

# FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MICA (P) 174/05/2010

THIRD QUARTER 2011



developing body, mind & spirit



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# President's Message

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Dear Members and Friends,

On 25 July, the YMCA movement was accorded the rare honour of addressing the world at the 65th United Nations General Assembly in New York. Mr Romulo Dantas, a 29-year old Executive Secretary for Youth Empowerment at the World Alliance of YMCAs in Geneva, Switzerland, shared the platform with Mr Ban Ki-moon, Secretary General of UN and Mr Joseph Deiss, former President of the UN General Assembly. In his speech, Mr Dantas called for greater youth empowerment around the world as he recounted his personal experience of being empowered by the YMCA as a youth to make a difference in the lives of others. Here in Singapore, the YMCA continues to develop, empower and groom youths into servant leaders who can rise to the occasion to drive impactful programmes that serve the needs of the community.

The 12th annual YMCA Charity Golf was held in July at the Tanah Merah Country Club. For the first time since its inauguration in year 2000, the tournament was held over two days from 28 to 29 July to cater to both individual and corporate flights. With the participation of 280 golfers and support from over 50 corporations through flights and sponsorships in cash and kind, over \$388,000 was raised for the YMCA-Lim Kim San Volunteers Programme to recruit, develop and recognise volunteers. All glory to God for His provision!

Fourteen Y Photo Club beneficiaries from the Association for Persons with Special Needs - Centre For Adults, participated in the 9th Canon PhotoMarathon held on 10 September. This first-time experience presented the beneficiaries with a great opportunity to express their creativity

and exercise the skills which they learnt during the monthly Y Photo Club sessions.

We organised the third YMCA Opera Treats this year with support from Queenstown Community Centre (QCC). Some 160 needy elderly from four voluntary welfare organisations were hosted by youth volunteers from YMCA and QCC for an afternoon of Cantonese opera featuring the "Four Beauties of Ancient China". Through YMCA Opera Treats, we seek to continue promoting intergenerational bonding between the elderly beneficiaries and youth volunteers, as well as to reinforce in the younger generation, traditional cultural values such as filial piety and caring for the elderly through service learning.

We welcomed many first time volunteers and beneficiaries to the third Y Camp Challenge for this year, especially more than 20 autistic individuals. Autistic persons require greater attention from their caregivers due to their hyperactive nature and short attention span, but they impressed everyone with their abilities to adapt quickly to the new environment and to comprehend important technical and safety instructions prior to each outdoor activity. All the autistic beneficiaries eventually conquered the rock wall despite only attempting rock climbing for the first time in their lives at this camp!

We also mobilised a team of Optometry students for a 9-day service mission to Sri Lanka. The team served over 600 villagers and children in two villages and four schools, providing eye screening, teaching eye care techniques and prescribing spectacles. This is part of the on-going bi-annual YMCA Rebuilding Communities Programme in Sri Lanka which seeks to provide medical and health care services to the impoverished locals.

It has been a very eventful third quarter, and we would not have achieved success in the many programmes without the warm support received through volunteerism and donations. On behalf of the YMCA of Singapore, I thank everyone who have contributed to our programmes, for giving of your time and money to help us fulfill the YMCA mission of 'touching lives and lifting spirits' in the community.

**"He who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."**  
**2 Corinthians 9:10-11**

## In-His-Service

**Stephen Loh**  
**President**

## Board of Directors (2011/2012)

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## Cover Photo:

Y Photo Club participants (beneficiaries from Association for Persons with Special Needs - Centre for Adults), YMCA volunteers and staff invited by Canon Singapore Pte Ltd at the 9th Canon PhotoMarathon.

The Canon PhotoMarathon 2011 kicked off on 10 September in Singapore. Spanning five countries, this year's competition brought together photography talents from India, Indonesia, Malaysia, Singapore and Vietnam. Y Photo Club is a YMCA volunteer-driven community service programme that equips YMCA beneficiaries with photography skills through theoretical and outdoor practical sessions.



# Snapshots

## YMCA-Lim Kim San Volunteers Programme

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## 12<sup>th</sup> YMCA Charity Golf received strong corporate support



For the first time since year 2000, the annual YMCA Charity Golf was held over two days at the Tanah Merah Country Club (Tampines Course) to cater to individual flights (on 28 July) and corporate flights (on 29 July) with the objective of raising \$320,000 for the YMCA-Lim Kim San Volunteers Programme.

In all, over 280 golfers participated in the 12th YMCA Charity Golf 2011, with more than 50 corporations generously supporting the event through corporate flights, sponsorships and donations-in kind. Presenting sponsor NTUC FairPrice Foundation made a cash sponsorship of \$50,000, while the hole-in-one prize, a Subaru Impreza 2.0MT, was sponsored by Motor Image Enterprise Ltd. Individual flights were taken up at \$2,000 per flight while corporate flights were sponsored at \$5,000 each. Over \$388,000 was raised for the training and development of YMCA volunteers and promoting of Corporate Volunteerism.



YMCA was very honoured to have Mr S. Iswaran, Minister, Prime Minister's Office, Second Minister for Home Affairs and Second Minister for Trade and Industry, and Mr Cecil V R Wong, YMCA Trustee, as the Guests-of-Honour on 29 and 28 July respectively.

Addressing the largely corporate audience and sponsors at the post tournament Dinner & Prize Presentation, Mr S. Iswaran said: "We have a range of VWOs. We need to develop their capacity, their ability to recruit, train and build up their volunteers. Because if we have a well trained, motivated and organised volunteer corps, then the outcomes are significantly better.

Corporate involvement in voluntary work, in particular through CSR and other initiatives is an important complement to this. Many a time, individuals and organisations need the support of the corporate entity in order to be able to channel their energy towards a worthwhile cause".

"I'm very pleased because I was reading up and getting a sense of what YMCA has been doing and I think in this particular regard, the YMCA, through the YMCA-Lim Kim San Volunteers Programme effort and the corporates involved, sets the stage for building capacity in our sector in order to do bigger and better things," added Mr Iswaran.

Citi Singapore was crowned the Champion of the Lim Kim San Corporate Challenge 2011 while Singapore Press Holdings Ltd and Lippo Realty (Singapore) Pte Ltd claimed the 1st runner up and 2nd runner up spots respectively.

YMCA of Singapore thanks the Presenting Sponsor NTUC FairPrice Foundation, Main Sponsors Tote Board and Lee Foundation, as well as all golfers, cash donors and donors in-kind for their generosity and support. The 13th YMCA Charity Golf is scheduled for 27 July 2012 at the Tanah Merah Country Country Club. Interested individuals or corporations may email [charitygolf@ymca.org.sg](mailto:charitygolf@ymca.org.sg)

### Lim Kim San Corporate Challenge 2011 participating corporations

Addicon Logistics Management (S) Pte Ltd  
ArrowCrest Technologies Pte Ltd  
Bank of Singapore  
Citi Singapore  
DBS Bank Ltd  
EpiCentre Pte Ltd  
ESRI Singapore Pte Ltd  
Far East Organization Pte Ltd  
GMG Global Ltd

Kangqi International Pte Ltd  
Keppel FELS Ltd  
Knight Frank Pte Ltd  
Lee Kim Tah Holdings Limited  
Lippo Realty (Singapore) Pte Ltd  
Lum Chang Holdings Limited  
NTUC FairPrice Foundation  
PB Tankers Ltd  
Pembroke Investments Pte Ltd

PricewaterhouseCoopers LLP  
Sim Law Practice LLC  
Singapore Press Holdings Ltd  
Stamford Tyres International Pte Ltd  
Superior Multi-Packaging Limited  
Tecity Group  
Times Publishing Group  
TPS Group of Companies  
Wala Wala Group (Imaginations)  
Xi Yan Pte Ltd



# Snapshots

## YMCA- Lim Kim San Volunteers Programme

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## 12<sup>th</sup> YMCA Charity Golf







## 12<sup>th</sup> YMCA Charity Golf



In keeping with tradition, the annual YMCA Charity Golf would not be complete without a Charity Auction at the post-tournament Gala Dinner. This year, we were blessed to receive a pair of Chinese calligraphy couplets written by Mr Lee Khoon Choy (former Senior Minister of State), two water colour paintings by Mrs Ruth Wong Kan Seng and a pair of return tickets to Tokyo sponsored by Singapore Airlines for the auction.



### About the YMCA-Lim Kim San Volunteers Programme

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 Volunteerism. Through the Programme, YMCA has facilitated several major corporations including Citi Singapore, Credit Suisse, NTUC FairPrice, PricewaterhouseCoopers Service LLP, Superior Multi-Packaging Ltd and more in mobilising their staff to serve across various structured and sustained YMCA community service programmes locally and overseas.

In 2010, YMCA engaged over 23,000 volunteers who served more than 290,000 hours across various YMCA local and overseas community service programmes, touching the lives of over 7,000 less privileged. Collectively, YMCA volunteers delivered over \$5.8million\* in service value to the community through their voluntary work.

*\*based on the \$20 per hour wage of a service sector employee (Source: NVPC Dec, 2010)*





# Snapshots

## YMCA-Tan Chin Tuan Community Service Programmes

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L-R Stephen Loh, Dr Lim Hwee Sin and Mr Yam Ah Mee



YMCA volunteers and the Cantonese Opera performers posing for a picture memento

On September 17, over 100 volunteers from YMCA of Singapore and Queenstown Community Centre came together at YMCA Opera Treats to teach, learn and perform Cantonese opera to build stronger intergenerational ties with 160 needy elderly beneficiaries from Asian Women's Welfare Association, Peace Connect, MacPherson Moral Senior Activity Centre and Christalite Methodist Home.

They were joined by Special Guest, Mr Yam Ah Mee, Executive Director of People's Association, Mr Stephen Loh, President, YMCA of Singapore, Dr Lim Hwee Sin, Chairman of Queenstown Citizens' Consultative Committee and Ms Teo Lin-Lee, Adviser to Queenstown Community Centre Cantonese Opera Group.

Together they watched "The Four Beauties of Ancient China", namely "The Feast", "The Farewell Song", "The Promise" and "The Royal Dream" performed by the Queenstown Community Centre Cantonese Opera Group.

In the lead-up to YMCA Opera Treats, YMCA youth volunteers from ITE College East, ITE Bishan and Ngee Ann Polytechnic attended a training session by Queenstown Community Centre's Grandparents

# YMCA Opera Treats Transcends Age Gap Through Intergenerational Bonding

Photos and article contributed by Grace Chiang, YMCA volunteer writer



"Xi Shi" engaging in banter with the audience during Question-and-Answer time

Interest Group, to understand opera stories as well as interpret the gestures of each act.

The youths produced the subtitles for the Cantonese Opera in English and Chinese and even designed games to actively engage the elderly audience. Zahid bin Mohd Yusoff, a Team leader from ITE College East collaborated with university students at Resource Task Group. His team was involved in the planning of the game segment and script-writing.

When asked about the challenges of overcoming cultural and language differences, Zahid said he did not consider them problems and was pleasantly surprised that he received positive responses from the audience.

**"It is very heartening to learn about this meaningful collaboration between YMCA of Singapore and Queenstown Division. By collaborating with each other, we are able to tap and leverage on the resources of each other and enhance our outreach."**

**I am deeply impressed with the efforts put in by the YMCA youths and Queenstown volunteers".**

Mr Yam Ah Mee

Executive Director of People's Association  
Special Guest, YMCA Opera Treats

During intermission, YMCA volunteers exhibited virtues of care and respect for the elderly through conversation and by physically helping them to move about. The beneficiaries certainly found joy in interacting with the youths too.

It was heart-warming to see the youths holding the

hands of the elderly or supporting them as they slowly walked. Beneficiary Madam Lim Kim Chai commended that a number of the opera actors were English speakers and had taken years of extensive specialised training in Cantonese Opera performance and music before performing on stage. Deep emotional nuances expressed through intricate body movement and facial expressions, emotive voices and good acting chemistry were achieved through hard work.

Some elderly members of the audience were moved to tears, particularly during The Promise; the story of legendary beauty Xi Shi, and The Farewell Song; the heart-wrenching separation of Wang Zhao Jun and Emperor Han. Sacrificing love for ambition are recurring themes in Cantonese Opera. The audience warmly applauded the opera troupe at the end of the performance.

The next YMCA Opera Treats will be held on 3 December 2011 at the YMCA Lee Kong Chian Auditorium, YMCA of Singapore. For more information, please visit [www.ymca.org.sg/operatreats](http://www.ymca.org.sg/operatreats). To sponsor or volunteer for the event, please email Hans Cheong at [hanscheong@ymca.org.sg](mailto:hanscheong@ymca.org.sg)

### About YMCA Opera Treats

YMCA Opera Treats is a YMCA-Tan Chin Tuan Community Service Programme, organised by YMCA of Singapore. It is one of Singapore's pioneer community opera projects that actively engages youths and seniors. YMCA Opera Treats, which is into its seventh run since YMCA launched it in 2009, has benefitted more than 2,500 residents from various elderly homes while allowing young and old to appreciate Cantonese Opera as a traditional Chinese art. By bringing cheer to the needy elderly, YMCA Opera Treats also reinforces the value of filial piety among the youths through the opportunity to interact and bond with the seniors.

# Snapshots

## YMCA- Tan Chin Tuan Community Service Programmes

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## New faces, new friendships at Y Camp Challenge

*Photos: Teo Yi Shan and Yoko Yeap Qi Ge, Y Camp Challenge volunteers*

The quarterly Y Camp Challenge held from September 16 to 18 at the Ministry of Education's Dairy Farm Adventure Centre, saw the participation of youths with Down's Syndrome, Autism, Schizophrenia or Psychosis accompanied by 116 YMCA volunteers.

This Y Camp Challenge was an exceptional learning experience for both the beneficiaries and the volunteers because 74 of the volunteers were taking part for the first time.

As YMCA had invited the largest number of autistic youths, each beneficiary at the camp was paired with two YMCA volunteers to further ensure safety and enjoyment during rock climbing, outdoor cooking and handling an open fire, water sports, trekking and team building exercises.

The volunteers were also their round-the-clock companions taking care of their every need. (At other Y Camp Challenge programmes, one YMCA volunteer would partner one intellectually or physically challenged beneficiary).

First-time volunteer Samuel Ee, 22, shared, "I learned to be patient through Y Camp. At first, I found it tough to communicate with my special friend and it was very hard to interest him in doing anything. But we bonded on the second and third days, and our interaction improved. Our friendship also grew and we enjoyed the camp activities together".

Beneficiaries for this Y Camp Challenge were from YMCA partnering voluntary welfare organisations, namely, The Asian Women's Welfare Association Special School, MINDSville@Napiri, MINDS-AMK Training Development Centre, Metta Day Activity Centre for the Intellectually Disabled @ Hougang and the Singapore Association of Mental Health.

YMCA would like to acknowledge the support of:

The Tan Chin Tuan Foundation  
The Singapore Red Cross Society  
Jurong Christian Church  
The Boys' Brigade 26<sup>th</sup> & 28<sup>th</sup> COY  
Singapore Armed Forces



### About Y Camp Challenge

Organised four times a year, Y Camp Challenge is a 3-day outdoor adventure camp culminating in a campfire, uniquely designed for persons with special needs with the aim of fostering self-confidence, character building and broadening knowledge of skills and elements involved in adventure activities. These activities aim to challenge the pre-conceived limits and boundaries of the beneficiaries from various voluntary welfare organisations.

### YMCA FOOD OF LOVE

**The monthly YMCA Food of Love is  
a community outreach programme  
to elderly beneficiaries from  
PEACEConnect.**

Volunteers from Uni-Y and Hi-Y will gather to  
prepare food taught by a volunteer chef.

**Date:** Every last Saturday of the month  
**Time:** 10.30am – 3.00pm

If you are interested to volunteer your culinary skills for the YMCA Food of Love,  
please email [danieltai@ymca.org.sg](mailto:danieltai@ymca.org.sg)



### Sign up for our eNews!

We have a monthly e-newsletter (Y eNews) which we send to members to keep them updated on upcoming events and recent announcements. To receive our eNews, please email to [corpaffairs@ymca.org.sg](mailto:corpaffairs@ymca.org.sg)



# Snapshots

## YMCA- Tan Chin Tuan Community Service Programmes

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### The PhotoMarathon Contest Mechanics

Unique to the Canon PhotoMarathon is the need to create images according to three assigned themes released sequentially throughout the day. Participants had a few hours to submit their best interpretation of the assigned theme, before the next theme was released. Kicked off at 9am, the PhotoMarathon lasted about nine hours, with the winners announced at the end of the day.

Theme 1 (9am-11am): Eat

Theme 2 (12pm – 2pm): Circle

Theme 3 (3pm – 5pm): Imagine

YMCA thanks Canon Singapore Pte Ltd for waiving the participation fee of all beneficiaries and volunteers.

## Y Photo Club ‘Photo Marathoners’

Y Photo Club beneficiaries from the Association for Persons with Special Needs – Centre for Adults (ASPN) participated in the 9th Canon PhotoMarathon on 10 September, to create images according to assigned themes released sequentially by the organisers throughout the day.

Thanks to Canon Singapore Pte Ltd for waiving the participation fee, all 14 Y Photo Club beneficiaries from ASPN were able to participate in the PhotoMarathon to gain outdoor practical experience. The beneficiaries accompanied by YMCA volunteers participated in the PhotoMarathon using skills learned during Y Photo Club sessions.

The beneficiaries composed their photos (below) creatively by looking at the subjects in different perspectives with the help of YMCA volunteers present.



The beneficiaries thoroughly enjoyed the unique PhotoMarathon experience and they each brought home a free 8R photo printout and a t-shirt, courtesy of Canon Singapore Pte Ltd.

### About Y Photo Club

Y Photo Club, a monthly photography session with APSN aims to equip beneficiaries with basic photography skills and create a platform for beneficiaries to express their thoughts and creativity. Topics covered include: rule of third, framing, white balance, black & white photography, street photography and Macro mode.

## 2011 YMCA Outstanding Volunteers Awards Ceremony

On 26 August 2011, YMCA of Singapore recognised 32 volunteers for their outstanding voluntary efforts across YMCA Community Service Programmes, YMCA International Service Programmes, YMCA Youth Development Programmes and YMCA Lifestyle Programmes. Over 60 YMCA volunteers and guests attended the event, which was graced by Mr Chew Kwee San, Treasurer, YMCA of Singapore.



### Volunteer Leader of the Year Award: Jack Tan Jie Ze

The current President of Hi-Y, Jack has served as a YMCA volunteer since 2008. Jack inaugurated conSERVEcert 2010, a concert and carnival which helped to promote recycling and eco-friendly practices in the community.

### Core Volunteer of the Year Award: Tan Guan Ning

Guan Ning has served as a YMCA volunteer leader in Y Reading Club and Y Photo Club programmes since 2008.

### Sustained Volunteerism Award: Esther Tay Yan Peng

Esther has served as a YMCA volunteer leader in various YMCA Community Service Programmes since 2006.

### Special Recognition Award: Jasmine Lim Ching Mei

Jasmine has clocked 429 volunteering hours with YMCA since 2008 and served as a Committee Member for four consecutive Y Camp Challenge.



# Snapshots

## YMCA International Programmes

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### Serve Overseas as a YMCA volunteer leader



YMCA plans regular community service trips to Cambodia, Vietnam and Laos to teach English, arts, music and to set up libraries. We aim to help disadvantaged children gain knowledge and break out of the poverty cycle.

If you have a passion to serve the disadvantaged, have effective communication skills and strength in leadership, YMCA invites you to lead our YMCA International Service Programme trips in 2012.

A YMCA International Service Programme volunteer leader should:

- Be 21 years old and above
- Have led a similar Youth Expedition Project or a church mission trip
- Be Singaporean or Singapore Permanent Resident

To register as a volunteer leader for YMCA International Service Programmes, please contact James Ji at [international@ymca.org.sg](mailto:international@ymca.org.sg)

## Optometry students and lecturers conduct eye care health screening in Sri Lanka

Photos: Andrew Leo, Senior Manager, YMCA International Programmes

A team of 23 Diploma in Optometry students and their lecturers from the School of Chemical and Life Sciences, Singapore Polytechnic, led by a YMCA staff, travelled to Sri Lanka from September 19 to 27 on a medical mission as part of YMCA of Singapore Rebuilding Communities Programme. The objective of such a mission is also to provide the students with the opportunity of an overseas learning experience while bringing quality eye care services to the needy.

The team arrived at the Eastern Province of Batticaloa and Ampitiya Village in Kandy to visit two remote villages Eralakkulam and Elukkupothanai and four schools in Via Chenkalady and Ozanam Centre (which houses mentally challenged children and orphans), to offer eye screening and eye care lessons. They served more than 600 children and adults teaching them the importance of protecting one's vision. They also provided eye care tips and prescribed spectacles. The Polytechnic students performed skits to demonstrate eye relaxation techniques.

This was the second medical mission to Sri Lanka organised by YMCA this year. YMCA also funds a local medical team comprising a doctor, nurse, medicine dispenser and driver to visit villagers twice a week. This on-going programme serves the medical needs of eight villages.



The YMCA Rebuilding Communities Programme in Sri Lanka is organised in collaboration with Batticaloa YMCA. YMCA organises missions to Sri Lanka on a bi-annual basis. The next trip is scheduled for May 2012. If you are interested to serve as a medical volunteer or to make a donation to support the missions, please email James Ji at [international@ymca.org.sg](mailto:international@ymca.org.sg)



### About YMCA International Programmes

In partnership with our twinning YMCAs and overseas partners, YMCA reaches out to the less privileged regionally through YMCA International Service Programmes and YMCA Rebuilding Service Programmes.

### 2012 Calendar featuring paintings of flowers

Donors who make a contribution of **\$10\*** and above to the **YMCA-Lim Kim San Volunteers Programme** will receive a **2012 calendar\*\***

featuring various flowers painted using charcoal, acrylic, water colour and soft pastel

The art pieces were produced by two young talents from Artz Graine Art Studio namely, Elizabeth Cheng, aged 11 years, and Victoria Lock, aged 10, who enjoy art and hope that their work can benefit the less privileged.

One of the flowers featured is the Dendrobium YMCA orchid, named after the YMCA in 2007 by the National Parks Board in recognition of the YMCA's 105 years of service to the nation.

For more information on how you can make a donation, please contact Ms Jean Chai at [jeanchai@ymca.org.sg](mailto:jeanchai@ymca.org.sg)



\* tax exempt receipts will be issued for donations of \$100 and above  
\*\* while stocks last

# Highlights of Mr. S R Nathan's involvement

## Visit to YMCA in 2006



Signing the VIP guest book



With YMCA Board of Directors 2006/2007



With Y STA and Recreation staff during their performance

## Inaugural YMCA Movie Premiere in 2008



Receiving a warm welcome from YMCA staff and volunteers



Launching Y Movie Escapades, a YMCA-Tan Chin Tuan Community Service Programme



Praising and encouraging staff and volunteers during the event

## "Lim Kim San: A builder of Singapore" Book Launch in 2010



Officiating the launch



Presenting personally autographed books to YMCA-Lim Kim San Volunteers Programme Charter Donors

YMCA of Singapore expresses our deepest appreciation to Mr S R Nathan for his distinguished life-long service to the nation since 1955, culminating in the Presidency of the Republic of Singapore for the past 12 years. YMCA of Singapore is particularly touched and inspired by Mr Nathan's tremendous efforts to raise awareness on social concerns and to rally support for the social service sector through the annual President's Challenge which he initiated in 2000.

YMCA of Singapore is proud to be associated with the President's Challenge since 2006. YMCA of Singapore is also very thankful for Mr Nathan's constant encouragement, support and endorsement of the YMCA, and we are especially grateful for his acceptance of our invitation to be the Patron-in-Chief of the YMCA of Singapore in 2006. YMCA of Singapore is honoured by Mr Nathan's personal interest and support of our programmes over the years, by making it a point to



# Involvement with YMCA of Singapore

## 8<sup>th</sup> YMCA Charity Golf in 2007



RS (YMCA Special Arts, Talents  
ion Society) beneficiaries after  
nance



Celebrating with the Lim Kim San Corporate  
Challenge champions



Taking time to sign an autograph for his  
fan

## Citi-YMCA Youth For Causes Awards Ceremony in 2009



encouraging YMCA volunteers  
ent



Getting an update on YMCA's  
developments at the event from  
Mr. Eric Teng, then YMCA President



With Citi-YMCA Youth For Causes team  
Espoir' and VWO representative from  
Muscular Dystrophy Association  
(Singapore)

## YMCA thanks Mr. S R Nathan for his constant encouragement



Presenting the NVPC Non-profit  
Organisation Award for Philanthropy  
Management 2007 to YMCA



Presenting a token of appreciation to  
YMCA of Singapore in recognition of  
Citi-YMCA Youth For Causes being an  
event of President's Challenge since 2006

grace our many events including the YMCA Charity Golf in 2006 and 2007, YMCA Movie Premiere in 2008, Citi-YMCA Youth For Causes Awards Ceremony in 2010 and the Official Launch of "Lim Kim San: A builder of Singapore" in 2010.

Mr Nathan's personal interest and keen involvement in the YMCA's efforts to raise funds for the YMCA-Lim Kim San Volunteers

Programme is greatly appreciated, especially for taking the time to personally autograph all copies of the book, "Lim Kim San: A builder of Singapore" for the 90 Charter Donors of the YMCA-Lim Kim San Volunteers Programme.

*Thank you Mr Nathan for your support over the years and we wish you God's richest blessings and a Happy Retirement.*

# Snapshots

## YMCA Corporate News & Events

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Photos by Premas

### Green lighting solutions at



Y Café



Reception area



The Lobby

## YMCA helped by Tuas Power to reduce energy costs

YMCA received sponsorship of \$20,000 from Tuas Power Supply Pte Ltd to fund the replacement of conventional lighting systems with new energy-saving ones during the association's recent renovation of the lobby, fourth and fifth levels.

Mr Lim Kong Puay, President and CEO of Tuas Power Generation Pte Ltd said, "While developing the Lighting Solutions programme, we saw a great opportunity to fulfill our corporate social responsibility, by sponsoring the cost of conducting lighting audits and installing energy-saving lighting systems

for five charitable organisations. We realised that this could translate into significant savings which will enable them to put the much needed funds to better use".

Tuas Power together with Premas had conducted a pre-renovation survey of YMCA which included a comprehensive study of the various 761 light fixtures installed within the areas to be renovated. The annual electricity consumption at Levels 1, 4

and 5 for these 761 lights and fixtures amounted to almost \$102,000 annually.

"With Lighting Solutions we expect to shave \$12,176 off our current electricity bill a year, or 47% for the same number of lights and fixtures. And with the Tuas Power Green Programme subsidy of \$20,000, we can expect to achieve our return on investment in 21 months. Whatever savings we can get, will be funds available for YMCA to reach out to benefit more beneficiaries," said Gerald Lim, General Manager, YMCA International House.



Gerald Lim (left), General Manager of YMCA International House is presented the Lighting Solutions sponsorship by Mr Lim Kong Puay, President and CEO of Tuas Power Generation Pte Ltd at the Tuas Power Supply Lighting Solutions Launch

Moreover, the new lighting solutions substantially reduce carbon dioxide emissions.

By replacing 761 fixtures on 3 levels, YMCA will be reducing carbon dioxide emission by about 50% or the equivalent of 1,487 trees that will be needed to offset the additional carbon dioxide emission each year!

How's that for saving our planet earth!

**YMCA International House** is a social enterprise of the YMCA of Singapore. Surpluses generated are channelled to cover the corporate costs and part of the costs of running the YMCA's numerous community service programmes. Located on Orchard Road between Singapore's shopping belt and the Culture & Arts precinct, the YMCA International House offers warm hospitality and 111 comfortable, clean and cosy rooms to business travellers and those on vacation. Reservations: 6336-6000

### Jericho's Rooftop Cafe

**Good Food.  
Good Fun.  
Good Friends.  
Good Entertainment.**

Located at the YMCA of Singapore Pool Terrace, Jericho's Rooftop Cafe is part of Singapore Management University Uni-Y's Social Entrepreneurship team.

Jericho's Rooftop Cafe, brought together by their passion to serve the community and a raging entrepreneurship spirit.

Uni-Y Jericho's rooftop cafe

Date: **Every last Friday of the month**

Time: **7.00pm – 10.00pm**

Food prices: **under \$10**

For more information, email [danielletai@ymca.org.sg](mailto:danielletai@ymca.org.sg)







At the 65th United Nations General Assembly which convened in New York on 25 July 2011, the YMCA movement was accorded the rare honour of addressing more than 200 Assembly members, Heads of States, Ministers and youth leaders from around the world at the opening ceremony of the High-Level Meeting on Youth.

Mr Romulo Dantas, a 29-year old Executive Secretary for Youth Empowerment at the World Alliance of YMCAs in Geneva, Switzerland, was appointed to deliver the speech.

He shared the platform with Mr Ban Ki-moon, Secretary General of UN and Mr Joseph Deiss, former President of Switzerland and current President of the UN General Assembly.

Mr Dantas recounted his personal experience of being empowered as a youth to make a difference in the lives of others, how the YMCA empowered

## The YMCA voice at the 65<sup>th</sup> United Nations General Assembly

him to be a leader and an active citizen by facilitating his participation in civic education programmes, camps and volunteering for community service.

Mr Dantas urged for urgent support and investment “in creative solutions to guarantee dignity to young people in the shape of Jobs, Health and Civic Engagement”.

Founded in London, England in 1844, the YMCA is one of the oldest and largest youth movements in the world. Today, YMCAs have been established in 125 countries with over 45 million members.

As a youth movement, the mainstay of YMCA is to nurture youths who are the source of future leaders of society. In Singapore, the National YMCA movement comprises the YMCA of Singapore and the Metropolitan YMCA of Singapore. Youth development is one of the three key thrusts of the local YMCA movement’s work in the community. The other two being service to community and volunteer development.

Mr Albert Ching, General Secretary of the YMCA of Singapore said, “In line with the universal YMCA ethos, the YMCA of Singapore has continually striven to develop, empower and groom youths into servant leaders who can rise to the occasion to drive impactful programmes that serve the needs of the community. To underline the emphasis we place on youth development, we have a full fledged Youth Development Programmes department to oversee our various YMCA Youth Development programmes. Through these programmes, the youths are exposed to both local and international community service, social entrepreneurship and more”.

Since 2005, the YMCA of Singapore has facilitated the establishment of four youth service clubs in various tertiary institutions in Singapore, University YMCA (Uni-Y) @ Singapore Management University (2005), Uni-Y @ National University of Singapore (2007), Uni-Y @ Nanyang Technological

University (2009) and High School (Hi-Y) YMCA (2009).

Despite their young age, Uni-Y and Hi-Y members have been given training and opportunities to organise and drive YMCA community service programmes locally and overseas as well as projects which they initiated on their own.

YMCA of Singapore has also partnered Citi Singapore since 2002 in organising the annual Citi-YMCA Youth For Causes programme. Targeted at youths, this programme mobilises youths to support social causes through social entrepreneurship projects, enabling them to raise funds, awareness and volunteers for charities of their choice.

In addition to providing platforms for youths to serve the community, YMCA of Singapore also equips and empowers youths to serve others better through structured training programmes such as the YMCA-NUS Business School Volunteer Service Management Programme (VSMP) and the YMCA Leadership and Management Programme (LAMP).



“Congratulations on this milestone. Thank you also for all your years of service to the youth of Singapore”.

**Dr Vivian Balakrishnan**  
Minister for the Environment and Water Resources

“Congratulations on the success – it is indeed an honour to be able to speak at the UN General Assembly. Look forward to opportunities for collaboration in the future”.

**Lawrence Wong**  
Minister Of State, Ministry of Defence  
& Ministry of Education

“Congratulations for the well deserved honour”

**Dr Amy Khor**  
Minister of State, Ministry of Health,  
Mayor, South West District

“Congrats on this great opportunity”.

**Lawrence Lien**  
Chief Executive Officer,  
National Volunteer and Philanthropy Centre

“Thanks for sharing the proud moment of YMCA with us.

We look forward to strengthening our partnership in the youth sector here in Singapore”.

**Koh Peng Keng**  
Director, National Youth Council

The World Alliance of Young Men’s Christian Association is an umbrella organisation, a federation that links independent YMCA national associations in 125 countries and has a membership over 45 million people.

# Snapshots

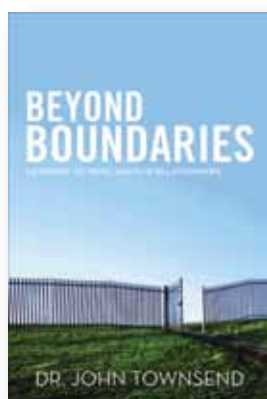
## Christian Wellness

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### Book review

#### Beyond Boundaries

Product description from SKS Books



In this book, Dr Townsend takes the readers beyond the pain which we might have endured from hurtful relationships to discover how we can regain a life of intimate relationships.

It does not matter if you are trying to restore a current relationship or on the verge of beginning a new one, Townsend gives practical advice for establishing trust and finding the intimacy you long for.

'Beyond Boundaries' will help you reinstate closeness with someone who broke your trust; discern when true change has occurred and re-establish appropriate connections in strained relationships.

The most important part of this book is that it teaches you how to create a safe environment that helps you trust again while you restore your former broken relationships into healthy ones.

Retail price : **S\$26.50**  
Telephone : **6227 9700**  
Location : 315 Outram Road, Tan Boon Liat Building, #09-03, Singapore 169074  
Email : **enquiry@sksbooks.com**  
Website : **www.sksbooks.com**

Present this write-up to buy the book at a special price of S\$21.20. While stock lasts.

### 2 Buffet Rules

Almost everyone knows the Singaporean buffet rule – "pile up the plate as much as possible".

Recently a second Buffet Rule was named – in the USA – Billionaire Warren Buffet has called on the US Government to tax himself and his fellow billionaires more to help lower the US deficit. This has become known as the Buffet Rule.

Of course, not everyone agrees with this but The Straits Times (31 August 2011) reported that the rich in France, Italy and Germany have done the same. ("Tax us harder, super rich urge Governments in West"). Astonishing!

But a wonderful example of people taking responsibility to try and achieve a measure of social justice or in the words of Micah 6:8, "to act justly" (NIV).

Perhaps the Buffet Rule is neither unique nor original – The apostle Paul in 2 Cor 8:9 reminds

us "For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich" (NIV).

Surely, this must inspire us to act likewise – to act justly, to have the grace of Jesus. For those who have more to share with those who have less.

Even though our country is one of the most affluent countries in the world, there are still pockets of deep poverty of those who struggle daily to make ends meet. They need the help of those who would like to act justly and graciously, and step forward and take responsibility to do their part.

Do you have a Buffet Rule?

*Word from the Chaplain –  
Pastor-In-Charge of Wesley Methodist Church  
by Rev Melvin Huang*

### Y Knot - where youths connect

#### where youths connect Connecting youths through MUSIC, FRIENDS and FOOD

You and your friends are cordially invited to chill out at an evening of live music, complimentary dinner and heartwarming stories. .

Dates : 27 October 2011;  
24 November 2011  
Time : 7:00pm-8.30pm  
Venue : YMCA of Singapore, Level 9,  
Pool Terrace, One Orchard Road

Y Knot is organised by YMCA of Singapore, supported by Oops Asia and Singapore Youth For Christ.

It's open to all tertiary Students. Free admission.

A short Christian message will be shared during the programme

If you would like to serve in Y Knot as a befriender or musician, please contact Ms Seraph Ng at 6586 2242 or email her at **seraphng@ymca.org.sg**

### YMCA / MYMCA / YWCA World Week of Prayer and World Prayer Fellowship

The local Singapore YMCAs and YWCA come together every year for a week of prayer and fellowship. It is a time when YMCAs and YWCAs globally come together to consider and pray about their work in the context of the Bible and to find guidance and encouragement from Jesus Christ's teachings. The theme for this year is "Young People: A Voice to Influence, A Generation to Treasure", based on the bible verses – 1 Timothy 4:12 and Matthew 5:16.

Date/Time	Event	Topic	Speaker	Venue
16 Nov 2011 (Wednesday) 12.00pm-2.00pm	Lunch Fellowship	Voice to be Nurtured	TBC	YWCA 6 Fort Canning Road
17 Nov 2011 (Thursday) 12.00pm-2.00pm	Lunch Fellowship	TBC	TBC	Metropolitan YMCA 60 Stevens Road
18 Nov 2011 (Friday) 7.30pm-9.30pm	Prayer & Praise Jam (for youths and young adults)	A Voice to Make God's Love Known	Mr Lim Chien Chong (from Singapore Youth for Christ)	YMCA of Singapore, Level 1, Lee Kong Chian Auditorium, 1 Orchard Road

This programme is jointly organised by YMCA of Singapore, Metropolitan YMCA Singapore and YWCA of Singapore. We invite our members, volunteers and the public to join the lunch fellowships and worship sessions.

Please visit [www.ymca.org.sg](http://www.ymca.org.sg) for updates on the event. Kindly contact the following staff for more information:

<b>YMCA of Singapore</b> Seraph Ng <a href="mailto:seraphng@ymca.org.sg">seraphng@ymca.org.sg</a> 6586 2242	<b>YWCA of Singapore</b> Vicki Sim <a href="mailto:vickisim@ywca.org.sg">vickisim@ywca.org.sg</a> 6223 1227	<b>Metropolitan YMCA Singapore</b> Alice Wong <a href="mailto:alicewong@mymca.org.sg">alicewong@mymca.org.sg</a> 6839 8358
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# Snapshots

## YMCA Education Services

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### About YMCA Child Development Centres:

Our programmes are developmentally appropriate for children from 18 months to 6 years of age. Each is distinctly different for the varying age groups. Our integrated curriculum helps to empower children to think beyond memorisation which helps them in the area of critical thinking, reasoning and problem solving. These are skills necessary for them to meet the challenges of today and tomorrow.

### About YMCA Student Care Centres:

Eligible age: 7-14 years

Our value-added programmes such as mentoring, community service and Christian-based character building are in line with MOE's framework on delivering 21st Century competencies. Our students are engaged in constructive activities, in a stable and nurturing environment that helps to inculcate positive values and develop social-emotional competencies of self awareness, social awareness, self management, relationship management and responsible decision making.

## YMCA students participate in Hiroshima Peace Lanterns Programme for 3<sup>rd</sup> consecutive year

The Hiroshima Peace Lantern Ceremony is a wonderful expression of humanity's hopes for peace. This ceremony began several years after Hiroshima experienced the tragedy of the atomic bombing during the Second World War. The ceremony has been held every year on 6 August which marks the memorial of the atomic bombing.

This is the 3rd year the YMCA of Singapore has been invited by Hiroshima YMCA of Japan to participate in the Peace Lanterns Programme in the spirit of peace and solidarity.

YMCA of Singapore hopes that the bond between the children of our local YMCA community and the children in Japan will continue to be strengthened through this programme. Children from the three YMCA Child Development Centres (CDC), seven YMCA Student Care Centres (SSC) and the YMCA School would dedicate an afternoon in mid-July

every year to make the paper Peace Lanterns. The children would be told of the significance of this activity and encouraged to draw, paint, paste cut-outs or write messages to express their hopes and appeals for peace.

The completed Peace Lanterns are sent to Hiroshima YMCA. On arrival, they are fitted onto lantern bases with candles.

On 6 August, all the Peace Lanterns received from around the world are displayed. On that same evening, the

Peace Lanterns are taken to the riverside at Peace Park. When the sun sets, the candles within the Peace Lanterns are lit and the lanterns are set afloat on the river. Tens of thousands of Peace Lanterns drift slowly in a long procession past the Atomic Bomb Dome, symbolising humanity's hope for peace.



YMCA CDC @ Bukit Batok K2 students Tan Qing Yang (left) and Kris Tan preparing their greetings of peace and hope



Peace Lanterns made with love by students of YMCA CDC and SSC

Photos by YMCA CDC @ Bukit Batok



YMCA Education Services



# Only a handful of MBAs are triple accredited Strathclyde MBA is one of them

## Intakes: April / October

22 years in Singapore • Triple Accreditation (AACSB, AMBA, EQUIS) • 9 centres (Europe, Gulf & Asia Pacific) fully taught by Strathclyde academics • Strong local administrative support • Central location

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For more information, please contact us:

**Sean Tan** Tel: (65) 6586 2378

**Tricia Lim** Tel: (65) 6586 2382

seantan@ymca.edu.sg

tricialim@ymca.edu.sg

One Orchard Road, Level 2, Singapore 238824



[www.ymca.edu.sg](http://www.ymca.edu.sg)



Cert No.: EDU-3-3036  
Validity: 10/11/2010 - 09/11/2011

**YMCA Education Centre Limited**  
A subsidiary of the YMCA of Singapore  
Reg No. 201020152Z  
Period: 11 Oct 2010 - 10 Oct 2014

# Snapshots

## YMCA Lifestyle Programmes

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### YMCA Zumba Fitness Package



Party into shape with Zumba. This dance sport is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness workout. There is also Zumba for Seniors / Beginners on Tuesdays 7.40pm - 8.40pm. For the full schedule, please visit <http://lifestyleymca.squarespace.com/zumba-fitness/>

Enjoy unlimited access to Zumba fitness programmes for as low as **\$S150** nett per month. YMCA members enjoy **\$S21.40** rebate

Zumba classes for kids (4-6 yrs & 7-12 yrs) are also available at a fee of **\$S107** nett for 6 sessions. YMCA members enjoy **\$10.70** rebate

## YMCA Dance & Fitness

For more information, visit our website [www.ymca.org.sg/lifestyle](http://www.ymca.org.sg/lifestyle), Facebook (YMCA Lifestyle Programmes), email [lifestyle@ymca.org.sg](mailto:lifestyle@ymca.org.sg) or call YMCA Members Services Centre at 65862255.

### YMCA Aquatic Programmes

**Aqua Baby** provides children with an excellent foundation for swimming by nurturing confidence and promoting safety practices in water.

Date	Saturday 9.00am - 9.30am Monday 4.30pm - 5.00pm
Price	\$S156 nett for 5 sessions <i>YMCA members enjoy \$S21.40 rebate</i>



**Aqua Pregnancy** is a therapeutic workout for would-be-mothers that involves deep breathing exercises and relaxation in water to help strengthen the body for birth.

Date	Saturday 9.15am - 10.15am Monday 3.45pm - 4.30pm
Price	\$S214 nett for 10 sessions <i>YMCA members enjoy \$S21.40 rebate</i>

**Aqua Senior** is an ideal workout for seniors as the exercise helps to tone and strengthen the body with the least impact on the joints and bones.

Date	Monday 5.00pm - 6.00pm
Price	\$S204 nett for 5 sessions <i>YMCA members enjoy \$S21.40 rebate</i>

### YMCA Swimming Classes

Learn to swim and build water confidence with our experienced and passionate coaches at the YMCA rooftop pool.

Learners will enjoy privacy and obtain optimum attention from our coaches due to the small class size and location. Private coaching is also available.

YMCA members 21 years and above enjoy **\$S21.40** rebate;  
YMCA members below 21 years enjoy **\$S10.70** rebate



Pre-school (3-6 years)	\$S216 nett for 10 sessions	Private coaching (below 21 years)	\$S225 nett for 4 sessions
Adults and children (7-12 years)	Children: \$S161 nett for 10 sessions Adults: \$S172 nett for 10 sessions	Private coaching (21 years and above)	\$S236 nett for 4 sessions

### New Dance Programmes by YMCA and Joyful Steps & Rhythm\*\*



Programme Name	Day	Time
Contemporary	Monday	5.30pm - 6.45pm
Adult Ballet (intro level)	Monday	6.45pm - 8.00pm
Pre Ballet	Tuesday	2.00pm - 2.45pm
Pre-Primary Ballet	Tuesday	3.00pm - 4.00pm
Youth Open Class Ballet Intro	Tuesday	4.00pm - 5.00pm
Adult/Youth Open Class Ballet Intro	Tuesday	5.00pm - 6.00pm
Pre Ballet	Wednesday	10.00am - 10.45am
Pre-Primary Ballet	Wednesday	11.00am - 12.00pm
Primary Ballet	Wednesday	12.00pm - 1.00pm



# YMCA Outdoor & Adventure

## Y Treks: Gunung Lambak, Malaysia

Located 510 meters above sea level in the Johor state, Gunung Lambak is a popular trekking destination as the peak offers a great view of Kluang town. Although the trek up is fairly short, the route to the peak is quite steep, making it enjoyable for trekking enthusiasts.

Date	5 November 2011
Price	S\$95 nett (YMCA members enjoy S\$21.40 rebate)
Registration deadline	28 October 2011

## BikeYex: Chiang Mai, Thailand

The 4 days of off-road cycling across stream lines, mountain ridges and scenic hill tribe villages puts one's biking skills to the test. The highlight of the trip is a 6 hour-long ride, starting with some big climbs followed by a thrilling 20kilometers down hill ride from the highest peak in Thailand, Mount Doi Inthanon (2,565 meters above sea level).

Date	18 - 23 November 2011
Land price	S\$850 nett per pax
Registration deadline	27 October 2011

*\*Self-arrangements for Air Tickets*



For more information, please contact Ms Gracie Ngoi at [graciengoi@ymca.org.sg](mailto:graciengoi@ymca.org.sg) or Mr Liew Sze Haw at [szehaw@ymca.com.sg](mailto:szehaw@ymca.com.sg) or visit our website [www.ymca.org.sg/lifestyle](http://www.ymca.org.sg/lifestyle) or Facebook (YMCA Outdoors & Adventure).



## Y Korea Ski (Varsity & Open Group)

Join us for an amazing cultural and sporting adventure this December! Participants will stay 3 nights at Daemyung Vivaldi Ski Park to learn skiing or snowboarding.

After the ski camp, participants will be whisked off to Chuncheon town for a Korean homestay experience organised by Chuncheon YMCA followed by a shopping and eating spree in Seoul!

Date	12 - 19 December 2011 (Varsity & Open group)
Land price	S\$975 nett (Varsity) S\$1,020 nett (under 18 years) S\$1,180 nett (above 18 years)
Registration deadline	31 October 2011

*\*Self-arrangements for Air Tickets*

## Y Japan Ski: Hokkaido

Enjoy sumptuous food and four full days of winter sports and activity in powdery snow conditions at the award-winning Rusutsu Resort with experienced ski instructors from the YMCA Ski School.

Our partnership with YMCA of Hokkaido ensures that participants will enjoy warm hospitality during their stay in Japan.

Date	16 - 23 December 2011
Land price	Package starts from \$2,412 nett (twin/triple accommodation)
Registration deadline	31 October 2011

*\*Self-arrangements for Air Tickets*

***Kindly note that details of all programmes and classes are subject to change.***

Programme Name	Day	Time
Pre Ballet	Thursday	3.00pm - 3.45pm
Primary Ballet	Thursday	4.00pm - 5.00pm
Adult/Youth Open Class Ballet Intro	Thursday	5.00pm - 6.00pm
Pre Ballet	Friday	10.00am - 10.45am
Pre-Primary Ballet	Friday	11.00am - 12.00pm
Primary Ballet	Friday	12.00pm - 1.00pm
Hip Hop Kids (8 - 12 yrs)	Sunday	2.00pm - 3.00pm
Hip Hop Juniors (5 - 7 yrs)	Sunday	3.00pm - 4.00pm

**\*\* Programme commences from 17 October 2011. All courses are 8 sessions each. YMCA members 21 years and above enjoy S\$21.40 rebate; YMCA members below 21 years enjoy S\$10.70 rebate.**



## Long-serving YMCA Director awarded the Public Service Star



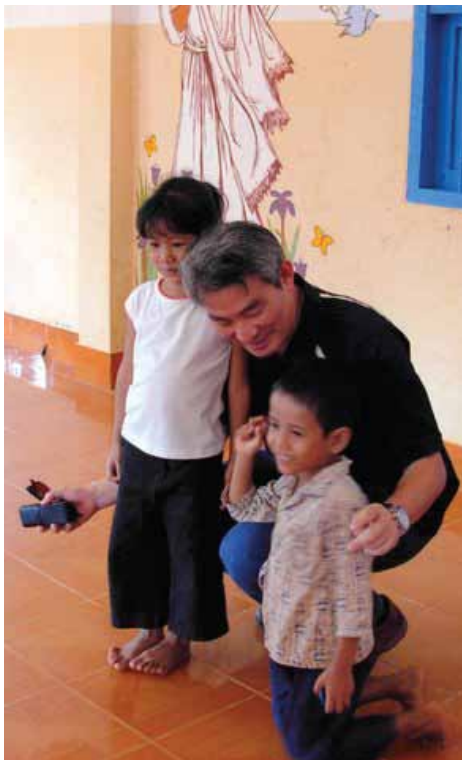
Heartiest congratulations to Mr Eric Teng, Director and Immediate Past President on being conferred The Public Service Star (BBM - Bintang Bakti Masyarakat) at the 2011 National Day

Ever since he was just a student, Mr Teng had developed a special bond with the YMCA of Singapore and frequently served as a volunteer for YMCA Flag Days and helped out at the YMCA Disco in the 70's. He also founded the YMCA Adventure Club and pioneered its trekking and mountaineering activities. In 1985, Mr Teng was elected to serve on the YMCA Board and became the youngest Director in the history of the YMCA of Singapore at just 25 years old.

Awards in recognition of his contributions to the Nation, through his service and leadership at the YMCA of Singapore.

Mr Eric Teng was the President of the YMCA of Singapore from 2005 to 2009 and continues to serve on the Board and Executive Committee even after stepping down as President to oversee the leadership renewal programme that was introduced during his term as President. During his term as President, Mr Teng has helped establish YMCA as one of the leading voluntary welfare organisations in Singapore. His vision has also raised the profile of YMCA of Singapore in the global YMCA family.

Through his years of tireless and faithful service to the YMCA, Mr Teng has led the Association to greater heights. Despite his busy work schedule as Advisor, The Tecity Group & Tan Chin Tuan Foundation, Mr Teng continues to contribute significantly to YMCA through his experience, network and commitment to the mission of serving all members of the community regardless of race, language or religion. Mr Teng has also made personal donations to support the YMCA's programmes on a number of occasions. He is a Charter Donor of the YMCA-Lim Kim San Volunteers Programme Fund and currently Chairs the YMCA Nominations, YMCA Project Bridge and YMCA Fundraising committees.



Mr Ching (right) receives his Certificate of Appointment from Mr Khor Boon Wan, Minister for National Development

## YMCA General Secretary appointed District Counsellor of North West CDC

Mr Albert Ching, General Secretary of the YMCA of Singapore will serve a three year term until 26 May 2014.

As a District Counsellor, one of Mr Ching's responsibilities is to serve in the Youth Committee, where he will be involved in driving sustainable programmes for youths, networking with other youth organisations to increase the Council's outreach to young residents, and providing opportunities for youths to design and implement meaningful programmes and more.



# Be A YMCA Member

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## YMCA members enjoy a host of benefits and perks:

- 10% off at all F&B outlets at YMCA, MYMCA and YWCA
- 10% off on all Function room, Auditorium, Pool Terrace and Y Terrace bookings
- Free usage of YMCA facilities - rooftop swimming pool, gym\* and billiard room\*
- Special rates for courses, programmes and activities
- Free access or subsidised rates to members' events and activities
- Opportunity to participate in YMCA Community Service Programmes
- Opportunity to join special interest groups
- Discount privileges at participating merchant outlets

To join, fill up the YMCA Membership Application Form from [www.ymca.org.sg/enews/membership.pdf](http://www.ymca.org.sg/enews/membership.pdf) and fax back to us at 6336 8003 or email to [members@ymca.org.sg](mailto:members@ymca.org.sg)

*Privileges of memberships are subject to change.  
\* charges for the usage of facilities will be dependent on the timing (Peak or Off Peak)*

## YMCA Merchandise



YMCA 7" Teddy Bear with  
YMCA button  
S\$13 w/GST each



YMCA Towel  
Available in Blue, Pink and Green  
S\$8 w/GST each



YMCA Shoe Bag  
Available in Blue, Orange and Green  
S\$8 w/GST each

Enquiries: YMCA Member Services: 6586 2255

## ADVERTISEMENT



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S\$20

Here's another chance to pick up our 1-Year NOQ store membership absolutely **FREE!**  
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with this password: **YMCAFM**

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† Terms and conditions apply  
\*Prices stated are Member's price

### About NoQ store

NOQ store is an Asia online bookstore that offers a rich and engaging shopping experience. Take your pick from over a million international and Asian titles at delightfully low prices, with speedy delivery at just S\$5 flat within Singapore!

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Times Publishing is a supporter of the YMCA-Lim Kim San Volunteers Programme.



# Be A YMCA Volunteer

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## YMCA-Tan Chin Tuan Community Service Programmes

If you have a heart for the intellectually, physically and mentally 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 the 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](mailto:volunteer@ymca.org.sg)

### Weekly

#### Y Green Fingers

Volunteers with green fingers will enjoy gardening with our beneficiaries.

Date : 21 October 2011  
Time : 2.00pm - 4.00pm  
Venue : 6 Bishan Street 13

Date : 30 November 2011  
Time : 3.00pm - 5.00pm  
Venue : 1034 Upper Serangoon Road

#### Y Arts Challenge

A weekly programme that employs dance, performing and visual arts as a platform to develop the hidden talents of our beneficiaries.

Activity : Y Guitar with The Tent  
Date : 22 October 2011  
Time : 9.30am - 12.30pm  
Venue : 1034 Upper Serangoon Road  
(Meet at Kovan MRT)

Activity : Arts and craft with Y STARS (YMCA Special Talents, Arts and Recreation Society)

Date : 5 November 2011  
Time : 8.45am - 2.00pm  
Venue : Goodman Arts Centre,  
95 Goodman Road, Block B, #05-02

Activity : Arts and craft with Y STARS (YMCA Special Talents, Arts and Recreation Society)

Date : 26 November 2011  
Time : 9.30am - 12.30pm  
Venue : Goodman Arts Centre,  
95 Goodman Road, Block B, #05-02

### Monthly

#### Y Reading Club

This club aims to set up libraries at Voluntary Welfare Organisations where volunteers befriend and help our beneficiaries to improve their reading skills.

Date : 26 November 2011  
Time : 8.30pm - 1.00pm  
Venue: No. 107A, Lor L, Telok Kurau Rd

#### Y Visit

Accompany our beneficiaries to places of interest and have a great time bonding with them.

Date : 28 November 2011  
Time : 2.00pm - 4.00pm  
Venue: 101 Simei St 1

#### Y Dance Outreach

A programme where dance-loving volunteers teach our intellectually challenged beneficiaries basic dance skills

Date : Every first Saturday of the month  
Time : 3.30pm - 5.00pm  
Venue: 6 Bishan Street 13

### Quarterly

#### YMCA Opera Treats

An intergenerational programme where needy elderly will be treated to an opera performance and dinner. Volunteers will be able to serve as befrienders and translators.

Date : 3 December 2011  
Time : 3.00pm - 6.00pm  
Venue: YMCA of Singapore, Level 1,  
Lee Kong Chian Auditorium,  
One Orchard Road

#### Y Camp Challenge

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 : 15 - 18 December 2011  
Venue: TBC

Volunteers are required to attend a mandatory briefing on:

Date : 26 November 2011  
Time : 3.00pm-6.00pm  
Venue: YMCA of Singapore, Level 4,  
Tan Chin Tuan Room III,  
One Orchard Road

Date : 2 December 2011  
Time : 7.00pm-10.00pm  
Venue: YMCA of Singapore, Level 4,  
Tan Chin Tuan Room III,  
One Orchard Road

#### Y Makan Fellowship

An intergenerational programme where needy elderly from voluntary welfare organisations will be invited to YMCA for a meal, games and songs. Volunteers will serve as befrienders.

Date : 21 December 2011  
(Christmas Luncheon)  
Time : 12.30pm - 2.30pm  
Venue: YMCA of Singapore, Level 1,  
Lee Kong Chian Auditorium,  
One Orchard Road

## Embark on Employee Volunteerism with YMCA

Companies have been playing a more significant role in addressing Corporate Social Responsibility (CSR) needs and participating in volunteerism and community involvement. YMCA of Singapore has been actively collaborating with corporate companies to raise awareness of CSR in Singapore. YMCA as a leading voluntary welfare organisation, has the capabilities and experience to help corporations mobilise their resources to contribute to the social service sector via employee volunteerism.

YMCA aims to increase the potential of CSR for Singapore-based companies by partnering corporations. If your company is interested in employee volunteerism by embarking on a sustainable partnership with YMCA or adopting a YMCA Community Service programme, do contact our staff **Tam Lee Ling** at [leeling@ymca.org.sg](mailto:leeling@ymca.org.sg) or telephone **6586 2326**. YMCA serves the intellectually, physically and mentally challenged, abused and underprivileged children or elderly through a 17 community service programmes with 34 voluntary welfare organisations.