

SINGAPORE GOVERNMENT PRESS RELEASE

PUBLICITY DIVISION · MINISTRY OF CULTURE · CITY HALL SINGAPORE 6

National Archives and
Records Centre, Singapore.

77-08E-16

MC.SEPT.40/77(LABOUR)

1 OCT 1977

Acc. No. NARC
77 00 68 60

TEXT OF SPEECH BY THE MINISTER FOR LABOUR, MR. ONG PANG BOON, AT THE LION CITY BODYBUILDING OPEN COMPETITION AND HONG LIM COMMUNITY CENTRE BODYBUILDING CLUB MEMBERS OPEN COMPETITION, HELD AT THE HONG LIM COMMUNITY CENTRE, PEKIN STREET, ON SATURDAY, SEPTEMBER 24, 1977 AT 7.30 P.M.

I am happy to join you all tonight for the bodybuilding contest organised by the Hong Lim Community Centre.

A hallmark of a society at a high level of human development is rewarding use of leisure. Such a society has gone beyond satisfying the basic needs of food, clothing, shelter, education and health. Indeed it provides a wide range of activities for its citizenry during their free-time. Our Republic has achieved successful economic development in the last 12 years. From an entrepot trade centre, we have developed into a base for manufacturing, finance and tourism. Our people now enjoy a standard of living second to Japan in Asia. While economic development must continue to be a priority, our attention must also turn to the use of leisure by our people. This is of importance since as a highly urbanised society with a fast pace of life, leisure represents an important break from the pressures of normal life.

Fruitful use of leisure, whether it is games, the fine arts, reading and hobbies, is of significance to the individual. Besides providing a break from the tedium of routine, good use of leisure will enrich his life. It will also provide a sort of ballast from the disappointments and knocks of life. An individual with a wide range of interests is likely to be happier than a person who has no or little interest outside his work. A developed variety of interests will stand the person in good stead when later in life he retires from active work.

In our Republic we have a wide range of leisure-hour activities. What perhaps is needed is to improve the number of people participating in2/-

participating in such activities. In the long run rewarding use of leisure will depend on schools as well as parents encouraging and providing the facilities to our young to develop sustained interests outside their textbooks. Outside organisations providing programmes and amenities for free-time activities would also facilitate the development of these interests. The interest once cultivated and developed will last throughout the adult life of the individual. For the adults of today, much will depend on they themselves developing their interests. The wide range of activities presently provided should facilitate their taking up whatever activity they like.

I am therefore pleased that the Hong Lim Community Centre has organised this bodybuilding contest to cater for those interested in physical development. Tonight's events consist of a contest among members of the Hong Lim Bodybuilding Club as well as a competition open to outsiders. I have been told that bodybuilding is a popular sport in the centre. Bodybuilding requires physical fitness, discipline and perseverance. These are desirable attributes. I trust that participants will not develop negative attitudes like aggressiveness and boastfulness as a result of their bodybuilding activity.

Finally, let me congratulate the winners of the bodybuilding contest. For them, tonight must represent the culmination of many hours of hardwork and training. For those who did not win, there is still the satisfaction that you have reached a high standard in your bodybuilding activity.
