

I think that my secondary life has had a good beginning. I have met many new friends and I have learnt many new things in secondary school.
Some Form 4 Biology students dissected a white rat for an afterschool display for senior form students.

**Purpose:**

To examine the digestive system and help students to have a clear concept of the alimentary system

**Procedures:** At first the rat had to be strengthened because rats become hard after dying. Second, scissors were used to cut its skin and then it was opened by using the surgical knife. Last, the muscles were then opened so that the organs could be seen. Also, a pin was used to fix its hands and legs so that it was more convenient for students to do the investigation.

After the display, we interviewed two of the students who did this experiment. They were Vicky Lau and Susan Law. They concluded that during the experiment, they felt excited and thought it was interesting. However, Vicky thought that the experiment was cruel because the rat had to be killed. Nonetheless, she withstood this pressure because the sacrifice of the rat was meaningful for them. When I asked them about the difficulties during the experiment, they replied that sometimes they couldn’t answer some questions from junior form students because they hadn’t learnt the information before. So, it made them ashamed, but it also told them they should learn more.

“To be a good student we should be responsible for our self-learning. We should not just learn in the lesson and from the textbook but also find more information by ourselves” This has been their experience in learning Biology.
Western Calligraphy is the art of giving form to signs in an expressive, harmonious and skillful manner. In CYC, Form 2 students study Roman Calligraphy in contrast while senior forms students learn about writing western calligraphy.

You can find some of their opus in this website:
http://www.chuenyuen.edu.hk/~cyc-art/

Art Attacks

ABCD
EFGHI
JKLMN
OPQR
STU
VWXYZ

abcdefghijklmnopqrstuvwxyz

Gothic Calligraphy

Provided by a 2013-2014 S2 student who would like to keep his name a secret.