

# Y FACTOR



A P U B L I C A T I O N O F Y M C A O F S I N G A P O R E

MCI (P) 099/05/2015

ISSUE 2 • 2015



## COVER STORY

P8 /

# AGE IS BUT A NUMBER

## ISSUE HIGHLIGHTS

P4 / Building Bridges, Inspiring Dreams

P6 / Standing Up For Corporate Citizenship

P10 / A Picture Perfect Day

P12 / Bringing Stories to Life

developing body, mind & spirit



# CONTENTS

ISSUE 2 • 2015

8

COVER STORY



## AGE IS BUT A NUMBER

### A CHANNEL OF BLESSING

6



## STANDING UP FOR CORPORATE CITIZENSHIP

### ADVOCATING LIFELONG LEARNING

12



## BRINGING STORIES TO LIFE

### A CHANNEL OF BLESSING

10



## A PICTURE PERFECT DAY

### NURTURING COMMUNITY CHAMPIONS

15



## STEPPING UP FOR A GOOD CAUSE



Editorial Team  
Adviser: Mr Lo Chee Wen  
Chief Editor: Mr Francis Chong  
Editorial team: Mr Samuel Ng & Ms Joni Chen

YMCA of Singapore  
One Orchard Road Singapore 238824  
Tel : (65) 6336 6000  
Fax : (65) 6336 8003  
Email : [members@ymca.org.sg](mailto:members@ymca.org.sg)  
Website : [www.ymca.org.sg](http://www.ymca.org.sg)  
Social Media: [www.facebook.com/YMCA.Singapore](http://www.facebook.com/YMCA.Singapore)  
[www.youtube.com/YMCAofSingapore](http://www.youtube.com/YMCAofSingapore)  
[www.YMCAofSingapore.blogspot.sg](http://www.YMCAofSingapore.blogspot.sg)

This is a publication of YMCA of Singapore, a non-profit organisation. The publication is distributed free to its members and has no subscription or newsstand price.

No part of this publication may be produced in whole or part without prior written permission. All information, dates and prices are correct at time of printing. Please note that all prices are shown in Singapore Dollars (S\$).

# TAIPEI YMCA'S 70<sup>TH</sup> ANNIVERSARY CELEBRATIONS

In the month of October, Mr Lo Chee Wen, General Secretary, YMCA of Singapore, visited Taiwan and travelled from south to north – from Tainan YMCA (12 to 13 October) to Taipei YMCA (23 to 24 October) to join in the celebrations of Taipei YMCA's 70<sup>th</sup> Anniversary.

YMCA of Singapore applauds and congratulates Taipei YMCA for its good work and tireless efforts over the past 70 years in developing the body, mind and spirit of individuals in Taipei. YMCA of Singapore looks forward to greater collaboration with Taipei YMCA in the years ahead.



## TOP CIVILIAN HONOUR BESTOWED UPON MR S DHANABALAN

On 8 November 2015, Mr S Dhanabalan, Chairman, YMCA Advisory Council, was conferred Singapore's top civilian honour, the Order of Temasek (First Class), for his contributions to the country's success and prosperity. Mr Dhanabalan was commended for his stellar contributions as a leader and mentor to the community, businesses and in the Government throughout much of Singapore's independence. Mr Dhanabalan is only the eighth individual to be conferred the Order of Temasek (First Class). In 2013, former president S R Nathan received the award. Mr Dhanabalan has been Chairman for the YMCA Advisory Council since 2011.



## SECRETARY GENERAL OF WORLD ALLIANCE OF YMCAS VISITS YMCA OF SINGAPORE

On 31 August, Rev. Johan Vilhelm Eltvik, Secretary General of the World Alliance of YMCAs and his team paid a visit to YMCA of Singapore. Mr Lo Chee Wen, General Secretary, YMCA of Singapore, brought him on a tour around the YMCA building. They also had a fruitful discussion on the way forward for YMCA.



## TAN GEE PAW RECEIVES PRESIDENT'S MEDAL

Mr Tan Gee Paw, chairman of the Public Utilities Board (PUB) was awarded the President's Science and Technology Medal on 16 September 2015 for his work in water sustainability – an area he said has "strategic importance" to Singapore. The medal is the nation's top scientific honour.

Mr Tan is a member of the YMCA Advisory Council.





## A CHANNEL OF BLESSING

# BUILDING BRIDGES, INSPIRING DREAMS

In this issue, we feature two organisations that are supporting the YMCA Vocational and Soft Skills Programme (VaSSP). VaSSP was spearheaded by YMCA Project Bridge in July 2011 and aims to equip out-of-school youths and youth-at-risk between 15 to 21 years old with job competency as well as specific vocational skills in baking, culinary art, makeup, web design and more. This is part of YMCA Project Bridge's efforts to reintegrate them back into society. The two organisations are Garibaldi Italian Restaurant & Bar and The School of Make-Up.

Let's hear from them about their journey with the VaSSP, and their words of encouragement to the youth!



## GARIBALDI ITALIAN RESTAURANT & BAR

### HOW MANY YEARS HAS YOUR ORGANISATION BEEN INVOLVED IN THE YMCA PROJECT BRIDGE VOCATIONAL AND SOFT SKILLS PROGRAMME (VASSP)?

Garibaldi has been working together with VaSSP for the past 3 years.

### WHY DID YOUR ORGANISATION DECIDE TO SUPPORT THE VASSP?

We believe in providing equal opportunities to anyone and everyone.

### SHARE WITH US ABOUT THE EXPERIENCE THUS FAR.

It has been very pleasant, and we hope that they have learnt from us as much as we have learnt from them.

### HOW MANY YOUTHS HAS YOUR ORGANISATION TRAINED UNDER VASSP? HOW DO YOU FEEL ABOUT THEIR PROGRESS AND PERFORMANCE?

So far, we have trained at least 5 youths. We are glad that they are a very eager bunch, with some very interested to learn about culinary arts.

### DESCRIBE THE TRAINING AND ROUTINES WHICH THE YOUTHS HAVE TO GO THROUGH WITH YOUR ORGANISATION.

The youth have to go through on the job training. For example, they work with the chefs to prepare appetisers and desserts.

### WHAT DOES YOUR ORGANISATION HOPE FOR THE YOUTHS TO LEARN THROUGH THESE ROUTINES?

We hope that through hands on training, the youths are able to experience and apply what they have learnt, and through application, they achieve a sense of responsibility in their work.

### IS THERE ANY YOUTH TRAINEE WHO HAS MADE A STRONG IMPRESSION? TELL US MORE ABOUT HIM / HER.

All of them have left us with pleasant memories.

### HOW DO YOU THINK VASSP BENEFITS THE YOUTHS?

We feel that by providing them this platform, they will go to the working world to gain some valuable soft and technical skills will lead to future employment opportunities.

### WOULD YOU ENCOURAGE OTHER ORGANISATIONS TO SUPPORT THE VASSP? WHAT WOULD YOU SAY TO THEM?

Definitely! Be non-judgemental and be willing to extend opportunities to everyone, especially the youth-at-risk.

### THE YOUTHS ARE GRADUATING THIS DECEMBER. DO YOU HAVE A MESSAGE FOR THEM?

We want to tell them to be open-minded, and treat every opportunity seriously and earnestly.

**GARIBALDI**  
ITALIAN RESTAURANT & BAR

**Chef Chong,**  
Chef De Cuisine,  
Garibaldi Italian Restaurant & Bar





## THE SCHOOL OF MAKE-UP

### HOW MANY YEARS HAS YOUR ORGANISATION BEEN INVOLVED IN THE YMCA PROJECT BRIDGE VOCATIONAL AND SOFT SKILLS PROGRAMME (VASSP)?

The School of Make-Up has been involved with VaSSP for the past 4 years.

### WHY DID YOUR ORGANISATION DECIDE TO SUPPORT THE VASSP?

The School of Make-Up has been operating successfully for many years. As such, working with YMCA Project Bridge Vocational and Soft Skills Programme gives us the opportunity to pay it forward to less privileged individuals and as such, provide them a chance to venture out in the working world.

### SHARE WITH US ABOUT THE EXPERIENCE THUS FAR.

The teachers and I feel young with the youth! While essentially providing training is what we have been doing for the past 16 years, we have to bear in mind how we go about our lesson plans with the youth. They tend to have short attention spans, so we have to constantly find ways to keep them interested and engaged. However, it is a learning experience for us as teachers too, as we learn more about them and what they are interested in, as well as the lingo which they speak, such as "swag"!

### HOW MANY YOUTHS HAS YOUR ORGANISATION TRAINED UNDER VASSP? HOW DO YOU FEEL ABOUT THEIR PROGRESS AND PERFORMANCE?

So far, we have trained more than 70 youths. Given that the VaSSP programme just takes about 4 weeks, it is wonderful to see that most students

are able to complete their given tasks with positive outcomes. Of course, there may be some who require a bit of nudging staying on track but I am glad to note that most are focused in working towards the course objective of attaining professional make-up skills.

### DESCRIBE THE TRAINING AND ROUTINES WHICH THE YOUTHS HAVE TO GO THROUGH WITH YOUR ORGANISATION.

During the 4 weeks of training, they are responsible for taking care of their own make-up kits.

- Maintaining a high level of hygiene is an integral part of training to becoming a make-up artist, and the students are tasked with daily cleaning of their sponges and brushes.
- As they put on makeup for others, they have to learn how to treat clients and friends with 'tender loving care'

### WHAT DOES YOUR ORGANISATION HOPE FOR THE YOUTHS TO LEARN THROUGH THESE ROUTINES?

- The importance of personal and professional maintenance of hygiene
- How to treat clients and in turn, their peers
- Responsibility in maintaining their makeup kits and tools

### IS THERE ANY YOUTH TRAINEE WHO HAS MADE A STRONG IMPRESSION? TELL US MORE ABOUT HIM / HER.

One of our students, Shafiqah, has gone on to work for a high fashion make-up brand as a full time staff for over two years. What is more remarkable is that

she came into our organisation with no knowledge about makeup at all.

Another of our students, Rina won the novice category of last year's Shu Uemura's 'The Beauty Art Make-Up' competition. She has been conscientious in her work from the beginning, always early and attentive in class and gentle to people.

### HOW DO YOU THINK VASSP BENEFITS THE YOUTHS?

VaSSP has helped generate specific interest and has led youth to future employment roles and business ventures.

### WOULD YOU ENCOURAGE OTHER ORGANISATIONS TO SUPPORT THE VASSP? WHAT WOULD YOU SAY TO THEM?

Yes I would! The VaSSP is a wonderful opportunity to re-integrate youths-at-risk successfully back into society.

### THE YOUTHS ARE GRADUATING THIS DECEMBER. DO YOU HAVE A MESSAGE FOR THEM?

Remember that it is important not to lose faith. Have confidence in yourself in whatever you want in life!



**Mr Peter Angel Wanneck,**  
Principal,  
The School of Make-Up





A CHANNEL OF BLESSING

# STANDING UP FOR CORPORATE CITIZENSHIP



On 25 July 2015, volunteers from 22 corporations, organisations and groups were involved in befriending beneficiaries from 22 Voluntary Welfare Organisations (VWOs) over a concert and carnival at Gardens by the Bay. Some 2,000 people were present at the event, including members of the public.

**Dr Lily Neo,**  
Member of Parliament,  
Tanjong Pagar GRC was the  
Guest-of-Honour.

This year, in celebrating Singapore's 50th year of independence, YMCA Proms @ the Park took on a celebratory theme to recognise extraordinary individuals - the beneficiaries for their courage in embracing the fullness of life despite the challenges they face, and the volunteers for their exemplary spirit of selfless giving.

The event featured performances by various external groups and YMCA groups including the Anglo-Chinese School (Barker Road) Chinese Orchestra, Reaching Excellence through Circus Arts (RECA) from Grace Orchard School, the YMCA Special Talents, Arts and Recreational Society (Y STARS), kids from YMCA Child Development Centre @ Bukit Batok and YMCA Korean Mums. There was also a carnival and activity area with some 18 stations manned by lively youth volunteers from University-YMCA Singapore (Uni-Y).

Organised by YMCA of Singapore, the annual YMCA Proms @ the Park seeks to promote corporate social

responsibility by matching organisations with VWOs, with the aim of bringing cheer to the beneficiaries through an afternoon of music and games in a carnival-like setting. Prior to the festivities at the carnival grounds, the corporate volunteers visited the respective VWOs which their organisations are matched with to gain a better understanding of the needs and challenges faced by the beneficiaries.

Since its introduction in 2007, 120 organisations have stood up for corporate citizenship by participating in the annual YMCA Proms @ the Park. Collectively, they mobilised over 2,500 staff to befriend and bring cheer to more than 4,000 beneficiaries from over 200 VWOs through the event. Many of these organisations have continued to mobilise their financial and manpower resources to touch lives and lift spirits among the beneficiaries on a regular basis through other community service programmes organised by YMCA of Singapore.





YMCA of Singapore would like to thank all participating corporations, partners, VWOs and volunteers for their support of YMCA Proms @ the Park 2015.

### Participating Corporations and Organisations

- Barkerites Hockey Club
- Ciseern by Designer Furnishings Pte Ltd
- Citi Singapore
- Credit Suisse
- DHL eCommerce (Singapore) Pte Ltd
- Foo Kon Tan LLP
- Innova Junior College
- International Y's Men Club of Singapore (Alpha Chapter)
- ITE College East
- ITE College West
- JP Morgan
- Pioneer Junior College
- Porcelain Pte Ltd
- Singapore General Hospital - Major Operating Theatre and Ambulatory Services Centre Staff
- Singapore Polytechnic
- Temasek Junior College
- Temasek Polytechnic
- Uni-Y NTU
- Uni-Y NUS
- UTC Building & Industrial Systems
- YMCA School

### Participating VWOs

- Association For Persons With Special Needs - Tanglin School
- Bishan Home for the Intellectually Disabled
- Blue Cross Thong Kheng Home
- Care Corner Teck Ghee Youth Centre
- Christian Outreach to the Handicapped - Emmanuel Activity Centre @ Tampines
- Christian Outreach to the Handicapped - Emmanuel Activity Centre @ Toa Payoh
- Comnet Seniors Activity Centre @ Teck Ghee
- Grace Orchard School
- Handicaps Welfare Association
- Kembangan - Chai Chee Constituency Office @ Kampong Kembangan CC
- Lions Befrienders (Bendemeer) Seniors Activity Centre
- Methodist Welfare Services - Tampines Family Service Centre
- Presbyterian Community Services - Sarah Seniors Activity Centre
- Rainbow Centre - Yishun Park School
- Thye Hua Kwan Seniors Activity Centre @ Ang Mo Kio 257
- Thye Hua Kwan Seniors Activity Centre @ Ang Mo Kio 645
- Thye Hua Kwan Seniors Activity Centre @ Beo Crescent
- Thye Hua Kwan Seniors Activity Centre @ Telok Blangah Crescent
- Thye Hua Kwan Seniors Activity Centre @ Toa Payoh 31
- Thye Hua Kwan Seniors Activity Centre @ Macpherson
- YMCA Project Bridge
- Y STARS (YMCA Special Talents Arts & Recreation Society)

### Organiser



### Venue Sponsor



### Event Partner



### Gold Partners



### Bronze Partners



SCAN

to watch  
a highlight video of  
YMCA Proms @  
The Park 2015

### Community Partner





A CHANNEL OF BLESSING

## AGE IS BUT A NUMBER



Through song, dance and instrumental performances, some 620 senior citizens from 19 Voluntary Welfare Organisations participated in YMCA Silver Fiesta 2015. They were befriended by more than 400 youth volunteers from various secondary to tertiary institutions.

Inaugurated in 2012, the annual YMCA Silver Fiesta engages youth volunteers to facilitate intergenerational bonding and promote active-ageing amongst senior citizens through arts and cultural based programmes including performances, handicraft and games. To date, YMCA Silver Fiesta has enriched the lives of some 2,000 senior citizens with the support of over 1,500 youth volunteers.

tion at the two-day Fiesta included digital games, patchwork crafts, bangle making and more.

To add on to the celebrations, PRIME (UK), a contemporary dance group from Scotland comprising nine dancers over the age of 62, took the stage at YMCA Silver Fiesta 2015 to promote active ageing. PRIME (UK) is specially brought in by the National Arts Council for Silver Arts 2015 and YMCA Silver Fiesta 2015 is an event of Silver Arts 2015.

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

To learn more about Silver Arts 2015, please go to [Silverarts.nac.gov.sg](http://Silverarts.nac.gov.sg).



This year's event featured performances by local senior citizen groups including a percussion performance by Apex Harmony Lodge, a flower show by Thong Kheng Seniors Activity Centre (Queenstown) and a Zumba performance by Tembusu Happy Feet (Tembusu Seniors Activity Centre). In addition to the performances, other activities for senior citizens' participa-







YMCA of Singapore would like to thank all participating organisations and volunteers for their support at YMCA Silver Fiesta 2015.

- Apex Harmony Lodge
- AWWA SAC
- Care Corner Seniors Activity Centre - Care Express 106
- Care Corner Seniors Activity Centre - TP149
- Care Corner Senior Activity Centre @ Toa Payoh Blk 62B
- Concern & Care Bukit Batok Neighbourhood Link
- Fei Yue Community Services - Fei Yue Seniors Activity Centre @ Holland Close
- Fei Yue Community Services - Retirees Centre (Choa Chu Kang)
- Gek Poh Ville CC
- Lions befrienders @ Ang Mo Kio (Joyful Percussion)
- Methodist Welfare Services - (CMH) Christalite Methodist Home
- NTU Chinese Society Diabolo Group and Pioneer Group
- Peace Connect Seniors Activity Centre
- Ren Ci @ Bukit Batok St. 52
- Rhythmic Arts & Drama Association
- Sathya Sai Social Service - Tembusu Seniors Activity Centre
- Silver ACE@Redhill
- Singapore Christian Home (SCH)
- Singapore Physiotherapy Association
- SUTD Game Lab
- Thong Kheng Seniors Activity Centre (Queenstown)
- Thye Hua Kwan Chong Pang Service Hub - Wellness Centre
- Thye Hua Kwan Seniors Activity Centre - TP31
- Thye Hua Kwan Seniors Activity Centre @ Blk 3 Telok Blangah Crescent
- Y's Friend (Alpha Chapter)
- 义顺中大广场(华族舞蹈团)
- 德力
- 轩嫚
- 韩新元

#### Organiser



#### Venue Sponsor



#### Gold Partner



#### Bronze Partners



#### Supporting Organisations:



SCAN

to watch  
a highlight video of  
YMCA Silver Fiesta 2015





## A CHANNEL OF BLESSING

## MAKING WAY FOR NEW MEMORIES

On 28 August 2015, 100 soldiers from 63 SIB HQ Guards and 30 students from Anglo-Chinese School (Barker Road) brought cheer to 100 elderly beneficiaries from Thye Hua Kwan Seniors Activity Centre @ Telok Blangah Crescent by helping to spring clean the Centre and rental flats for seniors staying at blocks 3, 4 and 19. After the spring cleaning, the volunteers held a block party for the elderly beneficiaries which featured games, performances and intergenerational bonding over lunch. Each beneficiary was given a goodie bag to take home after the event.



### About Y Spring Clean

Y Spring Clean helps the less privileged elderly folk who are living alone to create a clean and safe living environment. For the elderly, many of whom who are physically and sensory-challenged, a poorly maintained home poses severe health and safety hazards. In addition to benefitting physiologically from a cleaner and safer home, the beneficiaries also get to enjoy the friendship and company of the volunteers during the regular visits to clean their homes.

## A PICTURE PERFECT DAY

On 22 August 2015, 23 beneficiaries from Association for Persons with Special Needs (APSN) Centre for Adults and APSN Tanglin School participated in the Canon Photomathon 2015 held at Marina Bay Sands. With the guidance of 16 Y Photo Club volunteers, the beneficiaries were given the opportunity to apply what they have learnt during their Y Photo Club theory and outdoor practical sessions in a high profile competitive event which brought together avid photographers and photo enthusiasts alike.

The beneficiaries participated in the special category while the volunteers submitted their entries under the open category. This year, three themes were chosen for the competition. They were "Street", "50-50" and "Defy Your Imagination". All participants were given an allocated timing to capture photos based on the theme, and they had to submit their photos before the deadline to qualify for the judging.

YMCA of Singapore would like to thank Canon Singapore for waiving off the registration fees for both volunteers and beneficiaries. Canon Singapore also sponsored 4 Canon Powershot cameras to two winners from APSN Centre for Adults and APSN Tanglin School.

### About Y Photo Club

Y Photo Club provides beneficiaries with the opportunity to explore and capture the beauty of life by equipping them with photography skills. Indoor theory and outdoor practical photography sessions are facilitated by volunteers and experienced photographers. As an extension of the Y Arts Challenge programme, Y Photo Club also allows the beneficiaries to express their creativity through photography as an art and to build their self-esteem and confidence as they interact with the volunteers and share their words with pride and joy.





## SPEAKING WITH FERVOUR

The 29th YMCA Plain English Speaking Awards (PESA) 2015 was held over eight weeks from 1 July to 20 August 2015. A total of 421 students from 169 schools participated in this year's competition. This year's topics for the competition included more personal topics, which revolved around personal reflections, relationships and character, such as "I Love/Like...", "I Am Grateful For...", "The Day I Learnt to Be Patient", "Singapore and I", among many others. They were well received based on feedback from teachers from participating schools.

An awards presentation ceremony was held on 18 September 2015 at Woodlands Regional Library where Mr Viswa Sadasivan, Former Nominated Member of Parliament, graced the event as Guest-of-Honour and presented the awards to the winners.

With this year being the pilot for video submissions for the preliminary rounds, Mr Bryan Tan, Chairman of the 29th YMCA PESA Organising Committee was pleased that feedback from teachers has been positive. In his opening address, Mr Tan said, "With this year's pilot, I am pleased to add that we will have an online Speaking Awards portal which will go live next year, and will have in

place a set of comprehensive guidelines to ensure consistency when judging."

He added that by leveraging on social media and digital technology to embark on video submission, feedback from teachers have been positive, with many saying that it is more convenient and an easy way for submission of videos for the preliminary rounds.



YMCA would like to congratulate all winners for the 2015 YMCA Plain English Speaking Awards:

	Pre-School Category	Lower Primary Category	Upper Primary Secondary	Lower Secondary Category	Upper Secondary Category	JC/CI/ITE/Poly Category
1 <sup>st</sup>	<b>Ethan Ng</b> Far Eastern Kindergarten	<b>Nandini Nair</b> CHIJ Our Lady Queen of Peace	<b>Krishanraaj Singh Khaira</b> Rosyth School	<b>Tammy Yim Si Yue</b> Nanyang Girls High School	<b>Cheyenne Ong Yan Lin</b> Nanyang Girls' High School	<b>Shahira Banu</b> Serangoon Junior College
2 <sup>nd</sup>	<b>Nicole Ng Jing Yi</b> Bethesda (Depot Walk) Kindergarten	<b>Nurul Huda Binte Helmi</b> Haig Girls' School	<b>Rebecca Tan Hui Juan</b> CHIJ Our Lady of the Nativity	<b>Trina Ng Hai Ling</b> Assumption English School	<b>Kelly Sng</b> National Junior College	<b>Dylan Raj Singh</b> Anglo-Chinese Junior College
3 <sup>rd</sup>	<b>Radiance Chia En Rei</b> PCF Sparkletots Preschool @ Braddell Heights Blk 307	<b>Harjas Singh Sidhu</b> St Joseph's Institution Junior	<b>Jonathan Lim Jay-Sien</b> Anglo-Chinese School (Primary)	<b>Justine Light Pre De Guzman</b> Mayflower Secondary School	<b>Ayesha Siddiqah Binte Mohamed Jaize</b> Crescent Girls' School	<b>Yap Xin Ran</b> Anglo-Chinese Junior College

Organiser



In Partnership With



Sponsors



Venue Sponsor



## ADVOCATING LIFELONG LEARNING

## BRINGING STORIES TO LIFE

On 10 September 2015, 56 children aged 7 to 12 from 15 YMCA Student Care Centres (SCC) islandwide participated in the 3rd YMCA SCC Storytelling Competition. This competition provided the children with the platform to showcase their creativity, confidence and oral presentation skills.

The theme of the competition was "Singapore Stories", in line with the nation's SG50 celebrations. The semi-finals and finals were held at YMCA of Singapore with 7 Lower Primary and 7 Upper Primary students competing in the Finals.

To kick start the Finals, students from YMCA SCC @ St Margaret's performed a dance item on the popular Indonesian poem, 'Rasa Sayang'. This was followed by a poem recital titled, 'The Farm' presented by students from YMCA SCC @ De La Salle.

YMCA would like to congratulate all winners:

### LOWER PRIMARY CATEGORY:

#### 1<sup>st</sup> Prize

Adelle Neo  
YMCA SCC @ St Hilda's

#### 1<sup>st</sup> Runner up

Xanthe Ruby MacDonald  
YMCA SCC @ East View

#### 2<sup>nd</sup> Runner up

Cliff Lee Qizhe  
YMCA SCC @ Sengkang Green

#### 3<sup>rd</sup> Runner up

Patil Rohan Vinod  
YMCA SCC @ East View

### UPPER PRIMARY CATEGORY:

#### 1<sup>st</sup> Prize

Heng Zi Xiang  
YMCA SCC @ Tao Nan

#### 1<sup>st</sup> Runner up

Preeti M Radhakrishnan  
YMCA SCC @ Canberra

#### 2<sup>nd</sup> Runner up

Nur Syakirah Binte Zallimin  
YMCA SCC @ Si Ling

#### 3<sup>rd</sup> Runner up

Chua Jia Xuan  
YMCA SCC @ Jurong West\_1

YMCA would like to acknowledge and thank the following sponsors:

**MIND STRETCHER**  
**OPEN TROLLEYS**  
**SPEAK GOOD ENGLISH MOVEMENT**



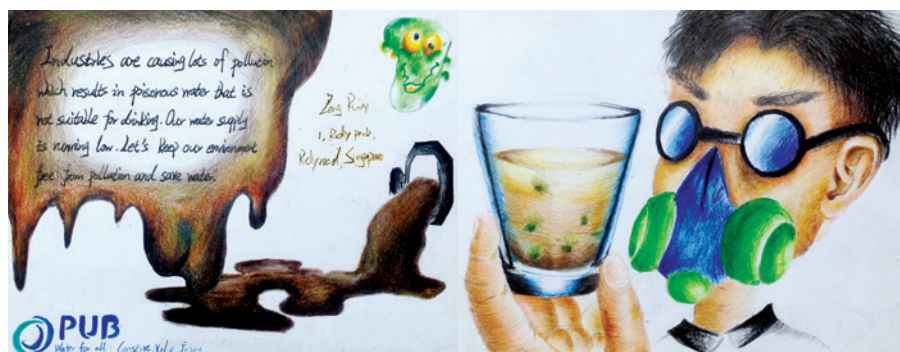
## A HANDS-ON COOKING SESSION



On 25 September 2015, 44 children from YMCA Child Development Centre @ Woodlands had a hands-on experience making snowskin mooncakes as part of the Mid-Autumn Festival celebrations. The children had an enjoyable time preparing the dough, mixing and kneading the ingredients and placing the dough into moulds to complete their mooncake. The children were glad that they could each bring their very own handmade mooncake home to share with their families.



## HAVING A HEART FOR WATER CONSERVATION



This year, as part of the Humanities, English and ART (HEART) programme, all Secondary 2 students from YMCA School designed postcards and gave a short presentation related to water conservation in Singapore.

The objective of the HEART programme is to build the spirit of teamwork through cooperative and collaborative learning as well as to build the foundations of research skills and report writing to better prepare the students for their O' Levels in the Art, English and Geography subjects. Through the programme, the students learn interview skills, IT skills and

presentation skills which will help them to fulfil their final project in the second semester. By the end of the programme, students had expressed greater interest in all three subjects and showed improvement in their English competency.

## MAINTAINING A HEALTHY LIFESTYLE THROUGH SPORT

On 16 July 2015, 122 students from YMCA School participated in the annual YMCA School Sports Day 2015 at the school field in St Patrick's School. The event aimed to promote a healthy lifestyle and encourage active participation in sports amongst students through field games and sporting activities. The students participated in various team building activities which fostered personal, physical and social development. Students also competed in teams or as a class in basketball, dodgeball, soccer and relay games. The students were joined by their teachers, as well as Mrs Helen Tan, Principal and Mr William Tan, Vice Principal, YMCA School. Winning classes were awarded with hampers while winning teams brought home medals commemorating the eventful day.





## ADVOCATING LIFELONG LEARNING

# A LEARNING JOURNEY IN THE LION CITY



From 5 to 8 October 2015, 69 students and 12 teachers from Anubanrayong School located in Rayong, Thailand, visited YMCA School as part of the YMCA Learning Centre's customised Study Tour Programme for overseas students to experience what it is like to study and live in Singapore. During their trip, the students all underwent an English class and learnt more about the language through storytelling activities at YMCA Student Care Centre @ Yio Chu Kang and YMCA Student Care Centre @ Zhongde. The students also participated in outdoor games and activities organised by Camp Challenge, where they played bonding activities as a class.

## About YMCA Learning Centre (YLC):

The YLC is an initiative under the YMCA of Singapore's Education Division and was registered with the Ministry of Education on 23 June 2014 and uses innovative learning strategies during enrichment programmes to help students to learn and handle their examinations. The YLC adheres to the latest MOE syllabus in its tuition programmes to coach students in their preparation for their tests and examinations in school. YLC's Study Tour also receives inbound students and teachers from British Virgin Islands, China, Indonesia and Thailand where customised programmes are provided to help participants experience and understand what it is like to live and study in Singapore. YLC engages qualified trainers in a bid to ensure quality assurance commitment to all students.

## A NIGHT TO APPRECIATE EDUCATORS



On 3 September 2015, 240 teachers and staff from the YMCA Education Division and invited guests celebrated Teacher's Day with an appreciation dinner at the Lee Kong Chian Auditorium at YMCA of Singapore. Teachers from YMCA Child Development Centres (CDCs), YMCA Student Care Centres (SCCs), YMCA School, YMCA Tertiary, YMCA Board Members and YMCA Education Centre Academic and Examinations Board were in attendance.

Mr Chew Kwee San, President, YMCA of Singapore, graced the event as Guest-of-Honour. In his opening address, he mentioned the significance of how important teachers are in the education system. "As educators, you have an irreplaceable role to develop your

students in body, mind and spirit; a great burden to 'walk the talk' all the time. In this regard, your lifestyle is a testimony of the values you uphold and which will have impact on your charges and colleagues; often without you even realizing it. I applaud your hard work over the years and am very happy to see that sacrifice recognised."

Guests were entertained with a piano recital by Sun Ziyang, a student of YMCA School and self-taught pianist, a music performance by Cassandra Stephanie, Ezra Bryan and Stanley Romero of YMCA School and a finger painting performance by Mr Alan Lim while Lin Yuxun from YMCA School played the Gu Zheng. Guests were made to perform a 'Neighbourhood Workout', where there were hand and body movements which relate to Singapore such as 'Roti Prata', 'Teh Tarik', carrying shopping bags and more.

During the event, outstanding teachers were presented the Y's Teachers' Award. Launched in 2013, the Award recognises the commitment of teachers towards the holistic development of students and who go the extra mile to ensure their students grow up to become confident and independent learners.

Award recipients for the night were:

### YMCA Teachers' Day Award

- Lim Gek Huay, Shirley (CDC)
- Lin Jinyu, Dawn (YMCA School)
- Lourdes Clarissa d/o Robert Charles (SCC)
- Nicholas Ooi Junwen (YMCA School)
- Wong Lai San (SCC)
- Zhao Aizhou (CDC)

Winners received a trophy and a \$1,000 cash prize each.

### YMCA Innovative Teaching Award:

- Nur Atiqah binte Mekrat (YMCA School)

Winner received a trophy and a \$500 cash prize.

YMCA School would like to thank the YMCA Education Centre and Sands Marketing for the sponsorship of the door gifts.

## ASSEMBLING FOR A RENEWED PURPOSE



From 6 to 11 September 2015, eight representatives from YMCA of Singapore attended the 19th Asia and Pacific Alliance of YMCAs (APAY) General Assembly and 3rd Youth Assembly at the Daejeon Convention Centre in Daejeon, Korea.

Led by Mr Stephen Loh, immediate past president and Mr Lo Chee Wen, General Secretary YMCA of Singapore, the YMCA delegation were among over 200 representatives which included leaders of the YMCAs in the Asia Pacific region, APAY youth representatives and youth participants. The General Assembly provides the opportunity to all leaders of the different YMCAs in the Asia Pacific region to meet and renew YMCA leadership as well as to plan collectively for common actions for the YMCAs at the local, national, and regional level in responding to the challenges in this day and age. There was also an exhibition area for each national movement to display an expression of their mission through pictures, brochures and posters

for the other YMCAs to find out more. An area was also designated for exhibiting YMCA T-Shirts from the different countries.

With the theme "Anchored on our Rock: Building a Sustainable Future", the General Assembly comprised youth orientation programs, strategic dialogues, workgroup sessions, council meetings and youth empowerment programs. Youth participants also had the opportunity to interact and hear from the World Alliance of YMCAs Secretary General, Rev. Johan Vilhelm Eltvik about youth empowerment, and how they can be the change makers of society. The youth also had a homestay experience with Korean families in Daejeon.

## STEPPING UP FOR A GOOD CAUSE

In the month of July and August 2015, the 3 student chapters of Uni-Y in National University of Singapore (NUS), Nanyang Technological University (NTU) and Singapore Management University (SMU) held their annual Uni-Y Step Up Freshman Orientation Camp at National Service Resort and Country Club (NSRCC), Home Team NS Bukit Batok and SMU respectively.

Uni-Y Step Up is a flagship programme of Uni-Y that aims to enthuse and unite freshmen of NUS, NTU and SMU through a fun, purposeful and meaningful orientation experience. It also aims to achieve positive societal action and to challenge each individual to step up and serve the community around them during their university years. Participants are exposed to the various social issues in Singapore through games and are given the opportunity to build meaningful relationships with beneficiaries through volunteering.

Freshmen from Uni-Y NUS and NTU were given the opportunity to befriend people with intellectual disabilities. For many of them, it was their first time volunteering. The camp's major highlight was the participation in YMCA Proms @ the Park at Gardens by

the Bay on 25 July. The freshmen and Uni-Y leaders from Uni-Y NUS and NTU befriended over 60 beneficiaries from Bishan Home, Blue Cross Thong Kheng Home and Thye Hua Kwan Seniors Activity Centre @ Ang Mo Kio Blk 645 over the various carnival games and activities and concert at the event. It was a fun time of inter Uni-Y bonding as well, as participants were able to see beyond their individual school and capture a glimpse of the complete Uni-Y Singapore and YMCA identity.

Uni-Y NUS and Uni-Y NTU's participation at YMCA Proms @ the Park was the culmination of Uni-Y's 10th anniversary celebration, where Uni-Y Singapore marked the occasion by creating a mural with the largest collection of reasons that people are thankful for. Comprising 10,000 coasters filled with messages of thanks and gratitude, the 21 meter by 2 meter, double-sided mural was unveiled at Gardens by the Bay on 25 July 2015. The feat earned Uni-Y Singapore a place in the Singapore Book of Records.



### About Uni-Y Singapore

Founded in 2005, University-YMCA (Uni-Y) Singapore is the university service club of YMCA of Singapore. Uni-Y aims to develop and empower youth to be servant leaders who will impact our local and international communities. It fulfils its mission through community service and social enterprise programmes, and delivery of personal and leadership development programmes to holistically nurture its members and volunteers. Uni-Y has student chapters in National University of Singapore (NUS), Nanyang Technological University (NTU) and Singapore Management University (SMU).





# YMCA - TAN CHIN TUAN COMMUNITY SERVICE PROGRAMMES

December 2015

## WEEK 1 (01.12.15 – 05.12.15)

### 8<sup>TH</sup> ASEAN PARA GAMES

Blue Cross Thong Kheng Home,  
Handicaps Welfare Association

Date: Thursday to Wednesday  
3 to 9 Dec 15

Venue: Singapore Sports Hub

### Y SPRING CLEAN

SARAH SAC

Date: Saturday 5 Dec 15

Time: 8.45am – 12.30pm

Venue: Blk 105 Jalan Bukit Merah

### Y ARTS CHALLENGE

YMCA Special Talents, Arts &  
Recreation Society (Y STARS)

Date: Saturday 5 Dec 15

Time: 10.45am – 1.00pm

Venue: Goodman Arts Centre

## WEEK 2 (07.12.15 – 12.12.15)

### Y SWIM SAFER

Kampung Glam Community Club,  
FILOS & Jamiyah Children's Home

Date: Friday 11 Dec 15

Time: 4.30pm – 6.30pm

Venue: Bedok Swimming Complex

### Y OUTING @ FOO KON TAN

The Tent and  
Care Corner Teck Ghee Youth Centre

Date: Saturday 12 Dec 15

Time: 9.00am – 2.00pm

Venue: TBC

### Y DANCE OUTREACH

Bishan Home for the  
Intellectually Disabled

Date: Saturday 12 Dec 15

Time: 2.00pm – 5.00pm

Venue: 6 Bishan Street 13

## WEEK 3 (14.12.15 – 19.12.15)

### Y MAKAN FELLOWSHIP

Concern & Care Bukit Batok  
Neighbourhood Link &  
Thong Kheng SAC (Queenstown) &  
THK SAC @ TPY (Blk 31)

Date: Wednesday 16 Dec 15

Time: 8.30am – 1.30pm

Venue: YMCA of Singapore

### Y OUTING @ MELROSE HOME

Melrose Home

Date: Saturday 19 Dec 15

Time: 9.00am – 2.00pm

Venue: Trick Eye Museum

### Y OUTING @ APSN CFA

Association for Persons with  
Special Needs – Centre for Adults

Date: Saturday 19 Dec 15

Time: 9.00am – 2.00pm

Venue: TBC

## WEEK 4 (21.12.15 – 26.12.15)

### Y ARTS CHALLENGE

YMCA Special Talents, Arts &  
Recreation Society (Y STARS)

Date: Saturday 26 Dec 15

Time: 10.45am – 1.00pm

Venue: Goodman Arts Centre

To volunteer,  
contact Sheila at **+65 6586 2352** or  
email to **volunteer@ymca.org.sg**

