

# FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MCI (P) 131/06/2013

THIRD QUARTER 2013



## YMCA School celebrates 100 years of education

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# President's Message

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Dear Members and Friends,

YMCA of Singapore has been teeming with activities in the third quarter of 2013.

The inaugural YMCA Town Hall Meeting was held on 8 July at the YMCA of Singapore. During the meeting, the Heads of Divisions gave updates and shared about the plans of each Division. The Town Hall Meeting is an avenue for effective communication between YMCA's senior management and the staff. The session provided the opportunity for all employees to connect and interact with colleagues from different departments.

Here are some highlights from the third quarter:

YMCA School celebrated 100 years of education on 31 July at Grand Corphorne Waterfront Hotel where 200 students and guests including YMCA Board members, YMCA Education Committee members, former students and former staff gathered for an evening of fellowship over food and performances. Mr Heng Swee Keat, Minister for Education graced the occasion as Guest-of-Honour and launched a limited edition cookbook titled 'Yummilicious'.

YMCA Education Division organised a teacher's day appreciation dinner on 5 September with 160 teachers and staff from the Child Development Centres, Student Care Centres, YMCA School and Tertiary coming together to celebrate Teacher's Day as well as 100 years of YMCA education. The theme, Heritage was set to illustrate the rich legacy of the YMCA School. Teachers were dressed as characters of the past and awards were presented to dedicated

teachers from the YMCA CDC, SCC and the YMCA School.

In collaboration with YMCA Hong Kong on an internship exchange programme, YMCA of Singapore hosted two students from Uni-Y Hong Kong for a month-long internship programme with YMCA Community Services Department and YMCA Project Bridge. In exchange, a Uni-Y Singapore member was sent to YMCA Hong Kong. Through this programme, both participants from Hong Kong and Singapore gained insights and new perspectives of how Community Service was done in each country.

The 27th YMCA Plain English Speaking Awards was held from 3 July to 23 August with the participation of 278 students from 128 schools. An awards ceremony was held at Anderson Junior College on 18 September. Ms Indranee Rajah, Senior Minister of State, Ministry of Law and Ministry of Education, graced the occasion as the Guest-of-Honour and presented awards to the winners.

YMCA of Singapore is a partner of the Singapore Memory Project. The project is a nationwide movement which aims to capture and document precious moments and memories of Singapore from organisations and individuals. A website portal, [rememberYMCA.com](http://rememberYMCA.com), has been created to document people's recollections related to the YMCA. I would like to encourage you to contribute your memories and stories of YMCA via [www.singaporememory.sg/partners/88/featured](http://www.singaporememory.sg/partners/88/featured) or email YMCA Corporate Affairs at [corpaffairs@ymca.org.sg](mailto:corpaffairs@ymca.org.sg) so that the generations to come can learn about the YMCA's history and heritage, not just through history books, but also through your stories.

Several major events are lined up in the coming months including the YMCA Proms @ the Park (21 Sep), YMCA Appeal Gala Dinner 2013 (2 Oct), YMCA-Central Singapore CDC Silver Fiesta (14-15 Nov), Citi-YMCA Youth For Causes 2013 Awards Celebration (19 Nov) and the YMCA CDCs Annual Graduation Concert (30 Nov).

Do visit our YMCA Facebook page at [www.facebook.com/ymca.singapore](http://www.facebook.com/ymca.singapore) for the latest updates and photos from our events.

*"A new command I give you:  
Love one another. As I have loved you,  
so you must love one another.  
By this everyone will know that you are my  
disciples, if you love one another."  
John 13:34-35*

In-His-Service

**Stephen Loh**  
**President**

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## Cover Photo

### Blowing the candles on the YMCA School 100th Anniversary Cake

L-R: Ms Lynette Yeo (YMCA Assistant General Secretary, Social Enterprises), Mr Stephen Loh (President, YMCA of Singapore), Mr Heng Swee Keat (Minister for Education), Mrs Helen Tan (Principal, YMCA School), Mr Andrew Chew (Chairman, YMCA Education Centre Academic and Exam Boards) and Mr Jay Tan (General Manager, YMCA Education Centre)





# Snapshots

YMCA  
Corporate  
News

03

## Highlights from the Inaugural YMCA Town Hall Meeting

The Inaugural YMCA Town Hall Meeting was held on 8 July 2013 with over 200 staff gathered in YMCA of Singapore. The objective of the meeting was for the YMCA management to share about YMCA's achievements in the first half of 2013 and the upcoming plans for the rest of the year.

During the meeting, the Heads of Divisions gave updates and shared about the plans of each Division. Mr Francis Chong, General Manager, Corporate Services Division, talked about YMCA's strategic goals, which include building strong and committed staff leadership, sustaining the volunteer and membership pool and having impactful services and programmes.

Ms Samantha Seah, Assistant General Secretary, Programmes Division, spoke about the Division's key objectives. They are

service to community, youth development and volunteer development.

Ms Lynette Yeo, Assistant General Secretary, Social Enterprise Division, shared about how the social enterprises supported the various YMCA programmes. She also acknowledged YMCA's child and student care teachers for their dedication and love for the children under their care.

Ms Seraphine Ann Chia, Vice Principal, YMCA School, shared about the new programmes that will be available at the YMCA School. They include Diploma in Business Administration and Advanced Diploma in Business Administration.

Mr Gerald Lim, General Manager, YMCA International House, announced that TripAdvisor has awarded the Certificate

of Excellence to the social enterprise in recognition of ranking in the top 10% worldwide for excellent traveller's feedback.

The Town Hall Meeting created an avenue for effective communication between YMCA's senior management and the staff. The event also provided the opportunity for all employees to connect and interact with colleagues from different departments.



**YMCA President  
Mr Stephen Loh  
conferred The  
Public Service  
Medal**

Mr Stephen Loh, President, YMCA of Singapore was conferred The Public Service Medal at the 2013 National Day Awards.

Mr Loh has been serving with YMCA for almost 30 years since 1985. Over the years, he has chaired various YMCA committees such as Education, Charity Golf, Public Affairs, Sports, Recreation & Performing Arts and International Relations. Mr Loh has also served as a member in a range of other YMCA committees overseeing community services, fundraising, business advisory and investment, membership development, public affairs and more. Mr Loh is an office bearer of YMCA with executive responsibilities since 2003, first as the Treasurer from 2003 to 2005 and then as Vice President from 2005 before being elected as President in 2009.

YMCA of Singapore extends our heartiest congratulations to Mr Loh.



**YMCA Honorary  
Life Member  
Mr S R Nathan  
honoured with  
The Order of  
Temasek  
(First Class)**

Mr S R Nathan, former President of the Republic of Singapore, Patron-in-Chief (2006-2011) and Honorary Life Member of the YMCA of Singapore, received The Order of Temasek (First Class).

The Award is the highest national accolade in honour of outstanding contributions to Singapore in the arena of public service and community work.

As a YMCA Honorary Life Member, YMCA of Singapore is encouraged by Mr S R Nathan's continued support of YMCA's programmes and events, including officiating the launch of YMCA-Central Singapore CDC Silver Fiesta in November 2012, gracing the Joint Y's Men's Installation Dinner in July 2013, and accepting the invitation to be the Guest-of-Honour at the upcoming YMCA Appeal Gala Dinner on 2 October 2013.

YMCA of Singapore extends our heartiest congratulations to Mr S R Nathan.



**YMCA Board  
member Mr Peter  
Tay installed as  
President of the  
International Y's  
Men's Club of  
Singapore  
(Alpha Chapter)**

YMCA of Singapore extends our heartiest congratulations to our Board member Mr Peter Tay Yew Beng, who is newly installed as the President of the International Y's Men's Club of Singapore (Alpha Chapter), a service club of the YMCA of Singapore. The Installation Ceremony was held at the YWCA Fort Canning Lodge on 20 July 2013.

The Club has been closely affiliated with the YMCA of Singapore and has supported many YMCA programmes and activities over the years, including YMCA Flag Day, YMCA Proms @ the Park and the YMCA Plain English Speaking Awards (PESA) among others.

Moving forward, YMCA looks towards greater opportunities for co-labouring with the International Y's Men's Club of Singapore (Alpha Chapter) in serving the community together.



# Snapshots

## Youth Development Programmes

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### International Youth Peace Seminar at Hiroshima YMCA

At exactly 0815hrs, on 6 August 1945, an atomic bomb was dropped on the city of Hiroshima, Japan. After 68 years, the memories of that fateful day live in the hearts and minds of the Japanese and the World.

To commemorate the day, Hiroshima YMCA organised and hosted the 35th International Youth Peace Seminar from 4 to 6 August 2013.

The main objectives of this Seminar were to give thought and discussion to the abolishment of nuclear weapons; spread the awareness and understanding of world issues; exchange ideas and perspectives on what youths can do to build peace; and create an avenue for youths from different countries to interact. This year, it was attended by 53 participants from ten YMCAs including Hiroshima YMCA, Yokohama YMCA, Kumamoto YMCA, Tainan YMCA, Bombay YMCA, Kuala Lumpur YMCA, YMCA of Top End, Daegu YMCA and Ulsan YMCA. YMCA of Singapore was represented by six student leaders from Uni-Y Singapore and one Youth Development Programmes staff.

The Seminar began with an Opening Ceremony, followed by a sharing from an



84 year-old Japanese man who survived the Atomic Bomb. Delphine Phua, a member of Uni-Y NUS, recounted that his sharing was an eye-opening experience, as she got to hear a first-hand account of the atomic bomb incident which she previously only studied in textbooks. Through his re-enactment of what took place, she could vividly picture the scene that happened, and vicariously relived the fears of the victims' during that time. The first day ended with a Welcome Party, where each YMCA had to perform an item; fittingly, the Singapore delegation chose to sing the National Day Song, 'Home'.

On the second day, the participants were led on a tour around the Peace Memorial Park, which includes the iconic Genbaku Domu (A-Bomb Dome) and Hiroshima Peace Memorial Museum. They were inspired by how the entire city rallied together for peace. In spite of the scorching summer heat, groups of students and locals could be seen asking for petitions to be signed to end the spread of atomic bombs and giving out brochures that promoted peace. In his visit to the Museum, Wayne Tan, an active member of Uni-Y SMU and APAY Youth Representative from YMCA of Singapore, could vividly remember going through the entire journey of how Japan was involved in the war and how the eventual decision to use the atomic bomb on Hiroshima was made. Through this experience, he was convinced that all the sufferings could have been prevented if people had learnt to place more trust in each other.



On the closing day of the seminar, the participants attended the 68th Hiroshima Peace Memorial Ceremony, which was held in front of the Hiroshima Peace City Memorial Museum. This year, the Ceremony was attended by 50,000 guests from 70 countries. The guests witnessed an Address by the Prime Minister of Japan and distinguished dignitaries, a Peace Declaration by the Mayor of Hiroshima and a group of children recited a Commitment to Peace. Most importantly, the guests were led to observe a somber minute of silence after the Peace Bell was rung at 0815, the same time when the atomic bomb was dropped 68 years ago. Following this memorable event, the participants were brought back to Hiroshima YMCA to conduct the Closing Ceremony of the Seminar. In the evening, the participants took part in the Peace Lantern Festival, which was organised at the river surrounding the Hiroshima Peace Park. Thousands of lighted lanterns with messages of peace were floated on the river, creating a beautiful silhouette of colors along the Peace Park. Dawn Ho, a member of Uni-Y NUS, describes this heartwarming event as one where she saw the resilience of the Japanese in being able to find peace, serenity and the ability to learn even from a disaster like this.

The participants left Hiroshima with more than just new experiences and friendships. They left with a deep conviction and realisation that peace is more than just a distant concept, a convenient catchphrase to be thrown around or something to be taken for granted. The fundamental value behind this message of peace is Love, and it starts with each one of us.

"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9





# Uni-Y International Service Programmes

## Uni-Y NUS

### Project Love Dalat

A team of 22 Uni-Y NUS volunteers was in Dalat, Vietnam, from 11 to 24 May 2013. The volunteers taught English at Dalat Love School and built concrete pavements to facilitate easier access to Nam Thanh Primary School. The team also organised an arts and crafts session and assisted in the meal-feeding programme for the disabled children at the Thien Phuoc Centre. The volunteers also had the opportunity to visit YMCA Vietnam and met Mr Luu Van Loc, General Secretary of YMCA Vietnam.

*"Despite just going through the alphabets with the students the day before and given that they had no English background, I was surprised that they managed to remember how to pronounce most of the letters and the words that were associated with the letters. This reminded me of how, as students in Singapore, we often neglect to appreciate the education that we are able to receive and take it for granted, skipping lectures and classes due to our own personal wants. Their desire and thirst for education is something that I feel students like us should learn from"*

**Shannon Tio, Volunteer,  
Team Love Dalat**



### UNACAS

Uni-Y NUS sent a team of 23 volunteers to UNACAS, Cambodia from 13 to 27 May 2013. The team contributed to the community by teaching English at the orphanage, participating in farming and agricultural activities, digging out tree roots at a new construction site and building a well for the villagers so that they have clean water to cook and bathe. A social enquiry component was introduced to the programme where the team took part in home visits. These home visits allowed the volunteers to understand the culture and livelihood of the Cambodians through interaction with the families. The volunteers followed up from these visits by putting together welfare packs based on the needs they identified from the home visits. Distributions of these packs were done during a second visit to the homes.

The team also participated in a children's programme at the local church on Sunday. Eight Christians in the team taught 'He's Able', an English song to the children, while the rest of the team helped to facilitate the programme.



## Snapshots

### Youth Development Programmes

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*"This trip will be a reminder to me that I want to give God the best years of my life. Not the remaining and leftover years when I am old and weak, but I want to give my best to God. Though life is going to get busier, I am still going to hold on to my purpose and dream to serve God."*

**Daniel Wong, Trip Leader**



## Uni-Y NTU

### Boys' Brigade Learning Centre

A group of 20 NTU students visited the Boys' Brigade Learning Centre in Siem Reap to teach English, basic music and recorder playing. Instead of taking the time to rest and relax, the team visited the local church on Sunday to experience of the Cambodian Christian culture. The team sang, "God will make a way" in Khmer language to bless the congregation. After the service, the Cambodian students were offered to taste, Muruku and Bak Kwa brought over from Singapore as part of the cross-cultural activities.

*"One of the biggest takeaways that I have learnt is how passionate the students were about learning. It is sad to say that Singaporeans often take education for granted and are too caught up in the rat race. The students that I have interacted with have clear ambitions in mind and work hard to meet their goals. It reminded me of my childhood dreams and ambitions which I have neglected"*

**Tan Li Hao, Volunteer**

## Uni-Y SMU

### Project PTIA IV

A team of 26 volunteers from SMU went to UNACAS in Cambodia from 27 April to 11 May 2013 with the objectives of building a gazebo and teaching English to the children. They took part in home visits and distributed welfare packages, which included food and daily necessities to bless the villagers whom they visited. The trip ended with a cultural night where the team performed some dances, played local games like Chongkat and did some Chinese paintings for the children.

PTIA stands for home and family in Khmer, a Cambodian language.

*"For me, I am really glad that I have embarked on this journey with the others and I wouldn't have wanted it any differently. Through this trip, I gained a deeper understanding of my flaws and my strengths as well as my ability to work with others. In addition, I learnt to appreciate the little things around us, such as drinking water and food. I'll end my reflection with a*

*quote, "Life is not measured by the number of breaths you take, but by the moments that take your breath away."*

**Ng Bo Lin, Volunteer, Project PTIA IV**





# Snapshots

## Youth Development Programmes

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### Uni-Y Step Up 2013

Uni-Y Step Up is a flagship programme under University-YMCA (Uni-Y) Singapore, which began in 2012.

This year, Uni-Y Step Up had two different components: an individual freshmen orientation camp and Y Camp Challenge. Uni-Y SMU, NTU and NUS organised camps on 24-26, 28-30 July and 5-8 August respectively, where they introduced the participants to the various community service programmes adopted by YMCA of Singapore. Most of the freshmen were exposed to volunteerism for the first time and it provided them with the opportunity for reflection on how they could make a difference in the community. The ethos of Uni-Y was made known to the students that the programmes and activities were designed as platforms to develop and empower youths like them so that they can impact the larger community altogether.

From 26 to 28 July, the three Uni-Ys came together to participate in the Y Camp Challenge organised by YMCA of

Singapore. The students were grouped with beneficiaries from various VWOs. It was a fun time of inter Uni-Y bonding as students were able to see beyond their individual university and embraced the Uni-Y Singapore identity.

A total of 157 freshmen attended Uni-Y Step Up 2013 and together, they impacted 235 beneficiaries from Peace Connect, MINDS Clementi, MINDs Fernvale, Bishan Home and APSN.

Uni-Y Step Up is an annual camp that is targeted at the incoming freshmen of the three local universities, SMU, NTU and NUS. The objectives are to enthuse freshmen into positive societal action and to challenge each individual to step up to serve the community around them even as they start their next phase of life as a university student.



### The YMCA Conversation Series Let's Talk Business: The Insider Heart

On 7 September 2013, 38 participants gathered at Singapore Management University to attend the second event of The YMCA Conversation Series on social entrepreneurship. Our invited guests were Ms Lynette Yeo, Assistant General Secretary (Social Enterprises) of YMCA of Singapore, Associate Professor Dr Albert Teo, Director of Chua Thian Poh Community Leadership Programme, National University of Singapore, Mr Glen Ng, General Manager of Dialogue in the Dark Singapore, Mr Richardo Chua, Founder of Adrenalin Group of Social Enterprises, Ms Shelley Siu, Founder of The Singapore Shawl, Mr Benny Se Teo, Founder and Director of El8hteen Chefs and Mr Justin Chou, Co-founder and CEO of GreenDot Fast Food.

The event started with a keynote address by Ms Lynette Yeo, followed by a workshop by Mr Benny Se Teo. The participants were then split into two groups to attend concurrent workshops conducted by the guest speakers. Following that, the participants gathered for an open panel discussion for questions and answers, which was facilitated by Associate Professor Dr Albert Teo. It was enriching and enjoyable for the participants as they had the opportunity to interact and learn from the experience and expertise of the invited social entrepreneurs. At lunch, the participants toured an exhibition featuring the guest speakers' organisations and engaged in deeper conversations with them. Social enterprises run by Uni-Y, namely the Sidewalk Gallery Café by Uni-Y NUS and Jericho's Rooftop café by Uni-Y SMU were also featured in the exhibition.

The YMCA Conversation Series is organised by Uni-Y Singapore, whose mission is to develop and empower youths to be servant leaders who will impact our local and international communities. The YMCA Conversation Series is part of Uni-Y's holistic enrichment programmes, which aims to aid youth and YMCA volunteers in their personal growth and self-discovery.





# Link-Age: University & College YMCA International Youth Conference 2013 in Hong Kong

The Chinese YMCA of Hong Kong organised the Link-Age: University & College YMCA International Youth Conference 2013 as part of the University & College YMCA's 10th Anniversary. International delegates participated in the event from 19 to 24 July 2013. Crystal Chua and Alistair Ng represented Uni-Y Singapore at the conference.

The theme "Link-Age" signifies the importance of the connection between different age groups in the society. The programmes created for the conference revolved around three areas; Individual, Social and Global. At the Individual session, the focus was to build connection with the other participants. Personal development workshops were also conducted. At the Social session, delegates were encouraged to love and care for the community through participating in different social services to understand about the various community

issues. At the Global session, the intention was to create a boundless world through cultural exchange. The delegates shared ideas and community services that took place in their countries, facilitating intercultural learning and exchange between them.

The Uni-Y Singapore delegates had an enriching experience interacting with delegates from all over the world.



## Snapshots

### Youth Development Programmes

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## YMCA of Singapore hosted two interns from Uni-Y Hong Kong

YMCA of Singapore hosted two students from Uni-Y Hong Kong for a month-long internship programme with the YMCA Community Service Department and YMCA Project Bridge in July 2013.



*Kitty Ma describes her internship experience with the community service department:*

"During this internship experience, I have learnt to be more sensitive to the unique characteristics of the beneficiaries. In the past, the beneficiaries that I have worked with are abled-bodied children who are from low-income families. However, I have little experience in the interaction with intellectually-challenged people. When I first came into contact with an intellectually-challenged student in Metta School in the Y Reading club, I had difficulties understanding and communicating with her. There were times I felt frustrated because I couldn't understand her. Yet in the process of interaction, I learnt to be more attentive to her needs and was made aware of the special characteristics of the beneficiaries. Y Green Fingers programme is a good example for me to learn while I planned the activities for the beneficiaries. Residents from Bishan Home are really engaged in the activities by helping other volunteers to weed and plant. The beneficiaries can feel a sense of accomplishment and achievement. It is understandable that the nature of different programs varies. Yet, the ultimate goal of

the community services is to ensure that beneficiaries can participate in as much as they can in the activity and they can benefit from the programme.

All in all, this one-month internship experience in the community service department is invaluable to me and I will try my best to apply what I have learnt and observed in YMCA of Singapore to the community I serve in Hong Kong."

*Sheena Cheung describes her internship experience with YMCA Project Bridge:*

"At work, my team is wonderful and I learnt a lot from them. I am not a patient person and I always want to get things done according to my plans. However, after my internship here, I learnt that there are many things that are not in my control. For example, our clients (Youths at Risk) did not turn up on time and suddenly dropped out of the programme. I felt very frustrated when these things happened. But the YMCA social workers are very understanding and they never give up. They are enthusiastic about their clients and will try their best to accommodate the clients' needs. After working with the social workers for a month, I learnt to be more patient and take things in stride.

Besides work, the Uni-Y Singapore members also brought Kitty and I to their respective club's volunteering programmes. On top of that, they had taken time off their schedules to ensure that we visit the best of Singapore by bringing both of us around the island. We truly enjoyed their company and they were very friendly to us throughout our stay in Singapore.

I can truly feel the warm welcome from YMCA of Singapore. They left me with an unforgettable memory here and I wish I could stay longer and spend more time with all the people that I met here."

In exchange, a Uni-Y Singapore member was sent to the Chinese YMCA of Hong Kong on a month-long internship.

Aileen Thomas, Executive Committee member from Uni-Y NUS shares with us her experiences in Hong Kong:

"In the beginning, it was exciting to enter into another country and experience the culture and people. Overall, what I gained the most through this internship was meeting the rest of the programme's interns from all around the world from Brazil, Germany, Canada, Taiwan, Korea, etc. I found it intriguing how over the few weeks that by staying together brought us closer to being a family despite all our cultural differences; we did not have any disagreements or fights. I also got a glimpse of what Hong Kong's working culture was like and how detailed and organised the team was.

Going through the Global Y Trainee Programme has indeed opened my eyes, ears, heart and senses to not only the needy but also building up the simple connections around me. The friendships I have built in the one month will definitely be close to my heart and will keep them for the rest of my life."





# Snapshots

## Singapore Memory Project

08



The Singapore Memory Project (SMP) is a nationwide movement which aims to capture and document precious moments and memories related to Singapore; recollections not only from individual Singaporeans, but also from organisations, associations,

companies and groups. This project, driven by the Ministry of Communications and Information, is led by the National Library Board.

SMP's online public engagement platform, iremember, encourages Singaporeans to

share their unforgettable stories of people, places and events through a convenient and accessible venue. The memories will enable future generations of Singaporeans to understand the collective journey of our nation and the many facets of the Singapore that we call home.



**YMCA of Singapore is proud to be a partner of the Singapore Memory Project**

Over the last century, YMCA has pioneered many initiatives to reach new frontiers in serving and enriching others. Today, YMCA continues to strive towards being a Channel of Blessing to bring cheer to the less privileged and to touch lives and lift spirits in the community.

If you have any photos, stories and memories of YMCA to share, please email YMCA Corporate Affairs at [corpaffairs@ymca.org](mailto:corpaffairs@ymca.org)

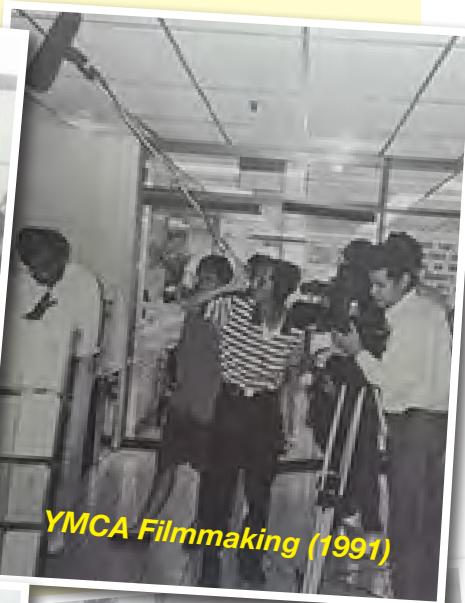
You can log on to <http://www.singaporememory.sg/partners/88/featured> to view YMCA's page on the SMP web portal.



**YMCA Junior Camp**



**YMCA Swimming Pool at Fort Canning (1920)**



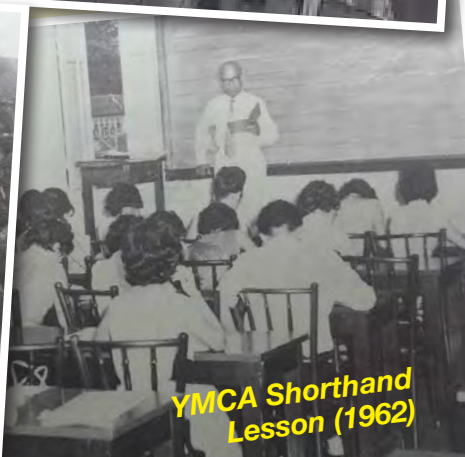
**YMCA Filmmaking (1991)**



**The New YMCA Complex (1984)**



**Swimming Lesson at Fort Canning**



**YMCA Shorthand Lesson (1962)**



## YMCA Speaking Awards

The 27th YMCA Plain English Speaking Awards (PESA) was held from 3 July to 23 August 2013 with the participation of 278 students from 128 schools. An awards ceremony was held at Anderson Junior College on 18 September 2013. Ms Indranee Rajah, Senior Minister of State, Ministry of Law and Ministry of Education, graced the occasion as the Guest-of-Honour and presented awards to the winners.

This year's champions were Rebecca Tan Hui Juan, CHIJ Our Lady of the Nativity (Lower Primary), Umaidurai Dharshini, Marymount Convent School (Upper Primary), Gokul Rajiv, St. Joseph's Institution (Lower Secondary), Mirthipati Sai Suman, Raffles Institution (Upper Secondary), Rushan Bin Abdul Rahman, Temasek Polytechnic - School of Applied Sciences (JC / CI / ITE / Poly).

## Snapshots

### YMCA Speaking Awards

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Winners of YMCA PESA with Guest-of-Honour, Ms Indranee Rajah, Senior Minister of State, Ministry of Law and Ministry of Education.



Winners of YMCA MSA with Guest-of-Honour, Ms Sim Ann, Minister of State, Ministry of Communications and Information and Ministry of Education

The 7th YMCA Mandarin Speaking Awards (MSA) was held from 25 March to 24 April 2013 with the participation of 222 students from 52 schools. An awards ceremony was held at the Woodlands Regional Library on 10 May 2013. Ms Sim Ann, Minister of State, Ministry of Communications and Information and Ministry of Education, graced the occasion as Guest-of-Honour and presented awards to the winners.

This year's champions were: Koh Luck Heng, Anchor Green Primary School (Lower Primary), Yong Zhong Rong, Ang Mo Kio Primary School (Upper Primary), Deng Yushan, Bukit Panjang Government High School (Secondary Group A), Ao Li Yuan, Ngee Ann Secondary School (Secondary Group B), Zhou Shuxian, National Junior College (Open Category).

This year, the participants in both competitions were required to speak from their personal experience on topics such as compassion, respect, integrity and harmony. The finalists of Secondary and JC/CI/IT/Poly categories attended a half day Experiential Learning trip and drafted their speeches for the finals based on their learning experience.

The annual PESA and MSA are national level public speaking competitions aimed at building self-confidence among youths and developing their abilities to think and communicate effectively under pressure.

YMCA of Singapore thanks the Ministry of Education, Speak Good English Movement, and Promote Mandarin Council for their contributions to the success of the events.



Non-native speaker, Katherina West from Bukit Panjang Govt High



Audience's Favourite Speaker Award, Lower Primary Category, Isaiah Hui



# Snapshots

## YMCA- Lim Kim San Volunteers Programme

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### YMCA-NUS BUSINESS SCHOOL VOLUNTEER SERVICE MANAGEMENT PROGRAMME

A professional certificate course that provides the necessary skills and knowledge to carry out your programmes in the social service sector.



For enquiries, please contact Cheong Li Chye.  
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(Fax) 6586 2320  
(Email) lichye@ymca.org.sg or ymca@ymca.org.sg

Course Fee  
Full Cost: \$1,250 incl. GST  
Subsidised cost: \$250 incl. 80% cost covered by the YMCA-Lim Kim San Volunteers Programme Fund

Presented by:

From 4 to 29 June 2013, 26 participants of the Citi-YMCA Youth For Causes Programme received training through the YMCA-NUS Business School Volunteer Service Management Programme (VSMP).

Through VSMP, the participants gained the necessary skills and knowledge to execute their fundraising projects with a higher chance of success.

The topics for the programme include, Social Concerns and Volunteerism, Planning, Organising, Leading, Control for Performance, Financial Management, Fund-raising and Marketing, Safety Management and Events Management.

VSMP is held twice a year. The first run is opened to the participants of the annual Citi-YMCA Youth For Causes Programme. The second run is targeted at volunteers and staff from non-profit organisations.

For more information on the next schedule please contact:

Ms Cheong Li Chye at **6586 2358** or email [lichye@ymca.org.sg](mailto:lichye@ymca.org.sg) or [vsmp@ymca.org.sg](mailto:vsmp@ymca.org.sg)



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YMCA Education Centre  
A subsidiary of the YMCA of Singapore  
Reg. No.: 2010201522  
Reg. Period: 11 Oct 2010 - 10 Oct 2014



## Strathclyde Business School's Executive MBA named one of the UK's top 5

The Strathclyde Business School's Executive MBA programme has been recognised as being one of the best in Europe.

The announcement was followed by the publication on 19 July 2013 of the Economist's debut global rankings of Executive MBAs.

Strathclyde Business School's MBA ranked top 5 in the United Kingdom's

business schools and top 10 in the Europe. Overall, Strathclyde placed 28th out of 62 international business schools.

The MBA Programme is also offered at the YMCA Education Centre.

For more information, please contact: Mr Sean Tan at **6586 2378** or email [seantan@ymca.edu.sg](mailto:seantan@ymca.edu.sg)

# Snapshots

YMCA  
Education  
Division

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## Exchange Programme with YMCA Nanjing



The YMCA Education Division was honoured to host 29 guests from YMCA Nanjing on 13 August 2013. There were a total of 14 students and 15 adults.

The guests were briefed on YMCA and Singapore's Education System and was told the story of Sang Nila Utama and the founding of 'Singapura' to the young guests using the Japanese Kamishibai storytelling style. A tour of the YMCA of Singapore was conducted and the guests enjoyed a hearty meal at Y Café.

The guests were then led on a visit to Queenstown Primary School where they

were greeted by Ms Lynette Yeo, Assistant General Secretary (Social Enterprises), YMCA of Singapore and Ms Janice Yin, Supervisor, YMCA SCC @ Queenstown. They were given a tour of Queenstown Primary School to introduce the amenities and facilities typical of a government school in Singapore. They also visited the YMCA Student Care Centre located within the school.

The students of YMCA SCC @ Queenstown performed a choral presentation entitled "Welcome", a befitting piece to receive their foreign guests. They had practiced long and hard for the performance, and in return, the

Nanjing guests presented a dance, song, Wushu and Rubik's cube performance to the YMCA students.

Towards the end of the programme, the YMCA SCC students exchanged gifts with their Nanjing guests, in the form of handmade pom-poms and received souvenirs from Nanjing in return. The visit ended with a tea reception in the school canteen where the guests were treated to a delectable selection of local food like Nyonya kueh, curry puffs, popiah, pandan cake and chocolate éclairs.

The visit by Nanjing YMCA was an eye opener for both the YMCA SCC students and Nanjing YMCA guests as invaluable friendships were forged. Both YMCAs were committed to facilitate similar cultural exchange programmes in the future.

**Contributed by Ms Janice Yin, Supervisor, YMCA SCC @ Queenstown and Ms Adeline Koh, Executive, YMCA School.**





# Snapshots

YMCA  
School

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## YMCA School Celebrated 100 Years of Education

YMCA School turned 100 this year. The highlight of the School's celebrations was an Anniversary Dinner on 31 July 2013 at the Grand Corphorne Waterfront Hotel where 200 students and guests including YMCA Board members, YMCA Education Committee members, YMCA Education Centre Academic and Exam Committee members, former students and former staff gathered for an evening of fellowship over food and performances.

Mr Heng Swee Keat, Minister for Education, graced the occasion as the Guest-of-Honour, delivered a speech and launched a limited edition cookbook titled 'Yummilicious'. The cookbook was compiled by the School as part of its 100th anniversary celebrations with recipes contributed by teachers, staff, parents and friends of the School.

Mr Heng said, "I am glad that the school, together with the YMCA of Singapore, has been active in contributing back to the community in a meaningful way, with parents and students responding enthusiastically. Today, the YMCA School celebrates its 100th year heritage – an admirable achievement for any institution in Singapore. It is my hope that the YMCA and the YMCA School will continue the good work, whether it is through education, or in pioneering new ways of serving the community, to achieve its aim of touching lives and lifting spirits."

Mrs Helen Tan, Principal, YMCA School, shared: "With the aim of providing a holistic education, my teachers and I believe that besides academic excellence, there must be emphasis on the imparting of values and character building. We must prepare our students with competencies for the 21st century. Going forward, YMCA School will introduce more interactive teaching tools. We are also looking into organising Learning Journeys overseas, incorporating Service Learning and to provide opportunities to our students to give back to society through the various structured and sustained community service programmes organised by YMCA."







## YMCA Education Division Teachers' Appreciation Dinner

### *Happy Teachers' Day!*

Greetings were exchanged among the teachers and guests of the Education Division at the Teachers' Appreciation Dinner on 5 September 2013 at the YWCA Fort Canning Lodge. Among the 160 diners were teachers from the Child Development Centres, Student Care Centres, YMCA School and Tertiary coming together to celebrate Teachers' Day as well as 100 years of education at the YMCA of Singapore. To remind the staff and guests of the rich legacy of YMCA Education, the theme for the night was Heritage. It was a sight to behold the teachers dressed as characters of the past like the samsui woman, complete with the red head gear, a trishaw rider in singlet and the signature "Good Morning" towel around his neck, a British governor in military uniform of the 19th century, a Chinese businessman in a one-piece ankle-length changshan Chinese costume, a 19th century songstress in cheongsam and a few maids in colourful samfoos.

Our staff charmed everyone with their very colourful and vibrant Punjabi suits, sarees, baju kurung and the sarong kebaya. Ornaments of gold, silver and precious gems peppered their outfits making the various Singapore traditional wear a cultural feast for the eyes.

The teachers and guests had a field time at the photo booth having their photographs taken in different poses, adorning themselves with accessories provided like pink curly hair wig and oversized spectacles. A school bell used in the 1940s to assemble the students was rung loud and clear to signal the start of the night's proceedings.

To start off the programme, everyone sang "Welcome to the family, we're glad that you have come to share your life with us...." to the accompaniment of a three-piece band. The different items flowed seamlessly from the speech and opening prayer by the Guest-of-Honour, Mr Peter Tay, YMCA Board member and Chairman of the Audit Committee to the table games and performances by teachers and staff. The entertainment segment commenced with everyone participating in a Line Dance to the tune of "YMCA" led by teachers and staff from YMCA School.

The highlight of the evening was the presentation of the inaugural Teachers' Awards to six teachers, two each from the YMCA Child Development Centres, the YMCA Student Care Centres and YMCA School. It was a pleasant surprise for the award recipients as they were not informed earlier of their award. Moving forward, this annual award will be given to outstanding teachers who demonstrate a deep passion for teaching and learning; who motivate, challenge and inspire students to believe in themselves and who show commitment

## *Snapshots*

YMCA  
School

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to the character, moral and citizenship development of the students. The recipients were visibly touched as the citations were read out about their contributions. The awards were presented by Mrs Magdalene Sik, YMCA Board member and Vice Chairman of the YMCA Education Committee.

The event ended with everyone singing "Make Me A Channel Of Your Peace" and giving each other a pat on the back! The Master of Ceremony very aptly closed by saying, "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires."

This brings to mind the words of Mr Stephen Loh, President, YMCA of Singapore, in his letter of appreciation to all teachers: "There are many good teachers who do what they are employed to do - they teach. You have done more than teach. You have mentored. You have encouraged, supported and nurtured. You have opened minds and stirred imaginations. You have inspired."

**Contributed by Mrs Helen Tan,  
Principal, YMCA School**



*Candid shot at the photo booth*



*Mrs Magdalene Sik (Left) with Mdm Fu Min,  
a recipient of the Teachers' Award*



# Snapshots

Child Care &  
Student Care

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## YMCA CDC @ Bukit Batok: 11 Mini Superheroes Join Race Against Cancer

At 7.30am on 21 July 2013, 11 mini superheroes from YMCA CDC @ Bukit Batok joined Mr Lawrence Wong (Acting Minister for Culture, Community and Youth and Senior Minister of State, Ministry of Communications and Information) on stage to flag off the participants in the



*Photo courtesy of Singapore Cancer Society. Photography by Stuart Jenner.*

15km category of the fifth Annual Singtel & Singapore Cancer Society Race Against Cancer.

Following the subsequent flag off for the 10km and 5km categories, the mini superheroes and their parents joined the

2km run where they ran at their own pace and finished the run. The children and their families had lots of fun at the race and enjoyed the bonding time together.

**Contributed by Ms Christine Teo,  
Principal, YMCA CDC @ Bukit Batok**

## Go Green Programme



Everyone is talking about Environmental Awareness. What does it really mean?

On 20 June 2013, student volunteers from Dunman High School and Anglican High School educated 88 YMCA Students from YMCA SCCs @ East View, Loyang, Seng Kang Green, Springdale and White Sands on what Environmental Awareness meant through a series of activities, games and crafts related to the theme "Go Green".

The YMCA SCC students learnt that one has an important role to protect the Earth. Therefore, one must remember to put the "3 Rs" (Recycle, Reuse and Reduce) into practice in their daily living.

The student volunteers adapted "Students

learn through play" techniques in the activities of the event. Four game stations were setup: Eco-Basketball, Eco-Hero, Eco-Moulding and Eco-Water. The YMCA students were divided into groups and took turns to participate in each game station.

Every game station had its unique learning objectives. The Eco-Basketball station educated students on the different types of waste. Whether a particular type of waste can be recycled and which recycle bin to use for the different types of waste. The Eco-Hero station's focus was to ensure students understood the "3 Rs" through simple quizzes. The Eco-Moulding station was the creative station where students were given plasticine to mould into any objects related to the given "Go Green" theme.



Lastly, the Eco-Water station's activities taught the students the preciousness of water and the challenges people in poor countries had to face in order to get water.

At the end of the day, the student volunteers showed YMCA students how to make cute little paper bags from recycled material. The YMCA students had an enjoyable time in the "Go Green Programme" planned by Dunman High School and Anglican High School and understood the importance of putting the "3 Rs" into practice.

**Contributed by Ms Wendy Lim,  
Supervisor, YMCA SCCs @ Seng Kang  
& Springdale**



# YMCA International Service Programme @ Vietnam - International Team 1-9 July 2013

YMCA of Singapore, Manningham YMCA and YMCA of The Top End (Palmerston) formed an international service team to participate in an International Service Programme to Ben Tre, Vietnam, from 1 to 9 July 2013. The team of 21 volunteers was led by Ms Grace Loo, Executive, International Programmes with 15 volunteers from Manningham YMCA and 6 volunteers from YMCA of The Top End (Palmerston).

The team conducted English lessons and planned fun activities to make learning English interesting and to instill confidence in the students as they practiced conversational English with them.

Besides teaching English, the team also built concrete pavements in the school's courtyard to improve the school's conditions so that the students can have a safer and more conducive place to study and play.

YMCA International Service Programmes are organised by YMCA of Singapore to serve the less privileged in countries such as Cambodia, China, Laos, Sri Lanka, Thailand and Vietnam in collaboration with overseas YMCA counterparts.

## Snapshots

### International Service Programmes

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# Snapshots

YMCA -  
Tan Chin Tuan  
Community Service  
Programmes 16

## Y Outings with KPMG and COH

On 31 May 2013, 55 KPMG volunteers and 37 beneficiaries from Christian Outreach to the Handicapped (COH) had a great time at a Y Outing session to visit the Cloud Forest and Flower Dome conservatories at the Gardens by the Bay. Both the volunteers and beneficiaries from COH had a pleasant time experiencing the wonders of nature through their five senses.

On 23 August 2013, 52 KPMG volunteers and 37 beneficiaries from COH spent an enjoyable morning flying kites at the Marina Barrage. Each kite was uniquely personalised, through joint efforts of the volunteers and beneficiaries to decorate them before they took flight to the skies.

The volunteers and beneficiaries displayed great enthusiasm as they flew their kites and challenged themselves to fly the kites higher into the sky.



## Y Nature Walk with CROCS and Bishan Home



On 19 July 2013, 34 volunteers from CROCS took 20 beneficiaries from Bishan Home for a nature walk at the Lower Pierce Reservoir. CROCS had donated their signature clogs to the beneficiaries prior to the event for them to wear during the outing.

With clean fresh air amidst a beautiful natural environment, the volunteers and beneficiaries strolled through the tranquil reservoir park, played games and participated in a mass dance. This was the first time that CROCS was participating in a YMCA Community Service Programme. "Through interaction with the beneficiaries, I was reminded that I am lucky to have the acceptance of others. This is often something we take for granted, but for the beneficiaries, being loved and accepted by others meant the world to them," said a CROCS volunteer.

CROCS will continue to mobilise their staff to serve in the YMCA Community Service Programmes every quarter from Q4 2013 to 2014.



## Y Green Fingers with NTUC and APSN

On 22 July 2013, 22 volunteers from NTUC befriended and bonded with 15 beneficiaries from Association for Persons with Special Needs Centre for Adults (APSN CFA) over activities such as weeding, pruning and harvesting of plants in the Y Green Fingers programme. The volunteers also surprised the beneficiaries with an early National Day celebration.

YMCA embarked on its first community gardening project at APSN in August 2006. This programme allowed YMCA volunteers and beneficiaries to learn values such as Compassion, Servant Leadership, Honesty, Accountability, Respect and Excellence while they tend to the garden together. This programme also includes planting of ornamental, herbs, spices and organic vegetable gardens at various other VWOs.

In collaboration with the National Park's Community in Bloom (CIB) programme,





## Y Photo Club – Canon Photomathon 2013



With the objective of exposing Y Photo Club's beneficiaries to a large scale photography competition, YMCA staff and 27 volunteers brought 11 beneficiaries from the Association for Persons with Special Needs Centre for Adults (APSN CFA) and 18 beneficiaries from APSN Tanglin School to the Canon Photomathon 2013. They were given three themes, Tradition, Communication and Instant and were required to complete each one within three hours.

The volunteers were paired with one or two beneficiaries and provided photography tips and guidance. They guided and encouraged the beneficiaries to take photos from different angles and perspectives to get more creative and unique angles.

Participation fees for all beneficiaries and volunteers were waived by Canon Singapore. In addition, Canon sponsored three sets of Canon Ixus 132 compact cameras for the Y Photo Club winners from each theme. Winning photos from Y Photo Club beneficiaries were selected by the panel of judges from the Canon Photomathon 2013.

For more information or to volunteer in the Y Photo Club, please email [angelinyou@ymca.org.sg](mailto:angelinyou@ymca.org.sg)



Winner of Theme 1, Tradition  
**Tan Hwee Boon Kimberly**  
(APSN Tanglin School)



Winner of Theme 2, Communication  
**Yap Si Yuan**  
(APSN-CFA)



Winner of Theme 3, Instant  
**Salihin Bin Nawvi**  
(APSN Tanglin School)

# Snapshots

## YMCA - Tan Chin Tuan Community Service 17 Programmes

### Citi Global Community Day 2013



In conjunction with the Citi Global Community Day 2013, staff from Citi Singapore participated in a series of YMCA Community Service Programmes from 17 to 20 June 2013. The week of volunteering activities kicked off with Y Sports @ Home Team NS Bukit Batok where 50 Citi volunteers befriended 40 beneficiaries over archery and bowling. Another group of 43 Citi volunteers spent a day decorating cupcakes together with 36 children from Fei Yue Family Service Centre through a Y Food of Love programme. An outing to the Singapore Science Centre was also organised for 30 beneficiaries where 58 Citi volunteers accompanied them in viewing the displays and guided them as they tried their hands on various interactive scientific exhibits. The week concluded with a visit to the Thye Hua Kuan Senior Activity Centre at Bukit Merah View where Citi volunteers played games such as 'Bingo' and 'Photo Hunt', sang songs and lunched with the beneficiaries.

### Y Nature Walk and Y Food of Love with Credit Suisse

YMCA of Singapore collaborated with Credit Suisse to organise a Y Nature Walk and Y Food of Love in August 2013.

A total of 18 Credit Suisse and public volunteers brought 23 beneficiaries from Blue Cross Thong Kheng Home to the Singapore Botanic Gardens. Both volunteers and beneficiaries appreciated the view of the nature while they strolled through the gardens. They made connections through a time of interactive games and were educated about recycling. The theme was introduced in the activities that were planned for the beneficiaries.

A separate Y Food of Love was organised on 16 August with 30 Credit Suisse volunteers gathered at the YMCA for a fun time of mooncake making. The mooncakes were then delivered to 160 elderly at the Christalite Methodist Home. The volunteers also befriended the elderly beneficiaries over a game of 'Bingo'.



Y Food of Love with Credit Suisse





# Snapshots

YMCA -  
Tan Chin Tuan  
Community Service  
Programmes 18

## Y Camp Challenge July 2013 – Step Up and Shine!

Y Camp Challenge July 2013 was held in collaboration with Uni-Y Step Up 2013, with the participation of freshmen from SMU, NUS and NTU in the camp to gain exposure to community service programmes as part of their orientation.

A total of 176 YMCA volunteers and 50 beneficiaries from Association for Persons with Special Needs Centre for Adults (ASPNCFA), MINDS Woodlands Employment and Development Centre (WEDC) and MINDS Fernvale Gardens School participated in the camp, which encouraged the volunteers and beneficiaries to step out of their comfort zones, “Step Up” to challenge themselves to try new things and to motivate people around them to “Shine”.

Over the three days and two nights of camp activities, the volunteers and beneficiaries made friends and understood each other better. On the last day, both volunteers and beneficiaries exchanged handmade mementos to bid farewell.

The Y Camp Challenge is a quarterly outdoor adventure camp organised for special needs beneficiaries from our partnering VWOs. The camp is organised and driven by volunteers. It is facilitated by YMCA staff to provide fun and social integration opportunities whilst challenging the preconceived limits of beneficiaries and volunteers alike.



YMCA would like to thank the following sponsors for their generous support:

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## Sharing by Christian Development

Today, it is common to measure the popularity of a YouTube video by the number of "likes". After the hit song "Gangnam Style", many have been trying to copy its success. The latest of which is a new music video "Bar, Bar, Bar" and it went viral. There are many strategies for increasing YouTube and Facebook "likes". Popularity and success is very much sought after by people, even from a very young age. So much so that there is a term "hothouse children" that is used to refer to children whose parents push them into learning more quickly and earlier than it is appropriate for the cognitive age of the children.

The bible too, has a formula for success: "My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast

love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man." (Proverbs 3:1-4 ESV) In its original language (Hebrew), verse 4 follows a string of imperatives. Imperatives are commands; something that demands attention or action (dictionary.com), and verse 4 is a result statement. Thus if we would remember and keep His commandments, we would find favour and good success in the sight of God and man. The Bible is not a law book, as many mistaken it to be, but a guide book. It is not meant to restrict but it is meant to provide us with a compass for life. If we would follow its directions, it would get us to the place of success in life.

**Contributed by Ms Boo Hui Ling,  
Manager, YMCA Christian Development**

# Snapshots

Christian  
Wellness

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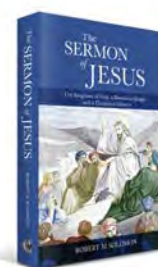
## Book Review

### THE SERMON OF JESUS

The Kingdom of God, a Darwinian  
Jungle and a Theatrical Church

By Robert M Solomon

ISBN : 978-981-4461-66-5



The Sermon on the Mount (Matthew 5-7) has historically occupied a prominent place in Christian teaching and pulpit preaching, though it tends to be neglected in the modern church. In this book, Dr Robert Solomon presents a fresh exposition of the Sermon that helps to recover its importance. Through this Sermon Jesus introduces the principles, priorities and patterns of life in His kingdom that challenge the unreliable and deceptive ways of the world and expose the weaknesses in the church. This is no ordinary Preacher, and no ordinary sermon.

Jesus urges listeners to make clear and lasting decisions as He invites them to live under His rule in His kingdom. In outlining the secrets of the truly blessed life, this timely book mines the rich biblical wisdom of the ages, and offers new insights and application in the marketplace, family and church.

Usual price: S\$32.00 (excl. GST)  
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**YMCA Public Talk**



Come and find out what your love language is at the  
**YMCA Public Talk**

# The 5 Love Languages

(This talk is based on Gary Chapman's bestselling book *The 5 Love Languages*.)



Most of us grow up learning the language of our parents or grandparents, which becomes our native tongue. Later we may learn additional languages, but usually with much more effort. In the area of love, it's similar. Your love language probably differs from that of your spouse or child. It could may be as different as Mandarin from English – no matter how hard you try to express love in English, if your spouse/child only understands Mandarin, you'll never understand how to love each other. So come and find out what your love language is and ways to improve your communication with your loved ones.

**The speaker:**  
Jeffrey Goh was a teacher and a retired Major from the Singapore Armed Forces. He is now a Management Trainer and Motivational Speaker. He is married to his wife Alice for 34 years and they have 2 adult children. Alice and Jeffrey are involved in The Marriage Course, with Alpha Singapore and he has conducted many Biblical Portrait of Marriage Seminars for WorldTeach. He is also an Elder and one of the 2 Solemnisers licensed to marry couples in his Bethesda (Bedok-Tampines) Church.



**Date** : Thursday, 17 Oct 2013  
**Time** : 7.30pm - 9.00pm  
**Venue** : Tan Chin Tuan Room II (Level 4)  
YMCA of Singapore,  
1 Orchard Road, Singapore 238824

**Speaker** : Mr Jeffrey Goh

Light refreshments will be served after the talk.  
To register, please call Melisa at 6586 2220 or email [melisa@ymca.org.sg](mailto:melisa@ymca.org.sg).  
Registration deadline is on 14 Oct 2013.  
As seats are limited, admission will be on a first-come-first-served basis.

**Admission is FREE!**



developing body, mind & spirit



# Snapshots

## Outdoor & Adventure Programmes

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### Registration and enquiries:

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

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

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

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

Or join our Meetup group:

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

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

### YMCA Mountain Biking Workshop

Learn basic techniques of handling a mountain bike safely on cross-country terrain. Conducted at Pulau Ubin, this workshop has been designed for cycling enthusiasts who want to know more about off-road riding and give it a go as a leisure sport. We guarantee a great day out with our very enthusiastic instructor, a champion for the sport of mountain biking who will inspire you with his passion! You are welcome to stay on, and explore the island of Ubin after the course!

**Date:** 19 October 2013

**Programme Fee:** S\$65\* per pax

\*Members receive a rebate of S\$3



### Y Adventures Sapa, Vietnam



Sapa is a quaint and peaceful town situated at an average height of 1650 metres above sea level in the remote mountainous area of northwestern Vietnam. The former French hill station is located about 350km from Hanoi and 70km from the Chinese border. Sapa is well known for its cool mountain air, rugged terrain, magnificent mountains, rice terrace and its colourful hill tribe minorities.

**Date:**

2-7 November 2013

**Programme Fee:**

S\$796.40\* per pax

\*Members receive a rebate of S\$21.40





## Y Treks Hong Kong 100KM CHALLENGE

Oxfam Trailblazers Race has made Hong Kong's Maclehoose Trail famous! With the support of Chinese YMCA of Hong Kong, this YMCA of Singapore programme allows participants of our 100KM challenge to fully savour and appreciate the magnificent views the trail affords, without suffering the Trailblazer race's 48hour cut off. This is a 6-day adventure programme involving 4 days and 3 nights of camping.

**Date:** 28 November - 3 December 2013

**Programme Fee:** S\$846.40\* per pax

\*Members receive a rebate of S\$21.40

# Snapshots

Outdoor &  
Adventure  
Programmes

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## Y Japan SKI - Hokkaido



This popular YMCA family ski programme attracts repeat participants annually! Experience four full days of skiing/snowboarding at the award winning Rusutsu five star resort and a two-day visit to Sapporo. Other highlights include the sumptuous food and world class skiing conditions featuring Hokkaido's famous powder snow. Hokkaido YMCA's meticulous planning and hosting will guarantee a truly "YMCA experience!"

**Date:**  
16-22 December 2013

**Programme Fee:**  
S\$2,741.40\* per pax

\*Members receive a rebate of \$21.40





# Be a YMCA Member

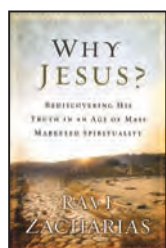
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## YMCA Members' Privileges:

Complimentary SKS Books Membership and special discount (20% off) on the following titles:

- Why Jesus? By Ravi Zacharias
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*Produce valid YMCA membership card for discount*

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## New YMCA Merchant Partners



## YA KUN KAYA TOAST

From its humble beginnings as a modest coffee stall in the 1940s, the name of Ya Kun has become synonymous with unparalleled kaya toast and irresistibly fragrant coffee and tea, enjoyed amidst a cosy atmosphere. Today, Ya Kun continues to delight fans and to attract converts.

Famous for its Time-tested offering - Unchanged since 1944 - of Signature crispy Kaya Toast slathered with proprietary Kaya and melted butter, wet & runny Soft-Boiled eggs and traditionally brewed Coffee and Tea.

Ya Kun's specially formulated kaya (a local spread of egg and coconut) are made from a proprietary recipe comprising eggs, sugar, coconut milk, and natural fragrance extracted from pandan (screwpine) leaves. Handed down generation by generation, the recipe does not contain preservatives, artificial colouring and artificial flavouring, and only the best ingredients are used.



## YMCA Members' Privileges:

10% Discount for all food & beverages\*

\* Valid for dine-in and/or takeaways

\* Valid at Ya Kun PoMo outlet only

\* Produce valid YMCA membership card for discount

## Location:

Ya Kun Kaya Toast, PoMo Shopping Centre  
1 Selegie Road, #01-03 (S) 188306

## Contact Information:

6338 6138 | wdlfood@singnet.com.sg |  
www.yakun.com

## Operating Hours:

Daily 8am to 10pm



## INTUNE MUSIC PTE LTD

Intune Music (IM) was founded in 2007 by like-minded musicians who believe in providing high-quality music education programmes to those who are looking to further their musical interests, and perhaps pursue a lifelong career in this field.

The school has a strong focus on Singing Courses, providing lessons in Classical Opera, Broadway Singing, Speech Level Singing, Pop Vocals, as well as lessons in Guitar, Ukulele and Keyboard. Intune Music also works in collaboration with professional recording studios and artiste management companies in the music industry on a number of professional music projects as well as public performances.

In this way, we are able to provide more opportunities for our songwriters and singers to be able to showcase their talents and their works and perhaps one day, become a recording artiste or a top-selling songwriter!



## YMCA Members' Privileges:

10% off course fees\* and waiver of registration / Material Fees (worth \$30)

\* Valid for new enrolments

\* Non-transferrable and non-exchangeable for cash

\* 10% discount is only valid for 1st year of respective course

\* Cannot be combined with other discounts and promotions

\* Produce valid YMCA membership card for discount

## Location:

Intune Music, PoMo Shopping Centre  
1 Selegie Road, #02-12/13 (S) 188306

## Contact Information:

6336 0335 | friends@intunemusic.com.sg |  
www.intunemusic.com.sg

## Operating Hours:

Mon to Fri: 1pm to 10pm  
Sat and Sun: 10am to 7pm

## Disclaimer

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## FREESTYLER FITNESS

Day	Time	Price
2 Oct 2013 Wed	6.30pm to 7.30pm	\$201.40* (10 sessions)

*\*Inclusive of GST and YMCA membership fee.*

*YMCA Members enjoy \$21.40 rebate.*

**Enquiries:**  
Please call us at 6586 2255/56 or email  
members@ymca.org.sg



# Be a YMCA Member

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This programme offers you a fitness workout, utilising a Freestyler board with elastic bands that provides simultaneous exercise to all four limbs from the standing board. It ensures that our body is under safe elastic resistance throughout the workout on the board and require minimum effort for maximum efficiency in body shaping.

- An easy body shaper & transformer exercise, with simple-to-use devices
- Full workout and the workload is spread among different muscle groups
- Cardio, Strength, and Balance improvement

Classes will be taught by Lorencia Kan, a freelance trainer at ARCA Dance Studio. She started Ballet dancing at the age of 4, thereafter exploring other dance genres. She picked up Latin dancing at age 16 and competed in several National and International Championships. At the age of 22, she represented Singapore and established herself as one of the top Amateur Latin dancers.

## AQUA AEROBICS

**Starting 12 October**

Day	Time	Fees
Saturday	7.30pm to 8.30pm	\$241.40* (10 sessions)

*\*Inclusive of GST and YMCA membership fee.*

*YMCA Members enjoy \$21.40 rebate.*

**Enquiries:** Please call us at 6586 2255/56 or email members@ymca.org.sg

Water is an ideal medium that prevents your body from overheating through continuous cooling of the body. Exercising in water places less stress on the joints when one stretches and allows a greater range of physical motions.

Aqua Aerobics is fun and safe for everyone, even for non-swimmers. It is a great way to tone up your body and burns between 450 to 700 calories an hour.



# AQUA AEROBICS

## FOR ADULTS

Aqua Aerobics Programme is  
jointly provided by YMCA  
and Sport Lifestyle  
Initiatives Pte Ltd





# Be a YMCA Volunteer

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## YMCA-Tan Chin Tuan Community Service Programmes

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

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

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

For enquiries, please email [volunteer@ymca.org.sg](mailto:volunteer@ymca.org.sg)



### Week 1 (01.10.13 – 06.10.13)

#### Y Outing

Blue Cross Thong Kheng Home  
Date : Saturday 5 Oct  
Time : 9:00am – 1:00pm  
Venue : Chinese Garden (TBA)

#### Y Spring Clean

Thye Hua Kuan SAC  
(Telok Blangah Crescent)  
Date : Saturday 5 Oct  
Time : 9:00am – 1:00pm  
Venue : Blk 3 Telok Blangah Crescent

#### Y Food of Love

Care Corner (TPY Blk 5)  
Date : Saturday 5 Oct  
Time : 9:00am – 2:00pm  
Venue : Blk 5 Toa Payoh Lor 7

### Week 2 (07.10.13 – 13.10.13)

#### Y Spring Clean

Thye Hua Kuan SAC (Bukit Merah)  
Date : Saturday 12 Oct  
Time : 9:00am – 1:00pm  
Venue : Blk 118 Bukit Merah View

#### Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)  
Date : Saturday 12 Oct  
Time : 11:00am – 1:00pm  
Venue : Goodman Arts Centre

#### Y Dance Outreach

Bishan Home  
Date : Saturday 12 Oct  
Time : 2:30pm – 5:00pm  
Venue : 6 Bishan St 13

#### Y Photo Club

Association For Persons With Special Needs– Tanglin School  
Date : Saturday 12 Oct  
Time : 9:00am – 1:00pm  
Venue : YMCA of Singapore

#### Y Reading Club

Metta School  
Date : Saturday 12 Oct  
Time : 9:00am – 12:30pm  
Venue : 30 Simei St 1

### Week 3 (14.10.13 – 20.10.13)

#### Y Sports

MINDS Clementi  
Date : Friday 18 Oct  
Time : 1:30pm – 5:30pm  
Venue : ITE College West

#### Y Arts Challenge

THK FSC @ MacPherson  
Date : Saturday 19 Oct  
Time : 3:00pm – 5:00pm  
Venue : Blk 91 Paya Lebar Way

#### Y Photo Club

Association For Persons With Special Needs (Centre for Adults)  
Date : Saturday 19 Oct  
Time : 9:00am – 1:00pm  
Venue : 29 Jalan Tembusu

### Week 4 (21.10.13 – 27.10.13)

#### Y Green Fingers

The Tent  
Date : Thursday 24 Oct  
Time : 3:00pm – 5:30pm  
Venue : 1034 Upper Serangoon Road

#### Y Guitar Club

The Tent  
Date : Saturday 26 Oct  
Time : 11:00am – 2:30pm  
Venue : 1034 Upper Serangoon Road

#### Y Spring Clean

Thye Hua Kuan SAC (Blk 645 Ang Mo Kio)  
Date : Saturday 26 Oct  
Time : 9:00am – 1:00pm  
Venue : Blk 645 Ang Mo Kio

#### Y Arts Challenge (Art)

YMCA Special Talents Arts & Recreation Society (Y STARS)  
Date : Saturday 26 Oct  
Time : 11:00am – 1:00pm  
Venue : Goodman Arts Centre

#### Y Arts Challenge

THK FSC @ MacPherson  
Date : Saturday 26 Oct  
Time : 3:00pm – 5:00pm  
Venue : Blk 91 Paya Lebar Way

#### Y Outing

Association For Persons With Special Needs (Centre for Adults)  
Date : Saturday 26 Oct  
Time : 9:00am – 1:00pm  
Venue : 29 Jalan Tembusu

### Week 5 (28.10.13 – 31.10.13)

#### Y Green Fingers

Queenstown Multi Service Center (QMSC)  
Date : Wednesday 30 Oct  
Time : 3:00pm – 5:30pm  
Venue : 150A Mei Chin Road

#### Y Green Fingers

Bishan Home  
Date : Thursday 31 Oct  
Time : 3:00pm – 5:30pm  
Venue : 6 Bishan St 13

