

# FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

SINGAPORE  
SINCE 1905

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FIRST QUARTER 2011



## YMCA International Programmes

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# President's Message

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Dear Members and Friends,

The first quarter of 2011 kept us engaged in an exciting line-up of programmes and activities.

In January, we co-organised the 3rd YMCA-NUS National Youth Chinese Calligraphy Competition with the NUS Chinese Calligraphy Society for more than 200 participants from 31 schools.

During the Lunar New Year season, we launched a new YMCA Community Service Programme, 'YMCA Makan Fellowship' for the elderly on 17 February.

Forty elderly beneficiaries from AWWA were invited to a Lunar New Year-themed lunch, and they were befriended by 24 YMCA youth volunteers during the programme.

The graduation of 56 volunteer leaders and NPO staff from the YMCA-NUS Business School Volunteer Service Management Programme took place in February. Mrs Mildred Tan, Nominated Member of Parliament was the Guest-of-Honour and presented the certificates to the graduates.

From 11 to 13 March, 60 volunteers from our three University YMCAs (Uni-Ys) at SMU, NUS and NTU facilitated the first ever Tri Uni-Y Camp Challenge for 30 beneficiaries at SHINES Outdoor Camp.

We witnessed the fruition of our efforts to touch lives and lift spirits beyond our shores in China and Cambodia. The Grand Opening of the

YMCA Learning Centre @ Dujiangyan was celebrated on 29 March. This new learning centre in Sichuan, China, is a collaboration with YMCA Shanghai and funding support from the people of Singapore that was publicly administered by the Singapore Red Cross Society.

YMCA of Singapore facilitated the identification and purchase of the building in 2009. The building was renovated and is now used as a learning centre for the post-Sichuan earthquake community to acquire life skills, English and computer literacy.

YMCA English Language Programme Graduation ceremonies were held for a total of 105 youths in Siem Reap and Phnom Penh.

Teams of YMCA volunteers had conducted a 10-module English language programme for Cambodian students over the past two years. His Excellency Mr Premjith Sadasivan, the Ambassador of Singapore to Cambodia, was the Guest-of-Honour at the inaugural graduation ceremony in Phnom Penh.

YMCA of Singapore officially opened 'Unity Road' in Siem Reap, a second concrete road built by Singapore volunteers. 'Unity Road' is a 1.1km concrete road that took two years, 500 volunteers and US\$45,000 to build for the benefit of 1,100 villagers.

Thank you for supporting the annual YMCA Flag Day! Over 2,400 volunteers and staff were mobilised to sell flags islandwide on 26 March to raise funds for YMCA community service programmes. The collections are being tallied.

More programmes and events are coming up around the corner, including our 5th YMCA Mandarin Speaking Awards competition, the Official Launch of the 2011 Citi-YMCA Youth For Causes on 19 May and the 12th YMCA Charity Golf on 28 & 29 July. Our Annual General Meeting will be held on 10 May and I hope to see you there.

*"The LORD bless you, and keep you;  
The LORD make His face shine on you,  
And be gracious to you;  
The LORD lift up His countenance on you,  
And give you peace."*

Numbers 6:24-26

In-His-Service

**Stephen Loh**  
**President**

## Cover Photo:

The children of Piek Snaing Cah village in Cambodia receiving DayPlus soft buns at the end of the rice soup programme during the YMCA International Service Programme. Should your company be interested in sponsoring nutritious food items for YMCA overseas community service programmes, please contact James Ji at jamesji@ymca.org.sg.

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# Snapshots

## YMCA- Tan Chin Tuan Community Service Programmes

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## Y Makan Fellowship Spread Lunar New Year cheer

*Photos by Jonas Tan and Jonathan Tan, YMCA  
volunteer photographers*

On 17 February, 40 elderly beneficiaries from AWWA (Asian Women's Welfare Association) and Christalite Methodist Home attended the inaugural Y Makan Fellowship organised by YMCA.

During the Lunar New Year themed-lunch, they were hosted by 24 youth volunteers who befriended them and attended to their needs. The programme featured a scrumptious buffet lunch, table games and a sing-along session. Each elderly guest received a souvenir of a Polaroid photo attached to a card personally decorated by their respective befrienders.

Mr Ang Dai Yap from Asian Women's Welfare Association, said, "It's very exciting to have the opportunity to know more people. We

were well taken care of by the YMCA befrienders. The volunteers were very attentive to us".

YMCA would like to acknowledge and thank Dr Robert Loh for graciously sponsoring the Y Makan Fellowship. We appreciate the commitment by befrienders who dedicated their time and effort to undergo befrienders training prior to the event.

The Y Makan Fellowship is the 17th service platform and latest addition to the YMCA - Tan Chin Tuan Community Service Programmes.

The next Y Makan Fellowship will be held on 20 May, 4.00-6.30pm. Should you wish to support this community service programme as a sponsor or volunteer, please contact Jonas Tan at call 6585 2350 or [cstemp@ymca.org.sg](mailto:cstemp@ymca.org.sg).



## Inaugural Tri Uni-Y Camp Challenge

From 11-13 March, the three Uni-Ys (Uni-Y @ NUS, Uni-Y @ NTU and Uni-Y @ SMU) joined hands to organise a camp for about 30 beneficiaries from MINDS Woodlands at SHINES Outdoor Camp.

The beneficiaries conquered hi-low elements such as rope climbing spurred on by 60 volunteers.

Organised quarterly by the YMCA of Singapore, Y Camp Challenge is an outdoor adventure camp designed to challenge the preconceived limits of the intellectually, mentally and physically challenged beneficiaries. In the company of volunteers, the beneficiaries are exposed to adventure activities such as dragon boating, high ropes elements, water obstacles courses and a host of camp craft activities.

Y Camp Challenge also provides a service learning platform for volunteers to learn the needs of the

less privileged while contributing their skills and talents to touch the lives of the beneficiaries.

Luo Guo Sheng, a Y Camp Challenge regular participant, said, "I have volunteered 12 times for Y Camp Challenge. The smiles of our special friends make me come back each time".

Luo volunteers for programmes and logistics for Y Camp Challenge. For those who are interested to volunteer their skills and talent or participate in the next Y Camp Challenge from 9-12 June, please contact Angeline You at 6586 2344 or [angelineyou@ymca.org.sg](mailto:angelineyou@ymca.org.sg).





# Snapshots

## Volunteers Programme and Youth Development Programmes

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On 21 February, 56 volunteer leaders and staff from non-profit organisations celebrated the completion of their YMCA-NUS Business School Volunteer Service Management Programme (VSMP) training.

At a Commencement Ceremony held at YMCA, Guest-of-Honour Mrs Mildred Tan, Nominated Member of Parliament presented the graduands with their Certificates.

## Volunteer leaders and non-profit staff celebrate VSMP completion



Introduced in 2006, the YMCA-NUS Business School VSMP is supported by the NUS Business School and NUS Business School Alumni. It aims to equip volunteers and staff of non-profit organisations with skills to lead community service programmes more effectively.

Course fee is \$1,250 including GST. The course is pre-approved by National Council of Social

Service VWOs-Charities Capability Fund. Participants who meet the Terms and Conditions are eligible for up to 80% funding.

The next run of the programme for non-profit organisation staff will be held in September. Should you be interested to register for the programme, please contact Ms Grace Lee at 6586 2345 or [gracelee@ymca.org.sg](mailto:gracelee@ymca.org.sg).



## Support 400 youths in their fund raising projects

A hundred teams have been shortlisted for Citi-YMCA Youth For Causes.

The 100 teams comprising 400 youths, age 15-35, will be competing across three age-group categories to carry out creative fund raising projects for the Voluntary Welfare Organisation (VWO) of their choice and volunteer recruitment with a seed funding of \$1,600 per team from Citi Singapore.

The teams will be implementing their projects island wide from 21 May to 2 September.

Citi-YMCA Youth For Causes is a joint community initiative by Citi Singapore and the YMCA of Singapore. Sponsored by the Citi Foundation, the programme aims to build a culture of social responsibility and cultivate a culture social responsibility.

Principals, teachers and VWOs who are interested to find out more about the programme are invited to

attend the 2011 Citi-YMCA Youth For Causes official launch on 19 May at NTUC Auditorium. Limited seats available. To RSVP for the official launch, please contact Genevieve Chen at 6586 2354 or [genevievechen@ymca.org.sg](mailto:genevievechen@ymca.org.sg).

For updates on the 2011 Citi-YMCA Youth For Causes, visit [www.youthforcauses.com](http://www.youthforcauses.com) or the official Facebook page [www.facebook.com/youthforcauses](http://www.facebook.com/youthforcauses).



# Snapshots

## YMCA Project Bridge

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YMCA Project Bridge is a programme for early school leavers and youth-at-risk between 13 and 19 years old. The programme aims to help them realise their full potential and discover their purpose through meaningful, wholesome and challenging activities and provide them with opportunities to return to mainstream education or help equip them with quintessential job skills.

Here is an account of YMCA Project Bridge client.

Ginny\* left school prematurely.

When a case worker first met her two months ago, Ginny had lost all interest in studying and did not want to return to school.

She spent most of her time at home and did not have any idea what to do next.

After several sessions, the caseworker managed to get friendly with Ginny and she opened up.

At the same time, the caseworker introduced several courses that Ginny could pick up to make good use of her time.

One such course was at Immanuel Beauty School.

The caseworker accompanied Ginny to the Immanuel Beauty School open house and Ginny became interested in the 3-year double diploma course.

Ginny's mother brought her to register a couple of weeks later.

Ginny started classes in January 2011 and looks forward to a new chapter of her life.

The case worker will follow through with Ginny throughout the year and will ensure that she fits in well with the new school structure, and will give her moral support whenever she needs it because Ginny is extremely shy among strangers and does not express herself much.

Corporations interested in supporting our beneficiaries under YMCA Project Bridge may contact Shirley Law at 6366 4056 or [shirleylaw@ymca.org.sg](mailto:shirleylaw@ymca.org.sg) for more information.

*\*The name has been changed to protect her identity.*

## YMCA Project Bridge Youths First Voluntary Service Event of the Year

Article contributed by Aneesha D/O Sathiananthan, Youth Counsellor

On 22 January, YMCA Project Bridge held its first voluntary service event of the year at Sentosa with the participation of 10 youths and two staff from Project Bridge, 22 beneficiaries and three staff from Gracehaven Children's Home, as well as a team of 12 volunteers.

The aim of the event was to nurture the spirit of

volunteerism in our youths and to instil the importance of giving back to society. The youths had to go beyond their comfort zone and interact with the other children to ensure the latter were having a good time.

The sunny weather made the day perfect for fun and games at the beach. The outing kicked-off with ice-breaking games followed by Power Frisbee and beach volleyball. The event ended with joyrides on the Sentosa

Skyride and Luge.

The next YMCA Project Bridge voluntary service event will be organised during the June 2011 school holidays at Little Arts Academy. We invite experienced and outgoing adult volunteers to be part of our core volunteer group to plan activities. For more information, please contact Aneesha at 6362 0700 or [aneesha@ymca.org.sg](mailto:aneesha@ymca.org.sg).





# Be a Volunteer

## YMCA - Tan Chin Tuan Community Service Programmes

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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.

Do contact our staff if you or your company are interested in volunteering for YMCA Community Service Programmes:

- Corporations - Wong Li Yi at [liyiwong@ymca.org.sg](mailto:liyiwong@ymca.org.sg) / 6586 2352
- Individuals - Cheryl Lim at [cheryllim@ymca.org.sg](mailto:cheryllim@ymca.org.sg) / 6586 2347

Please note that these dates are subject to change.

### Weekly

#### Y Outings

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

Date : 18 June Time : 10.30am - 12.30pm Venue : TBC Activity : TBC	Date : 30 April Time : 9.00am - 1.00pm Venue : Sentosa Activity : TBC	Date : 7 May Time : 9.00am - 1.00pm Venue : TBC Activity : GoKart	Date : 28 May Time : 9.00am - 1.00pm Venue : Northoaks Activity : Swimming	Date : 4 June Time : 9.00am - 1.00pm Venue : Marina Barrage Activity : TBC
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#### Y Arts Challenge

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

Date : 23 April Time : 9.00am - 1.00pm Venue : IJ Home / YMCA of Singapore	Date : 7 May Time : 9.00am - 1.00pm Venue : IJ Home / YMCA of Singapore	Date : 14 May Time : 11.00am - 12.30pm Venue : The Tent Activity : Y Guitar Club	Date : 11 June Time : 9.00am - 1.00pm Venue : IJ Home / YMCA of Singapore
Date : 28 May Time : 9.00am - 1.00pm Venue : IJ Home / YMCA of Singapore	Date : 7 May Time : 11.00am - 12.30pm Venue : The Tent Activity : Y Guitar Club	Date : 4 June Time : 11.00am - 12.30pm Venue : The Tent Activity : Y Guitar Club	Date : 11 June Time : 11.00am - 12.30pm Venue : The Tent Activity : Y Guitar Club
		Date : 25 June Time : 9.00am - 1.00pm Venue : IJ Home / YMCA of Singapore	

#### Y Green Fingers

Volunteers with green thumbs will enjoy gardening with our beneficiaries.

Date : 18 April Time : 10.00am - 12.00pm Venue : Queenstown Multi-Service Centre	Date : 20 June Time : 10.00am - 12.00pm Venue : Queenstown Multi-Service Centre
Date : 23 May Time : 10.00am - 12.00pm Venue : Queenstown Multi-Service Centre	Date : 23 June Time : 3.00 - 5.00pm Venue : Bishan Home
Date : 26 May Time : 3.00 - 5.00pm Venue : Bishan Home	Date : 24 June Time : 3.00 - 5.00pm Venue : The Tent
Date : 27 May Time : 3.00 - 5.00pm Venue : The Tent	

### Monthly

#### Y Visits

Held monthly, you can help organise and conduct a series of dance, baking and arts & craft workshops for our beneficiaries at their respective locations.

Date : 29 April Time : 2.00 - 5.00pm Venue : NKF (Simei)	Date : 27 May Time : 2.00 - 5.00pm Venue : NKF (Simei)
Date : 7 May Time : 2.00 - 4.00pm Venue : MacPherson Moral Family Service Centre	Date : 11 June Time : 9.00 - 11.00am Venue : Singapore Christian Home for the Aged
Date : 14 May Time : 9.00 - 11.00am Venue : Singapore Christian Home for the Aged	Date : 18 June Time : 2.00 - 4.00pm Venue : MacPherson Moral Family Service Centre
Date : 21 May Time : 2.00 - 4.00pm Venue : MacPherson Moral Family Service Centre	Date : 24 June Time : 2.00 - 5.00pm Venue : NKF (Simei)

#### Y Reading Club

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

Date : 29 April Time : 2.00 - 5.00pm Venue : Metta School	Date : 14 May Time : 9.00am - 1.00pm Venue : The Spastic Children's Association Of Singapore
Date : 30 April Time : 8.30am - 1.00pm Venue : Kits4Kids	Date : 20 May Time : 2.00 - 5.00pm Venue : Metta School
Date : 6 May Time : 2.00 - 5.00pm Venue : Metta School	Date : 28 May Time : 8.30am - 1.00pm Venue : Kits4Kids
Date : 13 May Time : 2.00 - 5.00pm Venue : Metta School	Date : 11 June Time : 9.00am - 1.00pm Venue : The Spastic Children's Association Of Singapore

#### Y Chorus

We are looking for volunteers with a passion for singing to teach songs to our beneficiaries. Join us for a great time!

Date : 20 May Time : 2.00 - 4.00pm Venue : YMCA of Singapore
Date : 17 June Time : 2.00 - 4.00pm Venue : YMCA of Singapore
Date : 15 July Time : 2.00 - 5.00pm Venue : Metta School
Date : 19 August Time : 2.00 - 4.00pm Venue : YMCA of Singapore

#### Y Photo Clubs

We are looking for volunteer photographers to equip our beneficiaries with photography skills through 10 indoor theory and outdoor practical sessions. Join us in providing our beneficiaries with a new found wholesome hobby!

Date : 23 April Time : TBC Venue : TBC
Date : 7 May Time : 2.00 - 4.00pm Venue : TBC
Date : 4 June Time : TBC Venue : TBC

#### Y Confidence Programme

A programme tailored for youths who have experienced pain and the trauma of mental, sexual and physical abuse. This programme aims to help them regain their self-confidence and esteem through various categories of challenging activities.

Date : 30 April Time : 9.00am - 2.00pm Venue : TBC
Date : 21 May Time : 9.00am - 2.00pm Venue : TBC

### Quarterly

#### Y Movie Treats

A quarterly mass movie outing designed as a training platform to impart appropriate behavioural skills to beneficiaries with special needs.

Date : 7 May Time : 1.00 - 7.00pm Venue : TBC
Date : 4 June Time : 10.00am - 1.00pm Venue : YMCA of Singapore

#### Y Nature Walks

A quarterly programme designed to give our beneficiaries the opportunity to appreciate the fauna of our community and nature parks. Volunteers will plan, organise and conduct fun and informative activities during the hikes and walks.

Date : 30 April Time : 9.00am - 2.00pm Venue : TBC
Date : 18 June Time : 9.00am - 2.00pm Venue : TBC

#### 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 : 9-12 June Time : 1.00 - 7.00pm Venue : TBC
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# Snapshots

## Corporate News and Events

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## YMCA Flag Day

Photos by Chua Rui De, YMCA volunteer photographer



## Donate your 2011 Growth Dividend

From 5 April 2011, Singaporeans who are eligible for the 2011 Growth Dividend will be receiving letters from the Government informing them of their payout.

If you are eligible, you may donate all or part of your Growth Dividend to charity by visiting [www.growandshare.gov.sg](http://www.growandshare.gov.sg).

If you are not eligible for the Growth Dividend but still wish to donate, you are welcome to do so using the website [www.sggives.org/ymca](http://www.sggives.org/ymca). You may donate using your credit card, debit card or direct debit (internet banking).

Whether it be \$10 or \$100 or other amount, your donation will go a long way to help us continue our charitable work. Thank you for your support.

### DONATE TO YMCA OF SINGAPORE

The YMCA of Singapore helps a wide range of less fortunate people improve their lives, including the intellectually, mentally and physically challenged, out-of-school youths and youths-at-risk, abused and underprivileged children, the elderly and the poor. By donating to YMCA, you are enabling us to expand our reach and help those in need gain new hope for tomorrow. So join us in our mission of "touching lives and lifting spirits" and make your generous donation today!

### Cheque Donations

Please make your crossed cheque out to 'YMCA of Singapore' and mail it to 1 Orchard Road, Singapore 238824. Do remember to include your contact details so that we can issue you a tax-exempt receipt for donations of \$50 or more.

### GIRO Donations

Alternatively, you may make regular donations via GIRO every month. Kindly download the GIRO form from [www.ymca.org.sg/enews/giro.pdf](http://www.ymca.org.sg/enews/giro.pdf) and mail it back to the YMCA Finance Department.

### Online Donations

Donations to YMCA can also be made online through the SG Gives website. Please visit [www.sggives.org/ymca](http://www.sggives.org/ymca) to make your donation online.

YMCA respects requests by donors to remain anonymous and will not include such names in the donor lists on our website or in other YMCA publications.



# Snapshots

## YMCA International Programmes

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## 爱无大疆 – Love Has No Boundaries



"Love has no boundaries" was quoted by Mr Wu Jian Rong, the General Secretary of YMCA Shanghai, who was present with dignitaries from China and Singapore at the official opening of the YMCA Learning Centre @ Dujiangyan on 29 March 2011. This centre was an immediate and direct response by YMCA Rebuilding Communities Programmes to the Sichuan Earthquake.

The YMCA Learning Centre @ Dujiangyan is a result of international collaboration between YMCA of Singapore and YMCA Shanghai with

financial support from the Singapore Red Cross Society and Caritas Humanitarian Aid & Relief Initiatives (CHARIS) to express love and concern to the community.

The official opening of the YMCA Learning Centre @ Dujiangyan was graced by Mr Zhou Fu Chang, Deputy Minister for United Front Work Department of Shanghai Municipal, Ms Chiong Woan Shin, Consul (Commercial) for the Consulate General in Chengdu, Mr Tee Tua Ba, Chairman, Singapore Red Cross Society and Mr Christopher Chua, Secretary General, Singapore Red Cross Society.

YMCA of Singapore was represented by Board Directors Mr Eric Teng (Immediate Past President), Mr Chew Kwee San (Treasurer), Mr Peter Sim (Honorary Counsel) and General Secretary Mr Albert Ching.

In his Address, Mr Tee shared that the opening of YMCA Learning Centre heralds a new beginning for the community of Dujiangyan and is an excellent demonstration of international collaboration.

He also praised the people of Dujiangyan City for their bravery and resilience and thanked the generosity of dedicated individuals and organisations who have helped to keep this spirit alive.

Mr Chew Kwee San said in his Welcome Address, that the YMCA Learning Centre @ Dujiangyan is the YMCA of Singapore's response to a rebuilding programme in Dujiangyan City, and is a Youth Development tool for Singapore volunteers to collaborate with YMCA volunteers in China to rebuild the



lives of the local community. He stressed the need to develop sustainable programmes for all age groups. Academic and non-academic fronts identified include modular English lessons (YMCA English language Programme), basic computer skills, experiential & service-learning opportunities (YMCA Life-Skills Programmes), health clinics for the elderly, hobby clubs and mass community events.



The VIP programme included a tour of the centre's facilities and on-going classes, and a Forum between YMCA volunteers from Singapore and China on the centre's development. Professor Wu Shui Li, Chief Executive of Hong Kong Christian Service moderated the Forum.



"The people here have showed us resilience in its truest form through their fast recovery from the disastrous earthquake which we should learn from". These were the words from a Singapore Polytechnic student, Hazel Lee, who was one of 17 students who participated in the Rebuilding Community Programme for Dujiangyan, a city badly affected by the Sichuan Earthquake in 2008.

Volunteers from Singapore Polytechnic were funded by Youth Expedition Project, a grant scheme by National Youth Council which supports youths from educational institutions and registered organisations embarking on community Service-Learning projects that contribute to communities in Singapore, ASEAN, China and India.

## 105 youths in Cambodia receive YMCA English Language Programme Certificates

YMCA held graduation ceremonies in Siem Reap and Phnom Penh for 56 and 49 underprivileged Cambodian students respectively. The students had learned English from Singapore volunteers in a two-year programme initiated and conducted by YMCA of Singapore.

On 18 March, 56 youths from The Boys' Brigade Learning Centre (BBLC) in Proyouth Village in Siem Reap received their Certificates from Mr Stephen Loh, President, YMCA of Singapore and Mr Pich Sokhalay, District Governor of Pouk.

Over at the Unaccompanied Association (UNACAS) in Phnom Penh on 19 March, His Excellency Mr S Premjith, Ambassador of Singapore to Cambodia and Her Excellency Chan Haran Vaddey, Secretary of State Ministry of Social Affairs, Cambodia, presented the Certificates to 49 students.

At the inaugural English Language Programme graduation ceremony at UNACAS, His Excellency Mr Premjith commented that "the YMCA English Language Programme in Cambodia is a good development partnership model between UNACAS and YMCA of Singapore.

It makes a positive difference to the lives of Cambodia youths and creates close bonds of friendship between Cambodia and Singapore. In this age of internet and globalisation, English is an important language of commerce and communication.

Cambodian youths, in particular, would benefit a great deal from a good grounding in the English language".

His Excellency also encouraged YMCA of Singapore and UNACAS to continue and build on the cooperation to provide English language training to help Cambodian youths

to overcome the constraints of finances and physical distance between homes and schools.

The YMCA International Service Programme @ Cambodia is a structured and sustained programme that ensures a consistent team of volunteers travelling to Cambodia to impart Beginners, Basic and Intermediate English language skills to youths at BBLC and UNACAS (since 2008).

The programme began in mid-2006 in Siem Reap and more than 900 volunteers from Singapore have since stepped forward to contribute to the learning progress of Cambodian students in Siem Reap and Phnom Penh.

Each volunteer team from Singapore teaches one module and the students receive a Certificate of Proficiency (or Participation) upon completing 10 modules.



Top UNACAS beneficiary student Som Sovannarong (Peter), 18, receiving his Intermediate English Category Certificate from His Excellency Mr S Premjith (right).

Peter was sold as a baby, grew up mistreated and constantly beaten by his adopted parents. Peter ran away when he was 12 years old and now lives at UNACAS. Peter testified in English to an audience of 300 guests, that the YMCA English Language programme has helped him improve his English language skills to the extent that he hopes to attend university later this year to study English Literature.





# Snapshots

## YMCA International Programmes

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### 'Unity Road' successfully built with help from Singapore educational institutions and corporations

Over 500 volunteers, USD45,000 and two years were what it took to transform a dirt road to a 1.1km concrete road, called 'Unity Road'.

On 18 March, 'Unity Road' was officially opened by Mr Pich Sokhalay, District Governor of Pouk and Mr Stephen Loh, President of YMCA of Singapore, at a ribbon cutting ceremony.

'Unity Road' is an extension of 'Grace Road' which was completed in 2009 by volunteers from Singapore.

More than 1100 villagers will benefit economically from this road as the transportation convenience will encourage business start-ups. In the past, the villagers who had to ply the road daily, suffer from waterlogged dirt roads after a downpour.

'Unity Road' is a gift of love from Singapore volunteers who had built this road manually.

The volunteers toiled over two years under scorching heat with temperatures over 34°C and several of them were stung by scorpions.

A series of infrastructure improvements are in the pipeline, including the construction of a dam which will reduce flooding in many areas, including a nearby high school.

YMCA would like to acknowledge the teams of volunteers from Singapore who have served our projects in various parts of Cambodia.

- Anglo-Chinese Junior College
- Catholic Junior College
- Citigroup
- Greenview Secondary School
- Hwa Chong Institution
- Institute of Technical Education
- Macpherson Secondary School
- Millenia Institute

- Nanyang Primary School
- Ngee Ann Polytechnic (Primers)
- NTU Bioscience Club
- NTU Hall 12
- NUS Business School
- Pricewaterhouse Coopers Singapore
- Singapore Polytechnic
- Sengkang Primary School
- SMU Tritouch Club
- Uni-Y@NUS
- Uni-Y@NTU
- Uni-Y@SMU
- Yishun Junior College



#### Serve Overseas!

If you have always wanted to do something for the less fortunate in neighbouring countries, now is your chance to sign up as a volunteer leader. YMCA plans regular trips to Cambodia, China and Thailand to teach English, arts, music and to set up libraries. We aim to help disadvantaged children gain knowledge and break out of the poverty cycle. For more information on how to be a volunteer leader for YMCA International Service Programmes, please contact James Ji at 6586 2334 or [jamesji@ymca.org.sg](mailto:jamesji@ymca.org.sg).



# Snapshots

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## Promoting intergenerational harmony through calligraphy

On 29 January, more than 200 participants from 31 local schools wrote Lunar New Year couplets and competed across three categories (Primary School, Secondary School and Junior College) in the 3rd YMCA-NUS National Youth Chinese Calligraphy Competition 2011.

The winners were Nanyang Primary School, Dunman High School and Temasek Junior College.

In keeping with the spirit to promote "Harmony" which was the theme for this year, an inter-generational partner calligraphy

demonstration was held.

Elderly beneficiaries from the Henderson Senior Citizen's Home each partnered a K2 student from YMCA Zhenghua Child Development Centre to write a couplet together.

For more information on YMCA Education Services visit [www.ymca.org.sg/cdcscs](http://www.ymca.org.sg/cdcscs) or call 6586 2222.

*Photo source: Lianhe Zaobao © Singapore Press Holdings Limited. Reprinted with permission.*



## Chinese New Year celebration for YMCA School students

On 2 February, YMCA School organised a Lunar New Year lunch and concert for students who did not travel home abroad for their family reunion during the holidays.

Held annually, the celebration featured performances by various students and a buffet lunch catered by Y Café.

Over 80 YMCA School students, hailing from China, Indonesia, Japan, Myanmar, Singapore, Thailand and Vietnam attended the event this year.

A third of the students were themselves involved in the talent concert, which featured group and duet vocal performances of popular English and Chinese pop hits, modern dances and mystifying magic performances.

The students also participated in traditional Chinese riddle solving games.

Volunteers, teachers, management and staff of

YMCA were among the invited guests.

The YMCA School is a full-time co-educational institution and a social enterprise of the YMCA of Singapore. The School offers GCE 'O' Level Academic Courses and Preparatory Classes with an enrolment of

200 local and multi-national students from 10 countries in 2010.

For more information on the YMCA School, please visit [www.ymca.edu.sg](http://www.ymca.edu.sg) or call 6586 2222.





# Snapshots

## YMCA Corporate News & Events

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### IAVE Youth Volunteer Conference - YMCA's strong support

The IAVE Youth Volunteer Conference, held from 21-23 January in Singapore, brought 439 youth volunteers from 26 countries together, the largest IAVE participation to date.

As a co-organiser of the IAVE Youth Volunteer Conference, YMCA youth volunteers played a pivotal role in the conference's success with Oliver Loke, a YMCA youth volunteer leader as the Conference Chairman.

Based on the theme, 'Volunteering to Change the World', participants were engaged in workshop tracks and service projects to over 14 local organisations.

Two YMCA Directors, Mr Teo Zi-Ming and Mr Samuel Chan were among the invited conference speakers.

During the conference, international

delegates were given the opportunity to participate in local service projects such as Y Nature Walks and Y Arts Challenge.

YMCA was also given an exceptional recognition 'Partnering Organisation', together with UBS for the 21st IAVE World Volunteer Conference which took place from 24-27 January.

At the World Conference opening ceremony, graced by the President of Singapore, Mr S R Nathan, YMCA was the only organisation singled out in the Chairman's welcome speech for its significant contributions towards organising the IAVE World Volunteer Conference, and more significantly, in organising the Youth Conference.

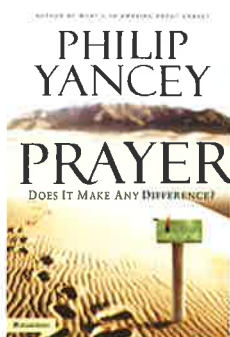
YMCA Volunteers, we attribute the honour and success to you. "Thank you, Volunteers".

Volunteering:  
Transforming  
our world





## Book Review



### Prayer: Does it Make Any Difference

What is prayer? How does it work? And more importantly, does it work?

Writing as a fellow pilgrim, Yancey explores such questions as: \*Is God listening? \*Why should God care about me? \*If God knows everything, what's the point of prayer? \*Why do answers to prayer seem so inconsistent and capricious? \*Why does God seem sometimes close and sometimes far away? \*How can I make prayer more satisfying?

'I have found that the most important purpose of prayer may be to let ourselves be loved by God,' says Yancey. *Prayer: Does It Make Any Difference?* encourages us to pray to God the Father who sees what lies ahead of us, knows what lies within us, and who invites us into an eternal partnership - through prayer.

Product description from Zondervan, a HarperCollins company.

Retail price: S\$11.90

Distributed by Tecman Christian Shop #04-01  
Bras Basah Complex

Tel: 6338 6764

Website: [www.tecman.com.org](http://www.tecman.com.org)

Please print write-up to get:

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- 1 piece - Free 1 year Tecman Card
- 1 piece - 30% Discount Coupon
- While stock last.

## Word from the Chaplain

### Food and God's will

Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. (John 4:34) (NRSV)

There is a clear present and future danger that faces the world in 2011.

Food or the lack of it.

National disasters in the last year or so, with long severe droughts have devastated food production in areas as widespread as Pakistan, Australia and China. Food prices are already rising and will continue to do so in the coming months.

Net food exporting countries may actually have to import food causing significant negative consequences to the world's food supply.

All this will impact everybody BUT especially the POOR who do not have the economic means to respond.

Malnourishment is a looming spectre. Starvation is not unthinkable, even in our time.

When Jesus spoke about food he said, "My food is to do God's will". Sounds strange but for Him it makes perfect sense.

What is God's will? In times like this we turn to Isaiah 58 and "God's Chosen Fast".

"Is not this the fast I have chosen?...to loose the bonds of injustice?...Is it not to share your bread with the hungry...? (Isa 58:6,7).

This instructs those who have more to share with those who have less (the "least of these" in Jesus-speak).

Let us be ready to help the poor, needy and hungry - with prayer, finance and other assistance.

This is God's will for us, too, and our food as well.

## Y Knot

### where youths connect

*Article contributed by Seraph Ng, Christian Development, Senior Executive*

The first Y Knot of the year was held on 27 January at the YMCA Pool Terrace. Memo, a music band consists of 5 Christian youth put up a sincere and touching performance by sharing their stories and music with over 30 youths.

The band and guest speaker, Rev Daryl Chan from Prinsep Street Presbyterian Church shared on the theme, "The Shadow Proves the Sunshine", which is about finding hope in God in the midst of our struggles.

Y Knot is a monthly youth outreach programme organised by YMCA of

Singapore and it is targeted at tertiary students. The event is held on every last Thursday of the month at 7pm, YMCA Pool Terrace.

The objectives of this programme are to provide a platform for youth to connect in a healthy and meaningful way, an opportunity for youths to experience God's love as well as an avenue of outreach for Christian youths.

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

## YMCA Public Lecture: Stewardship & Finance

The YMCA Public Lecture: Stewardship & Finance has been rescheduled to 26 April 2011 (Tues).

Time: 7.00 – 8.30pm  
Venue: YMCA of Singapore,  
Lee Kong Chian Auditorium, Level 1,  
One Orchard Road

Speaker: Dr Tan Tee Khoo, Assoc. Gen. Sec. (Administration & Training) of the Fellowship of Evangelical Students

All are welcome. To RSVP, please contact Rebecca Choong at [rebeccachoong@ymca.org.sg](mailto:rebeccachoong@ymca.org.sg) or call her at 6586 2220 with your contact details.



# Be A YMCA Member

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

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

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



### De Coders Café



#### Location:

Blk 320 Clementi Ave 4 #01-15

#### Operating hours:

Fri, Sat & Eve of Public Holiday:

2.00pm – 2.00am

Tues-Thurs, Sun & Public Holiday:

2.00pm – 10.00pm

Closed on Mon.

Contact: 6779 4845

This is the place for friends and family to gather for fun and interactions through a variety of over 350 designer board games including the familiar classics like Monopoly, RISK and Scrabble. The café offers an array of delicious contemporary dishes.

#### YMCA members enjoy:

- 10% off total bill
- Partner's rate on every Wed night at \$6 for four hours of gaming with free flow of soft drinks (U.P. \$8 for non-partners)
- 10% off total bill is also applicable to all gaming packages and promotions including Happy Hour and Partners Night

\*YMCA membership card must be produced at point of payment to enjoy the privileges.

### Hup Leong Company - The Bicycle People



#### Location:

Blk 51 Chin Swee Road, #01-107

#### Operating hours:

Mon-Sat: 11.00am - 8.00pm

Closed on Sun and Public Holidays

Exclusive distributor for Jamis Bicycles, Louis Garneau, Stans NoTubes, Turnerbikes, Ellsworth Bicycles, Cane Creek, Selle Italia, DEAN Titanium, WTB, Crankbros and more. From family use to sporting purposes, you will find quality bikes that many professionals and leisure cyclists go for.

#### YMCA members enjoy:

- 10% off all Jamis and Louis Garneau complete bicycles
- Free gift with complete bicycles purchased: Smart front LED white light worth \$25, Smart rear LED red light worth \$12 and Alloy water bottle carrier worth \$10
- Lifetime warranty for all bikes and 2 years complimentary servicing/over haul will be included

\*Offer not valid for promotional items.

### Inner Peace Therapeutic Spa



#### Location:

Marina Square, #03-319/320

Contact: 6883 1110

At Inner Peace Therapeutic Spa, you will find complete serenity in our Balinese inspired décor with your personal well-being the sole concern.

#### YMCA members enjoy:

- 60 mins Intensive Microdermabrasion at \$99 (U.P. \$288) \*Free Eye Treatment
- 60 mins Kneipp Herbal Oil Massage at \$49 (U.P. \$138)
- 60 mins Skin Awakening Facial at \$49 (U.P. \$108)
- 75 mins Amazonian Spa Ritual Massage at \$69 (U.P. \$148)
- 60 mins Foot Reflexology at \$39 (U.P. \$80)
- Classic Manicure & Pedicure at \$39 (U.P. \$68) \*Free Hand Paraffin

### True Vine Christian Bookroom



#### Location:

Eastpoint Mall

#### Operating hours:

Mon - Sat: 12.00pm - 9.00pm

Sun: 1.00pm - 8.00pm

Contact: 6787 1424

True Vine offers a unique range of Christian Books, Bibles, CDs, gifts, cards and other items. There are books by authors that are not available elsewhere in Singapore such as Frank Viola, Mark Gabriel, and E.W. Kenyon.

YMCA members enjoy a 10% discount on all non-promotional items.



# YMCA Lifestyle Programmes

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Lead a healthy lifestyle by joining in YMCA programmes that build the body, mind and spirit. For more information, please send your enquiries to [lifestyle@ymca.org.sg](mailto:lifestyle@ymca.org.sg).

## Y Treks: Gunung Datuk, Negeri Sembilan, Malaysia

At a height of 885 metres above sea level, Gunung Datuk (also known as Mount Rembau) is a favorite among nature lovers and adventurous explorers. Situated at the end of Titiwangsa Mountain Range, the trek to the peak can be fairly steep and demanding but the panoramic view of the Straits of Malacca from the peak makes the climb worthwhile.

Date : 7 May 2011 (Registration deadline : 25 April 2011)

Price : S\$95 (S\$20 discount for YMCA members)



## BikeYtrails

BikeYtrails is a guided off-road mountain biking programme conducted by YMCA staff and an appointed instructor. Held once every two months on various cycling trails in Singapore, the programme serves as a platform to engage them in the sport and meet with people who share the same interest in mountain biking.

Date : 29 May 2011 (Registration deadline: 25 May 2011)

Price : Free of Charge

## Y Treks: Cameron Highlands, Pahang, Malaysia

The trek is a physically and mentally gruelling eight hour climb to the summit of Gunung Irau (2,110 meters) from Gunung Brinchang. Participants are required to have a good level of fitness and agility to navigate through the forest. Much of the journey requires scrambling on hands and feet, over tree logs, under over-hanging branches and across mud patches.

Date : 17-20 June (Registration deadline: 30 May 2011)

Price : Please email [lifestyle@ymca.org.sg](mailto:lifestyle@ymca.org.sg) to enquire.



## Join the YMCA Facebook Fan Page!

**YMCA of Singapore**

You like this.

**YMCA of Singapore** 15 yr-old visually impaired singer-songwriter Ritchell Lim shares her amazing songs and inspiring stories of triumph and grace...All tertiary students are invited to join us on 28 April, 7.00-8.30pm at YMCA of Singapore, Level 9, Pool Terrace.

**Wall Photos**  
by: Y Knot  
Photos: 17

Yesterday at 14:13

**YMCA of Singapore** Verse of the Week (11 April)  
It is in You, Jesus, we have found redeeming grace for the atonement of our sins. May You reveal to us more about You and the true meaning of life You came to give us.

2,661 people like **YMCA of Singapore**.

Facebook social plugin

Be a part of the YMCA Facebook Fan Page – [www.facebook.com/ymca.singapore](http://www.facebook.com/ymca.singapore) - and get updated regularly with announcements of our latest happenings, events and volunteering opportunities, photos of our activities and Bible Verse of the Week, just to name a few!

## YMCA Fitness Programme

Obtain the unlimited access pass to all YMCA Fitness Programmes for only \$62/mth

Zumba Fitness® is now part of YMCA Fitness Programme. Zumba Fitness® is the only Latin-inspired dance-fitness programme that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

For more information, please send your enquiries to [lifestyle@ymca.org.sg](mailto:lifestyle@ymca.org.sg) or call 6586 2255.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bhangrarobics 6.30 - 7.30pm	Hi-Lo Challenge 6.30 - 8.00pm	Pilates 6.30 - 7.30pm	Bhangrarobics 6.30 - 7.30pm	Cardio Latino Murina 6.30 - 7.30pm	Bhangrarobics 1.00 - 2.00pm
	Zumba Fitness 12.00 - 1.00pm		Pilates 7.30 - 8.30pm		Body Conditioning 2.00 - 3.00pm
	Aquarobics 7.00 - 8.00pm	Zumba Fitness 7.30 - 8.30pm	Aquarobics 7.00 - 8.00pm		

## Sign up for our eNews!

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



# Careers With YMCA

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## 1. Supervisors, Child Development Centre (CDC) and Student Care Centre (SCC)

You will be leading a team of passionate and dedicated teachers to impact the lives of children from 18 months to 6 years old (CDC) and 7 to 14 years old (SCC).

### Requirements:

- CDC:
  - At least 1-2 years relevant experience in a supervisory role,
  - Degree in Early Childhood Education/Diploma in Early Childhood Education (Leadership),
  - At least 2 years experience in a childcare /preschool setting.
- SCC:
  - At least 1-2 years relevant experience in supervisory role.
  - Diploma in Education preferred but not a pre-requisite.
  - Ex-MOE teachers are encouraged to apply

Founded in 1902, YMCA of Singapore is a Christian voluntary welfare organization, affiliated worldwide, which serves the community, regardless of race, language or religion through wholesome programmes to develop body, mind and spirit. YMCA also owns various social enterprises, such as the YMCA International House, YMCA Child Development and Student Care Centres, YMCA School and YMCA Tertiary Education.



## 2. Senior Executive/Executive, Marketing, YMCA School

You will handle sales and enquiries of our YMCA School programmes including developing sales leads. You will be responsible for the day-to-day marketing administration, and assist in designing advertisement and promotion collaterals.

### Requirements:

- Degree/Diploma in Education, Management, Administration, Marketing or a related discipline, preferably with 2 years of relevant working experience
- Prior working experience in China is vital

## 3. Senior Executive/Executive, Lifestyle Programmes

You will be responsible in strategising and implementing marketing and promotions plans of assigned lifestyle portfolio: fitness, dance, performing arts and generate revenue from the above portfolio. You will also be required to manage studio programming in order to optimise studio usage and foster relationship building with instructor and members.

### Requirements:

- A recognized degree in any field with at least 3 years of working experience in the similar area.
- High level of initiative, resourcefulness and good writing skills

## 4. Manager, Community Service Programmes

You will be responsible for the design, development and implementation of YMCA Community Service programmes, which seek to engage our members and volunteers for the benefit of the less fortunate in our community.

You will ensure that the Association stays relevant and responds to the community's needs by providing platforms for volunteers to contribute meaningfully through structured and sustained programmes, for the beneficiaries of YMCA and its partnering VWOs.

### Requirements:

- Degree in Sociology, Social Work, Business Management or a related discipline
- At least 5 years experience, preferably with 2 years managerial experience

Interested applicants are invited to mail/email a detailed resume, indicating current and expected salaries to:

The HR Department  
YMCA of Singapore,  
One Orchard Road,  
Singapore 238824.  
Email: [hr@ymca.org.sg](mailto:hr@ymca.org.sg)  
Fax: 6336 8003  
Website: [www.ymca.org.sg](http://www.ymca.org.sg)

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Call **6334 9477 / 76** for an appointment now!

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T & C Apply