

FACTOR

YMCA

SINGAPORE
Since 1902

A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MCI (P) 131/06/2013

SECOND QUARTER 2013



14th YMCA Charity Golf raises over \$330,000 to develop volunteers

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Dear Members and Friends,

YMCA of Singapore has been bustling with activities in the second quarter of 2013.

The YMCA Annual General Meeting (AGM) was held on 7 May 2013 at YMCA of Singapore.

During the meeting, I shared highlights from YMCA's 110th Anniversary Celebrations in 2012 as well as the various areas of YMCA's work in serving the community during the year. I thank all members who took time off their busy schedules to join us for the AGM.

Here are some highlights from the second quarter:

With the support and sponsorship of Credit Suisse to the Y Sports programme, students from APSN Delta Senior School were accompanied by volunteers from Credit Suisse for an excursion to the Youth Olympic Games Museum on 20 April 2013. The students challenged themselves with various physical activities including a Coordination Obstacle Course. They even met Mr Canagasabai Kunalan, a former national athlete who represented Singapore in regional and international sporting events including the Olympic Games and the Commonwealth Games.

The 14th YMCA Charity Golf was held at Tanah Merah Country Club over 16 and 17 May 2013. Over 220 golfers participated in the tournament, with more than 50 corporations supporting the event through sponsorships and donations-in-kind. We thank all golfers, donors and sponsors for their generosity and support. We have raised over S\$330,000 for the YMCA-Lim Kim San Volunteers Programme to recruit, develop and recognise volunteers.

The Citi-YMCA Youth For Causes 2013

was officially launched on 23 May at Hwa Chong Institution. Guest-of-Honour, Mr Tan Chuan-Jin, Minister for Manpower and Senior Minister of State, Ministry of National Development, witnessed the presentation of S\$160,000 in seed funding by Ms Evangeline Chua, Head of Human Resources, Citi Singapore to Mr Leslie Wong, Chairman of Citi-YMCA Youth For Cause Committee. YMCA of Singapore and Citi remain committed to promote social entrepreneurship and community leadership among youths aged 15 to 25 with seed funding, resources and mentorship to execute ideas and business proposals that will benefit and support Voluntary Welfare Organisations of their choice.

YMCA mobilised a team of volunteers to serve at a medical camp in Batticaloa, Sri Lanka from 17 to 25 May. Over the nine days, they treated 450 patients, conducted health education and interacted with the children through games and activities. The programme is supported by YMCA Batticaloa as part of an on-going effort to alleviate the deteriorating health conditions in Batticaloa.

The YMCA School celebrates its 100th Anniversary this year. The school will hold a 100th Anniversary Celebration dinner at the Grand Copthorne Waterfront Hotel on 31 July 2013. Mr Heng Swee Keat, Minister for Education, will grace the event as the Guest-of-Honour. The school is selling tickets to the dinner at \$120 each. I would like to appeal for your support to help the school in defraying the costs of organising the event.

Several major events are lined up in the third quarter including the YMCA Conversation (7 Sep), 27th YMCA PESA Awards Ceremony (18 Sep), YMCA Proms @ the Park (21 Sep) and YMCA Appeal Gala Dinner (2 Oct).

Do visit our YMCA Facebook page at www.facebook.com/ymca.singapore for the latest updates and view photos from our events.

**"And let the peace of Christ rule in
your hearts, to which indeed you
were called in one body. And be
thankful"
— Colossians 3:15**

In-His-Service
Stephen Loh
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Cover Photo:

*YMCA volunteers attending to villagers during a medical mission to Sri Lanka in May 2013.
Read more about it on page 12.*

Highlights from the YMCA Annual General Meeting



The AGM opens with a Praise & Worship session led by YMCA staff

The YMCA Annual General Meeting (AGM) was held on Tuesday, 7 May 2013 at YMCA of Singapore. In his address, President Mr Stephen Loh shared highlights from YMCA's 110th Anniversary Celebrations in 2012 as well as the various areas of YMCA's work in serving the community during the year.

During the meeting, the Audited Financial Statements for the year ended 31 December 2012 and the 2012 YMCA Annual Report were adopted by the members.

Three members were re-elected to serve new 4-year terms on the Board. They are Dr Tan Sze Wee, Mr Eric Teng Heng Chew and Mr Peter Tay Yew Beng. A fourth member, Dr Thomas Choong Ying Chuan who has served as Co-Opted Board member since 2011, was elected to serve as a full Board member for a 4-year term.

Mr Loh also announced the retirement of Vice President Mr Ed Ng Ee Peng and shared with the members that the Board had accepted the resignation of Mr Ng Kian Seng as General Secretary of the YMCA of Singapore, effective 3 May 2013. While the search for a new General Secretary is in process, Mr Loh and the Executive Committee will assume the duties of the

General Secretary and the Office of the General Secretary.

In the first Board meeting for the year 2013/2014 that convened immediately after the AGM, the Board elected the following as Office Bearers for the year 2013/2014: Mr Stephen Loh Sur Yong (President), Mr Chew Kwee San (Vice President) and Dr Tan Sze Wee (Treasurer).

The Board also co-opted four members to serve 1-year terms. They are Mr Albert L H Ching, Mr Lee Lung Nien, Mr Kenneth Tan Chih-Sien and Mr Tay Puan Siong.

In addition, the Board co-opted two members, Ms Koh Shaw Luan and Mr Ooi Boon Hoe as full Board members to serve the remaining terms of Mr Kenneth Tan Chih-Sien (till 2014) and Mr Dennis Lee Poh Wah (till 2016) respectively. Both Mr Kenneth Tan and Mr Dennis Lee had resigned from the Board due to work commitments.

Let us continue to uphold our leaders in prayer as they lead the YMCA of Singapore to greater heights, for the glory of God.



Q & A session for YMCA members to seek clarifications after the various presentations

Uni-Y NUS supported the NTUC FairPrice Foundation's Do Good Initiative



NTUC Fairprice Foundation's Giving Store Truck was stationed at National University of Singapore (NUS) on 18 April as part of their public education campaign (Small Deeds, Big Differences) targeted at youths to do good and be kind.

Nine Uni-Y NUS students volunteered to man the Giving Store, to encourage fellow students to be socially responsible citizens.

NUS students could enter the store and take away a confectionery item at no cost. All they had to do was to log onto their Facebook account, search for the Do Good Initiative page and pledge a kind deed. (<https://www.facebook.com/dogoodsg>) Students could either choose from the range of deeds available on the Do Good Facebook Application or suggest their own. Some deeds included donating to a worthy social cause, greeting the bus drivers and volunteering at a service programme in university.



Uni-Y Membership

As part of the continuing efforts to engage youths in volunteerism as well as to build a strong identity for Uni-Y volunteers, YMCA is pleased to introduce the Uni-Y membership.

Fees:

First-time membership fee is pegged at \$15

Eligibility:

Applicants must be current students of SMU, NUS, NTU

In addition to Uni-Y membership privileges, each Uni-Y member is entitled to the same privileges as YMCA Ordinary (*Annual*) members.

Uni-Y members stand to enjoy the following:

- Uni-Y T-shirt (*one time provision and not available in subsequent renewals*)
- Respective institution related privileges and discounts
- First rights to participate in the YMCA Conversation Series (*an in-conversation series organised by YMCA*)
- Eligibility to participate in Uni-Y organised and led International Service Programmes, Leadership And Management Programme (LAMP), study missions, Volunteer Service Management Programme (VSMP), internships with YMCA, and Corporate Social Responsibility related internships.

For more information, please contact

Clement Cheong at 6586 2357 or email clementcheong@ymca.org.sg

If you meet the requirements and want to make a difference in the lives of others, as well as be exposed to opportunities for personal development and growth, we encourage you to sign up now.

About Uni-Y Singapore

University-YMCA, also known as Uni-Y in short, are volunteer-driven clubs set up in tertiary institutions in Singapore with the mission of empowering youth to be servant leaders who will impact local and international communities. Through conceptualising and executing innovative community service programmes locally and internationally, Uni-Y clubs foster the development of community leadership and social entrepreneurship among youth. The first Uni-Y club was established in Singapore Management University in 2005, followed by National University of Singapore in 2007 and Nanyang Technological University in 2009. www.facebook.com/uniysingapore

Citi-YMCA Youth For Causes Official Launch 2013 @ Hwa Chong Institution



L-R: Mr Stephen Loh (President, YMCA of Singapore), Ms Evangeline Chua (Head of Human Resources, Citi Singapore), Mr Leslie Wong (Chairman, Citi-YMCA Youth For Causes Committee) and Mr Tan Chuan-Jin (Acting Minister for Manpower and Senior Minister of State, Ministry of National Development)

The Citi-YMCA Youth for Causes (YFC) 2013 programme was launched on 23 May in a packed auditorium of approximately 560 attendees comprising participants, mentors, YFC Selection Interview panellist, representatives from supporting voluntary welfare organisations (VWOs) and schools, and YFC alumni ambassadors.

Six youths from The Little Arts Academy opened the event with an engaging performance, 'Taking Off'. Merging monologue and art, they strived to expound the belief that youths can rise up to occasion and serve the community.

Guest-of-Honour Mr Tan Chuan-Jin, Acting Minister for Manpower and Senior Minister of State, Ministry of National Development, witnessed the presentation of the \$160,000 seed funding cheque by Ms Evangeline Chua, Head of Human Resources, Citi Singapore to Mr Leslie Wong, Chairman of Citi-YMCA Youth For Causes Committee.

In his address, Mr Tan shared, "Within your own circle of people, you can make a difference. If everyone does it, society will change. It starts with families, neighbours and friends."

The 100 participating teams received seed funding of \$1,600 each to carry out their projects over the next 15 weeks, under the guidance of an attached volunteer mentor. They will also receive training in volunteer management, marketing and communications skills through workshops. This year, children charities are foremost on the minds of the participating teams

with 27 teams supporting Children's Cancer Foundation, Singapore Children's Society and The Old Parliament House c/o The Little Arts Academy.

To inspire the participants, Shaun and Ruo Lan from Team Sea of Hope, recipients of the YFC 2012 Public Outreach Award shared about their record setting Fold A Fish Event last year. With 1,300 volunteers, they produced a record 77,776 fishes and raised more than S\$21,000 for the Tan Tock Seng Hospital Community Charity Fund.

Over the last 10 years, past participants have returned to serve in different capacities. Mr Edwin Tan, a participant of YFC from 2005 to 2009, went on to mentor team "Inspire" from 2010 to 2011. Mr Tan, who has started his own company and is the CEO of NameDepot.com Inc, is now a committee member in the YFC Steering Committee. There is also an active YFC alumni group that volunteers as the programme's ambassadors and contribute to the programme's event and publicity including its monthly e-newsletter "AMBUSH" which publicises individual team projects during the implementation phase.

Mr Stephen Loh, President, YMCA of Singapore, said, "The long-standing success of Citi-YMCA Youth For Causes would not have been possible without the support from the passionate volunteer mentors. Many mentors from past years are back to continue mentoring, with 10 of them joining the mentor support group to offer advice based on past experiences to the new mentors."

Ms Evangeline Chua added, "Youth

development is a key priority area in Citi's corporate citizenship efforts. Since 2002 through Citi-YMCA Youth for Causes, we are able to give youths an opportunity to champion the social causes that they believe in through the implementation of their own business ideas to raise funds for their selected VWOs. Our support for the programme goes beyond providing financial support from Citi Foundation as we also encourage our employees to actively participate in the programme as mentors to the teams. Our senior management further endorses the programme by serving as committee members or judges on the selection panels. This is one of several programmes that emphasizes Citi's intention to give back to the community where we live and work."

Since 2003, YFC has mobilised over 109,600 volunteers, involved more than 500 Citi staff as mentors and raised over S\$5.2 million for some 150 local VWOs. In 2012 alone, over \$617,000 was raised for 43 VWOs and 9,600 volunteers were mobilised to support the various projects.

Citi-YMCA Youth For Causes 2013 Selection

On 20 April, 43 judges, 43 volunteers and 115 teams turned up for the Citi-YMCA Youth For Causes Selection interview session at YMCA of Singapore. The top 100 teams were selected based on the creativity, feasibility, level of public and volunteer engagement and sustainability of their proposed projects. The selected teams received their seed funding cheques at the Official Launch of the Citi-YMCA Youth For Causes 2013 on 23 May.



Let the race begin!



On 30 March 2013, 78 Credit Suisse and public volunteers had an enjoyable time at a Y Outings session organised in the form of an "Amazing Race" with 49 children (age 7 to 12 years old) from Tampines Family Service Centre and Thye Hua Kwan Family Service Centre @ Bukit Panjang. The volunteers and children were grouped into 10 teams and they had to race each another around City Hall and Dhoby Ghaut area.

All the teams displayed great enthusiasm and competence in completing the tasks that included riddles and quizzes, a chopstick relay and charades that would reveal each team's next clue.

One challenge even included having to take impromptu photos with tourists from five different countries!



YMCA of Singapore thanks Credit Suisse providing volunteers to make these event

Visit to the Youth Olympic Games Museum



On 20 April 2013, 23 students from APSN Delta Senior School (DSS) had a great time of learning and fun through the Y Sports programme held at Youth Olympic Games Museum with 15 volunteers from Credit Suisse. The volunteers and the APSN DSS students had the opportunity to try and challenge themselves through physical activities including an Agility Jump, a Speed, Agility and Coordination Obstacle Course, Javelin Throw and Medicine Ball Throw.



The participants were also blessed with an inspiring sharing session by Mr Canagasabai Kunalan. Mr Kunalan, widely regarded as Singapore's greatest athlete, competed in sprinting events at two Olympic and Commonwealth Games.

In 1969, he won SEA Games Golds in the 100m, 200m and 4 x 400m relay. He was also a long-time educator who dedicated more than 10 years of his life in teaching.



Credit Suisse volunteers and APSN Delta Senior School students with Mr Canagasabai Kunalan (4th from right)

for sponsoring and
as possible.

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The Olympic Values of Excellence, Friendship and Respect were constantly emphasised during the visit, especially during the physical activities. At the end of the visit, the volunteers and APSN DSS students not only took back with them the Olympic Values, but they also gained a deeper understanding of "it's more than just winning".



Y Arts Challenge @ MacPherson

Organised previously as a Y Visit programme, Y Arts Challenge @ MacPherson was introduced in January 2013 to focus on enriching the lives of underprivileged children aged 7 to 12 years through arts and craft activities in the company of volunteers. The programme aims to enable the children to be exposed to, inspired by and challenged in the area of creative arts.

As the children come from different family backgrounds, with a majority from underprivileged families, they may not have the opportunities and access to arts and craft materials, guidance, time or even space that allows them to express their creativity through various forms of art.

Y Arts Challenge @ Macpherson will serve approximately 80 children throughout the year. The lessons will be held both indoors in the classroom as well as outdoors, with different themes. The current theme is "Arts in Toys & Games" where children learn to make simple toys and games from scratch.

On the 15 June 2013, YMCA volunteers accompanied 23 underprivileged children to the Art Garden Exhibition at Singapore Arts Museum (SAM). Both the volunteers and children were mesmerised by the contemporary artworks, short films as well as animations by local and international artists. The volunteers and children also had the opportunity to take part in the delightful activities specially designed by SAM and the artists at the exhibition.



Should you be keen to volunteer for Y Arts Challenge, please email volunteer@ymca.org.sg



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14th YMCA Charity Golf



Personalised gift for each golfer: Individual tee shot on mock cover of Golf Digest Singapore magazine

The 14th YMCA Charity Golf was held over two days from 16 to 17 May 2013 at the Tanah Merah Country Club to raise funds for the YMCA-Lim Kim San Volunteers Programme to recruit, develop and recognise volunteers.

Last year alone, YMCA volunteers gave over 179,000 hours of their time in serving the less privileged locally and overseas. In Singapore, more than 6,400 YMCA volunteers were involved in some 568 activities to bring cheer to over 3,600 beneficiaries from 37 partnering voluntary welfare organisations across 19 structured and sustained YMCA-Tan Chin Tuan Community Service Programmes.

Another 1,300 YMCA volunteers were involved in more than 57 YMCA International Service Programmes to countries including Cambodia, China, Laos, Sri Lanka, Thailand and Vietnam to teach basic English and computer skills, conduct health education and help in refurbishment works to improve the local educational facilities in the villages.

Individual flights (16 May) were taken up at \$2,000 per flight while corporate flights (17

May) were sponsored at \$5,000 each. This year, golfers participating in the tournament also had the opportunity to attend a Master Class conducted by pro-golfer Rob Richardson, member of the Australian PGA and winner of the Canberra Federal Open and Dreamland Classics in Cairo.

In all, over 220 golfers participated in the tournament, with more than 50 corporations supporting the event through sponsorships and donations-in-kind. Twenty-four flights competed in the Lim Kim San Corporate Challenge held on the second day. They include flights sponsored by AP Oil International Limited, Arrowcrest Technologies Pte Ltd, BNF Engineering (S) Pte Ltd, Citibank Singapore Ltd, Daimler South East Asia Pte Ltd, ESRI Singapore Pte Ltd, Far East Organization Centre Pte Ltd, GMG Global Ltd, Keppel FELS Ltd, Knight Frank Pte Ltd, Lum Chang Holdings Ltd, MSD Engineering Pte Ltd, MyLaoHome Hotels & Villas Co. Ltd, Lao PDR, NTUC Fairprice Foundation Pte Ltd, PB Tankers Ltd/KUO International Pte Ltd, Sim Law Practice LLC, Singapore Press Holdings Ltd, Singapore Technologies Telemedia Communications Ltd, Times Publishing Limited, TPS Corporate Services Pte Ltd, TUAS Power Generation Pte Ltd, Xi Yan Pte Ltd, Mr Chew Kwee San and Mr Luo Tian.

On both days, a Mercedes-Benz C-Class C180, sponsored by Daimler South East Asia Pte Ltd and a Breitling Flying B watch, sponsored by Melchers Time Pte Ltd were up for grabs as the hole-in-one prizes. The \$22,500 Breitling Flying B watch was eventually won by Mr Tay Meng Hong on Day 2 of the tournament when he scored a hole-in-one at hole 17 of the Tampines Course. This was the first time that there was a hole-in-one winner in the 14-year history of the YMCA Charity Golf.

YMCA staff also went about selling raffle tickets on both days, during the game and during the post-tournament dinner. In all, over \$10,000 was raised through the sales, with the winners of the raffle draw walking away with attractive prizes. The top prizes included a YMCA Ceramic Vintage Building, a Rimowa Salsa Cabin Trolley

bag, a Dr Ci:Labo Basic Care Gift Set, Paragon shopping vouchers, LG Optimus Smartphones, a Garmin Approach S3 golf watch, an exquisite Luzerne saucer set, a Holiday Inn Hong Kong stay and a Samsung 55-inch Smart LED TV.

All golfers also received a mock cover page of the Golf Digest Singapore magazine, personalised with their individual photograph captured during tee-off.

Mr Chan Chun Sing, Acting Minister for Social and Family Development and Senior Minister of State, Ministry of Defence was the Guest-of-Honour on the second day of the event and presented the prizes to the winners.

Mr Chan also presented limited editions of the book "Lim Kim San: A builder of Singapore" which were personally autographed by Mr S R Nathan, former President of Singapore, to the new Charter Donors of the YMCA-Lim Kim San Volunteers Programme Fund. The Charter Donors scheme was introduced to recognise individuals and corporations that have contributed \$10,000 and above to the YMCA-Lim Kim San Volunteers Programme Fund. YMCA of Singapore has set a target of 90 Charter Donors, one for each year that the late Mr Lim Kim San lived. To date, there are 89 Charter Donors. The new Charter Donors are Arrowcrest Technologies Pte Ltd, GMG Global Ltd, Ho Bee Foundation, TPS Corporate Services Pte Ltd, Xi Yan Pte Ltd and Mr Ong Kim Choy.

YMCA of Singapore thanks all golfers, donors and sponsors for their generosity and support.



Main Sponsor NTUC FairPrice Foundation's flight, led by Mr Peter Teo (far right), General Manager of Supermarket Operations

About YMCA-Lim Kim San Volunteers Programme

The volunteers programme is named after the late Mr Lim Kim San, one of the founding fathers of Singapore, and also an Honorary Life Member of the YMCA, for his capabilities to better serve the beneficiaries as well as recruit, train and recognise volunteers.

Introduced in 2007, the key thrusts of the YMCA-Lim Kim San Volunteers Programme are the training and development of volunteers and promoting of Corporate Volunteering. Key partners include Credit Suisse, NTUC FairPrice, Superior Multi-Packaging Ltd, Dell, UPS and more in mobilising their staff to serve across various structured and sustained YMCA programmes.

raises over \$330,000 to develop volunteers

YMCA congratulates all the winners at the 14th YMCA Charity Golf:

16 May 2013 - Individual Tournament

Champion: **Mr Alvin Chin**

1st Runner Up: **Mr Ng Han Peng**

2nd Runner Up: **Mr Bernard Lee**

16 May 2013 - Novelty Prizes

Nearest to Pin # 2 - **Ms Grace Ko**

Nearest to Line # 10 - **Ms Lynette Teng**

Nearest to Line # 14 - **Mr Japheth Chong**

17 May 2013 - Individual Tournament

Champion: **Mr Lawrence Low Kim Leng**

1st Runner Up: **Mr Patrick Lim**

2nd Runner Up: **Mr Jeffrey Goh**

17 May 2013 - Novelty Prizes

Hole-in-One # 17 - **Mr Tay Meng Hong**

Nearest to Pin # 2 - **Mr Goh Eng Soon**

Nearest to Line # 10 - **Mr Roger Heng**

Nearest to Line # 14 - **Ms Patsy Tan**

17 May 2013 - Lim Kim San Corporate Challenge

Champion: **TPS Corporate Services Pte Ltd**

1st Runner Up: **Knight Frank Pte Ltd**

2nd Runner Up: **PB Tanks / Kuo International Pte Ltd**

YMCA would like to thank the following corporations for participating in the Lim Kim San Corporate Challenge:



YMCA would also like to acknowledge the following organisations for their contributions towards the prizes and goodie-bag items:



YMCA would like to express our deepest appreciation to the following sponsors and partners for their contributions:

Main Sponsor



Hole-in-One Sponsors



Mercedes-Benz



Official Media Partner



of Singapore. The programme aims to promote and raise the standards of volunteerism, develop volunteer

unteerism. Through the Programme, YMCA has facilitated several major corporations including Citi Singapore, community service programmes locally and overseas.

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14th YMCA Charity Golf





Youth Expedition Project Sharing Session at *SCAPE



YMCA organised a Youth Expedition Project sharing session at *SCAPE on 30 May 2013. There were 88 young working adults who attended the event to learn about volunteering opportunities in Cambodia and listen to sharings by volunteers from Vocare Media Productions, a local media production agency.

Vocare Media Productions gathered their friends and colleagues to form a team for a recent YMCA International Service Programme to Cambodia. The team served in UNACAS, an orphanage in Phnom Penh, from 1 to 5 April 2013. They built fences to improve the security of the orphanage and conducted English lessons for the beneficiaries.

The sharing session was followed by a workshop facilitated by Mr Craig Hobbs, CEO and Managing Director of Media Alliance. He shared about the "No Impact Project" to encourage living an environmental friendly life to minimise consumption of energy, paper and other waste or items that can be reduced in usage. For more details of this project, please log on to <http://noimpactproject.org/>

In partnership with the National Youth Council, YMCA receives Programme Funding to subsidise volunteers to embark on impactful service expeditions through YMCA International Service Programmes to Cambodia, China, Thailand, Vietnam, Sri Lanka and Laos. For more information on opportunities to volunteer and find out about the guidelines for subsidy, please contact Mr James Ji at: jamesji@ymca.org.sg



YMCA Medical Mission to Sri Lanka



YMCA mobilised a team of volunteers to serve at a medical camp in Batticaloa, eastern Sri Lanka from 17 to 25 May 2013. The team comprised a medical doctor, a nurse and three volunteers led by a YMCA staff. The team served three different villages in Batticaloa, namely Elukupothana, Akinara and Pendukalchenai and Pendukalchenai. Over the nine days, the medical team treated a total of 450 patients, conducted health education for the villagers and interacted with the children through games and activities.

This YMCA International Service Programme

is supported by YMCA Batticaloa as part of an on-going effort to help alleviate the deteriorating health conditions that the villagers are facing due to the shortage of medical attention and supplies in the rural villages.

YMCA Batticaloa sends a local medical team weekly to eight different villages on a rotation basis.

If you would like to serve in similar medical missions organised by YMCA, please contact Mr James Ji at: jamesji@ymca.org.sg



YMCA SCC @ Queenstown: Storytelling and Presentation Programme

On 22 April, a group of 22 Secondary Two students from Peicai Secondary, their teacher, a trainer and two facilitators visited YMCA SCC @ Queenstown and entertained the children with six heart-warming tales of family, love, tragedy and freedom, each with a moral value to be learned.

During the storytelling session, the children learned about voice projection, speech clarity, and the use of facial expressions and non-verbal body language to convey an interesting story with minimal usage of visual props. After the story telling session, the student volunteers played some games with the children and had tea with them in the canteen.

Contributed by Ms Janice Yin, Supervisor, YMCA SCC @ Queenstown



YMCA SCC @ Gan Eng Seng: Junior Entrepreneurship Programme

The Junior Entrepreneurship Programme at YMCA SCC @ Gan Eng Seng was started January 2013 to promote the spirit of entrepreneurship in the students. Through the programme, the students are exposed to the requirements and challenges of starting a business of their own. In addition to sparking an interest in social entrepreneurship, the programme provides students with an opportunity to gain practical experience in production, logistics and sales. It also seeks to inculcate good moral values in the students as they learn how to serve and relate to their customers.

In May, students from Primary 3 to 6 were given hands-on experience in making handmade roses for Mother's Day. They learnt to package their products attractively to appeal to the customers. Primary 2 students

were placed in charge of logistics, where they learnt the importance of keeping track of their stock and doing proper recording. Last but not least, the Primary 1 and 2 students formed the sales team and did an outstanding job in selling 144 handmade roses. All proceeds from the sales would be donated to the Gan Eng Seng Primary School "Pocket Money Fund" at the end of year.

Contributed by Mdm Lee Ren Ren, Supervisor, YMCA SCC @ Gan Eng Seng



For more information about YMCA of Singapore's Student Care Centres, please visit the website at www.ymca.org.sg/cdcscc/scc.html

Parents' Day Celebrations at YMCA CDCs

A series of Parents' Day events were organised in May to build lasting memories for the parents and children of YMCA Child Development Centres (CDCs), give parents the opportunity to connect with their children's experiences, and to further develop special and unique parent-child bonds.

YMCA CDC @ Zhenghua: Arts Workshop

On 17 May, some 50 parents spent an evening at Zhenghua CDC immersing themselves in a wide variety of art experiences with their children at an Arts Workshop.

The workshop was organised for the children to work together with their parents to explore and discover new art materials, be creative and have fun. The activities included painting, collage-making, clay-sculpting, building structures with recycled materials including plastic straws and wooden ice-cream sticks and drawing.



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YMCA CDC @ Woodlands: Family Sports Day

On 17 May, a Family Sports Day at the YMCA CDC @ Woodlands saw about 100 parents and their children gathered for sports, games, laughter and cheers.

The activities were specially planned to emphasise team spirit over competition. They included a 3-legged race, skipping race, relays and ball games. During the activities, the parents had the opportunity to show their skills as well as observe the athletic abilities of their children. At the end of the day, each child received medals and ribbons as recognition for their energetic effort.



YMCA CDC @ Bukit Batok: Mini Concert

On the evening of 23 May, YMCA CDC @ Bukit Batok hosted a Mini Concert for 120 parents. The concert was dedicated specially to the parents, who watched with pride as their children demonstrated their talents through songs and dances.



For more information about YMCA Child Development Centres, please visit www.ymca.org.sg/cdcscc/cdc.html.

YMCA School Games Day

YMCA School held their Games Day this year at Cairnhill Community Centre on 22 May with the participation of 53 students and 19 staff. The students displayed a strong sense of teamwork, integrity and sportsmanship over activities and games including an Apple Eating Contest, a Telematch involving balancing a ping-pong ball on a spoon in the mouth while bouncing a ball, skipping and twirling a hula hoop.

The highlight of the day was Dodge Ball where the students played against the teachers. Squeals of excitement echoed through the hall as the students took this opportunity to "hit" the teachers without being punished.

During the event, it was heartening to observe the students demonstrating the values which they had learnt from their character education lessons, especially that of 'perseverance' when they sportingly completed their turn in the games even when they were amongst the last to do so.



YMCA School 100th Anniversary Celebration Dinner



YMCA School is 100 years old this year. The School has produced a desk-top calendar and specially designed T-shirts to commemorate its 100th Anniversary.

The highlight of the School's 100th Anniversary Celebrations will be a gala dinner in July.

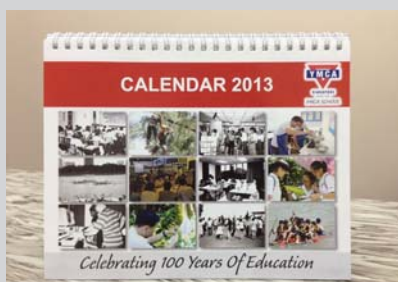
The details of the event are as follows:

Date: Wednesday 31 July 2013

Time: 7.00pm

Venue: Grand Copthorne Waterfront Hotel

Guest-of-Honour: Mr Heng Swee Keat, Minister for Education



A limited edition cook book (500 copies only!) featuring personal recipes from staff and friends of YMCA School will be launched at the event.

YMCA School would like to invite all former students and staff to join the current students and staff of the school in celebration of this joyous occasion.

Tickets for the dinner cost \$120 each and can be purchased directly from the School.

For more information, please call 6586 2222 or email educatr@ymca.edu.sg.



YMCA School is a 100-year old, full-time co-educational institution, catering to Singaporeans and foreigners. It is a not-for-profit education service of the YMCA Education Centre (YEC) which also runs tertiary courses in partnership with Strathclyde Business School.

In 1913, YMCA started courses in Building Construction, Architecture, Mathematics, Mechanics, Surveying, Electrical Engineering, Machine Construction and Drawing. These courses were conducted to train recruits for the Government's Engineering Department.

By 1919, Shorthand and Book-keeping classes were started and the number of students increased year by year. Typewriting and Accountancy were added to the syllabus in 1931. More commercial classes, classes for Standard V to School Leaving Certificate as well as London Chamber of Commerce Examinations Preparatory courses were introduced subsequently.



Computer classes in the 80's

After 1950, YMCA Commercial classes became very popular and very often firms applied to the YMCA to recommend its students to fill vacancies. It is worthy of note that in practically every office one could find a YMCA-trained employee.

In the 1980s, YMCA expanded its courses to run enrichment courses such as Interior Design, Fashion Design and Chinese Brush Painting and Language courses such as French, Japanese, Malay, Mandarin and Thai. YMCA also started 'A' Level classes with a staff strength of six and a total enrolment of 155 students in 1989.

In 1990, YMCA started to take in 'O' Level students who wished to repeat their examinations. It became well-known as a "second-chance" school. Over the years, with Singapore being a popular choice for education, YMCA started to accept international students who come from China, Japan, Myanmar, Vietnam, Korea, Indonesia and Cambodia.

Today, the YMCA School is a multi-ethnic, multi-cultural school with a strong international programme. It is run by a Principal and a Vice Principal with five full-time teachers and eight Associate Teachers. Currently, there are some 160 students from Secondary 2 to 4 and the Preparatory classes. The Preparatory classes prepare international students for the Ministry of Education's AEIS (Admissions Exercise for International Students) Exam. Students who pass the exam will be posted to government schools. Fifty students will be taking the Singapore-Cambridge GCE 'O' Level Examination this year.

Recognising that students need 21st century skills to be successful today, emphasis is placed on critical and creative thinking, civic literacy, cross-cultural skills and information and communication skills through the academic curriculum and co-curricular activities, through dedicated lessons and teachable moments. All this is delivered by the team of qualified teachers and lecturers



Film making enrichment programme in the 90's

who are committed to providing quality education.

YMCA School also offers academic programmes preparing students for the Singapore-Cambridge GCE 'O' Level examination.

YEC was awarded EduTrust for 4 years from 16 Dec 2011 to 15 Dec 2015. This award by the Council for Private Education is a testimony of the high standard of processes, teaching strategies and programmes in the YMCA Education Centre.

For more information about the YMCA Education Centre, please visit the website at www.ymca.edu.sg



A Shorthand class in the 60's

YMCA Outdoor & Adventure

Registration and enquiries:

Gracie Ngoi (graciengoi@ymca.org.sg)

Visit our YMCA Outdoor Adventure Facebook page for programme updates:
<https://www.facebook.com/YMCA.Outdoor.Adventure>

Or join our Meetup group;

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

The YMCA Associate Membership fee is included in all prices of YMCA Outdoor & Adventure programmes (except one day excursions)

BikeYex Taiwan for Foldies

Join us for an insider's view of Taiwan on wheels. Taiwan's magnificent peaks and unending Pacific coastline will take your breath away.

This 5D4N itinerary brings you through the most scenic parts of Taiwan - the East coast - with three days of biking along the endless Pacific Ocean coast.

Date : 3 - 7 Oct 2013
Programme Fee : S\$ TBA *per pax

* Members receive a rebate of **S\$21.40**



Y Treks: Xueshan

Standing at a height of 3,886m (12,749ft), Xue Shan (雪山) or Snow Mountain, is the second highest mountain in Taiwan and the highest point of the Syue Mountain Range which stretches northeast to southwest across Taiwan.

Date : 12 - 16 Oct 2013
Programme fee : S\$876.40 *per pax

* Members receive a rebate of **S\$21.40**



Short Excursions to Malaysia

Adventurous short excursions to Malaysia for mountain & waterfall trekking and caving.

	Date	Price*
Y Adventures Batu Maloi	7 Aug	S\$106.40
Y Treks Cameron Highlands	12 - 15 Sep	S\$396.40
Y Treks Gunung Belumat	5 Oct	S\$116.40



Y Japan Ski: Hokkaido

Enjoy sumptuous food and four full days of winter sports at the award winning Rusutsu Resort in Hokkaido!

Date : 16 - 22 Dec 2013

Programme Fee : S\$ TBA *per pax

* Members receive a rebate of **S\$21.40**



Y Adventures: Surabaya

Trek up Mt Bromo for sunrise and an unforgettable white water rafting experience!

Date : 22 - 25 Aug 2013

Programme Fee : S\$916.40 *per pax

* Members receive a rebate of **S\$21.40**



Y Korea Ski (Varsity & Open)

Join us for an amazing cultural and sporting adventure in Korea! Learn to ski and experience Korean culture at a Korean home stay organised by Chuncheon YMCA.

Date : 16 - 22 Dec (Varsity & Open Group)

Programme Fee : S\$ TBA *per pax

Registration

Dateline : 1 Oct 2013

* Members receive a rebate of **S\$21.40**



Y Adventures: Sapa

Visit the largest market in the area, Bac Ha Market. Hill tribes from surrounding villages will flock to this weekly market to trade, wearing their colourful traditional tribal wear. The trekking part in Sapa will take participants along terrace rice field, through small village and a night stay at a local home located in a small hamlet up in the mountains.

Date : 3 - 8 Aug 2013

Programme Fee : S\$796.40 *per pax

* Members receive a rebate of **S\$21.40**

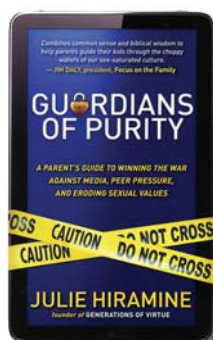


Book Review

Guardians of Purity

A Parent's Guide to Winning the War
against Media, Peer Pressure, and
Eroding Sexual Values

By Julie Hiramine
240 pages, paperback,
published by Charisma House



With so many things in society targeting the moral values of our children, subtly reaching into their hearts and minds to shape and mould them, how do we teach our children to walk in purity of heart, mind, and body? Julie Hiramine offers a battle plan!

In recognising the overwhelming need for parents to be deeply involved in the lives of their children, especially starting at a young age, Julie Hiramine not only identifies the issues that parents and teens are confronting, but she also gives practical guidance on how to deal with the myriad challenges associated with raising children or just being a teenager today.

In 'Guardians of Purity', you will find a much-needed tool that combines common sense and biblical wisdom with practical advice to help you stand against these destructive cultural values and influences.

Julie provides workable solutions to help concerned parents become the effective gatekeepers of their home, have age-appropriate conversations with their kids about sex, help teens walk out a lifestyle of purity and integrity, stand strong against the media's influence and more.

Usual price: **\$21.94 w/GST**

YMCA Members enjoy 20% off till 31 Aug 2013, while stock lasts. Please produce a valid YMCA membership card to enjoy the discount. Available only at Media Ministry of Cru Singapore, **15 Playfair Road #02-01, FGA@Playfair, (S)367987**.

Word from the Chaplain

In remembrance

Two bombs at the Boston Marathon took three lives and left nearly 300 people injured. A week later, an earthquake in China's Sichuan province left about 200 people dead and more than 11,000 injured. Closer to home, a popular Singaporean actor, Huang Wenying, died of lymphoma cancer in that same week.

Reading the condolences expressed in cyberspace for Huang, a household name in Singapore, I was struck by the number of people who wrote, "You will be remembered." That set me thinking about my own life, about who will remember me after my days on earth are done.

I came across the following quiz attributed to Charles Shultz, the creator of my all-time favourite comic strip, Peanuts.

Answer these questions, modified to suit our context. Even if you don't have the answers, keep reading.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of Miss Universe.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last six Academy Award winners for best actor and actress.

How did you do? Most of us will not remember the headliners of yesterday. These may be the best in their fields but when the applause fades, so do the remembrances. The accolades and trophies are buried with their recipients.

Here's another set of questions.

1. List a few teachers who aided your journey through school.
2. Name three friends who helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel special.
5. Think of three people you enjoy spending time with.

This time, how did you do? Probably much better. The names we remember are not the ones with the most trophies, most money or most credentials. You remember the ones who care, the people who touch your life and the family who loves you, even though they know the real you.

Jesus; that's a name to remember because He loves you the most. Greater love has no one than this, that he lay down his life for his friends. Jesus calls you His friend and He died on the cross for you. Remember Him.

Written by Rev Dr Kow Shih Ming, YMCA Honorary Chaplain and Pastor-In-Charge, Wesley Methodist Church

The passing of Menon Radha Gopal, wife of the late C G Menon

YMCA of Singapore was deeply saddened to learn of the passing of Mrs Menon Radha Gopal on 16 May 2013. Mrs Menon Radha Gopal was the wife of the late Mr C G Menon, who had spent his entire career of 58 years serving at the YMCA of Singapore.

While we mourn the loss of Mrs Menon Radha Gopal, we also fondly remember the late Mr C G Menon for his dedicated service as Office Secretary, Lecturer for YMCA Commercial Classes and Principal of the YMCA School from 1928 to 1987. He was best known for re-opening and reviving the Commercial Classes at YMCA after the Second World War.

Under his supervision and leadership, the classes resumed their pre-war popularity and were enrolling students to capacity. The annual intake at the time had averaged over 1,000 students, with more subjects added on subsequently.

Our prayers and thoughts are with the late Mr and Mrs C G Menon's family during this period of bereavement.

Gym Personal Training

By **Simon Chua**
Asian Gold Medallist
2002 & 2006



Call

6586 2255

to Register

GYM PERSONAL TRAINING

• Body Building • Shape & Tone • Weight Loss

6586 2255 | lifestyle@ymca.org.sg | www.ymca.org.sg/lifestyle

Mr Simon Chua started his Bodybuilder career 21 years ago and has participated in many Bodybuilding competitions in which he clinched the Gold award. His first success was a gold medal in the 1997 SEA Games followed by more gold medals at the 2000, 2003, 2005 Southeast Asian Championship, 2002 Commonwealth Championship and 2002, 2006 Asian Games. He is also featured in the Singapore Sports Museum, Hall of Fame.

Mr Chua is a professional gym instructor and offers private training for individuals. Be it preparing for National Service, getting fit and healthy or body-building training, he is confident of assisting you to achieve your goal.

Sign up by 30 August 2013 to receive a free session with every 10 sessions.

Personal Training	Day	Time	Fees*
10 sessions package (1 hour each session)	Mon, Wed, Fri	5.00pm - 9.00pm	\$770.40
	Tue, Thurs	10.00am - 2.00pm	

*Inclusive of GST and YMCA membership Fee.

YMCA Members enjoy \$21.40 rebate.

Enquiries: Call 6586 2255 / 56 or email: members@ymca.org.sg

YMCA Fencing Programme

The YMCA Fencing Programme is based on the successful Russian model of sporting development. It is directed at developing young fencers towards competing internationally. The programme includes the use of games for strong & progressive physical, psychological and fencing development.

Our Russian programme director, Maria Bobok, has over 25 years of coaching experience, and she is passionate about coaching children. Being one of only three fencing coaches nationwide awarded the NCAP Level 3, endorsed by the Singapore Sports Council, she has built a strong foundation for the YMCA Fencing Programme and its athletes. Maria has coached many successful fencers in both Russia and Singapore, helping them excel in

the sport, while being able to balance studies effectively.

In 2013, Maria led the fencers to attain the following awards:

Weinheim Fencing Championships 2013 (Germany)
Women's Foil U11 (Individual) Gold

Singapore Cadet Fencing Championship 2013
Women's Epee (Individual) Gold
Women's Foil (Individual) Silver

Singapore Junior Fencing Championship 2013
Women's Foil (Individual) Gold & Silver



Programme	Day & Time	Programme Requirement
Fencing Children (Foil)	Tue 4.30pm - 6.30pm Sat 12.00pm - 2.00pm	Age 7+ No experience required
Fencing Foil Foundation	Wed & Thurs 3.00pm - 5.00pm Sat 4.00pm - 6.00pm Sun 3.30pm - 5.30pm	Age 8+ No experience required
Fencing Foil Pre-competitive	Mon & Wed 5.00pm - 7.00pm Tue 4.30pm - 6.30pm Sat 2.00pm - 4pm / 4.00pm - 6.00pm	Age 13+ 2 years experience
Fencing Youth Epee Pre-competitive	Mon 3.00pm - 5.00pm Thur 5.00pm - 7.00pm Sat 10.00am - 12.00pm	Age 13+ 2 years experience
Adult Epee	Wed 7.30pm - 10.00pm	Age 17+ No experience required

All participants are required to be YMCA members.
For more information, log on to www.ymca.org.sg/lifestyle, or contact us at:
Tel: 6586 2255 / 56
Email: members@ymca.org.sg

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/vms>

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



Aug Week 1

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : 3 Aug 2013
Time : 11:00am - 1:00pm
Venue : Goodman Arts Centre

Y Dance Outreach

Bishan Home

Date : 3 Aug 2013
Time : 2:30pm - 5:00pm
Venue : 6 Bishan Street 13

Y Outing

Blue Cross Thong Kheng Home

Date : 3 Aug 2013
Time : 9:00am - 1:00pm
Venue : 201 Jurong East Ave 1

Y Spring Clean

Thye Hua Kuan (Bukit Merah View)

Date : 3 Aug 2013
Time : 9:00am - 1:00pm
Venue : Blk 118 Bukit Merah View

Y Photo Club

Association For Persons With Special Needs (Tanglin School)

Date : 3 Aug 2013
Time : 9:00am - 1:00pm
Venue : YMCA of Singapore

Aug Week 2

Y Spring Clean

Thye Hua Kuan (Telok Blangah)

Date : 10 Aug 2013
Time : 9:00am - 1:00pm
Venue : Blk 3 Telok Blangah Crescent

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : 10 Aug 2013
Time : 11:00am - 1:00pm
Venue : Goodman Arts Centre

Aug Week 3

Y Reading Club

Metta School

Date : 16 Aug 2013
Time : 2:00pm - 5:00pm
Venue : 30 Simei Street 1

Y Reading Club

Metta School

Date : 17 Aug 2013
Time : 9:00am - 12:30pm
Venue : 30 Simei Street 1

Y Arts Challenge

THK Family Service Centre @ MacPherson

Date : 17 Aug 2013
Time : 3:00pm - 5:00pm
Venue : Blk 91 Upp Paya Lebar Way

Y Photo Club

Association For Persons With Special Needs (Centre For Adults)

Date : 17 Aug 2013
Time : 9:00am - 1:00pm
Venue : YMCA of Singapore

Y Confidence

Ministry of Social and Family Development

Date : 17 Aug 2013
Time : 9:00am - 2:00pm
Venue : Kallang Water Sports Centre

Aug Week 4

Y Green Fingers

The TENT

Date : 22 Aug 2013
Time : 3:00pm - 5:30pm
Venue : 1034 Upper Serangoon Road

Y Arts Challenge

Christian Outreach to the Handicapped

Date : 23 Aug 2013
Time : 10:00am - 2:30pm
Venue : Blk 171 Toa Payoh Lorong 1

Y Guitar Club

The TENT

Date : 24 Aug 2013
Time : 11:00am - 2:30pm
Venue : YMCA of Singapore

Y Spring Clean

Thye Hua Kuan (Ang Mo Kio)

Date : 24 Aug 2013
Time : 9:00am - 1:00pm
Venue : Blk 645 Ang Mo Kio

Y Reading Club

Metta School

Date : 24 Aug 2013
Time : 9:00am - 12:30pm
Venue : 30 Simei Street 1

Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : 24 Aug 2013
Time : 11:00am - 1:00pm
Venue : Goodman Arts Centre

Y Arts Challenge

THK Family Service Centre @ MacPherson

Date : 24 Aug 2013
Time : 3:00pm - 5:00pm
Venue : Blk 91 Upp Paya Lebar Way

Y Outing

Association For Persons With Special Needs (Centre For Adults)

Date : 24 Aug 2013
Time : 9:00am - 1:00pm
Venue : 29 Jalan Tembusu

Aug Week 5

Y Green Fingers

Bishan Home

Date : 27 Aug 2013
Time : 3:00pm - 5:30pm
Venue : 6 Bishan Street 13

Y Green Fingers

Queenstown Multi Service Center (QMSC)

Date : 28 Aug 2013
Time : 3:00pm - 5:30pm
Venue : 150A Mei Chin Road

Y Confidence

Ministry of Social and Family Development

Date : 31 Aug 2013
Time : 9:00am - 1:00pm
Venue : YMCA of Singapore

Y Arts Challenge

THK Family Service Centre @ MacPherson

Date : 31 Aug 2013
Time : 3:00pm - 5:00pm
Venue : Blk 91 Upp Paya Lebar Way

Y Visits

Singapore Christian Home

Date : 31 Aug 2013
Time : 2:00pm - 4:00pm
Venue : 20 Sembawang Crescent

Y Reading Club

Metta School

Date : 31 Aug 2013
Time : 9:00am - 12:30pm
Venue : 30 Simei Street 1

Volunteers Recruitment Drive

Y Camp Challenge (September) 2013

An outdoor adventure camp designed for intellectually and mentally challenged beneficiaries to build their self-confidence.

Volunteers must be 18 years old and above to participate in the camp.

Date : 6 - 8 September 2013
Venue : Jalan Bahtera Adventure Centre

Volunteers are required to attend a mandatory briefing and After Glow session on:

Briefing Date : 16 August 2013
Time : 7:00pm to 10:00pm
Venue : YMCA of Singapore

or
Briefing Date : 24 August 2013
Time : 3:00pm to 6:00pm
Venue : YMCA of Singapore

After Glow : 28 September 2013
Time : 6:00pm - 9:00pm
Venue : YMCA of Singapore, Pool Side Terrace

For more information, please contact Roger Tan at robertan@ymca.org.sg