



HAPPENING STUFF IN THE 7!!!

STALACTITES, STALAGMITES, AND HEADLIGHTS

BY CHRIS TAN

It was already 7.16am. Four commanders and 7 Adventure Boys waited at the church entrance. There were supposed to be 12 AR's actually, but only 7 came. Seven is a good number anyway, and so we left for a 2 hours journey to Gua Tempurung, Kampar.



We arrived at Gua Tempurung at around 9am, and the first thing we did was to...get off the van. (Duh!) All we took were just our torch lights and headlights and kept a bottle among ourselves just in case someone got thirsty. Believe it or not the toilet cost 30

cents, and if wanted to take a shower or change, you had to pay one dollar. Suddenly

the trees and underground rivers looked mysteriously appealing...

After some waiting we were assigned to a guide. So first we went along some man-

made stairs and walkways. The guide as usual pointed out some interesting rock formations. There was one that looked like a cat's face, a goat, a drumstick, an elephant, a cowboy, and even a "Bangladeshi Singh". We passed another tour group and kept on walking while observing the beauty of the cave. We descended a steep stairway and at the bottom the guide asked us to switch off our headlights. It was then when we realized how dark it actually was. It was so dark that if you put your palm in front of your face you can't see it! We switched on our lights again and departed from concrete paths to paths of limestone and clay.

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Upcoming events:

- AR Survival Camp - July 14,15
- Sel #7 Best Ranger - August 4,5
- Treasure Quest - August 18

Ahem Ahem! From the Editor

As many of you may be wondering, we didn't have a May issue last month. This 5th issue contains events that have taken place over the past two months of May and June. Events like the unified Jubilee Camp at Jugra, the very wet and wild Expedition Retreat, and not forgetting a great cave trip that our brave Adventure Boys went on a while back.

The other thing that's different about this issue is that instead of the brief "fun factual" tour around our featured country, we now have our very own personal tour guide to take you for an unforgettable experience around parts of China! Read on and enjoy the trip with Cmdr. Wei Sern through these pages. =)

Speaking of which, Sel#7 would like to give all praise and glory to God for healing Councilman Chew from a mild stroke last week! Truly, faith and prayer are two most powerful tools that have been given to us from a God who IS Mighty to Save!

In His Service, Sarah

STALACTITES, STALAGMITES, AND HEADLIGHTS

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The guide (actually called a ranger) led us through some tunnels with occasional pools of water on the floor. Along the way we could see plenty of stalactites, stalagmites, marble rock, and lots of graffiti, not to mention an assortment of bottles and lost shoes. Finally we came to a slope, where we all had to slide down. I was lucky number one. The rangers and commanders went down first noiselessly, and we waited at the base while listening to the thrills and screams of the group that followed. After the slope, was a hole in the ground, which led to the underground rivers of Gua Tempurung. Our feet constantly got wet and at some places the passage-



way was so narrow we had to crawl. If we were lucky it was half filled with water. If we were unlucky it was half filled with water with more dripping from the ceiling. A few passages later, we finally saw a bright light...we had reached an end of Gua Tempurung. Phew!



It was around 1pm, and we all sat at

the banks of the shallow brook drying our shoes, while some kept their shoes in the water anyway. Commander Terence said that there would be sun bears around during the early morning, but unfortunately there were no sign of any.

Maybe it was because of the clouds.

After we rested we continued the trip back, but by a different route. More crawls ensued, and finally we exited back to the entrance greeted by a lovely radiance and fluttering butterflies by the banks. We took a photo, and changed our clothes, and hopped onto the van for lunch. And no we didn't need to pay for changing our clothes. Go figure out yourself.



We had lunch in a Kampar town. The lunch was "herbal chicken wrapped with bread". Woah! There was curry chicken too. Commander

Wei Sern asked whether Kampar was famous for its cendol, so after lunch we decided to search for some cendol, and along the way found out that our chicken bread

was taken from another shop a few streets down. We finally found a cendol stall (its sign said "Famous Kampar Cendol"), and stopped for some desert. This cendol was special, mainly because it had pulut in it and thick brown sugar!

I thank God for our safety during this expedition, and the rangers proved their stamina and strength, especially

since one of us just joined in recently. The caves themselves showed the marvel of God's handiworks and the beauty of His creation. I could come back 4050 years later and finally see joined columns where stalagmite stumps once stood and the caves would then have a new story to tell.

Q: One day Josh and Jon were digging in the cave, and they found a totally new species of frog,. What did they name it?

A: Katak Di Bawah Tempurung.

3994 photos and 23 days later...

As I glance through the 3994 or so photos I took in the 23 days I spent in China, I begin to reminisce about experiences and people whom played a part to complete the story of my stay there. From the point I left home with my aunt Janice till the moment I stepped back on beautiful Malaysian soil with my sister, it hits me now how

God has truly watched over me throughout my travels, be it being alone on a 16 hour train ride from the San-dong province to Nanjing or standing for 4 hours on the train for another trip from Nanjing to Shanghai, He has truly been there for me.

By Cmdr Wei Sern



My travels began on February 26 with the flight to Beijing, where the food is cheap and the traffic is crazy, YIKES! When crossing the roads in China, the rule "look left, right and left again before



crossing" is instead "do the looking, but cross your fingers and make your peace before you cross"; you just never know when the next taxi driver is going to get road raged!

Since all things are "made in China" now-a-days, it's only logical that things are cheaper there. Well the usual brands such as Sony and Samsung don't appear often here; rather, names local to China such as Genda, Amoi (I'm serious, wonder if there's an Achai?) and other unpronounceable names are on the shelves. Prices ARE cheaper but make sure to double-triple check the items before handing over the red MAO ZE TUNG inscribed yuan bills (China currency).



Buying a train ticket in China is a harrowing experience! Stammering in Chinese, 40 plus farmers crowding in from behind and the result was an ignorant purchase of a hard seat ticket for the 16 **hour-overnight** journey to my next destination.

Nanjing marked the beginning of my solo experience. Armed with an English guidebook 11 years old and my camera, I ventured forward into my great adventure of exploring Nanjing... and made a stop every 5 minutes to sample the local "small eats" (direct translation applied), which included stuff like fried dumpling, meat-egg pancakes, lamb kebabs, **fried chilly scorpions** and **caramel encased strawberries!** Ooh... thinking of these sets my mouth to watering again! Especially the scorpions, *crunch, crunch*

Shanghai, my next stop, is definitely the newest city of size in China. MRT service, Science and Technology centers, and the Pearl tower (3rd tallest tower and looks suspiciously like ultraman's hide-out) are among the things that Shanghai boast. One last thing is that there are more shopping malls in

Shanghai than 1 Utama, MidValley and KLCC put together.

Next stop of importance was a place called the Yellow Mountains, in Chinese, where one could behold the wonder of the sunrise over oceans of clouds pierced only by other high peaks of solid rock mountains. Being a photographer, my camera was snapping faster than ever!



My trip ended where it started, Beijing! The Great Wall is breath taking, even more when visited early in the morning and the ice still lingers on the 'Christmas trees'; when the wind blows, the sound of falling ice all over the mountain...

There ends my journey in China, it took me 23 days to visit 1/10th of China ranging from the area of Beijing to Shanghai and the places in between. I've seen so much, and spared you some tales of disgusting spitting and others from the loo, but one thing is true, Everything God makes is beautiful!



The Expedition's Retreat to Malacca

By Jhun Hoe

Ha.. Finally! The 8th of July had arrived. The day which nine ER's with their Cmdr's met at church, all charged up and anxious to go for the retreat.

(It was my first time going to an Expedition Retreat). Squashed in a Mercedes Van we started our journey. Hello Malacca! Bye bye PJ! When we finally reached our destination, we stopped by a coffee shop for lunch and then headed to the water theme park!



When we arrived, it started to drizzle, but that didn't stop us from having fun. We had a great time, shouting our heads off when we came down from the slides. Then there was this body slide which was so super high and super scary!! I didn't dare open my eyes because I felt I was going to fly off the slide but I landed safely, it was syok man!!! (An indescribable feeling). Then there was this family tube slide which was cool! I was laughing like crazy seeing the people in the same tube as mine screaming on our way down. Those rides made me feel younger (I am still young though). Only three hours of fun and we had to leave, but I had more fun than I expected. I thought that the water park wouldn't be fun but after experiencing it, WOW! Then we headed to Cmdr Herbert's bungalow to stay.

the time of worship. After worship we had our great Cmdr Jeffrey as the speaker for the first day. He shared on the theme of the retreat- steward-

ship. After service, it was finally time for our BBQ! Let the fiesta begin! We had chicken, lamb, sausages, garlic bread, potatoes, burger patties and salad, I tell you we ate and ate and ate continuously. We also had a fun time fellowshiping with the Commanders and a few hours after that we were all in our beds sleeping to get ready for a more exciting time tomorrow.

Thanks to Cmdr Darren, we had a good dim sum breakfast the next morning. Then Cmdr Petrina gave each one of us a task, which is to write the good thing you observe everyone in the retreat by the next day. Then we had a fun time of Taboo! We were all laughing till our faces were red just trying to guess the "taboo" word. After that we left for town at 1pm.

Wow!! I tell you Malacca town is really a very busy place with so many people and stores everywhere. We went to a place which I call it "Jalan Merah" because most of the buildings were

red. Then all our stomachs were growling for food, so we stopped by the famous chicken rice ball restaurant. We had otak-otak, chicken rice balls, chicken, ice-lemon tea and fishballs and again we ate and ate and ate (since this retreat is all about eating). We did some shopping before adjourning to the dessert shop! Cmdr. Darren belanja-ed all of us cendol and ice kacang. Sweet!! At Malacca's own MEGA MALL (Dataran Mall), the girls did what all girls are best at..... shopping and more shopping! After enjoying the air-cond there (because the weather was so hot) we headed for Jonker Street!! It is something like our pasar malam but there were much more things there and the things were cheap! We had a long and tiring day but it was fun exploring Malacca and we really had a great time.

We washed up and it was time for service! We had a splendid time during worship, the worship was super!! Cmdr Darren shared about being passionate for Rangers and to have a servant's heart.



After that we had supper and again we ate and ate and ate. After eating till our stomachs were filled, we decided to play war games!! YIPPEE!! It was 1:30 am by then. We split ourselves into two different groups and then let the war begin. The games were different from what we normally played because we had limited space. But it was fun! I could hear everyone shouting RENEE!! HOSANNA!! PAM!! BRIAN TAN!! CHARLENE!! It was pitch black so no one could see anything. We had such a great time (even though the game ended in less than 5 minutes) but even before the game ended we were

We washed up and prepared for service. The worship went on smoothly even though we had no guitar because one of the strings broke but we had a fantastic song leader (Renee) to lead us in



laughing our heads off because it was so funny seeing everyone shouting and banging into one another. I tell you it was hilarious and it was super!! Then we had a little game of Taboo which was like a military camp, Whoa!! Cmdr Jeffrey made a rule that if we skip a card or miss a card we had to do push-ups!! Imagine military camp at 2:30 am!!

The last day, we had another great time of worship too. Then it was Cmdr Shamita's turn to share with us. She spoke



about money. After the service, it was time to share what we observe about everyone in our retreat. Everyone read out what they felt and thought about the person and it was a very touching

session (but nobody cried). We also talked about ways of improving our current Expedition rangers.

Then it was time for us to go home. Time really does fly when you are having a lot of fun.

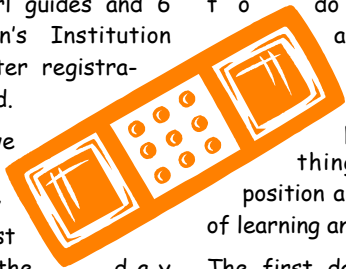
Sigh... the camp finally over, it was a great camp and now I am starting to miss it. I've really learned a lot and from my own personal experience this is one of the best Expedition camps I have ever been. And I really want to thank God and all those who took the effort and time to make this retreat a great success especially GBS and the Commanders. We wouldn't have such a fun retreat if it was not because of all your efforts. THANK YOU!

'Penolong pertama'

On the 28th of April, instead of lazing around at home, about twenty of us rangers went to church for a first aid and CPR course. 2 girl guides and 6 scouts from St. John's Institution joined us as well. After registration, the course started.

In the first session, we were introduced to **CPR (cardiopulmonary resuscitation)** and first aid. Our trainer of the day was Dr. Siva, from St. John's Ambulance Malaysia. We learnt about the principles and practices of first aid and the role of a first-aider in an emergency. He also taught us the D.R.A.B.C. action plan.

After a short break, we had our second session on **the breathing system**. Dr. Siva also taught us the recovery position. We had to practice it on our partners during the theory demonstration and practice. We were also taught on the **circulatory system** and the theory part of CPR.



Our third session continued after lunch. Time for the practical stuff! Dr. Siva demonstrated to us the right way to do the CPR, **simple bandages** and also how to **control bleeding**. We took turns trying it out with our partners. We tried everything-bandaging, recovery position and CPR. It was a fun time of learning and fellowship.

The first day course ended after a short Q&A session.

The second day started off with a short introduction by our new trainers and a progress check. Session four was on **wounds, bleeding, burns, poisoning, epilepsy and also shock**. We were then taught how to manage bone, joint, and **muscle injuries; fractures** and fracture bandaging. We had a short theory-demonstration practice time just before the break.

Afternoon came, and so did the much 'awaited' moment, testing time! We

were tested on all skills, on case scenario management: recovery position, CPR, control bleeding and bandaging (simple and fractures). It was kind of scary but thank God that the testing went well and we had nice trainers. Lastly there was a Q&A session and then whole course was over.

It was truly an experience to remember. I have learnt a lot from this course, at least now I know what to do when I see someone in pain; **I am now officially a First-Aider!**



JUBILEE CAMP, AN EXCERPT

BY WEE YEN

Selangor 1 and Kuala Lumpur 1 is 25 years old!

Selangor#1 and Kuala Lumpur 1 had their 25th Anniversary (Jubilee Camp) at a campsite in Jugra. Selangor#7 was honored to do the opening ceremony during the camp. We did a march pass. A march pass is something like a dance and march that is done in uniform.



Days before the day we presented it to the crowd; we had lots of practice in church that was led by Cmdr. Sarah.



Rangers from the expedition and adventure came together to perfect the steps. On the day of presenta-

tion, we had one last practice, then it was "show time". The crowd really liked our presentation and so did the commanders. The experience for me was awe-

some, but without God it wouldn't be a success, so I really thank God for giving me the chance.

Few of the rangers from the Sel#7 stayed on for the camp and had some fun. On the next day, the ranger kids came to visited the camp and join in for some fun too. The expedition rangers helped out in the game which was themed "Cowboys and Red Indians". It was really fun being there, playing with the ranger kids and also working with rangers from other outposts. We

did meet some wonderful friends.



Praise and Worship, is still the best part of camp, where the Holy Spirit touched each ranger individually. Even the speaker that night was motivating. But the experience that I had in camp

was priceless, its something that nobody can make me forget. I really thank God that he was with us throughout the camp, and also the wonderful things that he put in plan for us in camp.



THE GUYS AND GALS FROM THE SEVEN

BY CMDR. NAT

On the 16th of July, some of the 'Guys and Gals from the Seven' (our teams' name) had gone down to Klang for a basketball tournament organised by Glad Tidings Klang (Selangor #6).

'bungkused' by the opponents. However, it can also be said that we were the most 'semangat' - screaming at the top

of our lungs when we scored a basket - and cheerful players.

Not expecting much in terms of winning the tournie (we had only formed the teams the week before!), we went there with a mission: to have fun, no matter the score!



The Gals fared better, even though they didn't win any matches; they had better scores.

This was especially true for the Guys team who were soundly thrashed and

All in all, it was an enjoyable and good opportunity for bonding among the commanders and the rangers. Perhaps, next time, we'll prepare and train more to avoid the embarrassment of losing 39-0!

Me a Superhero?

By Cmdr. Andrew Hong

"With great power, comes great responsibility" - Spiderman

I've personally heard some preachers use this quote before, some joked about this while others think it's a little corny. Whichever view you hold on this subject, the quote itself holds true for us as followers of Christ. We always like having the POWER part and tend to neglect the responsibility part.

Samson was one example of having the powers granted and not holding on to the responsibilities of saving his people from the Philistines. Instead he went against the desires of GOD and enjoyed himself with the enemy, which ultimately lead to his downfall. (Judges 14 - 16)

Moses was not given the power when he was famous and young, but when GOD finally gave him the power to deliver the people from Egypt, he retorted with all kinds of excuses. Moses said, "Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt?" (Exodus 3:11)

He had no confidence with the powers that GOD would anoint him with. God had to show him signs and miracles to ensure him that he can and will wield such powers that none has ever seen on the earth before! (Exodus 4:1 - 8). Yet Moses still gave excuses on not being eloquent enough!

Why was he giving so many excuses? In my opinion, Moses was a defeated man, a man that had surrendered to negative thoughts distracting him from God's promises for his life. He had given up hope and retired to the thought of living the rest of his life in the desert and raising his

family there. Thus, when GOD appeared and ask him to deliver HIS people out of the land of Egypt, he didn't want the job, he didn't want the responsibility anymore. But GOD had a different plan for Moses; he eventually led the people out of Egypt with a great show of power, followed by the responsibilities to mediate for the people in the desert.

With the hype of the latest block buster movie (Spiderman 3), which led me into this topic, most boys or girls dream to be a hero just like Spiderman. And like most Christians, Spidey has a certain charisma; however it's more of a burden rather than a joy with those powers. If you read the comics, you'll have a sense that Spidey's job is to take care of the people that need him; he wants make sure there is justice in his community. This character was portrayed in the movies too, in all the episodes the superhero tries to save the world a little bit at a time. He is living with the lasting impression that his mentor/guardian, Uncle Ben advised, "With great power comes a great responsibility". But it seems more like "with great power comes greater tribulation" for



Spidey. It isn't about having super strength, super speed, super sense and all the super powers you can wield. It is about character, about faithfulness, about fighting the good fight! Like most believers, all your triumphs will not come

without a cost. But know that through all the lessons you've learnt as a believer, a ranger, a student, a son/ daughter; it will make you a stronger person inside and out.



In the comics, Parker has turned to God in prayer

Every believer that has surrendered their lives to the LORD and accepted HIM as their personal savior would

already have the powers granted by the Holy Spirit. (But ye shall receive power, when the Holy Spirit is come upon you: and ye shall be my witnesses both in Jerusalem, and in all Judaea and Samaria, and unto the uttermost part of the earth. Acts 1:8). The responsibility of such power is to witness to all by the lifestyle you live and the way you build your character. We should not compromise with the lure of the world, and strive to live by the Rangers CODE in our daily life. Not only on Sundays or on campouts but daily in school, where we play, in our homes and anywhere we are.

You have the power in you now, are you responsible enough to handle it?



BECAUSE YOU FIRST LOVED ME

BY DENISSA LEE

Sel#7 wasn't able to celebrate Mother's and Father's day together this year, but we will honour them nonetheless with a few treasured memories from our own Rangers. To all our leaders who are parents, it takes a lifestyle of sacrifice and love to raise up God-fearing and wholesome children. You have sown so much into the lives of your own children and ultimately this ministry, and have set an example for the generation after yours to follow. Here is the least we could do to say **THANK YOU!**

Debbie Chew, Discovery Ranger

My mum: When I was young, I liked watches so much that my mum bought me 5 pairs of watches. Since then, I wore them everyday.

My dad: He always cuddles me.

Denissa Lee, Adventure Ranger

My mum: During younger days, my mum was very patient with me by always sleeping next to me before I go to sleep because I was afraid of the dark. That's why I love her!

My dad: My super dad massages my leg after ballet 'once in a blue moon' because it was always painful. He's a very funny, strict, caring & awesome dad altogether!

Joshua Chin, Adventure Ranger

My mum: The delicious food she cooks for me even though she is busy with her own work.

My dad: He brought me to U.S!!!

Renee Koo, Expedition Ranger

My mum: My mum has done so much for me. Taking good care of me for all these years. Raising me up to who I am today. Feeding me with good stuff..thanks ma!

My dad: I remembered when I was younger, my dad asked me to help to pour the chicken fertilizer into a container. I was holding the plastic bag with both my hand then I complained that it was really smelly. He scolded me saying, "Smelly dunno how to close your mouth meh?" That's my dad. He's my ultimate dad! Fit, strong, strict and cool!

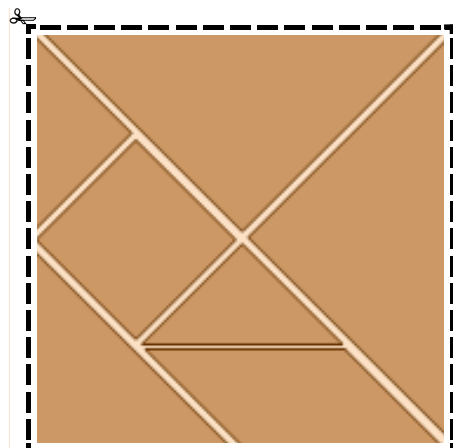
Zechary Chin, Expedition Rangers

My Mum: She gave up her job so that she could take care of us.

My Dad: He worked so hard so that he could bring my family overseas.

"And now these three remain: faith, hope and love. But the greatest of these is love."

- 1 Corinthians 13:13



TANGRAM - An ancient puzzle originating from China. Cut out the pieces on the left and see if you can form the pictures below. Good luck!

