

FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

MCI (P) 131/06/2013

FOURTH QUARTER 2013



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President's Message

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Dear Members and Friends,

YMCA of Singapore has been brimming with activities in the fourth quarter of 2013.

YMCA has won the Charity Governance Award 2013 in the Large Charities Category. Mr Lawrence Wong, Acting Minister for Culture, Community and Youth, presented a cheque of \$10,000 and a plaque to us at the Awards Ceremony on 18 October. The Award recognises charities that have adopted the highest standards of governance.

YMCA was also recognised for participating in the President's Challenge 2013. Mr Chew Kwee San, Vice-President of YMCA, represented the Association to receive a token of appreciation from President Tony Tan at the President's Challenge 2013 Thank You Reception on 30 October.

Here are some highlights from the fourth quarter:

YMCA Proms @ the Park 2013 was held on 21 September. The event brought more than 1,000 volunteers including staff from participating organisations, public befrienders, YMCA volunteers, and beneficiaries from 24 Voluntary Welfare Organisations (VWOs) to the Singapore Botanic Gardens for a picnic and mega concert featuring high-energy performances and activities.

YMCA raised over S\$420,000 at the YMCA Appeal Gala Dinner 2013 on 2 October. These funds will go towards the YMCA Community Service Programmes, YMCA Project Bridge and the YMCA Financial Assistance and Capability for Employment Scheme (FACES). Mr Phillip Tan, Chairman, Community Chest, graced the event as Guest-of-Honour.

The YMCA Project Bridge Vocational and Soft Skills Programme (VaSSP) graduation ceremony was held on 8 November 2013 at the YMCA. The event celebrated the achievements of 30 youths who had successfully completed their choice of vocational training in either hairdressing, makeup, baking or hospitality. The award ceremony recognised the accomplishments of the youths and aimed to build up their self-esteem to motivate them to pursue other achievements in life.

The YMCA-Central Singapore CDC Silver Fiesta 2013 was held on 14 and 15 November at the Toa Payoh HDB Hub. A total of 600 volunteers and 2,000 senior citizens from 20 Seniors Activity Centres including members of the public participated in the event. Mr Gan Kim Yong, Minister for Health and Chairman of Ministerial Committee on Ageing, graced the event on its opening day. He joined the senior citizens in a mass Zumba Gold dance routine.

The Citi-YMCA Youth For Causes (YFC) 2013 Awards Celebration was held on 19 November at the SMU Administration Building. A total of 300 people, comprising the YFC teams, mentors and representatives from participating schools and VWOs witnessed the presentation of 9 YFC Awards to the outstanding teams. This year, the 100 YFC teams mobilised about 9,000 volunteers and raised S\$700,000 for 38 VWOs.

YMCA Tertiary held its Strathclyde Master of Business Administration Graduation Ceremony on 22 November 2013 at the Grand Copthorne Waterfront Hotel. More than 100 guests graced the occasion. Dr Ron Bradfield, Associate Dean & Academic Director, Strathclyde Business School, congratulated the graduates on their achievements and highlighted the unique qualities of the Strathclyde MBA degree. He commended YMCA's efforts to ensure a low drop-out rate and having organised a smooth graduation for the students.

Several major events are lined up in the first quarter of 2014 including the YMCA-Lim Kim San Volunteers Programme Awards (10 Jan), Uni-Y Annual General Meeting (18 Jan), The YMCA Conversation Series (22 Feb), YMCA Flag Day (22 Mar) and the 15th YMCA Charity Golf 2013 (23-24 April).

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

"The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners."

Isaiah 61:1

In-His-Service
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President

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Cover Photo

YMCA Proms @ the Park 2013 was held at the Singapore Botanic Gardens on 21 September.

Photo by Mr Alfred Ng
YMCA Volunteer Professional Photographer

YMCA honored for good governance

At the Charity Governance Awards 2013 Ceremony held on 18 October at the Novotel Clarke Quay, Mr Stephen Loh, President, YMCA of Singapore and Ms Lynette Yeo, Assistant General Secretary, Social Enterprises, represented YMCA to receive the winner's plaque and a cheque for \$10,000 from the Guest-of-Honour Mr Lawrence Wong, Acting Minister for Culture, Community and Youth. The Charity Governance Award (CGA) recognises charities that have adopted the highest standards of governance. Introduced in 2012, the CGA is an initiative of the Charity Council and held in partnership with the NUS Asia Centre for Social Entrepreneurship and Philanthropy.



Snapshots

YMCA
Corporate
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The CGA aims to promote good governance in the charity sector by acknowledging the excellent work of charities, while inspiring others to emulate their best practices.

Commenting on the win, Mr Loh said, "This tribute from the Charity Council is a tremendous testimony and endorsement of YMCA's ongoing efforts in striving towards good governance practices. The recognition and endorsement that follows the award will provide YMCA of Singapore with a very good platform and position to work with the relevant parties such as the Charity Council and sector umbrella bodies such as the National Council of Social Service to actively identify opportunities in which we can share and promote best practices in governance with other organisations."

YMCA of Singapore appreciated for participation in the President's Challenge 2013



Mr Chew Kwee San, Vice President of YMCA, represented the Association to receive a token of appreciation from His Excellency President Tony Tan at the President's Challenge 2013 Thank You Reception on 30 October 2013 at the Istana.

The annual Citi-YMCA Youth For Causes has been an event of the President's Challenge since 2005. The programme is a community initiative started by Citi and the YMCA of Singapore in 2003. Funded by Citi Foundation, the programme is a catalyst to promote social entrepreneurship and community leadership development among Singapore youths.

Snapshots

YMCA
Appeal Gala
2013

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YMCA Appeal Gala raises over \$



On 2 October 2013, YMCA of Singapore raised over \$420,000 at its biggest fundraising event for the year, the YMCA Appeal Gala Dinner. Mr Phillip Tan, Chairman, Community Chest graced the event as the Guest-of-Honour.

The funds raised will go towards the YMCA Community Service Programmes, YMCA Project Bridge and YMCA FACES (Financial Assistance and Capability for Employment Scheme). Some 200 guests including philanthropists and corporate chieftains attended the event which raised funds through the sale of tables, seats, raffle draw tickets and a silent auction.

During the event, Mr Stephen Loh, President, YMCA of Singapore and Mr Eric Teng, Chairman, YMCA Fundraising Committee, made further appeals to the guests to support the various YMCA community service programmes by filling in donation pledge forms that were placed at every table. In his vote of thanks, Mr Lee Lung Nien, Chairman of the YMCA Appeal Gala Dinner 2013 highlighted that YMCA's annual fundraising effort does not conclude with this event. It is an ongoing process to ensure that the programmes organised to touch the lives of the less privileged can continue into the future.

YMCA requires some \$1 million in funds to run its various community service programmes every year, which reach out to some 4,000 beneficiaries including the intellectually and physically challenged, abused and underprivileged children, out-of-school youths and youths-at-risk, the elderly and the poor.

To view the photos from the event, please log on to the YMCA Facebook page at www.facebook.com/ymca.singapore.



Gala Dinner

420,000



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



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Snapshots

Citi-YMCA Youth For Causes 2013

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Project Showcase



More than 300 youths gathered at the Lee Kong Chian Auditorium on a Saturday, 19 October 2013 to participate in the Citi-YMCA Youth For Causes (YFC) 2013 Project Showcase. As part of the YFC programme, the youths had raised awareness and funds for 38 selected Voluntary Welfare Organisations over a 15 week project implementation period. This project showcase was an opportunity for the youths to pitch their projects to the panels of judges and vie for the YFC Team Awards. In their teams, the youths were given fifteen minutes for their presentation which allowed them to share their project implementation plan, innovation, fund management, volunteer recruitment and public outreach efforts.

The auditorium was turned into a sea of colors and a cacophony of sounds, as many of the teams proudly displayed their identity and unity through their team t-shirts and school uniforms. They also brought along their posters, banners and samples of the merchandise which they sold to raise funds. Following the presentations, the judges shortlisted the top 10 teams to vie for the YFC Best Team Awards to be given at the Citi-YMCA Youth For Causes 2013 Awards Celebration on 19 November.



Awards Showcase

The 10 shortlisted teams from the project showcase returned to YMCA for the YFC 2013 Awards Showcase to vie for the YFC Best Team Awards for Category A (Secondary) and B (Post Secondary). The event was held at the YMCA Boardroom on Saturday, 26 October. The members of the YFC Selection & Awards Committee were judges for the Awards Showcase. Team Childlike Delights, Project iCANCERvive and Project D'Art were competing for the YFC Best Team Awards for Category A. Team EduTomahawk, Flight Forward, Go LOVE, Mission Ifpossible, Spectrum, Team D'Slexia and Team K.I.T were competing for the YFC Best Team Awards for Category B. Each team was given fifteen minutes to present their projects and impress the judges.

To find out who are the winning teams, please refer to page 7.



The Citi-YMCA Youth For Causes (YFC) 2013 Awards Celebration was held on 19 November in the Mochtar Riady Auditorium at SMU Administration Building. An audience of 300 people, comprising the YFC teams, mentors and representatives from participating schools and Voluntary Welfare Organisations (VWOs) witnessed the presentation of nine YFC Awards to the outstanding YFC 2013 Teams. This year, the 100 YFC teams mobilised about 9,000 volunteers and raised S\$700,000 for 38 VWOs. The YFC Awards Celebration went beyond recognising the outstanding teams and volunteers. It also celebrated the invaluable YFC experience that the teams have gained.

The Guest-of-Honour, Madam Halimah Yacob, Speaker of Parliament, mentioned in her speech that the programme has exposed youths to positive values. She added that the life lessons learnt through this programme will certainly put the youths in good stead to progress in life. She urged all youths, including this year's participants, to rally their friends to join next year's programme. She also encouraged this year's participants to return next year.

The other highlights of the events included a sharing from Madam Doris Ng, a representative from the Lions Club of Singapore Goodwood, and a short presentation from Team iCANCERvive, winner of the YFC Volunteer Management Award and the Best Team Award for Category A.

In a grand finale to the celebration, each participant folded and launched paper aeroplanes into the air as a symbolic moment of setting their dreams and vision for the community and themselves in flight.

Citi-YMCA Youth For Causes 2014 opens for registration from February 2014 to 23 March 2014. For more information, please visit the Citi-YMCA Youth For Causes website at www.youthforcauses.com or contact Mr David Lee at davidlee@ymca.org.sg

Awards	Winners
Best Team Award (Category A: Secondary) Volunteer Management Award	Project iCANCERvive
Best Team Award (Category B) Public Outreach Award	Team K.I.T.
Fund Management Award	Inspire '13
Most Promising Entrepreneur Award	Spectrum
Best Mentor Award	Mr Tew Ming Wei
Most Supportive VWO Award	Lions Club of Singapore Goodwood
Most Supportive School Award	Hwa Chong Institution



Snapshots

Citi-YMCA Youth For Causes 2013

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Snapshots

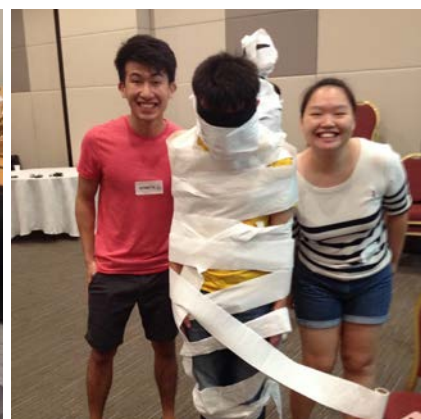
Youth
Development
Programmes

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Uni-Y IMP(ACT) Training



The first Uni-Y IMP(ACT) Training was held on 12 October 2013. It was catered specifically for the incoming Uni-Y Executive Committee (ExCo) for 2014. Thirteen Uni-Y leaders and one YMCA Youth Development Programmes staff attended the training. Through interactive activities and discussions, the participants learnt about the Team Effectiveness Model, Feedback Framework, Team Task Individual and Team Roles Circle. The participants also learnt different ways of applying the models to their future Uni-Y projects and ExCo meetings. Uni-Y leaders from different Universities were grouped together for discussions and to present their plans to the rest of the participants. To conclude the training, the song "Find Us Faithful" was played to remind the participants of the motivation behind their actions. They were encouraged to fulfil their term of service with a conviction to be faithful to the responsibility given and to the people under their leadership and care.



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

To kick off the series, we would like to introduce you to Mr Lin Yi Han and Mr James Yoon from Uni-Y SMU. Both Yi Han and James were instrumental in pioneering Uni-Y in SMU and strengthening the club's presence in the university. Read on to find out how they have contributed to the club and their current involvement with YMCA of Singapore.

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Youth Development Programmes

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Mr Lin Yi Han

*Social Entrepreneurship Lecturer
Ngee Ann Polytechnic*

Mr Lin Yi Han is one of the pioneers of Uni-Y Singapore. Yi Han played prominent roles in Uni-Y SMU as a young undergrad. He was appointed vice president in 2007 and later rose to the challenge of steering the club as President in 2008 and 2009. Every year, he would be involved in organising the Uni-Y SMU Freshmen Orientation Camp, introducing the incoming freshmen to Uni-Y. He organised activities for them to have a great time of bonding and fun, especially the Monster Night, which has become a traditional feature at all Uni-Y SMU freshmen orientation camps since 2006.

Having served in a leadership position for three years, Yi Han shared that the experience has built up his leadership skills to lead and motivate the committed group of ExCo members, and to inspire them with his vision to do greather works for the community.

Yi Han continued to be active in serving the community after his Uni-Y journey. One of his post graduation community service projects was a Christmas party and graduation celebration for low income families in Redhill which he organised with the support of Beyond Social Services. Yi Han is also an active YMCA Volunteer, he is currently supporting the YMCA Of Singapore as a member of the Youth & Volunteer Development Committee to brainstorm ideas and strategies to steer the development of volunteerism among youth. He is also volunteering as a church leader to young adults, and will be participating in a mission trip to Batam at the end of 2013, serving in the children and prison ministries.



Mr James Yoon

*Analyst, Statagic Planning Division
Competition Commision of Singapore*

Mr James Yoon's involvement with Uni-Y started when he served in Jericho's Rooftop Café, a social enterprise of Uni-Y SMU. The experience presented him with the excellent opportunity to combine his interest in serving the community and running a business. He also participated in other YMCA community service programmes like Y Camp Challenge and Y Food of Love. To him, the experience of leading Uni-Y SMU was challenging and impactful as he was given many opportunities to influence others to believe in the same social cause. He is grateful for the wonderful team that he served with as they were able to make the Uni-Y journey a much more memorable and life changing experience.

James is actively involved in his church's worship ministry as a pianist and guitarist. In addition James has also taken up YMCA of Singapore's invitation to join the Youth & Volunteer Development Committee.

Uni-Y Singapore salutes the Uni-Y Alumni, who continue to serve and impact the communities despite their busy schedules following their graduation from their respective universities.

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Tan Chin Tuan
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YMCA Proms @ the Park 2013

YMCA Proms @ the Park 2013 was held on a Saturday, 21 September. The event brought more than 1,000 volunteers including staff from participating organisations, public befrienders, YMCA volunteers, and beneficiaries from 24 Voluntary Welfare Organisations to the Singapore Botanic Gardens for a picnic and mega concert featuring high-energy performances and activities such as face painting and interaction with mascots. A total of 10 performances were presented by the Windworkz band, Y Guitar Club, Y-DGen (Youth Deaf Generation), YMCA Zhenghua Child Development Centre, YMCA Adult Ballet, Balloon Bubble, YMCA Korean Mums, YMCA Zumba Dance, NUS Resonance and Y STARS.

Guest-of-Honour, Mr Lawrence Wong, Acting Minister for Culture, Community and Youth, opened the event by beating the drums to start off Youth Deaf Generation's (Y DGen) musical performance. As he toured the event venue, Mr Wong met corporate representatives, interacted with the beneficiaries and took photos with them. In appreciation for his attendance at the event, Mr Wong was presented with a sunflower art piece. Gabrielle Allan who is a member of Y STARS (YMCA Special Talents Arts and Recreation Society) drew the art piece with her deft hands. She painted what she imagined as the ideal sunflower involving the technique of impasto painting using the palette knife.

YMCA of Singapore would like to express heartfelt thanks to all who had contributed to the success of YMCA Proms @ the Park 2013.

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Tan Chin Tuan
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YMCA-Central Singapore CDC Silver Fiesta 2013

YMCA-Central Singapore CDC Silver Fiesta 2013 was a two-day event held on 14 and 15 November at the Toa Payoh HDB Hub. The event saw a turnout of 600 volunteers and about 2,000 senior citizens from 20 Seniors Activity Centres (SAC) as well as members of the public. Mr Gan Kim Yong, Minister for Health and Chairman of Ministerial Committee on Ageing, graced the event on its opening day and joined the participants in a mass Zumba Gold dance session.

The event's theme was nostalgia and the traditional Teochew and Cantonese Opera performances captivated the senior citizens and the public. The Opera Cosplay booth was also well received by the participants as they had the opportunity to dress up in authentic opera costumes and take instant photo as souvenirs. Furthermore, the participants enjoyed a time of reminiscing through various kampong games such as Tikam-Tikam, Congkat, Five Stones, and Kuti-Kuti.

The organisers and the National Healthcare Group (NHG) and National Healthcare Group Polyclinics (NHGP) took the opportunity to share the importance of staying healthy to the public. Free health screening sessions were provided by the NHG, which allowed participants to be aware of their health conditions. The health talk organised by NHGP gave useful tips of staying healthy to the elderly.



Snapshots

YMCA - Tan Chin Tuan Community Service 13 Programmes

Mr Victor Poh, Manager of Community Service at YMCA of Singapore said, "Other than ensuring a meaningful event for the elderly, YMCA of Singapore also seeks to raise community champions through our events and programmes." Seven students from Anglo-Chinese School (Independent) took on the roles of volunteer leaders and were involved in planning the event since April 2013. They were committed to serve the community on a larger scale together with the YMCA Silver Fiesta organising team. The students were exposed to leadership opportunities such as conducting briefings and giving guidance to volunteers under their care.

Volunteer leader Kelvin Kim said, "Being part of the Core Volunteer Group of the YMCA-Central Singapore CDC Silver Fiesta 2013 has been a very enjoyable and fruitful experience." Volunteer leader Quah Jia Zhi added, "Silver Fiesta has indeed changed my life in many ways. I learn that everybody can give back to society regardless of age as long as you have a heart of service. I understood more about the roles and functions of the organising committee and that countless hours spent behind planning for such an event. If given the chance to volunteer again, I will not hesitate to do so."



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YMCA - Tan Chin Tuan Community Service Programmes 14

YMCA Sports Day 2013



YMCA organised its inaugural YMCA Sports Day on 8 November 2013 at the ITE College West campus. A total of 39 beneficiaries from MINDS Clementi Training and Development Centre (TDC) and Christian Outreach to the Handicapped (COH) with 85 volunteers from ITE College West and Credit Suisse participating in the event. The event allowed the beneficiaries to experience sports competitions and encouraged them to test their limits. It is an extension of Y Sports that is conducted monthly with the beneficiaries from MINDS Clementi TDC and volunteers from ITE College West. The event was graced by former national sprinter, Mr Canagasabai Kunalan, whose achievements include holding national records in several relay and representing Singapore in the 1968 Olympic Games.

The volunteers and beneficiaries participated in a mass Singapore Workout before proceeding to attempt the activities in six sports stations which included, 'Toss the Rocket', 'Clear the Course', 'Roll the Medicine Ball', 'Shoot the Basketball', 'Modified Futsal' and 'Modified Captain's Ball'.

Y Sports was started in 2011 to promote healthy lifestyle among the beneficiaries. The programme provides beneficiaries with opportunities to experience different sports and exercises. YMCA and ITE College West are currently working to further develop the programme.



DHL Global Mail (Singapore) supports the YMCA Food of Love

Eighty Volunteers from DHL Global Mail (Singapore) brought cheer and joy to 320 elderly through four sessions of YMCA Food of Love in 2013. The volunteers gathered to bake cookies and pastries with the guidance of a volunteer chef. The hand-baked savories were sent to the folks residing in one or two-rooms rented flats and played "Bingo" with them. Ms Lynnest Soh, Executive, YMCA Community Service Programmes, commented, "It is heartening to see volunteers from DHL going the extra mile for the elderly. Their commitment and dedication definitely warms the heart and stomach of the elderly."



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Strathclyde Master of Business Administration Graduation Ceremony 2013

YMCA Tertiary held its Strathclyde Master of Business Administration Graduation Ceremony on 22 November 2013 at the Grand Copthorne Waterfront Hotel. More than 100 guests graced the occasion. The ceremony commenced with a Graduation Procession led by a bagpiper playing traditional Scottish music. The Procession comprised Dr Ron Bradfield (Associate Dean & Academic Director), Ms Marianne Nimmo (Director of Operations), Dr Michael Marck (Academic Director for South East Asia), Dr Lim Cheng Hwa (Faculty Member) and Ms Carolyn Lints (Faculty Member) from the Strathclyde Business School as well as Mr Stephen Loh (President, YMCA of Singapore) and Mr Jay Tan (General Manager, YMCA Education Centre).



Mr Joseph Yeo speaking on behalf of the graduating class of 2013



Dr Ron Bradfield addressing the graduates, their families and invited guests



The Strathclyde MBA 2013 Graduates

Snapshots

YMCA
Education Division

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A total of 49 students graduated this year, with 5 of them obtaining distinctions. In Dr Bradfield's address, he congratulated the graduates on their fine achievements and highlighted the unique qualities of the Strathclyde MBA degree. He commended YMCA's efforts to ensure a very low drop-out rate and having organised a smooth graduation for the students. He urged the graduates to keep in close contact with the university, through the Alumni network.

Mr Joseph Yeo gave the Valedictorian speech on behalf of the 2013 graduating class and made a glowing tribute to the MBA programme, "The Strathclyde MBA is not just any business programme. It is one that has given me the best learning experience in my years of education." He emphasised that hard work and determination are keys to success and described the enduring camaraderie that emerged from working in teams. He thanked the lecturers and facilitators for their dedication in imparting an all-rounded education, which provided students ample opportunities for creative expression and to apply theories into practice. Joseph also commended the YMCA administrative staff for their support and guidance.

YMCA Project Bridge Vocational and Soft Skills Programme Graduation Ceremony

The YMCA Project Bridge Vocational and Soft Skills Programme (VaSSP) graduation ceremony was held on 8 November 2013 at the YMCA. The event celebrated the achievements of 30 youths who had successfully completed their choice of vocational training in either hairdressing, makeup, baking, and hospitality. The award ceremony recognised the accomplishment of the youths and aimed to build up their self-esteem to motivate them to pursue achievements in life.

Friends, family, and trainers witnessed the graduates receiving their certificates. Three youths gave testimonies of their journey on how they were before and after joining VaSSP. They shared about how they overcame the challenges faced throughout the course, how much they have changed and that they are more sure of their personal goals and aspirations. All in all, the youths had a blast of a time, and it was a memorable and meaningful night for all.



Snapshots

Child Care & Student Care

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YMCA would like to congratulate all winners and participants for the excellent performances.

Lower Primary Category

1st Prize – Chow Shao Ze (WSSCC)

2nd Prize – Genevieve Tay (SMSCC)

1st Runner-up – Heng Zi Xiang (TNSCC)

2nd Runner-up – Tan Hui (CBSCC)

Upper Primary Category

1st Prize – Alexander Sng (WSSCC)

2nd Prize – Kady Tan Jing Qian (WSSCC)

1st Runner-up – Chong Shei Kai (JWSCC)

2nd Runner-up – Cheryl Lim (TNSCC)



YMCA Student Care Centres Inaugural Storytelling Competition



13 September 2013 was an exciting day for the young storytellers from the 13 YMCA Student Care Centres. A total of 43 students, comprising 25 Lower Primary Students (Primary 1 and 2) and 18 Upper Primary students (Primary 3 and 4) signed up for the inaugural competition. More than 35 parents turned up to support their children for the competition.

The qualifying rounds and the finals were held on the same day. For the qualifying rounds, the contestants were required to present their stories for a minimum of two minutes and a maximum of four minutes. Some students were very nervous, but as the competition progressed, they became more confident and were able to express themselves well. The judges together with the chief judge, Mrs Helen Tan, Principal, YMCA School, selected eight Lower Primary finalists and 6 Upper Primary finalists among the contestants in the qualifying rounds. Three Lower Primary students and three Upper Primary students received the "Most Potential" Awards as an encouragement for their efforts. All contestants received a "Certificate of Participation" and a goodie bag. All the contestants had fun mingling with their new-found friends from the other centres.

Before the finals commenced, the students from Queenstown Student Care Centre performed a choral presentation, "The Three Bears", as the opening act. Following the delivery of the finalist's stories, the judging panel which comprised Mr Abraham Ho (Teacher, YMCA School), Ms Dolly Leow and Mr David Bok (Professional Storytellers) selected the winners.

YMCA CDC Zhenghua performed at the YMCA Proms @ the Park 2013



On 21 September 2013, 18 K1 and K2 children from Zhenghua CDC took part in the YMCA Proms @ the Park held at the Singapore Botanic Gardens. In front of a live audience of almost 2,000 people, including the Guest-of-Honour, Mr Lawrence Wong, Acting Minister for Culture, Community and Youth and Senior Minister of State, Ministry of Communications and Information, the children performed a dance item that showcased Singapore's unique identity of many races harmonising as one.

About 20 parents came to support the event and brimmed with pride when they saw their children performing courageously on stage.

Contributed by Eswari J, Principal, CDC @ Zhenghua



Registration and enquiries:

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

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

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

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

Or join our Meetup group:

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

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

Snapshots

Outdoor & Adventure Programmes

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Korea Ski: Youth Exchange For Youths aged 15 to 25 years

Programme Includes:

- 4D3N Ski Camp • 1D Regional Cultural Visit • 2D Homestay • Korean Cooking Competition • Seoul City Tour

Date: 18 to 24 February 2014

Venue: Youngwol, Korea



Y Adventures: Sungai Lembing

Sungei Lembing is a quaint sleepy town with abandoned wooden shop lots along the streets.

The Rainbow Falls is a hidden gem in Sungei Lembing. It takes a 45 minute off-road truck ride and a 30 minute trek to reach the 300feet waterfall. Sunlight refracted in the water droplets sprayed by the waterfall causes multiple rainbows to appear. Hence, the name Rainbow Falls.

Date: 19 – 22 Jun 2014

Programme Fee: S\$ 341.40* per pax

* Members receive a rebate of S\$ 21.40



YMCA BikeYex Taiwan 5D4N



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

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

Date: 19 - 23 Mar 2014

Programme Fee: S\$ 1,295* per pax (Land cost)

* Members receive a rebate of S\$ 21.40

Y Treks: XueShan

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

Date: 5 - 9 Mar 2014

Programme fee: S\$ 876.40* per pax (Land cost)

* Members receive a rebate of S\$ 21.40



Malaysia 1 Day Excursion

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

	Date	Price*
Y Adventures Batu Maloi	8 Mar 2014	S\$ 106.40
Y Treks Cameron Highlands	17 – 20 Apr 2014	S\$ 396.40
Y Treks Gunung Lambak	15 Feb 2014	S\$ 96.40
Y Adventures Pelepah Falls	10 May 2014	S\$ 106.40
Y Treks Gunung Belumut	19 July 2014	S\$ 116.40



Y Adventures: Sapa, Vietnam



Visit the largest market in the area, Bac Ha Market. Hill tribes from the surrounding villages will flock to this weekly market to trade, wearing their colourful traditional tribal wear.

The trekking in Sapa will take participants along terraced rice fields, through small villages and a night's stay at a local home located in a small hamlet up in the mountains.

Date: 17 – 22 May

Programme Fee: S\$ 796.40* per pax (Land cost)

* Members receive a rebate of S\$ 21.40

Snapshots

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World Week Of Prayer 2013: Be The Change

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." (Romans 12:2 NIV)

Change always starts in your mind.

*"The way you think determines
the way you feel,
and the way you feel influences
the way you act."*

Rick Warren

For over a century, the YWCA and YMCA movements have issued a joint call to gather and pray in the month of November. An important reminder of the spiritual vision that drives the movements' efforts to create a better world for all people.

The YWCA, YMCA of Singapore and Metropolitan YMCA World Week of Prayer and World Fellowship was held from 11 to 13 November 2013 over a series of lunchtime devotions. The theme of this year's fellowship was "Be The Change". YMCA of Singapore facilitated the opening session, which was held at The Bible Society of Singapore. Mr Ezekiel Tan, General Secretary of The Bible Society of Singapore shared the Word of God, weaving verses from Romans 12:2 and Joshua 1:1-11. He encouraged the attendees to be a generation of change, to dwell in God's ever presence, be a participant of His divine's purpose and to be a partaker of His constant provision.

*"All of us ought to be a member of
the Joshua's generation. A generation
not conformed to the sinful world but
transformed by the Lord, to be like Him.
We are to be active participants in
His divine plan!"*

Mr Ezekiel Tan

On day 2 at the Metropolitan YMCA, Mrs Joyce Ewing-Chow, an itinerant speaker, author and a trainer, shared about the Love of God and how "We are because He is" (Matthew 22:34-40).



The World Week of Prayer and Fellowship 2013 ended at the YWCA with Rev Edwin Lam, Calvary Baptist Church, sharing on the topic, "We are the Change" (Deuteronomy 31:6).



(NEW) Zumba Toning

YMCA Zumba Schedule

Instructors	Classes	Schedule	Price
Erich	Zumba Fitness (Studio 9)	Wednesdays, Friday 10:00am-11:00am	S\$ 181.90 *Zumba Card: 10 + 1 Free Session
		Mondays, Thursday 9:00am-10:00am *No class on 2 Jan 2014	
Sarah B	Zumba Toning (Studio 9)	Wednesdays 8:50am-9:50am	

Bringing Zumba to another level

- Put your muscles to work with the combination of cardio and dynamic resistive exercises.
- Easy-to-do dance moves combined with fitness exercises that give a head to toe workout that will tone muscles and burn calories.
- Zumba® Toning sticks are used to provide mild resistance to created tension to contract your muscles.

Note: No classes on eve of Chinese New Year (30 Jan 2014).

New Merchandise



YMCA's newest product!
2200 mAH capacity for mobile devices
Inclusive of 4 adaptors
Available in blue, red, black, green, red, silver, orange and purple.

Portable Power Bank: S\$ 11.90



New Sweater Bear: S\$ 15.00
Available in yellow and orange.

Zip T-Shirt: \$18.00 | Button T-Shirt: S\$ 16.00

Zip T-Shirt is now available in blue.



Collar Pin: S\$ 8.00 | Cufflinks: S\$ 15.00 | Button Badge: S\$ 1.50



Be a YMCA Member

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The Singapore Shawl: Price ranges from S\$ 23.00 to S\$ 143.00

The Singapore Shawl was founded by Shelley Siu in 2003 as a creative social enterprise that provides employment and additional skills development for marginalised women. Their creations have made their mark as one of Singapore's premium gifts, and have graced the shoulders of world leaders, royalty, celebrities and politicians alike. To date, The Singapore Shawl has touched the lives of breast cancer survivors, single mothers, homebound caregivers, retirees, the retrenched and unemployed.

Aqua Zumba

Aqua Zumba is a great low-impact aquatic cardio exercise, with Latin-inspired moves to give the body a total workout.



Session	Schedule	Price
10 + 1 free	Mondays, 7:00pm – 7:45pm	S\$ 201.40*

Be a YMCA Volunteer

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YMCA-Tan Chin Tuan Community Service Programmes

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

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

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

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



Week 1 (01.02.14 – 09.02.14)



Y Arts Challenge

YMCA Special Talents Arts & Recreation Society (Y STARS)

Date : Saturday 8 Feb

Time : 11:00am – 1:00pm

Venue : Goodman Arts Centre

THK FSC @ MacPherson

Date : Saturday 8 Feb

Time : 2:00pm – 5:00pm

Venue : Blk 91 Paya Lebar Way



Y Spring Clean

Thye Hua Kuan SAC
(Telok Blangah Crescent)

Date : Saturday 8 Feb

Time : 9:00am – 1:00pm

Venue : Blk 3 Telok Blangah Crescent (TBC)



Week 2 (10.02.14 – 16.02.14)

Y Reading Club

Kampong Kembangan Chai Chee

Date : Wednesday 12 Feb

Time : 2:45pm – 5:45pm

Venue : 32 Chai Chee Avenue



Y Outing

Blue Cross Thong Kheng Home

Date : Saturday 15 Feb

Time : 9:00am – 1:00pm

Venue : 201 Jurong East Ave 1

Week 3 (17.02.14 – 23.02.14)

Y Spring Clean

Care Corner SAC (TP149)

Date : Friday 21 Feb

Time : 9:00am – 1:00pm

Venue : Blk 149 Toa Payoh Lor 1



Y Arts Challenge

THK FSC @ MacPherson

Date : Saturday 22 Feb

Time : 2:00pm – 5:00pm

Venue : Blk 91 Paya Lebar Way

Y Spring Clean

Care Corner SAC (TP 5)

Date : Saturday 22 Feb

Time : 9:00am – 1:00pm

Venue : Blk 5 Toa Payoh Lor 1



Y Makan Fellowship

THK SAC @ Blk 3 Telok Blangah Crescent
Sarah SAC

Date : Saturday 22 Feb

Time : 9:00am – 2:00pm

Venue : YMCA of Singapore

Y Guitar Club

The Tent

Date : Saturday 22 Feb

Time : 11:00am – 2:30pm

Venue : 1034 Upper Serangoon Road

Week 4 (24.02.14 – 28.02.14)

Y Reading Club

Kampong Kembangan Chai Chee

Date : Wednesday 26 Feb

Time : 2:45pm – 5:45pm

Venue : 32 Chai Chee Avenue

Y Green Fingers

Queenstown Multi Service Center (QMSC)

Date : Wednesday 26 Feb

Time : 3:30pm – 6:00pm

Venue : 150A Mei Chin Road

