

FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MCI (P) 131/06/2013

FIRST QUARTER 2014



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President's Message

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Dear Members and Friends,

The second quarter of 2014 has been a period of change and transition for YMCA of Singapore.

In March, we welcomed Mr Lo Chee Wen as our new General Secretary. Mr Lo brings with him many years of corporate and social service sector experience. His last appointment was Vice-President of SMRT Corporation Ltd, heading the taxi business from 2006 to 2010. He has been actively involved in community service and has helped small charities under the umbrella of National Council of Social Service to put in place proper financial procedures for good governance.

We also welcomed Mr Joseph Chow as the new General Manager of YMCA International House in March. Mr Chow has been working in the hospitality industry for 30 years and has established himself as a highly service-oriented professional in this industry.

I would also like to take the opportunity to wish Mrs Mildred Tan and Mr Andrew Ang, both members of the YMCA Advisory Council, all the best as they embark on new chapters in their lives. Mrs Tan has been appointed Chairman of the National Volunteer and Philanthropy Centre for a two-year term starting from 1 April and Mr Ang retired from his appointment as Supreme Court Judge in February.

YMCA of Singapore has also been a hive of activity during the first quarter and here are the highlights:

To recognise our volunteers and their contributions, the YMCA-Lim Kim San Volunteers Programme Volunteer Awards Night 2014 was held on 10 January. 42 individuals and corporations were honoured for their selfless service to the community through various YMCA Community Service Programmes. I would like to salute these community champions for giving their best to touch lives and lift spirits among our beneficiaries.

Uni-Y Singapore held its Annual General Meeting, or UNIYte 2014, on 18 January. Besides the ceremonial handover of duties from the outgoing Executive Committee (ExCo) to the incoming office-bearers, the event also highlighted the activities and achievements of the three Uni-Y Clubs from NUS, NTU and SMU.

The Third Event of The YMCA Conversation Series "Overseas Community Service: Boon or Bane" was held on 22 February. 76 participants – students from NUS, NTU and SMU, and subject matter experts from various stakeholders explored the topic at hand and discussed the pros and cons of overseas community service.

YMCA Flag Day was held on 22 March. Over 700 volunteers and 150 YMCA staff took part in this fund-raising event for the YMCA Community Service Programmes. I would like to take the opportunity to thank the volunteers and staff for their time and effort to participate in this meaningful event.

YMCA Project Bridge had the pleasure of hosting celebrity make-up artist, Mr Clarence Lee in a sharing and demonstration session on 24 March with youth-at-risk who are undergoing vocational training under the Vocational and Soft Skills Programme (VaSSP). The students were inspired by Clarence's sharing and also picked up useful tips and advice on make-up.

Several upcoming major events have been lined up for the second quarter of 2014 including the YMCA Annual General Meeting (20 May), the Official Launch of Citi-YMCA Youth For Causes 2014 (22 May), the 7th YMCA Mandarin Speaking Awards Presentation Ceremony (30 May), and Y Camp Challenge (11 to 15 June). Do visit our YMCA Facebook page at www.facebook.com/ymca.singapore for the latest updates and view photos from our events.

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Cover Photo

YMCA-Lim Kim San Volunteers Programme Awards Night 2014



YMCA of Singapore Appoints New General Secretary

YMCA of Singapore is pleased to announce the appointment of Mr Lo Chee Wen as General Secretary from 4 March 2014.

Mr Lo brings with him many years of corporate and social service sector experience. His last appointment was Vice-President of SMRT Corporation Ltd, heading the taxi business from 2006 to 2010. Prior to the appointment, he was the Director of Organisation Development Unit and Deputy Director of Station Operations of SMRT. He accumulated substantial experience in running operations, instituting governance and in conducting business restructuring with emphasis on the value of people.

Mr Lo is an accountant by training and graduated from the National University of Singapore with a Degree in Bachelor of Accountancy. He is a member of the Institute of Singapore Chartered Accountants.

Mr Lo has been actively involved in community service. He has helped small charities under the umbrella of National Council of Social Service to put in place proper financial procedures for good governance. He is currently a volunteer with the Social Service Institute as Champion of Communities of Practice on Financial Governance. He is serving with Grace Orchard School as Chairman of the School Management Committee. He is also a Member of the Audit Committee of the Council for World Mission, a Member of the Finance Committee of the Singapore Bible College and a Business Advisor under Spring Singapore in the SIM Business Advisors Programme.



New General Manager for YMCA International House

YMCA of Singapore welcomes Mr Joseph Chow as the new General Manager of the YMCA International House from March 2014.

Mr Chow has been working in the hospitality industry for 30 years and has established himself as a highly service-oriented professional in this industry. With his vast knowledge and experience in the various aspects of hotel management, Mr Chow has managed services in various accommodation ranging from resorts to hotels and has helped to increase customer and employee satisfaction in all the establishments. These range from small to large hotels with local and international organisations both in Singapore and Malaysia.

Hailing from Penang where he is a volunteer leader, Mr Chow has served the Red Cross Red Crescent in the State Disaster Relief Team for close to 10 years. He has also been working with the Penang Spastic Association as a regular volunteer until he made his career move to Singapore.



Mrs Mildred Tan appointed Chairman of NVPC

YMCA of Singapore congratulates Mrs Mildred Tan on her new appointment as Chairman of The National Volunteer and Philanthropy Centre for a two-year term starting from 1 April 2014. Mrs Tan is currently Managing Director, Ernst & Young Advisory and a member of the YMCA Advisory Council.

On her new appointment, Mrs Tan said, "The Board of NVPC is deeply grateful to Stanley (former chairman of NVPC) for his invaluable leadership and selfless contribution to the organisation. We will continue to build on his good work and bring NVPC to greater heights. As Chairman of NVPC, I hope to work closely with the Ministry of Culture, Community and Youth so that collectively we can grow a stronger culture of contribution in Singapore."



Justice Andrew Ang retires from Bench

YMCA of Singapore congratulates Justice Andrew Ang on his retirement as a Supreme Court Judge. Justice Ang is a member of the YMCA Advisory Council and retired from his judicial appointment on 26 February 2014 after a decade of distinguished service.

Chief Justice Sundaresh Menon congratulated Justice Ang and said that it had been a pleasure to work with him. Chief Justice Menon also thanked Justice Ang "for the generous and warm spirit with which he had approached his work and interacted with his fellow Judges and staff of the court."

Justice Ang began his career as a law lecturer at NUS. He joined Lee & Lee as a lawyer in 1974 and became senior partner and head of the firm's banking and corporate department before leaving the firm in 2004. Thereafter, he joined the Bench as a judicial commissioner of the Supreme Court, a position he held for one year before being appointed to the High Court.

Besides describing his tenure as a "truly enriching and satisfying experience", Justice Ang said, "I found it particularly fulfilling on the occasions when I could make the difference."

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The International Youth Symposium 2013/2014 organised by the YMCA of Hong Kong was held from the 28 December 2013 to 2 January 2014. Youth delegates across the world from Cambodia, Egypt, Hong Kong, Malaysia, Mongolia, Philippines, Taiwan, Thailand, United Kingdom and Vietnam attended the Symposium. One YMCA Youth Development Programmes department staff and five Uni-Y members represented YMCA of Singapore at the event. The theme was "Transformation: Youth's Convergence and Determination to Transform the World." This forum provided an opportunity to the delegates to brainstorm and discuss not only the various social issues of each country, but also global issues as well. The Symposium served as a platform for cultural exchange and Uni-Y members were able to interact and learn from their counterparts from other YMCAs. Uni-Y also had the opportunity to present its programmes to the other delegates. The Symposium allowed Uni-Y members to bring back valuable lessons that can be applied to their lives and their work in serving the community.

"Amidst all the fun, the Symposium was a memorable learning journey for me. Transformation was the theme, and the objective of the Symposium was to motivate youth to initiate actions to tackle the world's problems. The Symposium thus made use of various activities such as the plenary, stimulation game and parallel workshops to convey their theme. Two activities left a deep impression on me; the first activity was "Social Stimulation", a game that simulated real-world situations. Through the game, I gained a deeper understanding about the wide income disparity between the rich and the poor. This has motivated me to take concrete action to try and improve the lot of the poor. The other activity that left a strong impression on me was the dinner with the under privileged beneficiaries comprising the lower-income, mentally-challenged and elderly. To conclude, these activities serve as reminders not to forget the less privileged in Singapore. Hence, I am more motivated than ever to serve the community upon my return home."

Reflection by Phang Kaizhen, Uni-Y NTU



International Youth Symposium 2013/2014





Over 100 University YMCA (Uni-Y) members and volunteers were encouraged to be transformational servant leaders with passion and purpose at UNIYte 2014, the Uni-Y Singapore Annual General Meeting held on 18 January 2014 at the YMCA of Singapore. Mr Stephen Loh, President, YMCA of Singapore, was the Guest-of-Honour and Mr Teo Zi-Ming, Chairman, YMCA Youth and Volunteer Development Committee, graced the event as well.

Besides witnessing the ceremonial handover of duties from the outgoing Executive Committee (ExCo) to the incoming ExCo, the meeting also learnt about Uni-Y's achievements and was encouraged to keep up the spirit of servant leadership through speeches by Mr Teo, as well as Mr Zhao Wen Wei and Mr Ivan Joshua Lim, the outgoing and incoming Council of Uni-Y Singapore Chairpersons respectively.

Mr Teo, a former member of Uni-Y, shared his ideal of a Community Champion with passion and purpose, and spoke about "Values-in-Action". He said, "I hope that the youth of Uni-Y can have a different spirit – and that we will be known for meeting the injustice and challenges of the world not with negativity, but with Action – using our hands to make the lives better for those around us."

In his speech, Mr Lim shared his vision for Uni-Y and made an impassioned call-to-action for Uni-Y members and volunteers to be "transformational servant leaders" who can have a positive impact on society.

"I hope all of us – Uni-Y members and volunteers alike, will see ourselves representing Uni-Y Singapore as a united front that transforms the communities through servant leadership," said Mr Lim.

Besides sharing his volunteering journey as a member of Uni-Y, Mr Zhao also highlighted the community impact of Uni-Y for the past year. He said, "Through strengthening our regular programmes in Local Community Service, International Service, and Social Enterprises across the Uni-Y clubs, we have definitely made a positive difference in Singapore and beyond."

Tokens of appreciation were presented to the outgoing ExCo, and the incoming ExCo received their letters of appointment before going on to recite the Uni-Y pledge.

UNIYte 2014 concluded with each participant going on stage to piece a jigsaw puzzle depicting the Uni-Y 2014 design. Mr Lim described the act as a symbol of the participants' commitment to step out of their comfort zone to be a part of the Uni-Y movement and to transform lives in the community.

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Snapshots

Youth Development

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The YMCA Conversation Series is a platform to engage and connect YMCA youth members and volunteers to share and exchange ideas in order to learn from one another, and from opinion leaders, the movers and shakers of society, who will be invited as panel speakers. The YMCA Conversation Series is organised by University-YMCA (Uni-Y) Singapore and was launched in January 2013 by Mr Lawrence Wong, then Acting Minister for Culture, Community and Youth and Senior Minister of State for Communications and Information.

The objectives of The YMCA Conversation Series are to:

- Enthuse youths to take ownership by being advocates of the positive changes they desire to see in society
- Enrich and equip youths with leadership skills, best practices, and well-rounded perspectives in handling social issues

The YMCA Conversation Series

Overseas Community Service: Boon or Bane?

Students from NUS, NTU and SMU, and subject matter experts from various stakeholders explored the topic "Overseas Community Service – Boon or Bane" at The Third Event of the YMCA Conversation Series held at YMCA of Singapore on Saturday, 22 February 2014. The dialogue session comprised a debate between teams from Uni-Y NTU and Uni-Y SMU, a sharing session by Ms Mabel Cheng (a Uni-Y NTU International Service Programme leader) and a panel discussion with Mr Andrew Leo, Assistant General Manager, Programmes, YMCA of Singapore; Dr Sin Harnng Luh, Assistant Professor from the Department of Geography at NUS; Ms Clarice Song, Head of Youth Development of the National Youth Council (NYC); Mr Teo Ming Ern, Senior Consultant from the Hwa Chong Institution; Mr Lai Sze Chuan; former country coordinator of the Boys' Brigade Learning Centre in Cambodia; and Youth Expedition Project (YEP) Trainer Ms Farheen Mukri who moderated the discussion.

The debate on the topic saw the team from Uni-Y NTU support overseas community service by highlighting its benefits. Some of the points raised included: overseas community service helps disadvantaged communities, develops volunteers' characters and sparks passion for sustained community service. These were supported by Ms Ang Ke Qin, a volunteer in two YMCA-organised overseas community projects and Mr Leo.

Ms Ang said that besides finding fulfilment in helping the less privileged, her overseas stints taught her "soft skills, such as team work and leadership skills."

Mr Leo elaborated that overseas community service not only benefits the hosts, but also the volunteers as well.

"Through helping others in less-developed areas, volunteers are brought out of their comfort zone and learn from the community even as they serve," said Mr Leo. "It is a form of service learning. These overseas community service programmes are values-in-action (VIA) platforms that enable volunteers to demonstrate the positive values they have learnt."

Mr Leo further added that through overseas community service, YMCA hopes to inculcate the values of "compassion, servant leadership, honesty, accountability, respect and excellence" and develop youths into responsible community champions who bring cheer to the less privileged.

However, the Uni-Y SMU team disputed that overseas community service was a panacea to the poverty and suffering of the beneficiaries. The students argued that not only were these projects unable to solve the problems faced by the overseas communities at times, they may also exacerbate matters. Dr Sin Harnng Luh, an assistant professor from the Department of Geography at NUS, agreed on this point and added that organisers of overseas community service projects have to be wary of other pitfalls as well. She said, "Some volunteers may be culturally insensitive to the hosts and this can cause a huge problem on the ground."

YMCA organises overseas community service programmes on a regular basis to countries including Cambodia, China, Indonesia, Laos, Sri Lanka, Thailand and Vietnam. Through the YMCA International Service Programmes, YMCA mobilises teams of volunteers to conduct various activities to enrich and improve the lives of the beneficiaries, including teaching basic English and computer skills, conducting health education and helping with refurbishment works to upgrade the local educational facilities.



In support of Uni-Y's efforts to engage the Uni-Y Alumni, Y Factor will feature Uni-Y members who continue to be actively involved in Uni-Y Singapore programmes beyond their graduation.

In this series, we are featuring Ms Gloria Goh and Ms Chong Hui Xian from Uni-Y NTU, the newest amongst the three Uni-Y clubs. They were instrumental in building Uni-Y NTU and increasing the presence of the Club at the University. Read on to find out how they have contributed to the Club and their current involvement with YMCA of Singapore.

Snapshots

Youth Development

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Ms Gloria Goh Karlyen
Manufacturing Engineer
Baxter Bioscience

Ms Gloria Goh Karlyen graduated from Nanyang Technological University (NTU) in 2012 and is currently working with Baxter Bioscience as a manufacturing engineer, specialising in operational excellence which requires her to be involved in strategic planning and improvement projects. Outside of work, Gloria serves in church as a keyboardist in the Jesus For All Minds (JAMs) ministry. She is also a group leader, a mentor and she conducts bible study lessons for fellow church members.

During her university years, Uni-Y caught her attention among the vast array of clubs and societies with its wide variety of programmes, ranging from local and international community service programmes, to social enterprise programmes.

In addition, as a Christian, Gloria was also attracted to the club by the fact that Uni-Y was founded on Christian values. Through volunteering, Gloria realised that it was a greater blessing to be able to give than to receive. Through her time spent interacting with the beneficiaries, she experienced firsthand how a simple gesture like storytelling and spending quality time with children can bring so much joy not only to the beneficiaries, but also to herself.

Furthermore, during her term in the Uni-Y ExCo, two YMCA staff – Mr Jimmy Ong and Mr Victor Poh left a deep impression on her. Despite their busy schedules, Jimmy and Victor would always make time for the volunteers, offering not only a helping hand, but also a listening ear in times of need. This heart of compassion and willingness to go the extra mile exemplified by Jimmy and Victor was one of Gloria's greatest takeaways.

Looking back at her Uni-Y journey and how Uni-Y NTU has grown since its establishment, Gloria is thankful to have led a dedicated and committed group of ExCo members, who serve wholeheartedly to plan and prepare for every Uni-Y programme and event.

"I will never forget the night before we departed for our International Service Programme (ISP) trip. As the ISP team had to stay up all night to finish up the preparation for the trip, the entire ExCo decided to put up for the night at Jocelyn's place (Uni-Y NTU ExCo Member) to help out as well. That was definitely a memorable experience." She hopes to see Uni-Y NTU continue to grow from strength to strength, glory to glory, and empowering youth to make an impact in the community.



Ms Chong Hui Xian
Auditor
Ernest & Young

Ms Chong Hui Xian has been a Uni-Y alumni member since graduating from NTU in 2013. She currently works as an auditor in Ernest & Young and spends her free time volunteering as Chairman for the grassroots organisation of Bukit Batok Youth Executive Committee. Apart from being busy with work and volunteering, Hui Xian also enjoys cooking and experimenting with new flavours and dishes.

She was part of the pioneering batch of the Uni-Y NTU Executive Committee in 2010 and during her term, she went for two international service trips; one which she led as team leader. Hui Xian finds deep meaning in volunteering overseas as through them, she has learnt to appreciate life in Singapore better. Due to the fact that she has grown so much through volunteering, she desires to create more volunteering opportunities for youth in Singapore to learn and benefit from serving others.

Her most unforgettable memory of Uni-Y was being involved in the YMCA Regional Youth Conference in 2012, which reached out to 163 international delegates from countries such as Hong Kong, Japan and Egypt. The conference saw the three Uni-Ys (Uni-Y NUS, Uni-Y SMU and Uni-Y NTU) come together for the first time to organise this five-day event with limited resources and manpower. Dedicating much time, Hui Xian bonded closely with her fellow Uni-Y members across the universities and made lasting friendships.

"I am grateful for all the support I had from my fellow Uni-Y ExCo and YMCA staff. Uni-Y has given me the opportunity to shine and take up many leadership roles. I look forward to how Uni-Y will develop even further in the coming years and I am glad to be a part of the Uni-Y alumni."

Snapshots

YMCA
Project Bridge

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Celebrity make-up artist inspires youth-at-risk

At a sharing and demonstration session on 24 March 2014 with youth-at-risk who are undergoing vocational training with YMCA Project Bridge, make-up artist Clarence Lee encouraged the youths to pursue their passion and not be discouraged by others.

"Up till my early 20s, I had disparaging remarks about my work as I was 'so young'," shared Lee, who obtained his first professional gig at 17. "But I always replied that since I started young, I already had a few years of experience."

A veteran with more than two decades of experience, Lee is highly regarded and considered to be the best make-up artist in Singapore. He has worked with Chinese actress Zhang Ziyi, Taiwanese model-actress Lin Chi Ling and local songbird Stefanie Sun.

Besides talent and hard work, Lee, who is considering to hire an apprentice, stressed that having a positive attitude goes a long way in gaining people's trust and becoming successful.

"Taking my job seriously and working well with the rest of the team is very important as it is always a team effort and not only a display of individual talent," elaborated the make-up master. "It helps that I am a perfectionist which makes me more meticulous and drives me to attain perfection as much as possible each time."

"It was personally satisfying to do Zhang Ziyi's make-up for the 2005 Academy Awards when she had to present an award," said Lee, who has done Zhang's make-up since 2003. "The Oscars is the biggest award event in show-business and when I saw my make-up on the international stage, I felt proud to have put Singapore on the map."

However, the road to success is not a bed of roses, warned Lee. "You will experience hardship, long hours and lack of sleep. You have to start from the bottom and you must be able to take criticism as not everyone will like your work."

To improve, he told the class of aspiring make-up artists to be humble and observant which will "help you absorb and learn without being taught."

When asked about the best and worst aspects of his job, Lee quipped to laughter from the audience, "Irregular hours! I can have off days when most people are working.

But this means that I will be working when most people are resting!"

"You also have to be very confident in front of clients, especially the more difficult ones so that they will be confident in you," he added.

Other perks he enjoys are travelling, rubbing shoulders with celebrities and getting paid to fulfil his lifelong passion.

"I started experimenting with make-up in primary school. I practised by doing the make-up for schoolmates during performances and I have a supportive family which helped me a lot," said Lee who is the youngest child of four children in the family.

Although Lee has achieved fame and recognition, he does not allow success to get to his head and understands that luck played an important role in his achievements.

"I have been very fortunate that other people believed in me and gave me the opportunities to succeed," he said.

He further shared that he likes to help make-up artists who are taking their first steps into the industry.

"When I was starting out, other established make-up artists helped me, so I should do the same now," Lee said to the class of youths who had taken up the make-up course organised by YMCA Project Bridge under the Vocational and Soft Skills Programme (VaSSP).

YMCA Project Bridge is a direct service arm of YMCA of Singapore that focuses on helping youths-at-risk and out-of-school youths aged 13-21 re-enter the school system and acquire skills for gainful employment through vocational and apprenticeship schemes. In 2013, YMCA Project Bridge reached out to over 246 youths-at-risk and their families through 42 schools and VWOs in Singapore and over 2,177 hours of counselling and intervention sessions were conducted for youths.

The VaSSP was conceived in 2009 to combine youth intervention with vocational training. It aims to equip out-of-school youths and youths-at-risk between the ages of 15 to 21 years with job competency as well as specific vocational skills in Hairdressing, Baking, Make-up and Hospitality. In 2014, a fifth vocation, Western Culinary was introduced.

Putting his words into action, Lee proceeded to share his skills and dispensed advice to the students. As he gave pointers for improvement, he said, "Stay strong and positive so that you will remain motivated and be able to follow your dreams."



CLARENCE LEE has been doing make-up for 2 decades. He has contributed regularly to countless fashion editorials and shows in Singapore, China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Taiwan, USA and Vietnam.

He has contributed to magazines that include BELLA, CLEO, ELLE, FEMALE, FRAU, GQ, HARPER'S BAZAAR, HER WORLD, ICON, NON-NO, NUYOU, STYLE and VOGUE.

Over the years, he has the privilege of working with well known celebrities including Nadja Auermann, Joan Chen, Du Juan, Eva Herzigova, Godfrey Gao, Gong Li, Chris Issak, Leigh Lezark, Li Bingbing, Lin Chiling, Liu Wen, Josie Maran, Maggie Q, Michelle Yeoh, the former SPICE Girls and many other famous artistes.

Among them, he has been working closely with Zhang Ziyi the most.

Celebrity make-up artist Mr Clarence Lee at a sharing and demonstration session with YMCA Project Bridge youths



Snapshots

YMCA
Project Bridge

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Snapshots

YMCA FACES

10



When Sally's* husband was diagnosed with a debilitating medical condition, the family plunged into a financial crisis as Sally's husband faced difficulties in finding a job that did not involve physical labour.

Sally found herself struggling to support her family of five. In addition, her eldest son, Tom*, suffered from thalassemia, which was compounded by his tendency to skip meals and save money for his parents.

Financial assistance through YMCA FACES enabled Sally's family to purchase fresh, nutritious food for her household and helped to tide them over the challenging transition period.

**Names have been changed for confidentiality*

You can make a difference in the lives of families-in-need by mailing a cheque to YMCA of Singapore (write "FACES" on the back) or donating through SG Gives.

Go to www.sggives.org/ymca
Choose YMCA FACES under the 'Donate to Programmes' section

YMCA FACES Partners' Appreciation Dinner



Social workers are the lifeblood of YMCA FACES (Financial Assistance and Capability for Employment Scheme) as they are the ones working on the front line and with families in crisis. They spend extensive time and effort to connect directly with these families, providing timely counseling and assistance.

To honour their dedication and hard work, YMCA hosted some 20 representatives from 11 partnering organisations at the YMCA FACES Partners' Appreciation Dinner in January 2014. At the event, Mr Stephen Loh, President, YMCA of Singapore presented appreciation plaques to six organisations that have partnered YMCA in this scheme for five years.

Mr Steven Chia, YMCA Board Director and Chairman of the YMCA FACES Committee, provided an update on YMCA FACES. He noted that the scheme has expanded its network of partners to 17 and had also facilitated the disbursement of over \$37,000 in financial aid to individuals and families-in-need in 2013. To date, YMCA FACES has disbursed over \$225,000 to more than 375 individuals and families in Singapore.

YMCA FACES comprises

Short-Term Financial Assistance

Provides families-in-need with supplementary financial aid in the form of food and transportation vouchers for one to three months.

Among our beneficiaries are single-parent families and families going through difficult transition periods.

Bridging Fund

Provides maximum disbursement of \$50 per walk-in client for emergency situations. Examples of emergency situations would be the client needing transport allowance to travel to work or to look for a job, or the client requiring immediate medical attention.

Y Employment

Provide trainee positions to students with special needs at Y Café with the purpose of instilling real life training skills and confidence in interacting with the public.



Snapshots

YMCA -
Tan Chin Tuan
Community Service
11 Programmes

YMCA Flag Day 2014



Thank You

YMCA of Singapore would like to thank 713 volunteers and 149 YMCA staff for the success of YMCA Flag Day 2014 held on 22 March. We are pleased to share that over \$70,000 was raised through street collections, pledge cards and direct appeals, and we would like to extend our deepest gratitude to all our donors for their generosity. We believe every coin and every note put into the YMCA donation tins will go a long way towards enriching the lives of the less privileged whom we serve.



Snapshots

YMCA - Tan Chin Tuan Community Service Programmes

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Y Maken Fellowship

The first Y Maken Fellowship in 2014 was held on 25 January where 50 elderly and 30 volunteers gathered at YMCA to celebrate Chinese New Year over a meal and *Lou Hei*, a Prosperity Toss featuring a variety of sauces and ingredients.

Y Maken Fellowship is held monthly to bring cheer to the elderly by treating them to a sumptuous meal and having youth volunteers befriend and interact with them over songs, games and other fun activities. This programme also seeks to promote intergenerational bonding, and volunteers serving in the programme are given skills training on communicating and serving the elderly.

In a report by the Singapore Department of Statistics which illustrated Singapore's ageing population, the proportion of residents aged 65 years and over rose from 9.3 percent in 2011 to 9.9 percent in 2012 with the central district of Singapore having the highest concentration of elderly folk. With the aim of raising community champions to serve these elderly and the community-at-large, YMCA mobilises many youth volunteers to serve in regular programmes such as the Y Maken Fellowship, Y Food of Love, Y Visit and the YMCA-Central Singapore CDC SpringClean programme to benefit the elderly.



YMCA Project CNY



In celebration of Chinese New Year, 205 volunteers from Citi Singapore, Credit Suisse, ITE College Central, the Singapore Management University, Raffles Institution and Y Guitar Club were mobilised to bless 538 elderly folks through YMCA Project CNY from 25 January to 8 February 2014.



During the door-to-door visits, the volunteers presented the elderly with mandarin oranges and Chinese New Year cookies. The volunteers also spent time talking to the elderly and brought cheer to them. YMCA would like to thank all volunteers involved in YMCA Project CNY for taking the time to show care and concern for these elderly folks.



These elderly folks are also beneficiaries of the ongoing YMCA-Central Singapore CDC Spring Clean Programme launched in 2012. Due to their financial predicament and health, most of them are unable to maintain the cleanliness of their own quarters. As a result, their homes degrade over time into squalid enclosures that are hazardous to their safety and health. The regular visits by volunteers also aims to provide the sustainable human touch to help lift their spirits so that they do not have to live in complete loneliness.

Y Camp Challenge March 2014 – Overcoming adversity and building confidence

Y Camp Challenge March 2014 was held at Camp Challenge Sembawang for 51 beneficiaries from APSN Katong School and Grace Orchard School. 102 volunteers participated in the three day two night camp, which was themed The Olympics.

During the camp, beneficiaries and volunteers befriended one another and participated in a series of Olympic themed games and activities, which were designed to help build self-confidence among the beneficiaries.

I was extremely touched by the youthful and spirited nature of both the beneficiaries as well as the volunteers during my brief interaction with some of them whilst conducting the camp. Witnessing the beneficiaries' faces light up in delight during the performances by our team of volunteer leaders and during the lighting of the campfire at designated segments of the Disco Night songs was the most gratifying experience of this Camp. In that one moment, all of my weariness and exhaustion was lifted, and it transpired to me that the joy of the beneficiaries was the unique purpose of the Y Camp Challenge. Through this camp, I have established a newfound drive and passion for recreating a similar camp experience for beneficiaries that may partake in future camps.

The success of the Y Camp Challenge March hinges upon the team's ability to overcome uncertainties, having to deal with unexpected situations and hiccups regardless of how uncomfortable we may have felt dealing with them at that moment. Having experienced the entire progression of the camp from its planning to execution, I humbly decree my committee's growth as individuals and as a team. I am proud of my team's ability to remain composed and collected in the planning and execution of the camp.

Contributed by Ms Seah Xing Jun
Y Camp Committee Member

The Y Camp Challenge is a quarterly outdoor adventure camp organised for special needs beneficiaries from our partnering VWOs. The camp is organised and driven by volunteers and facilitated by YMCA staff to provide fun and social integration opportunities whilst challenging the preconceived limits of beneficiaries and volunteers alike. Beneficiaries emerge mentally stronger and are more confident about themselves, providing newly found hope for their families and loved ones.

Snapshots

YMCA -
Tan Chin Tuan
Community Service
13 Programmes



Snapshots

YMCA-Lim Kim San Volunteers Programme

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Volunteer Awards Night 2014

YMCA of Singapore honoured the achievements and selfless service of 42 individuals and corporations at the annual YMCA-Lim Kim San Volunteers Programme Volunteer Awards Night 2014.

The awards ceremony was held on 10 January 2014 and Mr Stephen Loh, President, YMCA of Singapore, hosted the volunteers who had given their time and effort to touch lives and lift spirits of the less privileged.

Among the corporate partners, NTUC FairPrice Co-operative Ltd received the Outstanding Corporate Volunteerism Award, which recognised the very significant contributions made by an organisation towards the YMCA or its programmes. NTUC FairPrice's employees consistently volunteered in YMCA's community service programmes and collectively contributed some 1,400 hours of service in 2013 to bring cheer to the less privileged.

Ms Angeline Kwong, Manager (Volunteer Management) of NTUC FairPrice, said that the award serves as a catalyst for the organisation to continue to serve the community.

"NTUC FairPrice Co-operative Ltd was founded by the Labour Movement in 1973, with a social mission to moderate the cost of living in Singapore. We have expanded our role by practising Corporate Social Responsibility, in which Volunteerism is one of its pillars under the Community Care Pillar. We only begun our structured volunteering programme two years ago and we have not looked back since," explained Ms Kwong.

Ms Kwong also elaborated on the Award's meaning to NTUC FairPrice, "It is indeed a humbling experience for us to be awarded as the 'Outstanding Corporate Volunteer' for 2014. This award serves, not just as

a reminder about our service to the less fortunate but also, as motivation to do better."

As one of the recipients of the Outstanding Volunteer Award, Mr Joachim Goh also shares the same sentiment as NTUC FairPrice. "I am really humbled to receive such an award for something that I always love doing and will continue to love doing. It [the award] will serve as a motivation for me to continue to inspire others," he said.

The Outstanding Volunteer Award recognises the significant impact made to the YMCA or YMCA programmes through leadership and service contributions by a volunteer. Mr Goh not only served in a medical camp in Sri Lanka to assist medical staff to provide aid to the ill and injured, he also served as a mentor to other volunteers on trips.

"I was surprised when I first received the news of being nominated as an award winner," said the 27 year-old Mr Goh, who works at KPMG – which coincidentally was a recipient in the Corporate Volunteerism Award (Special Mention). "I just hope that from my little contribution, the beneficiaries would always be safe and healthy. I also wish to dedicate this award to other volunteers for their contributions in serving others."

In delivering the Vote of Thanks, Mr Teo Zi-Ming, YMCA Board Director and Chairman of the Volunteer Awards Committee acknowledged that the success of YMCA's ability in delivering its various programmes to the beneficiaries is only possible through the dedication, commitment and service of YMCA volunteers.

Besides the Outstanding Corporate Volunteerism and Outstanding Volunteer Awards, four other awards – Corporate Volunteerism Award (Special Mention),

Sustained Volunteerism Award (Corporate), Volunteer Award (Special Mention) and Sustained Volunteerism Award (Individual) – were presented.

The full list of awards recipients are as follows:

Volunteer Award (Special Mention)

Anna Chan	Lau Lee Min
Soon Chun Mun	Olivia Lautner
Gavin Chan	Lim Yue Jia, Livia
Cheah Seng Teong	Mohamed Gazalli Bin Abdul Malik
Chien Sy Jia	Ng Poh Hwee, Sean
Choo Ying Ci	Ong Zhi Hao, Timothy
Choong Wen Tai, Wayne	Phua Yee Min, Delphine
Ee Zhen Ying	Tan Ding Jie
Fung Ying Hui, Josephina	Gareth Tan
Hazmi Aris Bin Hazam Aris	Wee Wan Sin, Francine
How Zhi Yong	You Weiren

Corporate Volunteerism Award (Special Mention)

3M Singapore
Citi Singapore
ESRI Singapore
Foo Kon Tan Grant Thornton LLP
KPMG Service Pte Ltd
United Parcel Service Singapore
DHLGlobal Mail (Singapore Pte Ltd)
Superior Multi-Packaging Limited

Sustained Volunteerism Award (Individual)

Hazmi Aris Bin Hazam Aris	Valerie Ong
Huang Kun Cheng, Tom	Tham Yining
Ling Wui Hou	Tan Manru
Loh Guo Sheng	Wee Wan Sin, Francine
Ong Pei Yu, Mabel	

Sustained Volunteerism Award (Corporate)

Credit Suisse

Outstanding Volunteer Award

Joachim Goh
Ong Pei Yu, Mabel
Zhao Wen Wei

Outstanding Corporate Volunteerism Award

NTUC FairPrice Co-operative Ltd

Volunteers empowered to serve as first-aiders

As part of the YMCA of Singapore's volunteer development effort under the YMCA-Lim Kim San Volunteers Programme, a First Aid training course was organised to enable and empower volunteers to serve as certified first aiders during YMCA community service programmes. This would allow the volunteers to provide immediate First Aid in the event of an emergency. The training was held from 21- 22 Feb 2014 for 15 participants.

The participants were trained by instructors from the Singapore Red Cross Society and were required to pass a written and practical exam in order to be certified as a first aider. During the sessions, participants were taught the principles and practice of First Aid procedures, gained a deeper understanding of how the body reacts to the different types of injuries, and learnt the steps to perform Cardiopulmonary Resuscitation (CPR) for adult victims. They were also given scenarios in which they were required to activate appropriate emergency response systems.



Snapshots

YMCA-Lim Kim San
Volunteers
Programme

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International Service Programmes

YMCA of Singapore organises overseas community service programmes on a regular basis to countries including Cambodia, China, Indonesia, Laos, Sri Lanka, Thailand and Vietnam. Through the YMCA International Service Programmes, YMCA mobilises teams of volunteers to conduct various activities to enrich and improve the lives of the beneficiaries, including teaching basic English and computer skills, conducting health education and helping with refurbishment works to upgrade the local educational facilities.

For more information on how you can serve with YMCA in our overseas community service programmes, please call Ms Dora Tan at 6586 2337 or email doratan@ymca.org.sg.



Snapshots

YMCA Education Division

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The University of Strathclyde held the second Singapore Alumni Event and Networking Reception on 28 February 2014 at the Mandarin Orchard Singapore hotel with more than 70 alumni in attendance.

Professor Sir Jim McDonald, Principal of the University of Strathclyde, presented the keynote speaker, Mr Inderjit Singh, Strathclyde MBA alumnus and entrepreneur,

The Strathclyde University Alumni Event and Networking Reception

with the Strathclyde Academy of Distinguished Entrepreneurs (SADE) award.

In Mr Singh's keynote address, he spoke about the current economic situation in Singapore and Asia, and suggested measures to resolve issues that might affect the region as a whole. The event provided an opportunity for the alumni to network and exchange business opinions.

The YMCA Education Centre is one of nine international Strathclyde MBA centres. For more information about the Strathclyde MBA programme, please visit www.ymca.org.sg or call Mr Sean Tan at 6586 2378.



YMCA School Chinese New Year Celebrations



YMCA School celebrated the Chinese New Year on 14 February 2014 by organising games and a mini concert for the students. During the concert, Huang Wen Kai from Class Respect warmed up the audience with a song, while Lin Yu Xin, also from Class Respect, captivated her peers with her melodious Gu Zheng performance. A group of girls also performed a song dedicated to the teachers and students. Besides the entertainment, students were treated to a sumptuous meal with glutinous rice balls which symbolised good health.



From November to December 2013, over 500 children aged 7 to 12 years from 13 YMCA Student Care Centres (SCCs) island-wide took part in the inaugural YMCA-Samsung Digital Art Programme. Sponsored by Samsung Asia Pte Ltd and organised in collaboration with Popular e-Learning Holdings Pte Ltd, the children were given training in digital art techniques before attempting to create their own digital art masterpieces using the supplied Samsung tablets as their canvas. Within each SCC, the teachers selected the best piece to represent the Centre in a Grand Final to determine the

overall champion.

The overall champion, 8 year-old Joelle Isabella Marie from St Margaret's SCC won a Samsung Galaxy Note 10.1 LTE Tablet sponsored by Samsung Electronics. The other 12 finalists each received a 4GB SanDisk Cruzer Blade USB Flash Drive sponsored by Popular e-Learning.

The winning piece along with all top entries were exhibited at YMCA of Singapore in March 2014.

Snapshots

Child Care & Student Care

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Mr Ehsan Ali Jafri (L), Sales Manager, Popular e-Learning Holdings Pte Ltd.



Mr Chua Khim Guan (L), Product Marketing Manager, Samsung Electronics Singapore.



Sponsored by:



In collaboration with:



Snapshots

Child Care & Student Care

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Y Outing to Singapore Discovery Centre

Twenty students from YMCA East View Student Care Centre visited the Singapore Discovery Centre (SDC) and Army Museum on 15 March 2014.

Besides enjoying a guided tour to learn about the Singapore Story and Total Defence at the SDC, the students had fun with the interactive exhibits as well.

The students also watched a 4-Dimensional experiential movie at the neighbouring Army Museum and gained knowledge about the Singapore Army.

The trip was a Y Outing sponsored by Credit Suisse. Y Outings is a monthly

This event has taught me to be a better befriender to children, to engage them and be a good role model for them. Definitely an enjoyable day!

Enjoyable outing with the kids. I feel that both volunteers and children have benefitted from this outing, one way or another.

It was a joy to spend my day with the beneficiaries.

A big thank you to the volunteers for their time!



programme that provides the beneficiaries with opportunities for engaging in a range of indoor and outdoor activities and going on excursions to places of interest. The programme helps beneficiaries to improve their self-confidence and interpersonal skills

as they mingle with the volunteers and each other during the outings.

Contributed by Ms Michelle Tay, Assistant Supervisor, YMCA SCC @ East View

Play Like Champions



Seven students from YMCA Zhangde Student Care Centre were selected to participate in a two-day Play Like Champions programme organised by SportCares Foundation during the March 2014 term-break. The objective of this programme was to help the students to build self-confidence and learn about sportsmanship, teamwork and mutual respect.

On the first day, the students received SportsCares jerseys and participated in various games and activities at the Yio Chu Kang Stadium which included touch rugby and frisbee.

The students tried out gym equipment, learned lifeguard techniques on saving a drowning person and performed basic cardiopulmonary resuscitation (CPR) on the second day. They also visited the Ang Mo Kio fire station to learn more about a fireman's work, fire-fighting equipment and fire-safety at home. The children had the opportunity to use an actual fireman's hose with guidance from the firemen. Officers from the Singapore Police Force were also invited to talk to the students about crime in Singapore and how crime does not pay. The officers also offered advice on how to handle bullying.

At the end of the programme, the students each received a certificate to symbolise the completion of the learning journey. They were also encouraged to apply the lessons which they have learnt, in their lives.

Contributed by Mr Soh Yi Long, Senior Teacher, YMCA SCC @ Zhangde



Word from the chaplain

It is Indeed More Blessed to Give

What do you do when at the tender age of 12, you are told that you have an incurable optic tumour that will make you legally blind? Some may give up on life. Others may resign themselves to this unfortunate twist in their lives. But not Jeff Hanson.

Discovering that he could paint, he began using his talent and giving away his paintings because in his words 'my art makes people happy.' As people started paying for his paintings, Jeff at the age of 19 set a goal to give away US\$1 million to charity by the time he was 20. He met his goal in early 2013, months before the deadline.

Despite his impairment, Jeff's desire is to be a blessing to others. Instead of focusing on his inadequacy, he used what he has been blessed with to bless others. Instead of wallowing in self-pity, he decided to make a difference to other people's lives.

"What you sow, you shall reap." Jeff has since completed more than 1,300 paintings and donated the funds raised from his paintings to more than 100 organisations. He has travelled around the world, received many awards and met the likes of Warren Buffet and Elton John. How did Elton John come to know of this visually impaired young painter? Because Jeff donated a painting to one of the causes supported by Elton John.

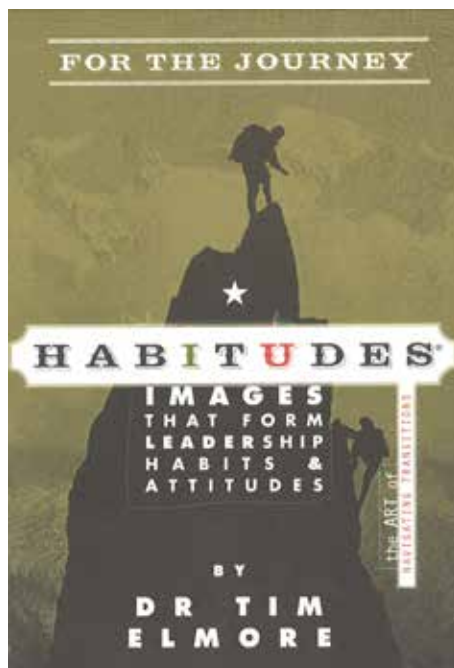
More than 2,000 years ago, Jesus said, "It is more blessed to give than to receive."
Acts 20:35 (NIV)

It is indeed more blessed to give.

Contributed by Dr Rev Kow Shih Ming
YMCA Honorary Chaplain

Book Review

The Art Of Navigating Transitions



The wait for the latest book in the Habitudes Series is finally over! Tim Elmore has just released Habitudes: The Art of Navigating Transitions.

The book speaks about the importance of boundaries, building up resilience and knowing the values which are important to you as these are just some of the skills which we need to ensure that we are able to navigate the transitional periods in our lives!

Snapshots

Christian
Wellness

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Loaded with full coloured photographs and accompanying applications, this book is set to challenge readers to teach others how they can be a leader after they have gone through it themselves.

This book is ideal for students, young adults and anyone who wants to learn how they can be a leader where they are! Released in October 2013

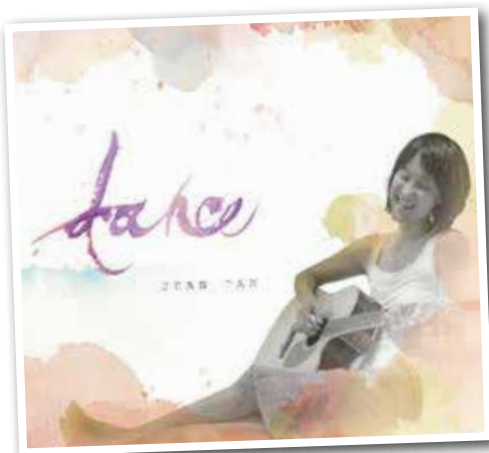
YMCA Members' Price:
\$22

Produce valid YMCA Membership card for discount

Location:
Now available at Member Services Centre,
YMCA of Singapore (Level 1)

Contact Information:
6586 2252 | members@ymca.org.sg

The story behind Jean Tan's music



Ms Jean Tan is a homegrown singer-songwriter who visited YMCA in March 2014. In a God Renews our Walk, Week, Work (GROW) devotion session, she shared about her tough journey and on her struggles with her illness, and how she gained hope and joy from the Lord through the sufferings. Jean was born with a cleft palate and went through six painful surgeries since she was 3 months old until the age of 18. Two years ago, she was diagnosed with kidney disease that led to severe 20kg water retention in her body system. She lost appetite and threw up everything she ate and often missed work. Through it all, she believed that the God who

raised Jesus from death had the same power to heal her today.

Jean recalls, "I didn't have the strength to praise him. I didn't even want to praise him. All of a sudden, I was back to being that sullen kid, but He put words in my mouth, and He enabled me to cry it out. When I did, I felt that He was crying with me. He's been through far worse things than I have and to know that He survived it all and came through it victoriously gives me the strength that I need to go on."

The result is Passage (2012), an original compilation of 11 tracks of unabashed, unpretentious praise to her Maker. Jean recalls her prayers. "God, please heal me now! Now! (Jean laughs) But I think the lesson that God is teaching me is not that He does want to heal me but that He wants me to believe in Him. And that's what Passage is all about. Faith is not by sight. Even if you do see results, we just have to keep hoping. It's tough, but I've come a long way and I've become much stronger."

Jean's reflections turned lyrics conveys her hope in the Lord in the most trying circumstances. She hopes that her songs would bring hope to people and encourage them to turn to God when the going gets tough and believing that the Lord is faithful and certain to save.

Her advice for those who are currently going through tumultuous times: "Life will get you down in different ways, but never give up. I just really want to encourage everyone out there to turn to the Word when you're in trouble. You'll never know what God will do."

In Isaiah 41:10 (NASB), God says, "Do not fear, for I am with you: Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand."

To find out more about Jean Tan and her music visit <https://www.facebook.com/jeantanmusic> and <http://www.youtube.com/jeantanmusic>.

Her CDs, Dance (2010) and Passage (2012) published by Oops! Asia Singapore are also available at the YMCA of Singapore, Member Services (Level 1).

Contributed by
Ms Boo Hui Ling,
Manager,
Christian
Development



Snapshots

Christian Wellness

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YMCA Public Talk: Guardians of Purity

In collaboration with Generations of Virtue (GOV) from the United States, YMCA of Singapore organised "Guardians of Purity" concurrent workshops for parents and their teens on 13 March 2014. 29 adults and 20 youths participated in the event.

The mission of GOV is to empower parents with practical tools and information to raise their children to avoid high-risk behavior and make healthy choices, especially in the area of sexuality. GOV conducts workshops and ministers throughout Southeast Asia for several months each year.

Ms Julie Hiramine, founder of GOV, spoke to the group of parents and youth workers at the event. Having five children aged from 6 to 19, Ms Hiramine has experienced the challenges most parents face and is committed to helping them navigate the rapidly-changing and increasingly complex cultural landscape with their children.

"I am excited to be able to hold a seminar at the YMCA in Singapore, as I used to work at a YMCA in the USA several years ago. My experience as the programme director for 11-18 year olds has really helped me in my work with GOV today," said Ms Hiramine. "When I was working with youths in California, I noticed the kids whose parents were actively involved with them at home made much better choices than the kids whose parents took a more passive role. Youth workers' efforts are exponentially more effective if a child's parents are engaged."

Topics covered during the workshops included how and when to educate your children about healthy sexuality, safeguarding the technology your children have access to (and subsequently the harmful content this technology makes available), and practical ways to develop a relationship with your children that can sustain the test of the teen years.

While Julie addressed the adults, her team of youths conducted an interactive workshop for teens. Through movie clips, skits, and games, the GOV team equipped the participating teens with the skills to discern and decipher the messages which they see in the media.

Through relating their own experiences, the GOV team encouraged the teens to avoid high-risk behaviors. The team also played a "Guess Who" game with the teens, where they had to guess a famous person who has done something very helpful for society based on clues from their humble or difficult lives before they became famous. This game was an eye opener for the teens, who sometimes have a hard time giving their best effort in schoolwork or service projects when they cannot see the long-term impact those activities have on their future.

To find out more about GOV or the current issues affecting the world of teens, and/or to access more parenting resources, please visit their website: www.generationsofvirtue.org.



Registration and enquiries:

Vivien Sng - viviensng@ymca.org.sg (6586 2333)

Gracie Ngoi - graciengoi@ymca.org.sg (6586 2324)

Visit our YMCA Outdoor Adventure Facebook page for Sneak Peaks of our 2013/2014 programmes and other updates:

<https://www.facebook.com/YMCA.Outdoor.Adventure>

Or join our Meetup group:

<http://www.meetup.com/YMCA-Outdoor-Adventurers/>

Prices are subject to change due to increase in airfare, airport taxes and other surcharge changes during peak holiday period, or itinerary changes based on participants' needs.

Snapshots

Outdoor & Adventure Programmes

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June

28 **Y Adv** : Batu Maloi
26 – 29 **Y Treks** : Cameron

July

04 – 05 **Y Treks** : Mt Ophir
08 – 13 **Y Treks** : Surabaya (Arjuna)
19 **Y Treks** : Belumut
Bike : Beginner
Yworks
TBC **Y Treks** : Kota Kinabalu

August

08 – 11 **Y Adv** : Kuching
16 **Y Adv** : Pelepah Falls
16 – 22 **Y Treks** : Hokkaido
30 – 31 **Y Adv** : Batu Cave Rock Climb

September

13 **Y Treks** : Gunung Datuk
11 – 14 **Y Adv** : Sungai Lembing
15 – 21 **Y Adv** : Lijiang, Yunnan

October

04 **Y Treks** : Belumut
02 – 06 **Y Treks** : Taiwan (Jia Ming Lake)
18 **Y Adv** : Batu Maloi
22 – 26 **Y Treks** : XueShan
22 – 26 **Y Adv** : Sharp Peak, Hong Kong
29 – 02 **BikeYex** : Taiwan (Camp)

November

01 – 07 **Y Treks** : Sapa, Vietnam
26 – 01 **Y Treks** : 100KM, Hong Kong



Up Close & Personal

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Mr Anthony Tay is YMCA's very own ballet instructor and has more than 20 years of coaching experience. Loved by his students, 62 year-old Tay is known for being a professional, patient and dedicated teacher.

The passionate ballet instructor talks about his arduous journey as a young ballet learner and the joy of being an instructor.

1. How and when did you start taking up ballet?

I was intrigued and attracted to the beauty of ballet. I started my ballet training at the age of 17.

2. Tell us about your learning journey.

It was an arduous journey filled with challenges. Firstly, it was difficult for me to find a suitable school back in the 1970s. Secondly, it was uncommon for men to be doing ballet. I had experienced disbelief and shock from people when I told them what I do for a living. However, my perseverance paid off when I was the first Asian to be awarded a scholarship by the Ministry of Foreign Affairs in France to undertake a Teacher Training Course at the Academie Internationale De La Danse, Paris. In fact, I am the only Asian to receive this scholarship twice.

3. What were some valuable lessons you have learnt at the Academie Internationale De La Danse where you were trained as an instructor?

At the Academy, I learnt ballet moves, techniques, methodology and history of various dance forms. I was fortunate to be under the tutelage of a world-class Russian ballerina from Bolshoi Mosco & Kiev, Madame Nelly Kolitcheff. She had high expectations of her students. She was very strict with us. I owe it to her that I was able to master perfect pirouettes (turning) and elevations.

4. What are the joys of being an instructor for so many years?

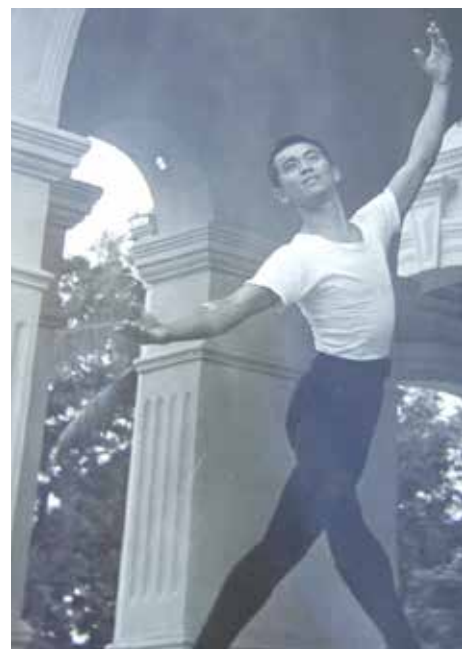
I find joy when I see my students live their dreams. Some of them became ballet teachers and many others are pursuing their dancing career overseas.



5. What do you think are the benefits of ballet?

Ballet has a myriad of benefits. It inculcates discipline, determination, and self-confidence that can help you wherever you go and in whatever you do. In addition, ballet also promotes flexibility, strength and balance of the body.

Anthony conducts Beginner, Intermediate and Advanced Ballet lessons for adults on Monday and Tuesday evenings at YMCA. Ballet lessons for children are also available on Saturday. For more information, kindly contact Member Services at **65862255** or email **members@ymca.org.sg**.





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12% off listed normal course fees for all programs/modules in 2014

Terms & Conditions:

*eVoucher code must be applied during online registration to enjoy privileges. Contact

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YMCA
Member

Member Services at 6586 2255, email to members@ymca.org.sg or visit YMCA Member Services Centre.

Locations:

SingPost Centre #B2-06

(Paya Lebar MRT)

Monday to Friday 11am to 9.45pm

Saturday 9am to 6pm

Sunday 12pm to 6pm

One Commonwealth #06-05

(Commonwealth MRT)

Monday to Thursday 11am to 9.45pm

Friday Closed

Saturday 9am to 6pm

Sunday 12pm to 6pm

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The Cathay

2 Handy Road
#02-13, Singapore 229233
Tel: 67339312

Orchard Central

181 Orchard Road
#06-23, Singapore 238896
Tel: 63419213

Bugis+ (Link Bridge)

201 Victoria Street
#02-51/52, Singapore 188067
Tel: 63419223

West Coast Plaza

154 West Coast Road
#01-59, Singapore 127371
Tel: 67792556

One @ Kent Ridge

1 Lower Kent Ridge Road
#02-09, Singapore 119082

New YMCA Products



Sports Cap \$13



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Be a YMCA Volunteer

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YMCA-Tan Chin Tuan Community Service Programmes

If you have a heart for the intellectually and physically challenged, abused and underprivileged children or elderly, we want YOU! YMCA of Singapore organises regular activities to improve the lives of the less fortunate.

Please note that programme details are subject to change and volunteering slots are subject to availability.

To register as a YMCA volunteer, please fill in your details in the YMCA Volunteer Management System at <http://vms.ymca.org.sg>

For enquiries, please email volunteer@ymca.org.sg



Week 1 (02.06.14 – 08.06.14)

Y Visit

Christian Outreach to the Handicapped

Date : Monday 2 June

Time : 10:00am – 12:30pm,

Venue : 171 Lor 1 Toa Payoh

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 7 June

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre

Y Dance Outreach

Bishan Home

Date : Saturday 7 June

Time : 2:30pm – 5:00pm

Venue : 6 Bishan St 13

Y Spring Clean (TBA)

Thye Hua Kwan SAC @ Telok Blangah Crescent

Date : Saturday 7 June

Time : 9:00am – 1:00pm

Venue : Blk 3 Telok Blangah Crescent



Y Food Of Love

Sarah SAC

Date : Saturday 7 June

Time : 9:00am – 2:00pm

Venue : Blk 105 Jalan Bukit Merah

Y Makan Fellowship

THK SAC @ Toa Payoh Blk 15 & 31

Date : Saturday 7 June

Time : 9:00am – 2:00pm

Venue : YMCA Of Singapore

Week 2 (09.06.14 – 15.06.14)

Y Green Fingers

Association for Persons with Special Needs

- Centre For Adults

Date : Wednesday 11 June

Time : 2:30pm – 5:00pm

Venue : 29 Jalan Tembusu



Y Camp Challenge

Y STARS, APSN CFA, MINDS WEDC,

COH (Tampines), COH (Toa Payoh)

Date : Thursday - Sunday

: 12 June – 15 June

Time : 4 Days, 3 Nights

Venue : Jurongville Secondary School

Y Guitar Club

Association for Persons with Special Needs

- Centre For Adults & The Tent

Date : Saturday 14 June

Time : 9:00am – 2:00pm

Venue : 29 Jalan Tembusu

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 14 June

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre

Week 3 (16.06.14 - 22.06.14)

Y Photo Club

Association for Persons with Special Needs

- Tanglin School, Centre for Adults & The Tent

Date : Saturday 21 June

Time : 9:00am – 1:00pm

Venue : Bukit Timah Nature Park (TBC)

Y Spring Clean (TBA)

Sarah SAC

Date : Saturday 21 June

Time : 9:00am – 1:00pm

Venue : 105 Jalan Bukit Merah

Week 4 (23.06.14 – 29.06.14)

Y Green Fingers

Queenstown Multi-Service Centre

Date : Wednesday 25 June

Time : 3:00pm – 5:30pm

Venue : 150A Mei Chin Road

Y Spring Clean

THK SAC @ Toa Payoh Blk 31

Date : Friday 27 June

Time : 9:00am – 1:00pm

Venue : Blk 31 Toa Payoh Lor 5

Y Confidence

MSF

Date : Saturday 28 June

Time : 1:00pm – 6:00pm

Venue : YMCA Of Singapore

Y Spring Clean

Comnet @ Teck Ghee

Date : Saturday 28 June

Time : 9:00am – 1:00pm

Venue : Blk 420 Ang Mo Kio Ave 10

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 28 June

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre



Y Camp Challenge

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Date : Saturday 28 June

Time : TBC

Venue : YMCA (Afterglow)