

FACTOR

A QUARTERLY NEWSLETTER FOR YMCA MEMBERS



MICA (P) 214/06/2012

FOURTH QUARTER 2012



developing body, mind & spirit



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YMCA-Central Singapore CDC
SpringClean Programme beneficiaries**

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President's Message

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Dear Members and Friends,

Please join me in warmly welcoming Mr Ng Kian Seng as General Secretary to the YMCA family this New Year. Kian Seng brings with him many years of corporate and social sector experience. Having worked in organisations such as the SAF Boy's School, BMW, Glaxo Smithkline and Singapore Training & Development Association (STADA), Kian Seng has also served for over 10 years as the Executive Director of STADA, a not-for-profit organisation. After leaving STADA, he started his own consultancy business "Futurebuild Consultancy" providing organisational development consultancy and executive coaching services.

In the social service sector, Kian Seng has been a member of the NYC Youth Mentoring Committee and served as Chairman, Manpower and Education Feedback Group between 2000-2005. He is currently serving his 3rd term on the board of the National Community Leadership Institute of the People's Association.

Kian Seng's life-long passion is in discovering and supporting the natural flow of energy in individuals, teams and the organisation. He believes the Holy Bible contains several such happenings we can learn from.

I hope that you have had a blessed holiday season. At YMCA of Singapore, it was business as usual in the last quarter as we wrapped up the year with a slew of activities and events.

In October, we organised an Inaugural YMCA Gala Dinner in conjunction with the Association's 110th Anniversary celebrations to raise funds for YMCA Community Service Programmes, YMCA Project Bridge and YMCA Financial Assistance and Capability for Employment Scheme. We had the privilege of President Tony Tan, who is also Patron-in-Chief of the YMCA of Singapore, gracing the event as the Guest-of-Honour.

Twenty-three YMCA volunteers and 10 partnering corporations were honoured in

*YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community*

November for their outstanding service and partnership with YMCA at the YMCA-Lim Kim San Volunteers Programme Outstanding Volunteers Award 2012. Mr Laurence Lien, CEO of NVPC and Nominated Member of Parliament was the Guest-of-Honour.

YMCA of Singapore partnered Central Singapore CDC in November to organise the first ever YMCA-Central Singapore CDC "Silver Fiesta" at the HDB Hub in Toa Payoh. The event was launched by Special Guest Mr S R Nathan, former President of Singapore. "Silver Fiesta" is an extension of the YMCA-Central Singapore CDC SpringClean Programme that was launched in May 2012 and aims to create greater awareness and recruit more volunteers for the spring clean programme. Over three days of Teochew Opera performances, arts-related activities and a photo exhibition, "Silver Fiesta" reached out to more than 2,500 seniors and members of the public.

Over 300 people comprising youths from the Citi-YMCA Youth For Causes teams, their volunteer mentors and representatives from the adopted voluntary welfare organisations and schools witnessed the presentation of 14 awards to the outstanding teams at the Citi-YMCA Youth For Causes 2012 Awards Celebration. This year, the 100 participating teams mobilised some 10,000 volunteers and raised over \$600,000 for 43 VWOs.

YMCA of Singapore, Thye Hua Kwan Moral Charities and the Lions Befrienders Service Association came together to organise the 2012 International Volunteer Day (IVD) celebration on 24 November. Supported by the National Volunteer & Philanthropy Centre, this year's IVD saw some 5,000 volunteers from all walks of life participating in the mega carnival and concert held at SMU Green, Singapore Management University. This is the third consecutive year that YMCA of Singapore has been involved in organising IVD. Mr Lawrence Wong, Acting Minister for Culture, Community and Youth & Senior Minister of State, Ministry of Communications and Information was the Guest-of-Honour.

During this season of giving and sharing, I would like to appeal to you again to consider making donations to support our work in touching lives and lifting spirits of the less privileged in our community. You can log on to www.sggives.org/ymca to make your donation online.

I would also like to thank all who have supported our year-long 110th Anniversary YMCA Life Membership promotion and donation drive featuring our Dendrobium YMCA orchids.

Wishing you a blessed and joyous New Year!

*"Go, eat your food with gladness, and
drink your wine with a joyful heart, for it is
now that God favours what you do."
Ecclesiastes 9:7*

In-His-Service
Stephen Loh
President

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Cover Photo:

Y STARS (YMCA Special Talents, Arts and Recreation Society) greeting Dr Tony Tan, the Patron-in-Chief of YMCA of Singapore and President of Singapore, and Mrs Mary Tan at the YMCA Gala Dinner. These youths with Down Syndrome performed a "Let's Twist Again" dance medley that evening.

Photo: Leo Simon
YMCA volunteer professional photographer

YMCA-Lim Kim San Volunteers Programme Outstanding Volunteers Award 2012



YMCA corporate volunteers and YMCA volunteers hosted by Mrs Helen Tan, YMCA School Principal (seated extreme left) and Mr Gerald Lim, General Manager, YMCA International House (standing second from right)

YMCA of Singapore honoured 23 individual volunteers and 10 partnering corporations for their outstanding service and partnership with YMCA to serve the community.

In his speech at the Appreciation Dinner, Guest-of-Honour Mr. Laurence Lien, Nominated Member of Parliament and CEO of the National Volunteer & Philanthropy Centre shared, "Volunteers are the seeds of this vibrant civic society. So take heart and take pride in what you do, for all of you are powerful change agents

who can help promote a more compassionate and caring society through your service to others."

A total of 37 awards were given out that evening. YMCA of Singapore extends heartiest congratulations and thanks to all the awardees for their outstanding service and faithful partnership in co-labouring with the YMCA.



Mr Laurence Lien (left) with Mr Adam Rahman, Managing Director, Head of Corporate Affairs, Citi Singapore, who received the YMCA Special Recognition (Corporate) Award for Citi Singapore

YMCA Outstanding Volunteers Award

Fung Ying Hui Josephina
Goh Chia Ying Madelyn
Khoo Kang Ming Terence
Lim Angelina
Tay Ching Yee Michelle
How Zhi Yong
Lim Xinying
Loh Guo Sheng
Quak Yong Sheng
Su Huiting
Tan Guan Ning
Tay Kun Wei
Tay Yan Peng Esther
Toh Shiqi

YMCA Core Volunteer of the Year Award

Chong Hui Xian
Teo Yong Hao

YMCA Volunteer Leader of the Year Award

Chua Xin Ni Crystal
Ang Jie Ling Yvonne
Chan Hui En

YMCA Corporate Volunteerism Award

3M Singapore
Credit Suisse AG
Ernst & Young Advisory Pte Ltd
ESRI Singapore
Foo Kon Tan Grant Thornton LLP
NTUC Fairprice Cooperative Ltd
PestBusters Pte Ltd
PWC LLP
Tuas Power Generation Pte Ltd
United Parcel Service (UPS) Singapore

YMCA Sustained Volunteerism (Individual) Award

Ang Min Jing
Muhammad Yousef (Josef) Aguria
Chua Pei Xuan
Liew Jia Yin

YMCA Sustained Volunteerism (Corporate) Award

Citi Singapore
Superior Multi-Packaging Ltd

YMCA Special Recognition (Corporate) Award

Citi Singapore

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. For more information, please contact Sheila Ratnam at sheila@ymca.org.sg

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YMCA Community Service Programmes

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Supported by Central Singapore CDC, "Silver Fiesta" was organised by YMCA as an extension of the YMCA-Central Singapore CDC SpringClean Programme officially launched in May 2012 by Mr Chan Chun Sing, now Acting Minister for Social and Family Development.

Special Guest, former President of Singapore, Mr S R Nathan, officiated at the "Silver Fiesta" opening ceremony on 19 November 2012.

Mr Stephen Loh, President, YMCA of Singapore said, "Through "Silver Fiesta" we hope to bring cheer to the beneficiaries of our SpringClean programme launched as part of the YMCA's 110th Anniversary this year. We also want to reach out to more beneficiaries and rally volunteers. Since its establishment in 1902, YMCA of Singapore has been striving to enrich the lives of all members of the community, regardless of race, language or religion, through wholesome programmes to develop body, mind and spirit. We hope our needy elderly beneficiaries will engage themselves socially, physically and mentally during the festival and enjoy themselves too."

Said Mr Tan Chee Hau, General Manager of Central Singapore CDC, "The YMCA-Central Singapore SpringClean Programme has brought much joy and companionship to our needy elderly since its launch in May. By implementing such programmes and working with community organisations, the CDC aims to continue assisting our residents and help them overcome social isolation."

"Silver Fiesta" reached out to over 2,500 people. Some 600 seniors from 15 Seniors Activity Centres within the Central Singapore District and senior citizens from the public were entertained with Teochew Opera performances, a Teochew Opera showcase where they dressed in opera costumes and had their photos taken and printed instantly.

YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community



Silver Fiesta



Admission was free and participants redeemed their activity passports for goodies after participating at Clay Making, Tote Bag Designing, Home Safety Awareness, Guessing games and Sand Art stations. There was also a photo exhibition on the YMCA-Central Singapore CDC SpringClean Programme in action and winning photo entries submitted by the public on Active Ageing and Intergenerational Bonding themes.

The YMCA-Central Singapore CDC SpringClean Programme aims to mobilise 110 teams of volunteers to clean 440 homes of needy elderly living in the Central Singapore District over three years. To date, 314 YMCA volunteers comprising 40 teams have spring cleaned 141 rental flats covering Toa Payoh, Ang Mo Kio, Bendeemer, and Bukit Merah.

YMCA of Singapore is grateful to Central Singapore CDC for supporting this event. YMCA of Singapore also thanks HDB for sponsoring the event venue.

400 youths raised \$600,000 for chosen

Another 40 tertiary students start social enterprises projects for

100 youth teams of Citi-YMCA Youth For Causes 2012 have raised over \$600,000 after 15 weeks of fundraising. They have mobilised nearly 10,000 volunteers and leveraged on innovative ideas including a Fold-a-Fish record breaking event with 1,300 volunteers, Dining in the Dark sessions and a Mass Blindfold Walkathon.

Each team of four youths had received \$1,600 seed funding from Citi Singapore to execute their fundraising ideas for their chosen voluntary welfare organisations.

Additionally, to commemorate the 10th Anniversary of this programme, the YFC Social Enterprise Challenge (co-sponsored by the National Youth Council) provided 10 teams of youths from tertiary institutions with the opportunity to set up social enterprises for their selected voluntary welfare organisations under the mentorship of prominent corporate personalities in Singapore.

The Citi-YMCA Youth For Causes 2012 Awards Celebration was held at the NTUC Auditorium.

Over 300 people comprising youths from the Citi-YMCA Youth For Causes teams, their volunteer mentors and representatives from the adopted voluntary welfare organisations and schools witnessed the presentation of 14 awards to the outstanding Citi-YMCA Youth For Causes 2012 participants.

In his speech, Guest-of-Honour Mr Lawrence Wong, Acting Minister for Culture, Community and Youth and Senior Minister of State for Communications and Information, encouraged the youths of Singapore to do their part for the community. He said, "Singapore can succeed in the future, only if we have young people who believe that we have created something special and precious here; that they will protect and improve, striving not just for material success, but for their ideals and dreams. There are many young people all over the island who champion and volunteer for good causes, big and small, searching for ways to give back to society."

In the finale, each member of the audience folded and floated a paper plane to symbolise "letting dreams take flight".

Citi-YMCA Youth For Causes 2012 award recipients

"Rayse of Hope"

(Best Team Award 2012: above 21 years old category)

Raised awareness and advocated the plight and challenges faced by the beneficiaries of Guide Dogs Association of the Blind. Organised a mass blindfold walkathon along Orchard Road with a twist; one participant was blindfolded while the other participant acted as the 'guide'. Public outreach: 2000 people in 11 countries, raised \$28,351.

Chosen VWO:

Guide Dogs Association of the Blind

"A.L.O.T"

(Best Team Award 2012: 17 to 21 years old category)

Raised more \$12,000 through street sales - selling beaming, night and horn lights, and 953 Singapore flags on National Day at Marina Bay Sands. "A.L.O.T" also organised a series of Dining in the Dark sessions, tandem bike rides and obstacle courses for the beneficiaries of the Singapore Association for the Visually Handicapped (SAVH). The students have pledged to continue volunteering at SAVH after completing junior college.

Chosen VWO:

Singapore Association for the Visually Handicapped

"Ener1Ze!"

(Best Team Award 2012: below 16 years old category)

Raised \$21,000 with the help of 488 volunteers, and reached out to 40,000 members of the public. "Ener1Ze!" focused on the I Print I Ener1Ze! Event at the Marina Bay Promenade where members of the public pledged and displayed their support for the Society for the Physically Disabled (SPD) by printing their hands on a large canvas banner with paint. Funds raised were used to purchase fuel for SPD's vehicles to transport physically-challenged beneficiaries.

Chosen VWO:

Society for the Physically Disabled

"Inspire '12"

(Volunteer Management Award)

Raised \$75,000 by reaching out to 70,000 members of the public through street sales and a Inspire '12 concert showcasing Xinyao (music from 1980s - 1990s). The team avoided the conventional methods of



Team "Republic Rises" with Mr Leslie Wong, Chairman, Citi-YMCA, Director, Republic Polytechnic (2nd from left); Mr Josef Aguirre, YFC, Culture, Community and Youth (6th from left); Mr Han Kwee Juan, Huat, Simei Care Centre (2nd from right)



Mr Lawrence Wong (Left) and Mr Leslie Wong confident of their paper planes' air worthiness



May all our dreams take flight!

10 charities in the Citi-YMCA Youth For Causes programme

10 voluntary welfare organisations through a YFC Social Enterprise Challenge in celebration of the programme's 10th anniversary



YFC Youth For Causes 2012 (extreme left); Mr Warren Wang, Centre YFC Mentor (3rd from left); Mr Lawrence Wong, Acting Minister for Finance, Singapore (extreme right); and Mr Seah Soon



Team "EnergiZe!" making an impressive pitch to Mr Lawrence Wong



appealing to various schools for volunteers. Instead, the team created a 3-tier volunteer recruitment system by setting a minimum number of volunteers to recruit and tapped on the contacts of their friends. "Inspire '12" recruited 1000 youth volunteers for their events.

Chosen VWO:

The Straits Times School Pocket Money Fund

"Leaf A Legacy"

(Fund Management Award)

Raised \$10,161.91 by spending only \$5.30 helped by 60 volunteers.

Carried out 12 street sales selling merchandise sponsored by World Wide Fund for Nature (WWF). "Leaf A Legacy" will be donating 20% of their \$1,000 prize to WWF.

Chosen VWO:

World Wide Fund for Nature

"Team Because iCare" Promising Entrepreneur Award

Recruited 1000 youth volunteers to help raise \$3,208 and procured 11 sponsorships which allowed the team to organise a carnival with minimal costs.

Chosen VWO:

Lions Befrienders Service Association

"Team Sea of Hope"

(Public Outreach Award)

Pulled off a record-breaking Fold-A-Fish event and through their street sales, Facebook event page, GIVE.sg portal page and record attempt, reached out to 62,000 members of the public.

Chosen VWO:

The Tan Tock Seng Hospital Community Charity Fund

**Singapore Association for the Visually Handicapped
(Most Supportive VWO Award)**

**Millennia Institute
(Most Supportive School Award)**

**Mr Thomas Pramotedham
(Best Mentor Award)**

**ITE College West
(YFC 2012 Special Mention)**

YFC Social Enterprise Award recipients

"Genesis"

(YFC Social Enterprise Challenge Sustainability Award)

Raised \$6,149 for TP Healthcare. Involved the elderly of TP Healthcare in the production process of tote bags. Sourced for sales channels and sold the bags produced to KPMG, IFIS Asia Pte Ltd and Portek Shipping. TP Healthcare has since adopted the team's business model.

CEO Mentor:

Mr Ooi Boon Hoe, Executive Director, Portek International

"Republic Rises"

(YFC Social Enterprise Challenge Award)

Supported Simei Care Centre (SCC) by creating distribution channels for products from the MOSES Project, a social enterprise run by SCC which provides employment opportunities for members with psychiatric disabilities. Raised \$6,522 and extended its reach by working closely with Far East Organization, Republic Polytechnic Business Clubs and Friends of the Disabled Society.

CEO Mentor:

Mr Philip Ng, CEO, Far East Organization

"Team Jericho"

(YFC Social Enterprise Challenge Special Mention Award)

Ran a café at the YMCA of Singapore's rooftop on the last Friday of each month for special events and opened the stage to bands and solo acts, while serving food and drinks. The sales proceeds went to Uni-Y SMU, a student run community service under YMCA of Singapore.

CEO Mentor:

Ms Susan Tann, General Manager, ABR Holdings (Gloria Jean's)

Citi-YMCA Youth For Causes is a joint community initiative launched by Citi Singapore and YMCA of Singapore in 2003. Sponsored by the Citi Foundation, the programme aims to cultivate a culture of social responsibility and build community leadership amongst youth in Singapore. The programme also serves as a "social venture capital fund" to provide youths, aged 15 to 25 years, with seed funding and training to execute creative entrepreneurial ideas within four months that will benefit and support non-profit organisations of their choice.

Citi-YMCA Youth For Causes 2013 will be open for registration from February 2013. For more information, please visit www.youthforcauses.com

The International Team comes together to serve in Cambodia

Personal reflection and photos by Grace Loo Yan Tin,
Executive, YMCA International Programmes

"Nineteen volunteers from YMCA of Singapore, Manningham YMCA Australia and IAVE Taiwan came together at the Boys' Brigade Learning Center (BBLC) in Siem Reap, Cambodia, in July 2012 to form the inaugural International Team under YMCA of Singapore International Service Programme.

For 4 days, the volunteers served at the centre by conducting English lessons for youths with interactive elements such as drama, songs and games associated with each specific learning objective. The volunteers were tasked to plan the lessons in their respective country and came together to discuss and finalised their lesson plans when in Cambodia. Many interesting and new ideas were exchanged, and the children at BBLC enjoyed their lessons, learning new words, new games and gained confidence to communicate in English.

The volunteers were also involved in the construction of a youth hostel in Proyouth Village, about a 10-minute walk from the learning centre. This hostel will accommodate needy students from the province and provide them with a better environment for studying and living. For many of the volunteers, it was their first time handling heavy construction tools and without modern machinery, it was back breaking! Volunteers found fun amidst the hard manual labour work and at the same time formed close bonds helping and encouraging each other along the way.

The volunteers were also given the opportunity to help prepare food, interact and feed about 95 children under the Rice-Soup Feeding Programme in Chong Khneas Floating Village, located at the edge of Tonle Sap Lake. Many of them were moved seeing the children's jovial personalities and how they were so thankful with what little they have. This rice-soup programme was a highlight for many of the volunteers, allowing them to serve with a humbled heart and to realise how fortunate they are.

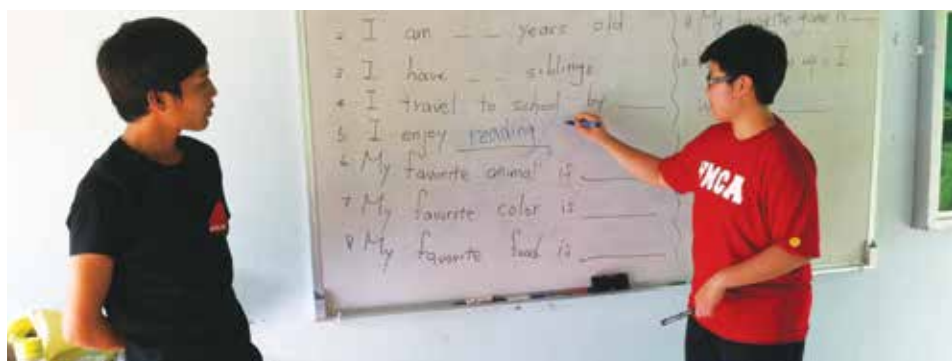
This International Service Programme has been a unique learning experience for the International Team volunteers because of the varied nationalities, cultures and languages within the team. Volunteers learned to work with each other, accepting differences and overcoming language barriers for that one goal of serving the community that they were reaching out to. First time volunteer Chang Hao Wen, 23, from IAVE Taiwan shared, "I've learned that it's not stress-free to work in an

international team, as we all have different perspectives and understanding. It was not easy to take initiative at first, as we were all shy. But we knew that we came to serve in Cambodia, so we did not let the problems put us down. I've learned and benefited so much from this Cambodia trip, I'm looking forward to such opportunities again!"



The International Team volunteers spent a total of 8 days serving in Siem Reap, Cambodia.

Having volunteers from different walks of lives come together to serve the less privileged overseas was a memorable event. It was a fruitful journey for both the beneficiaries and volunteers."



26th YMCA Plain English Speaking Awards 2012 Prize Presentation



Guest-of-Honour Permanent Secretary (Education Policy) Ms Chan Lai Fung (Ministry of Education), Mr Bryan Tan (Chairman, 26th YMCA PESA) and Mr Stephen Loh (President, YMCA of Singapore) with top 3 winners from all categories

The judging criteria for the YMCA Plain English Speaking Awards (PESA) were revised this year to place more emphasis on 'Plain English', which is what the PESA competition is all about. 'Plain English' is about communicating clearly and sincerely in internationally acceptable English.

Participants also had to take on interesting topics with a deliberately localised context, including 'What is the good of complaining?' and 'Courteous people finish last'. Finalists for the Secondary and Junior College categories were exposed to an experiential learning component where one group participated in a YMCA Community Service Programme and another witnessed how less abled individuals were given basic work training at Dignity Kitchen. The finalists developed their speeches for the finals based on their experiences.

"Plain speaking has always been a highly desirable attribute - though perhaps we do not always hear Plain English being used as frequently as we might like. The need for plain speaking is as great as it ever was - perhaps even greater - given that "speaking", in one form or another, has been a particularly hot topic of late. The importance of effective communication as a key 21st century attribute continues to be emphasised by both employers and educators with much being done to further develop our young as effective communicators who speak with both confidence and clarity."

Guest-of-Honour Ms Chan Lai Fung
Ministry of Education Permanent Secretary
26th PESA Awards Prize Presentation

At the Prize Presentation held on 21 September 2012 at the Performing Arts Centre, Raffles

Institution, Mr Bryan Tan, Chairman YMCA PESA Awards 2012 Organising Committee said, "Despite the mounting challenges each year, participants have always proven that they are capable of handling sensitive topics beyond the boundaries of classrooms and textbooks." He added, "YMCA PESA is effectively a public education exercise that serves as a catalyst to promote good spoken English and public speaking skills among our young, who are the future leaders of our nation. Exposure to contests such as PESA would help to contribute to the personal development of our students and prepare them well ahead for their future success upon entry into the working world."

Two hundred students from 134 local schools pitted their oratorical skills against each other in preliminary rounds and a grand final. The annual YMCA PESA is a national level public speaking competition organised by YMCA of Singapore in partnership with the Ministry of Education, the National Library Board and the Speak Good English Movement

The YMCA PESA 2012 competition was held over eight weeks (from 14 July to 23 August). Students competed in Lower Primary, Upper Primary, Lower Secondary, Upper Secondary, and JC/ CI/ ITE/ Poly categories. The preliminary rounds and semi finals were held at the Tampines Regional Library, Ang Mo Kio Public Library, Bukit Merah Public Library and Bishan Public Library, supported by the National Library Board to reach out to a wider audience and to increase public awareness of PESA.

Objectives of PESA

1. To provide an avenue for students to sharpen their speaking skills and to build confidence in public presentation

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**YMCA
Corporate
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2. To promote public speaking in plain English as an important communication skill
3. To provide an opportunity for students to learn by observing proficient speakers

Participants are judged on substance (30%), language (40%) and personal voice (30%). For more information, please visit the website at www.facebook.com/YMCA.PESA



S. Kavirajan, Champion of the Lower Primary Category, sharing his personal experience, "First Born"

Lower Primary Category	
1st	S Kavirajan (Innova Primary)
2nd	Siddhi Narayan (Marymount Convent)
3rd	Caitlin Loh (Raffles Girl's Primary)
Upper Primary Category	
1st	Karisha Tej Kumar Partabrai (Haig Girl's Primary)
2nd	George Yeo (Pei Chun Public)
3rd	Oli Winter (Clementi Primary)
Lower Secondary Category	
1st	Mathijis Markvoort (Anglo-Chinese Independent)
2nd	Theophilus Sng (Hong Kah Secondary)
3rd	Sai Suman Mirthipati
Upper Secondary Category	
1st	Lim Qi Min (Methodist Girl's Secondary)
2nd	Melissa Lee (Nanyang Girl's High)
3rd	Melissa Khoo (CHIJ Katong)
JC/ CI/ ITE/ Poly Category	
1st	Brandon Hirokazu Kobayashi (Innova JC)
2nd	Denzel Low (Catholic JC)
3rd	Liang Yuchen (Dunman High)

Sponsors

Lee Foundation, Speak Good English Movement, Reader's Digest Asia Pte Ltd, Times the Bookshop, International Y's Men's Club of Singapore - Alpha Chapter, Asiapac Books Pte Ltd

Supporting organisations

Speak! Ventures Pte Ltd
British Council

Snapshots

YMCA Gala Dinner

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YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community

\$400,000 raised at I

YMCA of Singapore organised an Inaugural Gala Dinner on 3 October 2012 at The Fullerton Hotel in conjunction with the Association's 110th Anniversary celebrations this year. The President of Singapore Dr Tony Tan Keng Yam, who is also Patron-in-Chief of the YMCA of Singapore, graced the occasion as the Guest-of-Honour.

The Gala Dinner raised \$400,000 for YMCA Community Service Programmes, YMCA Project Bridge and YMCA Financial Assistance and Capability for Employment Scheme. This was achieved through sale of tables, individual seats and raffle draw tickets with prizes including a grand prize of a hotel, dining and spa voucher worth \$3,100 proudly sponsored by Grand Park City Hall, an Audemars Piguet wall clock worth \$2,500 and a Leica D-Lux 5 camera worth \$1,200. Guests supported the event by taking tables of 10 persons at \$10,000 (per table) or \$5,000 per seat at the VIP table.

The highlight of the Gala Dinner was an auction of the naming rights for a new orchid hybrid (right). This was won by Dr Stephen Riady, Executive Chairman of Overseas Union Enterprise with a bid of \$50,000.

The entertainment programme included a dance medley by Y STARS (YMCA Special Talents, Arts and Recreation Society) made up of youths with Down Syndrome, and a performance by 12-year old Miguel Antonio, touted as 'Singapore's very own Justin Bieber'.



YMCA Board Directors, YMCA Advisory Council and YMCA Gala Dinner Organising Committee with President Tony Tan and M





Recycled materials art pieces by YMCA Zhenghua Child Development Centre win Merit Prizes

YMCA Zhenghua Child Development Centre K1 children learned to make our future world safe and secure by being responsible for planet earth at the Preschool Art & Craft Competition jointly organised by Nanyang Girls' High School and the National Environment Agency. The competition encourages preschoolers to learn about the 3 'R' s: Reduce, Reuse and Recycle.

The participating children were required to make use of recycled materials to create their art pieces. The two art displays by YMCA Zhenghua CDC were built from empty Yakult bottles, straws, magazines, aluminum cans and an assortment of recycled materials.

Both entries were awarded Merit prizes at the Finals. Heather Chen and Jacqueline Tan represented the class to each receive a \$50 cash voucher and a trophy for YMCA Zhenghua CDC.



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. For more information on YMCA CDCs, please visit www.ymca.org.sg/cdcsc or contact Mabel Chia at mabelchia@ymca.edu.sg



YMCA Education Services



**13,670 schools offer business degree programs worldwide,
only 57 have triple accreditation as of April 2012;
UK has 14 schools and Strathclyde Business School is 1 of them.**

Contact us for information about Strathclyde MBA course:

Sean Tan Tel: (65) 6586 2378

Tricia Lim Tel: (65) 6586 2382

www.ymca.edu.sg

One Orchard Road, Level 2, Singapore 238824



Cert No.: EDU-2-2030
Validity: 16/12/2011 - 15/12/2015

YMCA Education Centre

A subsidiary of the YMCA of Singapore

Reg No. 201020152Z

Period: 11 Oct 2010 - 10 Oct 2014

Volunteerism celebrated



YMCA of Singapore, Thye Hua Kwan Moral Charities and the Lions Befrienders Service Association co-organised this year's International Volunteer Day (IVD) celebration on 24 November. Supported by the National Volunteer & Philanthropy Centre, this year's IVD saw some 5,000 volunteers from all walks of life participating in the mega carnival and concert held at SMU Green, Singapore Management University.

Amidst the high energy stage performances including Y STARS, one of the highlights was the mass singing of "You Give Me Wings" by everyone present, led by Singapore Idol

Hady Mirza and the Guest-of-Honour, Mr Lawrence Wong (Acting Minister for Culture, Community and Youth & Senior Minister of State, Ministry of Communications and Information).

Mr Wong shared, "Amidst our fast paced lifestyles and many responsibilities in Singapore, sometimes it's easy to lose sight of our purpose in life. And our volunteers here remind us that we must care for one another and to show kindness and compassion for one another. Because in the end what matters is not our possessions or positions in life, but our relationships with one another and the difference we make in the lives of people around us. Through your acts of giving, you exemplify the values of empathy and compassion, you offer love, support and so much more to those in need. You connect us to the society and inspire us to be involved in something larger than ourselves. And more importantly, you are role models who pass on key values to the next generation, to help make Singapore a better and more gracious home for all."

International Volunteer Day has been celebrated worldwide since 1985, under the auspices of the United Nations. IVD celebrates the giving spirit of volunteers and pays tribute to their invaluable contributions to society. At the same time, it encourages others to begin their journey of giving back to the community.

In Singapore, IVD debuted in 2010 at Marina Barrage with a mega volunteer appreciation event - "I Love V!" In 2011, a "Walk with Me" event was held at *SCAPE.

For more information on IVD 2012, please visit the website at www.ivd.sg.



University YMCAs hold first joint AGM at YMCA of Singapore

The first combined Annual General Meeting (AGM) for the three University YMCAs (Uni-Y), namely Uni-Y SMU, Uni-Y NUS, Uni-Y NTU and High School YMCA (Hi-Y) was held at YMCA of Singapore with 78 students, Uni-Y and Hi-Y members and members of the respective Executive Committees.

Mr James Yoon, ex-President of Uni-Y SMU (2010-2011), graced the occasion as the Guest-of-Honour. Mr Stephen Loh, President of YMCA of Singapore, presented the outgoing Executive Committee (ExCo) members with Certificates of Outstanding Service, while Ms Samantha Seah, Assistant General Secretary (Programmes) of



YMCA of Singapore, presented letters of appointment to the incoming ExCo members. Also present was Mr Teo Zi-Ming, Director of YMCA of Singapore, who together with guests witnessed the swearing-in of the new ExCo.

For more information about the Uni-Ys and their work in serving the community, please visit the Uni-Ys of Singapore Facebook page at <http://www.facebook.com/uniysingapore> For enquiries, please email clementcheong@ymca.org.sg

About Uni-Ys

University YMCAs or Uni-Ys, are groups set up in tertiary institutions in Singapore with the mission of empowering youth to be servant leaders who will impact the local and international communities. Through conceptualizing and executing innovative community service programmes, Uni-Ys also foster the development of leadership and social entrepreneurship among youth. The first Uni-Y was established in SMU in 2005, followed by NUS in 2007 and NTU in 2009.

The Batticaloa region has faced severe hardships due to the extreme weather conditions affecting the lives of whole communities. The total area can be inundated for more than 3 weeks and people have had to move to temporary shelters leaving their residencies and income avenues. YMCA's medical mission was initiated in the year 2009 targeting the villages of Eralakulam, Elukkupothanai and Perumalveli in the Eravurpattu DS Division in the Batticaloa District.

The people of these villages are not able to obtain proper medical facilities due to inaccessibility of medical care in nearby regions. They have to travel more than 20 kilometres to reach a medical centre and since there is no proper transport facilities, they have to either walk or pedal a bicycle which not all the residents own. During heavy downpour, medical clinic activities were interrupted as the road conditions would impede the van from travelling into the villages.

The medical clinics are organised and conducted only by the Batticaloa YMCA in villages under the directions of Regional Director of Health Services, Medical Officers of Health and the Divisional Secretaries of the areas.

In turn, proper medical care would be provided by the local medical team comprising a Medical Doctor, a Nursing Officer and a Dispenser. Batticaloa YMCA also has a staff solely in charge of the coordination of the operation of these medical clinics. This initiative is funded by the YMCA of Singapore and the Asian Medical Foundation.

A total of 57 clinics were conducted in 2011 and the local team has seen over 5680 patients including the people affected by the floods in the villages of Palachcholai, Koduwamadu, Muruthanai, Kothiyapola and Thanthamalai. There were on average of 80 to 100 patients attended to by each clinic.



YMCA Medical Mobile Clinic F



Annual YMCA Medical Trip to Batticaloa, Eastern Sri Lanka

Date: May 17 - 25, 2013

Criteria for YEP subsidy:

1. Singaporeans or Singapore PR
2. Between 15 - 35 years old
3. Never applied for YEP funding before

Registration:

First come first served with \$400 deposit. Trip will materialise if there are sufficient medical professionals

Enquiries:

jamesji@ymca.org.sg or telephone 6586 2334

When patients needed tertiary care they were referred by the YMCA medical team to the appropriate medical institutions. The team found some illnesses to be seasonal and some due to their hard physical activities and life style.

Malnutrition was an early problem. People have better resources now. Medical clinics were conducted in rotation once a month in 8 villages and special requirements were made by the village head or the village facilitators, RDHS and the Security Forces from the Thoppigala Army Camp.

Batticaloa YMCA has increased the frequency of the clinics to meet the medical needs of the people affected by floods. Such clinics were conducted in the villages of Palachcholai, Pankudaveli and Thanthamalai on the request of the RDHS Batticaloa. On a few occasions, the clinics were conducted in open spaces since the villages lacked public buildings.

YMCA Singapore sends two medical teams a year to support YMCA Batticaloa in their efforts for the community.

Volunteers from the Singapore Polytechnic Optometry faculty provide eye screening and equip needy villagers with free spectacles. Seven hundred students and villagers had their vision checked and glasses were given to those who needed them. The team also conducted education for students and villagers in the aspect of proper eye care technique such as face-eye massage and proper reading distance.

We thank Asian Medical Foundation for the continued support. YMCA of Singapore will continue to send medical volunteers to Sri Lanka to serve the needy people in Batticaloa.

Project in Batticaloa, Sri Lanka

Russian fencer Kamilla Gafurzanova made time during her vacation break in Singapore to share her training programme, London Olympics experience and winning spirit with our young YMCA fencers (12 years to 17 years). Kamilla won a silver medal in the women's foil team event at the London Olympics. A left-handed fencer, Kamilla started fencing at age 12.



YMCA fencers are currently training under Maria Bobok (YMCA of Singapore coach) for the World Junior and Cadet Fencing Championships in March 2013. The younger ones are preparing to qualify for the 2nd Youth Olympic Games in China in 2014.

With more than 20 years of professional coaching experience, Russian fencing coach Maria Bobok is passionate about coaching children. She holds the National Coaching Accreditation Programme (NCAP) Level 3 Certificate by the Singapore Sports Council. Through the YMCA Fencing Programme, each child is given the opportunity to excel as an individual, and stretch their potential as an athlete. Fencing develops skills and attitude which will enable students to become confident.

Heartiest congratulations!

Y Fencer Cheryl Wong won the bronze (Women's Foil) in the Moedling U23 Europe Fencing circuit.

Y Fencers Chloe Wong and Chua Min Hui tied for bronze in the Australia Open Fencing Championship 2012 in Canberra.

YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community

Russian Olympic silver medallist shares her experience with Y Fencers

YMCA Associate Membership

Enquiries: lifestyle@ymca.org.sg / 6586 2255
More information:

www.ymca.org.sg/lifestyle
www.facebook.com/YMCA.Lifestyle.Programmes

Participants of all YMCA Fitness & Dance programmes are required to pay for YMCA Associate Membership fee. Prices as listed below.

YMCA Associate Members 21 years and above: S\$21.40	YMCA Associate Members below 21 years: S\$10.70
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Programme	Date & Time	Programme Requirements
Fencing Children (Foil)	Tue 3pm - 5pm Sat 12pm - 2pm	Age 7+ No experience required
Fencing Foil Foundation	Tue & Thur 3pm - 5pm Sat 4pm - 6pm	Age 8+ No experience required
Fencing Foil Pre-competitive	Mon to Wed 3pm - 5pm Sat 4pm - 6pm Sat 4pm - 6pm	Age 13+ No experience required
Fencing Youth Epee	Mon 3pm - 5pm Sat 4pm - 6pm Sat 4pm - 6pm	Age 13+ No experience required
Adult Epee	Wed 7.30pm - 10pm	Age 17+ No experience required

YMCA RAD Ballet



Term of 10 Sessions

Level	Day	Time	Fees
Tots Dance	Monday	4.00pm - 4.30pm	S\$117.70
Beginner 1	Monday Thursday	4.30pm - 5.15pm 3.45pm - 4.30pm	S\$160.50
Beginner 2	Monday Thursday	5.15pm - 6.00pm 4.30pm - 5.15pm	S\$160.50
Pre-Primary	Thursday	5.15pm - 6.00pm	S\$171.20

Miss Teo Ching Ching is a Royal Academy of Dance (RAD) Examiner with a Master of Arts in Dance from UCLA and a Bachelor of Arts (Honours) in Dance from the University of Buckingham.

She is also a qualified Registered Teacher with the RAD and the Imperial Society of Teachers of Dancing (ISTD), and holds diplomas from both examination boards. She was awarded UCLA Fellowships and National Arts Council Overseas Arts Bursaries towards her post-graduate studies in the United States.

Miss Teo was the first RAD Practical Teaching Supervisor in Singapore (in 2001), and had assessed the practical teaching of trainee-teachers working on their RAD and university-validated teaching qualifications. She was appointed a Tutor for the RAD Certificate in Ballet Teaching Studies (CBTS) programme since CBTS was launched in the region in 2005.

As a Tutor, Miss Teo assesses trainee ballet teachers in their distance-learning studies. She has also conducted 'Intensive Study Period' for CBTS students in Singapore, Kuala Lumpur and Bangkok since 2006.

More recently, Miss Teo has become an Approved Tutor for the new RAD Grades 1 to 3 ballet examination syllabus.

YMCA Ballroom Dancing



Term of 8 Sessions

Level	Day	Time	Fees
Beginners	Thursday	7.30pm - 8.30pm	S\$130.00
Beginner Level 1	Thursday	9.30pm - 10.30pm	S\$130.00
Intermediate	Thursday	8.30pm - 9.30pm	S\$150.00

Radiate grace and charm, widen your social circle and add a new dimension to your life. Ballroom dancing is a great body-conditioner if done on a regular basis. Learn from experienced ballroom teacher Lucy Wang, former Southeast Asia Professional Dance Champion who has groomed many champions on the ballroom scene! Take on the dance floor with grace and confidence!

Aqua Baby / Aqua Pregnancy



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

Fee: S\$155.15 for 5 sessions

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.

Fee: S\$203.30 for 5 sessions

Bokwa

What Is Bokwa®?

Bokwa® is a new and completely different approach to group exercise that is rapidly spreading across the globe. Bokwa® participants draw letters and numbers with their feet while performing an energizing and addictive cardio workout routine. Moving together to today's most popular music, participants of all ages draw the Bokwa® L, 3, J, K and dozens of other steps.

Bokwa Is Different

No Counting Steps

Because Bokwa® steps are structured and based on the forms of letters and numbers, doing Bokwa® does not require you to count steps, like a traditional 8 count followed by most dance fitness programmes. Simply feel the music and freely move with the beat.

No Choreography

Once you know the steps, you own it and can do it without following an instructor's personal choreography. Because the steps follow the same structure, whether you are doing it in Taiwan, Australia, England or the US, Bokwa® is truly universal.

Today's Popular Radio Hits

We do Bokwa® to popular music that appeals to a global audience. The music is energising and addictive and it is likely the same feel good songs you listen to in your car.

Everyone Can Do Bokwa®

Because the steps are structured as letters and numbers everyone can do Bokwa®. 4-year-old kids, 75 year old men and women. People with two left feet who cannot dance. World champion Latin and ballroom dancers. All having a terrific experience in the same class!

It Does Not Feel Like Working Out At All

Because of the energising music, the fun and predictable steps and great motivation coming from people moving together to music, participants become addicted to Bokwa®. You would not even realise you were burning up to 1,200 calories in one workout.

Source: <http://www.bokwafitness.com>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
ZUMBA (Vanessa) 9.00am-10.00am	ZUMBA (Vanessa) 9.00am-10.00am	ZUMBA (Erich) 10.00am-11.00am	BOKWA (Vanessa) 9.00am-10.00am
	BOKWA (Vanessa) 10.10am-11.10am		ZUMBA (Vanessa) 10.10am-11.10am
	ZUMBA (Lavania) 12.05pm-1.05pm	ZUMBA (Lavania) 6.30pm-7.30pm	
ZUMBA (Erich) 7.30pm-8.30pm		ZUMBA (Lavania) 7.45pm-8.45pm	ZUMBA (Lavania) 7.30pm-8.30pm

Programme Package

1 month subscription

Sessions: Unlimited S\$149.80

Card System

Sessions: Unlimited S\$182.00

*FEE (Incl GST & Membership Fee)

All prices listed for YMCA Lifestyle Programmes are inclusive of GST and YMCA Associate Membership fees. YMCA Members enjoy S\$21.40 rebate. *All prices are subjected to change.

Snapshots

Christian
Wellness

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Book Review

"Every Good Endeavour" by Timothy Keller

Product description provided by
SKS Books Warehouse



Our working world is getting increasingly competitive and at one point or another, many of us start to question why are we doing the jobs we have and is there anything we can do about it?

Pastor Tim Keller has taught and counselled students, young professionals, and senior leaders on the subject of work and calling for more than twenty years. Now, he puts his insights into a book for readers everywhere, giving biblical perspectives on pressing questions such as how we can find meaning in the jobs we do and how to stay true to our personal values while still advancing in a bottom-line-oriented workplace.

With deep insight and often surprising advice, Timothy Keller shows readers that biblical wisdom is immensely relevant to our questions about our work. In fact, the Christian view of work, that we work to serve others, not ourselves, can provide the foundation of a thriving professional and balanced personal life.

This clear and concise book will show you how excellence, integrity, discipline, creativity, and passion in the workplace can help others and even be considered acts of worship and not just of self-interest.

Usual price: **\$28.50**

Special offer: **\$19.90** (while stocks last)

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Tan Boon Liat Building #09-03
Singapore 169074
Email: enquiry@sksbooks.com
Tel: 62279700
Website: www.sksbooks.com

YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community

Word From The Chaplain

GOD'S KIND OF CHRISTMAS

By Reverend Melvin Huang, YMCA Honorary Chaplain

"William and Kate are having a baby!" This news has caused a great deal of excitement - not only in Britain but all over the world. Congratulations were received from almost everywhere, it would seem. Kate's hospitalisation because of severe morning sickness generated great empathy.

Compare and contrast this to the virtual anonymity of Mary's pregnancy, even though in her womb was the Christ-child. It would seem only three persons were excited in any way. Mary, Elizabeth and her "to be born" son, the future John the Baptist.

This speaks volumes to us about how God works, His preferred methods. Little fanfare. Not obtrusive. Almost too quietly.

Yet look at the result.

"Kings and Kingdoms shall all pass away, but there is something about that Name" goes the words of a song by The Gaithers. That Name is Jesus. A name that has stood the test of time and history and will remain forever.

Jesus - Saviour
Christ - Messiah or Anointed One
Immanuel - God is With Us (always)

God's ways are very difficult for us to understand. Let alone accept. We would want to do things altogether differently. We like the spectacular, the grand, the awesome.

But God is often not like this. His way is quite, unspectacular, un-grand, un-awesome.

Yet look at the result

The angel of the Lord said, "Today is born to you a Saviour, the Messiah, the Lord" (Luke 2:11)

Have a Blessed Christmas and New Year.

Rev Melvin Huang

P.S. After 14 years of being a chaplain of YMCA, this will be my final message as I will be going on sabbatical leave in 2013. Thank you for the privilege of serving with you these many years.

New YMCA Merchant Partner



Since 1989, we have been outfitting all types of outdoor lovers: from weekend trekkers and backpackers to suitcase travellers and adventure seekers. Today, we are one of the most comprehensive outdoor gear stores in Singapore.

Privilege for YMCA members:

20% off all regular price items*

*Contact Campers' Corner at
6337 4743 for Terms & Conditions.
Not valid with other promotions.

51 Waterloo Street, #01-01
Singapore 187969

Operating hours
Mon to Sun: 11am - 8pm
Closed on Chinese New Year,
Christmas and
New Year Holidays



Greetings and well wishes for YMCA's 110th Anniversary

Wayne Tan Wei En HAPPY 110TH Anniversary YMCA! It has really been a blessing for me to have the opportunity to serve in YMCA especially in University-YMCA. Started off as a volunteer, YMCA really makes a lot of effort in grooming its volunteers to become leaders in their own respective areas. I would like to thank YMCA for empowering me to do so many things that I would never have imagined myself doing. I learnt to be a servant leader and I hope more youths can come to be blessed too by YMCA. Keep it up YMCA!

Tran Anh Phuong Happy Anniversary YMCA!! I'm Tran Anh Phuong, YMCA volunteer. As part of YMCA, I had an opportunity to make friends with so many energetic and capable people who shared the same passion for community service. YMCA also gave me a chance to step out of my comfort zone and become more proactive. I love YMCA!!!

Ang Ke Qin Happy 110th YMCA! Thanks for the opportunity to shine and grow in the past few years. It has taught me lifelong values out of school & forged great friendships along the way. Thank you for embracing the world with love and joy. It's what keeps it alive. Keep it going! You have a long way ahead

Nicholas Ho Dear YMCA, you open up doors of the lives of the Beneficiaries to me. They have made a significant impact in my life ever since! It's an honour to be affiliated to the Y as a staff and volunteer during my stint here. To meet people from all walks of life is more than words can describe. My experience in Y will stay with me for many years to come. May the glory of God don't shine through the Y! Blessed 110th Anniversary! (:

Valerie Ong Happy Birthday YMCA! Its your bday but I've been receiving the presents from you guys instead! My sincere appreciation to the YMCA staff who believed in me. Thanks for giving me opportunities to grow and be a leader in my field. You guys taught me important life skills that benefited me so much these years. Without you, I probably will not be comfortable doing public speaking and leading my peers in camps and events. I've learnt so much and met so many people. You nurtured me and raised me up to be who I am today. So HAPPY BIRTHDAY! Here's to 110 years of giving!

Tang Bek Wuay Happy 110th Anniversary YMCA! It has been a real blessing to have joined YMCA as a volunteer. Other than making new friends, YMCA has also provided me with the platform to take part in and initiate activities that benefit the community. I really appreciate all the support that has been given by YMCA to make all our ideas come to life. Thank you YMCA for giving all volunteers such enriching and meaningful volunteering opportunities! You're awesome! Keep going!

Wai Min Happy 110th Anniversary, YMCA! I've been volunteering for so many years, but it was in YMCA where I made really good friends through volunteering despite it being such a huge organization. It's been great working with fellow volunteers as well as the staff, who have been very committed and supportive in every way possible. It's a great team effort at YMCA! Cheers, Wai Min | YMCA volunteer

Jonathan Tan Ser Ern Happy birthday Y! Keep impacting lives!

Sophie Boey 생일을 축하합니다! Greetings from Seoul! Happy 110th anniversary YMCA! ^^ It has been almost 3 years volunteering with YMCA & SMU-UniY. From my first camps and overseas camps with YMCA from 2009 till now, I would like to thank YMCA and SMU Uni-Y for the abundant opportunities for the past years. It has taught me so much about love, volunteerism, and forged meaningful friendship in this volunteering journey. Thank you too, for

empowering me the leadership skills to spread the love for volunteerism to everyone that cross my path during my YMCA volunteering experiences. Blessed birthday (: keep it going and going!!!

Hanh Do Happy birthday YMCA! You've made my student life in Singapore much more meaningful and enriching. You've taught me to connect to less privileged people with my heart, to stand in their shoes and feel what they feel, to be understanding and patient, to be forgiving and self-effacing, to be optimistic and treasure what I have. YMCA has brought me the best friends I can ask for - sincere, zealous and kind-hearted. And last but not least, you inspired me to inspire others to do the same. Thanks to YMCA, I can contribute back more meaningfully to my second home - Singapore for all it has generously given me.

Lim Sherryll happy anniversary YMCA! my daughter is with your student care center at Loyang Pri Sh, and I'm a beneficiary to your financial assistance scheme. Thank you very much for your help! Wishing your organization many more good years to come

Wen Wei Andrew Zhao Happy 110th YMCA Singapore! One hundred and ten years of touching lives and lifting spirits. May YMCA continue to stay true to its mission so that more communities are reached, more youths are empowered and more lives are transformed. Kudos to the dedication of the staff and leaders of YMCA. All these would not have been possible without you. God bless! (Current President of Uni Y NUS)

Yvonne Ang Happy 110th YMCA! Really appreciate all the opportunities given to groom young people, like me, giving us platforms to give back to the society. After serving with Y, I can really say that my perspective of the world changes a lot. All the programs that I've been through with Y made me more mature and confident as a person. I've made great friends through Y too! Really thankful for everything, the organization and the people who make up the organization, making it so awesome!

Teo Yi Shan Happy Birthday YMCA! 110 years of fun, share and love for all! We enjoy and felt love while we serve and participate.. Wishing YMCA many more good years to come!

Wee Teck Tan happy birthday ymca. thanks for providing opportunities and platform for us youth to step up to serve our communities and continue to do so awesomely!

Grace Javier A truly admirable feat - still going strong at 110 years! Grown and sustained by committed individuals empowered and inspired by God.

Songjun Wu Vivian Happy Birthday YMCA! I personally benefited from and enjoyed the Y-Camps, ISPs and the Sat morn events... and of course, made a lot of friends with the buddies. The work you are doing is truly wonderful. Continue to be a community that inspires change in society and empower youths to make a difference.

Christopher Lock The YMCA can last 110 years because if it ceased to exist, thousands would miss its presence and contribution of love to the less fortunate. May the YMCA last another fruitful 110 years, to love and serve even more!

Ying Hui Su Happy 110th birthday YMCA! It is amazing to see your programs & initiatives grow & blossom over the years that I have been volunteering with you. Thank you for grooming me as a leader & bringing so many wonderful fellow volunteers and beneficiaries into my life; my experiences with you will never be forgotten

James Yoon Living strong for 110 years, YMCA has served

and prospered through the generations. It has provided many people, myself included, with a different and more meaningful perspective in life. Continue to be 'different' in this society and become a source of inspiration and courage to many out there! (Past President of Uni Y SMU)

Ziqi ChLoe happy 110th anniversary ymca! thank you for giving us this opportunity to work with you. We hope your volunteering programme will continue to enrich the lives of our intellectually disabled clients as well as our needy people in the community. We really appreciate your partnership in our journey of service to the less fortunate and look forward to future collaboration with you. Chloe Lee, Staff of Bishan Home

Peter Burns Congratulations on your milestone 110th year YMCA of Singapore! Your continuous dedication to serving the people of Singapore in spirit, mind & body is breathtaking! I'm so pleased to be a friend of your Y. To everyone congratulations! I look forward to sharing many more anniversaries with you. Warmest regards from Peter Burns, Chief Executive YMCA Victoria, Australia & Chair YMCA World Urban Network.

Goh Chaoqin Happy Birthday YMCA! Thanks for offering me the opportunity to bring love and joy to the world at large. And thanks for all the support you've provided me these years. Wishing you a wonderful 110th Anniversary!

Accolades



YMCA of Singapore President Mr Stephen Loh (left) with a token of appreciation from President of Singapore Dr Tony Tan for YMCA's contribution to President's Challenge 2012.



Mohammad Yusri bin Yusof, now a full-time commis cook at Y Café, presented with the Alumni Award from Grace Orchard School by Principal Mrs Noreen Lim-Yeo. He was honoured for his exemplary workplace conduct and perseverance to succeed during his attachment as a waiter at Y Café.

YMCA of Singapore provides 6-month work attachment training opportunities for youths with special needs at the YMCA International House under the Y Employment Scheme. Grace Orchard School caters to students aged 7 to 18 years who are diagnosed with Mild Intellectual Disability or Mild Autism Spectrum Disorders with the Intellectual Quotient range of 50-70.

Be A YMCA Volunteer

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YMCA of Singapore celebrates 110th Anniversary
Serving God, Serving Community

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 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



Y Makan Fellowship

Held monthly, activities consist of games, songs and a meal for needy elderly beneficiaries. Youth befrienders serve and interact with them as part of inter-generation bonding.

Date : 19 January 2013
Time : 10.00am to 2.00pm
Venue : Tan Chin Tuan Room 1
YMCA of Singapore

Date : 23 February 2013
Time : 10.00am to 2.00pm
Venue : Tan Chin Tuan Room 1
YMCA of Singapore

Y Outing

YMCA Volunteers accompany beneficiaries to places of interests and engage in activities like bowling and kite flying.

Date : 2 March 2013
Time : 9.00am to 1.00pm
Venue : Blue Cross Thong Kheng Home

Y Reading

YMCA Volunteers promote the love of reading among beneficiaries at Metta School

Date : 2 February 2013
Time : 9.30am to 12.30pm

Date : 16 February 2013
Time : 9.30am to 12.30pm

Date : 23 February 2013
Time : 9.30am to 12.30pm

Date : 2 March 2013
Time : 9.30am to 12.30pm

Date : 9 March 2013
Time : 9.30am to 12.30pm

Date : 16 March 2013
Time : 9.30am to 12.30pm

Date : 23 March 2013
Time : 9.30am to 12.30pm

Y Green Fingers

Volunteers with green fingers will enjoy gardening with our beneficiaries.

Date : 24 January 2013
Time : 3.00pm to 5.30pm
Venue : 1034 Upper Serangoon 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 : 1 March -3 March 2013
Venue : to be confirmed

Volunteers are required to attend a mandatory briefing on:

Briefing Date : 2 February 2013
Time : 3.00pm to 6.00pm
Venue : YMCA of Singapore

Or

Briefing Date : 15 February 2013
Time : 7.00pm to 10.00pm
Venue : YMCA of Singapore



Beneficiaries from Handicaps Welfare Association at Y Makan Fellowship held at YMCA of Singapore, kindly sponsored by Bridgestone Tyre Sales Singapore Pte Ltd.



YMCA Food of Love supported by DHL Global Mail (Singapore)

Volunteers from DHL Global Mail (Singapore) supported four sessions of the YMCA Food of Love in 2012. One volunteer even offered the kitchen of her home for the baking of pineapple tarts. Thank you! Through the sessions supported by DHL Global Mail (Singapore), 320 needy elderly were blessed with goodies and food prepared by volunteers under the guidance of professional and hobby volunteer chefs.



Distributing goodies at Care Corner SAC, Toa Payoh



Baking with love at The Little Arts Academy