

FACTOR



A QUARTERLY NEWSLETTER FOR MEMBERS OF THE YMCA OF SINGAPORE

MCI (P) 125/06/2014

FOURTH QUARTER 2014



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President's Message

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Dear Members and Friends,

I hope you have had a blessed holiday season. At YMCA of Singapore, it was business as usual in the last quarter as we wrapped up 2014 with many activities and events.

On 8 October, YMCA of Singapore organised the YMCA Giving Gala 2014 at The Fullerton Hotel and raised over \$350,000 from the event, which will help to meet the expenses of running the YMCA Community Service Programmes, that aims to enrich the lives of the less privileged. We had the privilege of Mr Lawrence Wong, Minister for Culture, Community and Youth and Second Minister for Communications and Information gracing the event as our Guest-of-Honour.

The Citi-YMCA Youth For Causes (YFC) 2014 Awards Celebration was held on 20 November at the Singapore Chinese Girls School. Over 250 people comprising the YFC teams, mentors and representatives from participating schools and VWOs witnessed the award presentation to the outstanding teams. This year, the 100 YFC teams mobilised more than 11,600 volunteers and raised over \$936,000 for 44 VWOs, setting a new record for the

highest amount raised in YFC's 12-year history.

The YMCA Project Bridge Vocational and Soft Skills Programme (VaSSP) graduation ceremony was held on 21 November at the YMCA of Singapore. The event celebrated the achievements of over 70 youths who had successfully completed their choice of training in either baking, culinary arts, hairdressing, hospitality or makeup, equipping them with the right skills for gainful employment through vocational and apprenticeship schemes. This award ceremony recognised the accomplishments of the youths and aimed to build up their self-esteem to motivate them to pursue and look forward to other achievements in life.

YMCA Silver Fiesta 2014 was held on 26 and 27 November at the Toa Payoh HDB Hub. A total of 400 youth volunteers and 800 senior citizens came down to participate in the event. Ms Denise Phua, Mayor of Central Singapore District, graced the event on its opening day.

As we usher in 2015, several major events are lined up in the first quarter of 2015. These include the YMCA Flag Day (21 Mar) and the 16th YMCA Charity Golf (16 and 17 Apr). I would like to appeal to all our members to support us in our fundraising efforts. You can sign up as a volunteer or make a donation towards the cause.

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

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11

In-His-Service
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President

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Editorial Team

Chief Editor: Mr Francis Chong
Editorial team: Mr Samuel Ng, Mr Lin Daoyi,
Ms Joni Chen

YMCA of Singapore
One Orchard Road Singapore 238824
Tel : (65) 6336 6000
Fax : (65) 6336 8003
Email : members@ymca.org.sg
Website : www.ymca.org.sg

: www.facebook.com/YMCA.Singapore

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Cover Photo

Beneficiaries from AWWA Seniors Activity Centre giving a song performance at YMCA Silver Fiesta 2014 on 26 November 2014, Toa Payoh HDB Hub

YMCA FLAG DAY 2015



21 March 2015

Volunteers needed to help to raise funds for our 16 structured and sustained YMCA Community Service Programmes, which bring cheer to the elderly, physically and intellectually challenged, and youth-at-risk.

Shifts available for volunteers:

9.00am – 1.00pm

12.00pm – 4.00pm

3.00pm – 7.00pm

To volunteer, kindly email to flagday@ymca.org.sg to request for a sign-up form.

For further enquiries, kindly contact Ms Lynnest Soh at 6586 2347.

Scan for more information:



Snapshots

Youth
Development
Programmes

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#shareyoursmile While You are Mugging!

During the season where university students are busy preparing for their projects and final examinations, Uni-Y SMU, NTU and NUS leaders, members and volunteers decided to encourage their peers by distributing exam welfare packs at the Uni-Y booths and encouragement notes, along with the While You Are Mugging (WYAM) cards.

As part of the WYAM campaign held in November, the three Uni-Y clubs decided to bring WYAM to greater heights. Through #shareyoursmile, members and volunteers paid it forward by writing encouragement notes and giving snacks to students during the busy school period. This act of kindness paid off as many continued to share the gift of giving. Uni-Y SMU was also featured on SMU's official Instagram page for #shareyoursmile.



Catch the #shareyoursmile video here:
<https://www.youtube.com/watch?v=egcTm2VWMe8>



Uni-Y IMP(ACT) Training

The 3rd run of Uni-Y IMP(ACT) Training was held on 8 December 2014 for the incoming Uni-Y Council and ExCo (Executive Committee) of 2015. The objective of the Uni-Y IMP(ACT) training is to equip selected Uni-Y leaders with basic leadership and management models before their term commences. During the training, 11 Uni-Y leaders learnt different leadership and management models like the Team, Task and Individual (TTI) Model and Belbin's Team Roles Circle, and learnt useful frameworks like the 6Cs of Communication and the 3 Rules of Delegation.

Different modes of learning that ranged from interactive structured experiences to reflective activities facilitated discussions and allowed the participants to share their objectives and goals which they wished to achieve for the year and goals which they wished to achieve for the year. Participants also learnt different ways to apply these models into their future Uni-Y projects and ExCo meetings and had a fun time of bonding as it was also the first meeting that most of them had with each other. The training concluded with the participants planning ways on how to share what they have learnt with the committee members in their respective university chapters.

Uni-Y Alumni Feature

President, Uni-Y NTU ExCo 2014
Chairman, Council of Uni-Y 2014

IVAN LIM

Tell us a little about yourself!

I graduated in July 2014 from the BSc Maritime Studies with Business Major in NTU and have just started work at a firm related to the course of my studies. Upon my graduation, I took up a six-month long bible study course with my church.

Because of my involvement in Uni-Y, I was exposed to community services and international programmes in YMCA. I did a part-time stint with Community Services, where I did my part in serving the elderly-something which I am very passionate in. I also represented YMCA of Singapore in coordinating an International Service Programme (ISP) trip to Vietnam - something that I wanted to do in university but had no time for. So, my involvement in Uni-Y helped me to achieve all my goals!

Why did you choose to join Uni-Y?

My church friend, Delphine, first approached me in December 2012 to help out with Uni-Y Step Up 2013. It was the first time I heard about Uni-Y, and I managed to know more about the club from a brief introduction by Delphine. As I wanted to be more active in volunteering with the goal of getting my parents involved with volunteering work, I agreed to join the Uni-Y Step Up committee. It was the beginning of my Uni-Y journey.

What were some of the reasons/factors that led you to take on the role of President?

As I am a Christian, my personal reasons stem from my faith. The three main reasons are firstly, the first President of Uni-Y NTU is from my church, and he's one of the many mentors that I looked up to. I felt prompted by God to follow his footsteps and to plow the land of NTU through Uni-Y. Just like in Genesis 26, Issac's blessings flowed when he obeyed God. Secondly, just as how God called upon his disciples to serve, I want to empower leaders who will in turn lead and empower others. Lastly, I believe it is not coincidental that I got to know about Uni-Y, and this in turn gave me an opportunity to run for President.



In your tenure as President, you were also appointed the Chairman of Council of Uni-Y, and this was on top of you having to study and also job hunt. Share with us how you managed to juggle time and the different roles you had to play.

I have a great team of Vice Presidents (VPs) who are very supportive and encouraging. We worked closely together to lead the committee and ensure that the club was run properly. After graduating from NTU, I was heavily involved in bible school, working part time with YMCA and eventually transitioning into full time employment in the private sector by the last quarter of the year. And because of the shift in priorities after graduation, my VPs and I made a strategic change which saw them playing an even bigger role, connecting them more with other stakeholders of the club. It was a good move as it empowered to better lead the various Uni-Y directors and the clubs.

How has your time in Uni-Y shaped the manner of which you approach people?

With Youth Empowerment as one of the main directions of the club, I am constantly reminded to allow room for errors when my committee members take the lead. As in all learning journeys, we tend to fall at times. It is only through such situations where greater learning will take place. I have learnt to pay more attention in debriefing members on the learning points rather than just the operational success of programmes. I am still learning greatly in this area.

If there was one thing you could manage to change during your tenure, what would it be and why?

As a person who seeks perfection in the things I do, I am more task-oriented in nature. However, I realised that in order to be a leader who empowers others to lead, one must pay more attention to the learning journey of the members rather than just the task. We need to realise that while the successful execution of a programme may inspire and impact many, the successful mentoring of leaders will see a greater number of successful programmes which in turn inspire and impact many more. As such, given a chance to change, I would want to be more people oriented in mentoring my Executive Committee.



Snapshots

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Would you continue volunteering, and how so?

Most definitely. I believe life is meaningless if we only live it for ourselves. I've always wanted to serve the elderly as the older generation holds a special place in my heart. So in 2015, I see myself volunteering more with the elderly and Y Food of Love is a good place for me to start.

Any well-wishes to Uni-Y Singapore on her 10th birthday?

May she continue to grow by serving the community!



Snapshots

Youth Development Programmes

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Citi-YMCA Youth For Causes Awards Celebration 2014

The Citi-YMCA Youth For Causes (YFC) Awards Celebration 2014 was held on 20 November 2014 in the Khoo Auditorium at Singapore Chinese Girls' School with over 250 people comprising mentors, school representatives, Voluntary Welfare Organisations (VVOs), Youth For Causes (YFC) teams and their family members in attendance. To recognise the vital role that school teachers play in the team's learning journey, a new award category, the YFC Most Supportive Teacher Award was introduced this year.

The 100 YFC teams mobilised more than 11,600 volunteers, and set a new record of raising over \$936,000 for 44 VVOs, the highest amount raised in YFC's 12-year history. The YFC Awards Celebration went beyond recognising the outstanding teams; it also celebrated the invaluable YFC experience that the teams have gained, and the contributions of the other programme stakeholders.

In his address, Guest-of-Honour, Mr Tan Chuan-Jin, Minister for Manpower, mentioned that YFC exposes youths to the positive values-in-action such as having commitment to see an important project through, compassion for the disadvantaged and generosity towards others. He also added that volunteerism is not limited to individuals but also to corporate citizens, encouraging other companies to put their

boots on the ground and work hard at helping society. He concluded his address with a timely reminder that volunteerism should not be a once-a-year event, and that everyone should actively contribute to the community, and make a difference in the lives of others throughout the year.

Other highlights of the evening included an impactful sharing from Ms Elise Lee from the Bone Marrow Donor Programme (Singapore), and a short presentation by Project Keep In Touch, winner of the YFC Best Team Award for Category B (Post-secondary). Ending the celebration on a high, all participants set flight their dreams and vision for the community and themselves by folding and launching paper aeroplanes together.

Online registration for Citi-YMCA Youth For Causes 2015 opens from February 2015 and closes on 22 March 2015.

For more information, please visit www.youthforcauses.com or contact Mr David Lee at davidlee@ymca.org.sg.

Citi-YMCA Youth for Causes is a community initiative jointly organised by Citi and the YMCA of Singapore since 2002. Funded by Citi Foundation, the programme is a catalyst to promote social entrepreneurship and community leadership development among Singapore youths. It provides youths aged 13 to 25 with seed funding, resources and guidance of selected mentors, to execute sustainable social entrepreneurship ideas and business models that benefit and support Voluntary Welfare Organisations (VVOs) of their choice. In teams of four, the youths will learn to budget, raise funds, mobilise volunteers and increase public awareness for the social causes of their VVOs. The programme provides seed funding of \$1,600 per team for participants to execute their creative ideas to benefit their chosen charity.

SHAPE-UP With Y Confidence

The second run of Y Confidence SHAPE-UP was conducted from July to October 2014 for the Girl Guides from Northlight School. There were a total of 30 students, four YMCA staff and volunteer leaders, and four Volunteer mentors from Changi Airport Group (CAG). The Girl Guides participated in a series of self-discovery and team building activities before a visit to MINDS Tampines Training and Development Centre where they planned and conducted a series of sports and art activities for the beneficiaries. The programme ended with a certificate and prize presentation to encourage the girls for their efforts. When asked what she liked about the programme, Ms Yong Hui Ting, replied, "From this SHAPE-UP programme, I learnt to be caring and helpful."

Ms Audrey Liao, a teacher at Northlight School said, "The programme was very well-planned and meaningful. The discussion, reflection and presentation segments were useful for the girls to work collaboratively and build confidence. It was good that the girls had a chance to plan and conduct activities for those who were less privileged than themselves and as a result, they learnt that they also have something to give to others." Ms Andrea Lim, a CAG volunteer added, "I liked that students in Northlight are able to make a difference through this programme to the MINDS buddies."

The Y Confidence SHAPE-UP programme was initiated and funded by Changi Airport Group (CAG), while the programme curriculum was developed by YMCA of Singapore. The first run of the programme was held for the students from Northlight School's National Civil Defence Cadet Corps (NCDCC) from March to May 2014.

The SHAPE-UP Programme targets to help youths enhance individual character, promote self-discovery and challenge them to cultivate self-reliance, leadership, compassion and an attitude of service to others. This is with the hope that through the fun-filled experiential learning of SHAPE, they will also discover their unlimited potential. The programme employs the concept of service learning to help participants develop self-awareness, promote team togetherness and identify societal needs.



Y Nature Walk with NTUC Fairprice Foundation

Y Nature Walk is a monthly programme organised to provide the beneficiaries with the opportunity to appreciate the beauty of life in Singapore's nature parks and reserves. The beneficiaries are often deprived of this opportunity due to the challenges and circumstances which they and their caregivers face. Each outing is meticulously planned and organised by YMCA volunteers who also conduct fun and educational activities along the way to bring cheer to the beneficiaries.

YMCA of Singapore would like to thank NTUC Fairprice Foundation for supporting Y Nature Walk from March to October 2014. Over the eight month period, a total of 178 NTUC Fairprice Foundation volunteers

befriended the children, youth, elderly, and the handicapped from 32 VVOs as they toured some of Singapore's nature reserves such as the Sungei Buloh Wetland Reserve, Bukit Timah Nature Reserve, and the Treetop Walk at MacRitchie Reservoir Park.

In November 2014, volunteers from NTUC Fairprice Foundation held an early Christmas celebration with beneficiaries from Christian Outreach to the Handicapped - Toa Payoh. These beneficiaries had participated in walks with the NTUC Fairprice staff previously in the year. Volunteers came prepared with goodie bags, refreshments and Christmas carols for the beneficiaries who had an enjoyable time interacting with the volunteers.

Snapshots

YMCA-Tan Chin Tuan Community Service Programmes

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Snapshots

YMCA-
Tan Chin Tuan
Community Service
Programmes 08



YMCA Silver Fiesta 2014

Silver may be their hair, but youthful are their hearts. Through song, dance and instrumental performances, elderly performers entertained their peers at this year's YMCA Silver Fiesta 2014. Held from 26 to 27 November 2014 at Toa Payoh HDB Hub, the event was graced by guest-of-honour, Ms Denise Phua, Mayor, Central Singapore District. Over 800 senior citizens participated in the event this year.

The two-day event aimed to promote active ageing among the elderly and reach out to those living in one to two-room rental flats in Singapore. Besides stage performances, senior citizens from participating organisations curated booths which showcased their arts and crafts.

Mdm Phang Kum Lui, who curated one of the booths, expressed her joy in being able to participate in the event. The energetic 76 year-old was delighted to share her arts and

crafts knowledge with other seniors and young volunteers. She said, "I have met many new people, and I am very happy when I see participants have a go at doing the crafts. This is my first time here and if given the chance, I will definitely attend again! Being this age, when I get to engage in activities like this, I feel happy. When I feel happy, I feel healthy."

YMCA mobilised some 400 youth volunteers to befriend the elderly and assist with the event. Not only were the youths exposed to intergenerational bonding, they were also empowered to become advocates for the Silver Community and promote active ageing among the elderly through arts and cultural activities.

Through Silver Fiesta, YMCA hopes to bring cheer to the elderly and promote the development of a healthier body, mind and spirit.

YMCA of Singapore would like to thank all participating organisations and volunteers for their support at **YMCA Silver Fiesta 2014.**

- AWWA Seniors Activity Centre
- Chong Pang Social Service Hub
- Comnet @ Teck Ghee
- Gek Poh Ville Community Club
- Kembangan-Chai Chee Seniors Activity Centre
- Lions Befrienders Seniors Activity Centre (Ang Mo Kio)
- Lions Befrienders Seniors Activity Centre (Clementi)
- NTUC Health SilverACE @ Redhill
- NTUC Health SilverACE @ Telok Blangah
- R.S.V.P Singapore
- SARAH Seniors Activity Centre
- Sunlove Seniors Activity Centre
- Tembusu Seniors Activity Centre
- THK Bedok Radiance Seniors Activity Centre
- THK Neighbourhood Link (Kaki Bukit)
- THK Seniors Activity Centre @ AMK 645
- THK Seniors Activity Centre @ MacPherson
- THK Seniors Activity Centre @ Toa Payoh
- Thong Kheng Seniors Activity Centre (Queenstown)
- Thong Kheng Seniors Activity Centre (Tanglin Cairnhill)
- YAH! 快乐学堂

Snapshots

YMCA-
Tan Chin Tuan
Community Service
Programmes 09



Organiser



Powered by



Sponsors



Community Partner



Snapshots

YMCA-
Tan Chin Tuan
Community Service
Programmes 10

Y Sports aims to promote a healthy lifestyle among individuals with special needs. Through the programme, the beneficiaries are given opportunities to experience different sport activities and exercises in the company of volunteers. In addition to helping the beneficiaries improve their psychomotor skills, fun and triumphant moments are also created during the programme to bring cheer and build their confidence.

The SwimSafer Programme is a collaboration between YMCA of Singapore, Sports Cares, Bedok Sports Centre and other selected VWOs for the main purpose of introducing swimming to children. This programme is aligned with the National Water Safety Council's initiative of developing confidence in the water and covers basic water safety and survival knowledge. It also aims to promote awareness of the less privileged

SwimSafer with YMCA



community as well as encourage corporate social responsibility among employees in Bedok Swimming Complex.

The second run of SwimSafer began on 30 October 2014 with nine children from Care

Corner Tampines Family Service Centre. Through eight lessons, the children acquired swimming skills such as entry and exiting, sculling and body orientation, swimming strokes and basic survival and activity skills.

An Afternoon of Fun and Games at ITE College West

Y Sports Day 2014 was held on 7 November at ITE College West. The engaging and interactive session encouraged competitiveness among the beneficiaries. In the company of 45 ITE College West volunteers, the 73 beneficiaries from Movement for the Intellectually Disabled of Singapore – Clementi Training and Development Centres (MINDS CTDC), Bishan Home for the Intellectually Disabled, Blue Cross Thong Kheng Home and Christian Outreach to the Handicapped (COH), competed in sports and games such as Bowling, Free Throw Basketball, Passing the Baton, Penalty Shootout and Throw the Javelin.

In preparation for the event, the participating VWOs guided the beneficiaries on how to play the games while the volunteers played a part in ensuring the beneficiaries safety during gameplay.



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 21 November at YMCA of Singapore. The event celebrated the achievements of over 70 youths who had successfully completed their choice of vocational training in baking, culinary arts, hairdressing, hospitality or makeup. Ms Jacqui Brabazon, Managing Director, Head of Asia Marketing for JP Morgan, attended as the Guest-of-Honour for the event.

A total of 150 friends, family and trainers witnessed the graduates receiving their certificates which recognised their accomplishments. Hoo Chi Xian and Teo Rui Fen, both graduates of the course, gave testimonies of their personal journeys and what they have accomplished through the programme. In her speech, Rui Fen said that the VaSSP has "not only taught me baking skills, but it has also reignited the drive within me to want to pursue my dream of becoming a successful baker again." Chi Xian said, "I have learnt how to write résumés and learnt some interview skills. I have also made a lot of new friends during the course of the programme. They have been a great support and pillar of encouragement to me."

YMCA Project Bridge is a programme for early school leavers and youth-at-

risk between the ages of 13 to 19 years old. The programme aims to help them realise their full potential and discover their purpose through meaningful, wholesome and challenging activities. It also aims to provide them with opportunities to return to mainstream education and help equip them with essential job skills. YMCA of Singapore would like to thank JP Morgan for its support for YMCA Project Bridge and the VaSSP.



Snapshots

YMCA
Project Bridge

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Wearing Purple For A Good Cause

The Purple Parade, held at Hong Lim Park on 15 November 2014, is a yearly get-together which supports and celebrates the abilities of persons with special needs. YMCA of Singapore joined the beneficiaries and staff of two other Voluntary Welfare Organisations - Blue Cross Thong Kheng Home and Bishan Home for the Intellectually Disabled for the contingent march where participants showcased their costumes and paraded around the venue. The team consisted of 84 participants who included staff, clients and volunteers. Although there were different shades and hues, everyone came dressed in purple, with some wearing purple accessories and party hats to spruce up their outfit in support of The Purple Parade.

Another programme highlight during the event was the stage performances. This segment provided an avenue for persons with special needs to showcase their talents and abilities. The Y STARS (YMCA Special Talents, Arts and Recreation Society), a group of young adults with Down's Syndrome who share a common passion

for performing arts, dazzled the audience with their sleek moves and vibrant energy with their performance, 'Let's Rock.' Formed under the auspices of the YMCA of Singapore, the group is supported by a closely-knitted parent community and has performed in numerous YMCA and public events. Ms Wong Li Yi, from the Community Service Programmes department in YMCA of Singapore said, "It is heartening to see the community attending this event to support and celebrate the abilities of these people with special needs. It is also encouraging to see so many different talents displayed at the Purple Parade."



Snapshots

The
Purple Parade



Snapshots

YMCA
Giving Gala

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Y STARS STEAL HEARTS WITH DAZZLING PERFORMANCE AT YMCA FUNDRAISER

With sparkling energy and glittering smiles, the Y STARS (YMCA Special Talents, Arts and Recreation Society) dazzled and charmed their way into the hearts of guests at the YMCA Giving Gala 2014 held on 8 October 2014 at the Fullerton Hotel. Y STARS comprises youths with Down's Syndrome who possess unique gifts in dance and performing arts. Their innate passion for their craft shine through in their performances, bringing smiles and touching the hearts of others. The Y STARS have actively participated and performed in various YMCA events including the annual YMCA Proms @ the Park.

In addition to performing, members of Y STARS also personally made and donated four exquisite collages – expressing life and love – for auctioning to raise funds. All four pieces of art were acquired by three generous donors for over \$10,000. Besides the auction, guests supported the event by purchasing tables, individual seats and raffle draw tickets.

Over \$350,000 was raised from the event, which will help to meet the expenses of running the YMCA Community Service Programmes that aim to enrich the lives of the less privileged which include the intellectually and physically challenged, abused and underprivileged children, the hearing impaired, the elderly and the poor.

In his address, YMCA's Guest-of-Honour Mr Lawrence Wong, Minister for Culture, Community and Youth & Second Minister for Ministry of Communications and Information, said, "We have worked hard over the years to promote this spirit of giving, and to build a fair and inclusive society in Singapore. This is something that comes under my ministry's purview, but we can't do this work alone. This is why I'm glad that we have partners like YMCA, which has been at the forefront of encouraging Singaporeans to give. YMCA has been

steadily attracting more volunteers, which in turn increases its outreach to beneficiaries. I'm especially glad that YMCA makes a special effort to reach out to youth volunteers. By volunteering with YMCA, our youths are given the opportunity to develop a sense of service towards society, and contribute in a meaningful way." Mr Stephen Loh, President, YMCA of Singapore, said,

"From adrenaline-rush activities at outdoor adventure camps to visual art programmes that cultivate new skills and draw out hidden talents, the YMCA Community Service Programmes aim to bring cheer and enrich the lives of the less privileged so that they too can live wholesome and dignified lives, and enjoy activities and other simple pleasures of life which most of us usually take for granted.

Mr Loh also added, "In 2013 alone, over 5,800 YMCA volunteers served more than 75,000 hours across 569 activities through the YMCA Community Service Programmes. They managed to touch the lives of over 4,200 beneficiaries from 32 partnering voluntary welfare organisations."

In his vote of thanks, Mr Peter Tay, Chairman of the YMCA Giving Gala 2014 said, "YMCA's annual fundraising effort does not conclude with the dinner. It is an ongoing process to ensure that the programmes organised to touch lives and lift spirits of the less privileged can continue into the future."

YMCA would like to thank all donors and sponsors, especially major donors Dr Stephen Riady, Mr Kirk Alexander, the Lee Foundation and YCL Anaesthetics Pte Ltd for their generosity and support for the event.

YMCA would also like to thank our Guest-of-Honour Mr Lawrence Wong and all our guests for gracing the event.



Snapshots

International Volunteer Day

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International Volunteer Day 2014

The theme for IVD 2014 was “small things, great love”, inspired from the well-known quote: “Not everyone can do great things. But all of us can do small things with great love.” Non-profit organisations need volunteers of all stripes, including those who contribute their professional skill-sets. Often, these volunteers are the unsung heroes working behind the scenes. Nonetheless, their contributions are just as significant as those of frontline volunteers. Every contribution counts towards making a big impact for the cause whom the volunteers serve.

IVD 2014 featured a campaign website (www.ivd.sg) and Facebook page (www.facebook.com/ivdsg) to inspire the public to sign up for volunteer opportunities in various organisations with a special emphasis on skills-based volunteering. To inspire more people to come forward and offer their skills in support of worthy causes, there was also a major social media effort featuring personal stories of outstanding volunteers who were nominated by various organisations.

In conjunction with IVD 2014, an appreciation tea for volunteers was held

at The Istana on 8 December. Hosted by President Tony Tan and Mrs Mary Tan, some 60 volunteers nominated by organisations in the arts, environment, heritage, social service and sports sectors attended the event where they had the opportunity to discuss about the volunteering landscape in Singapore and share their experience and volunteering journey with each other. In their groups, the volunteers also had the privilege of meeting and having their photos taken with President Tony Tan and Mrs Mary Tan.

President Tony Tan thanked all volunteers for their efforts in contributing their time, talents and professional skill-sets, and creating positive impact on those they help. President Tan added, “I hope to see more Singaporeans contributing to the community through volunteering and help build a more caring and resilient Singapore.”



Tee Off For A Good Cause!

16th YMCA Charity Golf 2015

When: 16 & 17 April 2015

Where: Tanah Merah Country Club
(Garden Course)

The 16th YMCA Charity Golf 2015 aims to raise \$400,000 for the YMCA-Lim Kim San Volunteers Programme. The Programme was established in 2007 to groom volunteers and build volunteer capacity through structured training programmes.

How You Can Support:

1. Participate: Form a group of 4 and purchase a flight*
 - a. Individual: \$3,000
 - b. Corporate: \$5,000
2. Donate: Make a direct cash donation*
3. Sponsor: Contribute prizes for the event

*Tax Exemption Benefit:

The government of Singapore will provide a tax-relief of two and a half times the amount of donations made. For example, a donation of \$10,000 will be eligible for a tax relief of \$25,000.

Contact: 6586 2360

E-Mail: charitygolf@ymca.org.sg

Website: www.ymca.org.sg/golf

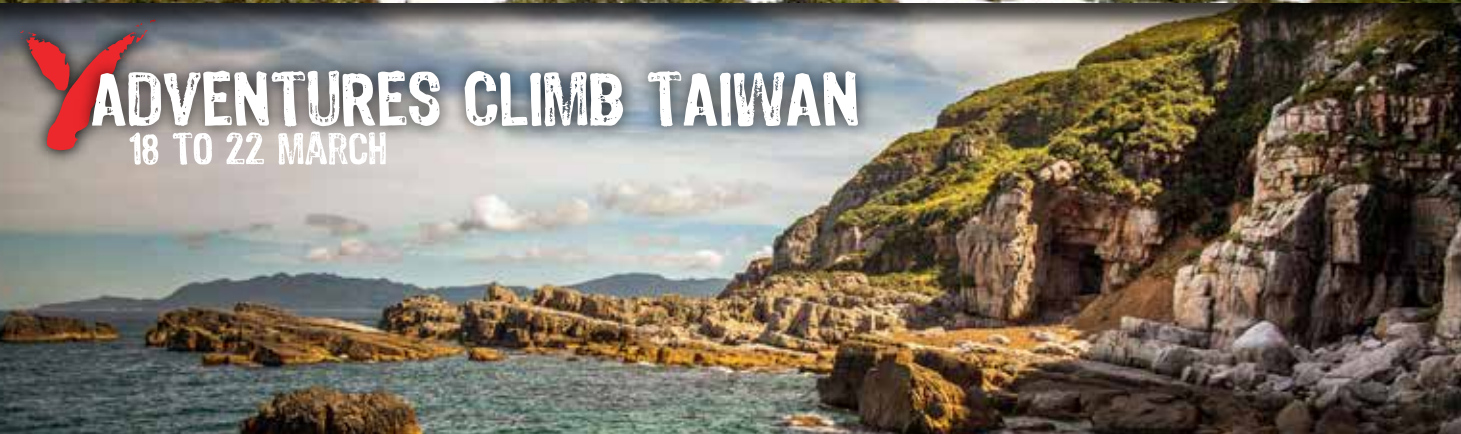




TREKS XUESHAN

11 TO 15 MARCH

MARCH



ADVENTURES CLIMB TAIWAN

18 TO 22 MARCH

MARCH



TREKS MOUNT ARJUNA

1 TO 5 APRIL

APRIL



ADVENTURES LIJIANG

7 TO 11 APRIL

APRIL



TREKS LANGTANG NEPAL

1 TO 12 MAY

MAY

TREKS XUESHAN

11 TO 15 MARCH

Join us in Taiwan and trek the magnificent Shei Pa National Park to the peak of Xueshan, the second highest mountain in Taiwan this winter. Crampons will be provided. Though crampons will be used in case of snow, this is not a technical trek. But you will get to stay 2 nights on this mountain range, first summiting the eastern peak, and trek through the Black Forest known for her ancient silver pines before reaching the main summit.

This is a vigorous trekking programme and a minimum standard of fitness is required.

KM / DAY 10 TO 15KM

DIFFICULTY ★★★★★

TEMP 5 TO 17°C

LAND FEE SGD 876.40

YMCA members enjoy a rebate of SGD 21.40.

ADVENTURES CLIMB TAIWAN

18 TO 22 MARCH

Boasted to be the world's longest stretch of climbable sea cliffs, Long Dong in the northeast coast of Taiwan hosts one of the best seaside climbing in Southeast Asia. Enjoy the full adventure of natural rock climbing and the wonderful scenery of northeast Taiwan all in less than a week. This is a technical adventure, but it can be safe and enjoyable for all ages as the climbs will be adjusted according to the ability of the group. There is no need to have your own equipment to enjoy climbing outdoors overseas. Come join us and we will show you the ropes.

This is a technical adventure programme and a minimum of SNCS Level 1 is required.

NATURAL ROCK CLIMBING

DIFFICULTY ★★★★★

TEMP 13 TO 20°C

TREKS MOUNT ARJUNA

1 TO 5 APRIL

The second highest peak in East Java, Mount Arjuna, is an inactive volcano that stands at 3,339m above sea level. On a clear day, you can see Mount Bromo and Semeru standing from the summit. Join us to trek this spectacular mountain and spend two nights under the stars around a camp fire whilst camping on the volcano.

This is a vigorous trekking programme and a minimum standard of fitness is required.

KM / DAY 20 TO 30KM

DIFFICULTY ★★★★★

TEMP 13 TO 20°C

ADVENTURES LIJIANG

7 TO 11 APRIL

The mystical Lijiang sits at 2,400m above sea level and stays cool throughout the year. Join us on this historical adventure and trek the ancient tea horse trail above the legendary Tiger Leaping Gorge, try out a new way to scale the cliffs on one of China's highest Via Ferrata, and take a closer look at the majestic Jade Dragon Snow Mountain up close and personal on this adventure trip.

TREKKING, VIA FERRATA

DIFFICULTY ★★★★★

TEMP 10 TO 32°C

LAND FEE SGD 946.40

YMCA members enjoy a rebate of SGD 21.40.

TREKS LANGTANG NEPAL

1 TO 12 MAY

Langtang Valley, known to be the most beautiful valley in the world, is covered by flowers during summer. Take a drive with us across the ridges out of Kathmandu valley and into Langtang National Park, where you will be treated with the view of legendary peaks like Annapurna, Manaslu and Ganesh Himal. Trek from teahouses to teahouses till you reach the acclaimed Kyanjin Gompa where you can have a panoramic view of the multiple snow capped peaks that surrounds this valley.

For more information, contact Gladys at gladyscheong@ymca.org.sg or Freddie at freddiewee@ymca.org.sg.

KM / DAY 20 TO 30KM

DIFFICULTY ★★★★★

TEMP -5 TO 15°C

Snapshots

YMCA
School

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Introducing the YMCA Learning Centre

The YMCA Learning Centre (YLC) is a newly established initiative under the YMCA Education Division. This programme aims to provide students with additional assistance on subjects which they need help in.

YLC has taken a step further to develop its own English Language curriculum which is suitable for students preparing for their GCE 'O' Level and International English Language Testing System (IELTS).

Subjects listed below are available in the YLC Programme:

- Additional Mathematics
- Art

- Combined Humanities (Social Studies / Geography)
- Elementary Mathematics
- English
- Principles of Accounts
- Science (Physics / Chemistry)

YLC focuses on enhancing students' abilities to learn and understand their academic subjects. It also provides focus group tuition to facilitate small group learning after school, with no more than three students in a group. Plans are being made to offer this course to Primary School students.

For enquiries, please contact Ms Adeline Koh at

☎ 6586 2363 or
✉ adelinekoh@ymca.edu.sg



A Graduation Under The Sea

On 9 October 2014, the YMCA School Graduation Party 2014 was held at the YMCA Lee Kong Chian auditorium. The theme, "An Enchanting Night Under the Sea" was developed by YMCA School Art Club members. With this theme in mind, they created the decorations using recycled cardboards and acrylic paintings of sea creatures. The 50 O-level graduating students and their guests enjoyed song performances by graduating students Zhang Te and Antonio Soon. On behalf of the graduating students, Zhang Kaini delivered a speech on her experiences and the friendships forged in school. Both the students and guests took part in a game that saw everyone blowing bubbles to form the word "YMCA". In addition, students who were best dressed were nominated by the guests to go on stage and vie for the best dressed award.

At the end of the event, some students gave feedback on what could be improved for next year's graduation ceremony. Mr Antonio Soon said, "The Best Dressed Competition and singing session were fun as everyone

was singing." Zhang Te added, "We would like to see more teacher performances." Another student added, "It was a wonderful night to remember and it would be great to also include a Best Class Competition for next year."



CSTD Children Ballet

Date	Programme (10 sessions)	Time (Studio 9)	Fees*
Saturdays	Children Ballet (4 to 7 years old)	10:00am – 10:45am	\$200.70

*YMCA members enjoy a rebate of \$10.70, please present your membership card to enjoy the rebate.



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Be a
YMCA
Member

Mr Antony Tay graduated from Singapore Ballet Academy and was awarded a scholarship by the Ministry of Foreign Affairs for French Government for a Teacher Training course at the Academie Internationale De La Danse, Paris. He is also a member of the French Association of Classic Dance Masters. Mr Tay has been teaching children ballet for 20 years. He is a patient and dedicated teacher who nurtures and brings out the best in his students.



YMCA Merchandise



Pressed Orchid Candle
\$ 24.00



Pressed Orchid Bookmark
\$ 5.00



Pressed Orchid Hanging Board
\$ 22.00

Named after YMCA of Singapore in 2007 by the National Parks Board on the occasion of YMCA's 105th Anniversary, the Dendrobium YMCA is a robust and free flowering hybrid which reflects the work sustained over the years by the YMCA and its volunteers in 'touching lives and lifting spirits' in the community.

Handcrafted with real flowers,
the flowers on these bookmarks have been processed to retain its natural colours.

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 (02.03.15 – 08.03.15)

Y Guitar Club

For beneficiaries from
Association for Persons with Special Needs -
Centre For Adults
Date : Saturday 7 Mar
Time : 9.00am – 1.00pm
Venue : 29 Jalan Tembusu

Y Arts Challenge (Art)

For YMCA Special Talents Arts &
Recreation Society (Y STARS)
Date : Saturday 7 Mar
Time : 10.45am – 12.45pm
Venue : 90 Goodman Road

Y Outing @ Blue Cross

For beneficiaries from Blue Cross Thong
Kheng Home
Date : Saturday 7 Mar
Time : 9.00am-2.00pm
Venue : TBA

Y Photo Club

For beneficiaries from APSN Tanglin School
Date : Saturday 7 Mar
Time : 9.30am – 12.30pm
Venue : YMCA of Singapore

Week 2 (09.03.15 – 15.03.15)

Y Spring Clean

For beneficiaries from Thye Hua Kwan SAC
@ Telok Blangah Crescent
Date : Saturday 14 Mar
Time : 9.00am – 12.00pm
Venue : Blk 3 Telok Blangah Crescent

Y Arts Challenge (Art)

For YMCA Special Talents Arts &
Recreation Society (Y STARS)
Date : Saturday 14 Mar
Time : 10.45am – 12.45pm
Venue : 90 Goodman Road

Y Food of Love

For beneficiaries from Lions Befrienders
(Bendeemer)
Date : Saturday 14 Mar
Time : 9.00am – 2.00pm
Venue : Blk 32 Bendemeer Road



Y Movie Treat

TBA
Date : Saturday 14 Mar
Time : 9.00am - 2.00pm
Venue : TBA

Y Movie Treat

For beneficiaries from
Bishan Home for the Intellectually Disabled
Date : Saturday 14 Mar
Time : 9.30am - 11.30am
Venue : 6 Bishan Street 13, Singapore 579798

Week 3 (16.03.15 – 22.03.15)

Y Visit

For beneficiaries from Singapore Christian Home
Date : Tuesday 17 Mar (TBA)
Time : 2.00pm – 4.00pm
Venue : 20 Sembawang Crescent

Y Visit @ COH

For beneficiaries from
Christian Outreach to the Handicapped
Date : Wednesday 18 Mar
Time : 10.00am – 12.00pm
Venue : 171 Lor 1 Toa Payoh

Y Nature Walk

For beneficiaries from Tampines FSC,
Hougang Sheng Hong FSC (TBA),
THK MacPherson FSC (TBA)
Date : Thursday 19 Mar
Time : 9.00am – 2.00pm
Venue : Sungei Buloh (TBA)



Y Outing @ Y STARS (Flag Day)

For YMCA Special Talents Arts &
Recreation Society (Y STARS)
Date : Saturday 21 Mar
Time : 9.00am – 2.00pm
Venue : YMCA of Singapore

Y Spring Clean

For beneficiaries from Sarah SAC
Date : Saturday 21 Mar
Time : 9.00am – 12.00pm
Venue : Blk 105 Jalan Bukit Merah

YMCA Flag Day 2015

Date : Saturday 21 Mar
Time : 9.00am – 7.00pm
Venue : YMCA of Singapore,
Jurong East MRT Station (TBA),
Admiralty MRT Station (TBA),
Eunos Bus Interchange (TBA)

Week 4 (23.03.15 – 29.03.15)

Y Food of Love (Full)

For beneficiaries from Thye Hua Kwan SAC
@ Indus Moral Care (TBA)
Date : Friday 27 Mar
Time : 9.00am – 2.00pm
Venue : Blk 79 Indus Road (TBA)

Y Reading

For beneficiaries from Bizlink Centre
Date : Friday 27 Mar
Time : 2.00pm – 5.00pm
Venue : Blk 512 Chai Chee Lane

Y Spring Clean

For beneficiaries from Thye Hua Kwan SAC
@ Toa Payoh Blk 31
Date : Friday 27 Mar
Time : 9.00am – 12.00pm
Venue : Blk 31 Toa Payoh Lor 5

Y Spring Clean

For beneficiaries from Comnet SAC
@ Teck Ghee
Date : Saturday 28 Mar
Time : 9.00am – 12.00pm
Venue : Blk 420 Ang Mo Kio Ave 10

Y-Outing @ HWA

For beneficiaries from
Handicaps Welfare Association
Date : Saturday 28 Mar
Time : 9.00am – 2.00pm
Venue : The Cathay

Y Arts Challenge

For YMCA Special Talents Arts &
Recreation Society (Y STARS)
Date : Saturday 28 Mar
Time : 10.45am – 12.45pm
Venue : 90 Goodman Road

Y Movie Treat

For beneficiaries from
Bishan Home for the Intellectually Disabled
Date : Saturday 28 Mar
Time : 11.15am – 4.30pm
Venue : 6 Bishan Street 13,
Singapore 579798

Y Arts Challenge @ MacPherson

For beneficiaries from THK FSC
@ MacPherson
Date : Saturday 28 Mar
Time : 2.30pm – 5.30pm
Venue : THK FSC @ MacPherson,
Blk 91 Pipit Road

Y Photo Club

For beneficiaries from APSN CFA
Date : Saturday 28 Mar
Time : 9.30am – 12.30pm
Venue : 29 Jalan Tembusu

Y Confidence

For beneficiaries from Ministry of Social and
Family Development
Date : Saturday-Sunday 28-29 Mar
Time : TBA
Venue : TBA

Y-Outing @ Sarah

For beneficiaries from Sarah SAC
Date : Tuesday 31 Mar (TBA)
Time : 1.00pm – 3.00pm
Venue : 105 Jalan Bukit Merah,
Singapore 160105