

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

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ISSUE 5 • 2016

COVER STORY

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HITTING THE GREENS FOR A GOOD CAUSE

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developing body, mind & spirit



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Cover Image Photo:
Lum Hon Fye, General Manager, Fairprice Foundation
teeing off at the 17th YMCA Charity Golf

Remembering Mr S R Nathan

1924 – 2016

"YMCA is a service organisation. Its programmes have changed from what it used to be when I was a young boy, where emphasis was on physical education. Today YMCA engages in a range of activities and there are many more areas of civic duty for members of YMCA and YMCA as an organisation to take part in."

– Mr S R Nathan, 26 March 2012



Mr S R Nathan was an Honorary Life Member of the YMCA of Singapore.

During his tenure as the 6th President of the Republic of Singapore, Mr S R Nathan was Patron-in-Chief of the YMCA of Singapore from 2006 to 2011. Despite his heavy commitments and responsibilities, Mr S R Nathan graciously accepted our invitations to attend many YMCA programmes and events over the years to meet and encourage the beneficiaries as well as thank volunteers and benefactors for their contributions.

While we grieve the loss of Singapore's longest serving President, we honour his memory as an endearing leader who rendered a lifetime of service to the nation, and an epitome of the community champion that YMCA strives to nurture among youths today.

YMCA TRUSTEE AND FORMER PRESIDENT RECEIVES NATIONAL DAY AWARD



YMCA of Singapore extends its heartiest congratulations to Mr David Wong Cheong Fook for receiving the Public Service Star (Bar) as Member and Former Chairman of the Methodist Welfare Services Board of Governance at the National Day Awards 2016.

Mr Wong is a Trustee of the YMCA of Singapore. He joined the YMCA as a member in July 1988 and served on the YMCA Board from 1989 to 2010. Among his many appointments during his tenure as a Board Director, Mr Wong chaired committees including Audit, Hostel & Building Services, Nominations and YMCA Project Bridge. Mr Wong served as Vice President of YMCA from 1992 to 1999 and later as President 1999 to 2003.

Mr Wong received the Public Service Medal and the Public Administration (Military) Medal (Silver) in 1997, and the Public Service Star in 2003.

May the Lord continue to use Mr Wong mightily in His service!

CELEBRATING A DECADE OF PARTNERSHIP WITH THE BOYS' BRIGADE LEARNING CENTRE

The Boys' Brigade Learning Centre (BBLC) Cambodia celebrated their 10th anniversary on 24 May 2016. Mr Lo Chee Wen, General Secretary, YMCA of Singapore attended the graduation ceremony held at BBLC Cambodia together with Dr Ho Yew Kee, President, Boys' Brigade Asia & President, Boys' Brigade Singapore and Mr Ong Teong Hoon, Executive Committee member of Boys' Brigade Asia. His Excellency, Mr Mao Visoth, District Governor of Puok, Cambodia also joined in to celebrate the 10-year milestone.



Inaugurated in June 2006, BBLC Cambodia was set up by Boys' Brigade Singapore to cater to the developmental needs of the youths in the Puok District. This also marks the 10th year YMCA of Singapore has worked with the youths at BBLC Cambodia through YMCA International Service Programmes. In conjunction with BBLC's 10th Anniversary, the celebrations also extended to some 40 graduating students who were also conferred with English Certificates from the YMCA English Language Programme.

With the decade-strong partnership, it enabled a steady stream of volunteer teams to be engaged and

mobilised to impart English Language skills to the youths at BBLC via the YMCA English Language Programme, providing them with the advantage of communicating with the English speaking volunteers. This boded well on the effectiveness of learning English at the BBLC from 52 students in 2009 to more than 220 students in 2016. Mr Lo Chee Wen, General Secretary, YMCA of Singapore said in his address, "I would also like to thank all the Singapore educational institutions and organisations who have participated in this programme including the current team from NUS Pharmacy. Your involvement creates meaningful avenues for the youth in

BBLC to broaden their horizons and their opportunities in the future."

“ To the graduating students, today marks a milestone in your learning journey. I encourage you to never stop learning and improving yourselves to positively serve and build up Cambodia. You should be very proud of your perseverance and now you see the fruits of your labour with the certificate in your hand. **”**

*Mr Lo Chee Wen,
General Secretary,
YMCA of Singapore*

NURTURING YOUNG GLOBAL LEADERS AT EAYUN

In line with the Osaka Declaration made in 2012, the 4th East Asia YMCA Urban Network (EAYUN) was held to nurture young global leaders and bring about positive social change.



Hosted by Taichung YMCA from 12 to 14 May 2016, the annual 3-day conference was built around the theme "Transitioning from discussion to Action". Conversations focused on putting into action the plans made from the previous EAYUN conference held in Shanghai last year.

The conference explored ways to utilise youth work for positive and

practical social change. Conference participants presented on various programmes set to bring about positive social change in their respective communities. Represented by 3 delegates, YMCA of Singapore highlighted University-YMCA (Uni-Y) community service programmes and shared about ways in which Uni-Y serves as a platform to develop and empower youth to be servant leaders

who would make an impact on the local and international communities.

Y Food of Love, a programme where volunteers learn to bake handmade delicacies and distribute them to the beneficiaries in their homes or in their activity centres was presented as one of Uni-Y Singapore's many community service programmes set to make a difference in the elderly community in Singapore.

Other participants included delegates from Busan YMCA, Chinese YMCA of Hong Kong, Incheon YMCA, Nantou YMCA, Osaka YMCA, Shanghai YMCA, YMCA of Singapore, Taichung YMCA, Tainan YMCA, Taipei YMCA and YMCA Victoria. The 5th East Asia YMCA Urban Network (EAYUN) will be held in Singapore next year.

HIGHLIGHTS OF YMCA'S SPECIAL AND ANNUAL GENERAL MEETING

The YMCA Special and Annual General Meetings were held on Thursday, 26 May 2016 at YMCA of Singapore.



A SGM was convened this year for the purpose of passing a resolution to register YMCA's Christian work as a society. Majority of the members voted in favour of the resolution.

During the AGM, Mr Chew Kwee San, President, YMCA of Singapore, shared highlights from the various areas of YMCA's work in serving the community in 2015. The Audited

Financial Statements for the year ended 31 December 2015 and the 2015 YMCA Annual Report were also adopted by the members.

Four members were elected to serve a 4-year term on the Board. They are Mr Albert Ching, Mr Ooi Boon Hoe, Mr Tam Chee Chong and Mr Teo Eng Cheong.

In the first Board meeting for the year 2016/2017 that was convened immediately after the AGM, the Board elected the following as Office Bearers for the year 2016/2017: Mr Eric Teng Heng Chew (President), Mr Leslie Wong Kin Wah (Vice President), Mr Ooi Boon Hoe (Vice President), Mr Bryan Tan Suan Tiu (Honorary Secretary) and Dr Tan Sze Wee (Honorary Treasurer).

A CHANNEL OF BLESSING

LEARNING THE ART OF TYPOGRAPHY

A total of 12 youth aged between 10 to 13 years from YMCA Project Bridge Youth Centre in Woodlands took part in a typography class where they learnt to design and let their handwritten words express through visual language.

Assisting them were 7 Psychology student volunteers from Ngee Ann Polytechnic who conducted the session and guided the youth on the art of typography. Rhydwill Galsim Bautista, 12, said, "The session was good, interesting and fun. I learned a lot and enjoyed myself. I would participate more of such sessions in the future." A Ngee Ann Polytechnic volunteer said, "The children were attentive, very participative and the activity went smoothly. The games we played before the session allowed us to bond with them more as well!" Each of the 12 youth brought home their own framed handwritten piece after the session.



BRINGING CHEER TO THE LESS PRIVILEGED



A total of 24 beneficiaries from the Christian Outreach to the Handicapped – Emmanuel Activity Centre @ Toa Payoh were visited by 10 corporate volunteers from Barclays Singapore and 14 corporate volunteers from NTUC Fairprice for a combined interaction session on 27 May 2016.

The volunteers played sports activities which included javelin throwing, basketball and mini golf and did some arts and crafts, where they decorated paper cups in the form of whales.

YMCA of Singapore would like to thank Barclays Singapore and NTUC Fairprice Foundation for their continued support.

Learn more about Y Visit at this link:
<http://bit.do/yvisit>

A CHANNEL OF BLESSING

ALL FUN AND GAMES AT Y CAMP CHALLENGE



A total of 88 beneficiaries from Association for Persons with Special needs – Centre for Adults, AWWA School, Christian Outreach to the Handicapped, MINDS (Movement for the Intellectually Disabled of Singapore) Me Too! Club, MINDS Towner Gardens School, MINDSVILLE @ Napiri and YMCA Special Talents, Arts and Recreation Society (Y STARS) participated in the June run of Y Camp Challenge together with 94 working adults and youth volunteers from junior colleges, polytechnics, universities and Institutes of Technical Education.

This was the first time which MINDS Me Too! Club and MINDS Towner Gardens joined the camp. The 4 day, 3 night camp was held from 2 to 5 June 2016 at Pioneer Primary School and Camp Challenge Sembawang.

Themed “A Whole New World”, participants went through a series of camp activities which focused on team building to promote social integration between beneficiaries and the volunteers, these activities also challenged the preconceived limits and boundaries of the beneficiaries so as to increase their confidence and resilience. Mr Stephen Loh, Chairman,



Project Bridge attended the campfire and gave a speech to encourage volunteers and beneficiaries. He said, “As we continue this new beginning of Y Camp Challenge, we must remember the Y Camp Challenge spirit that has been passed down over the past 10 years and counting. This fighting spirit will continue to motivate not just the volunteers and buddies, but also to our various stake holders in continuing to serve and provide the support required for the success of the camp. Let us therefore continue to keep up our efforts in ensuring that Y Camp Challenge remains exciting, enriching and relevant to the needs of our buddies, so that their confidence

will be built up over time and enable them to overcome the challenges that are ahead of them.”

YMCA of Singapore would like to thank Tan Chin Tuan Foundation for their support for the camp.

Learn more about Y Camp Challenge at this link:
<http://bit.do/ycampchallenge>



A CHANNEL OF BLESSING

MORE THAN \$60,800 RAISED ON YMCA FLAG DAY

On 15 June 2016, more than 450 volunteer tin-bearers went on an island-wide street collection around Singapore.

The event raised more than \$60,800 for YMCA Silver Fiesta, an event which engages youth volunteers to promote intergenerational bonding and an active-ageing lifestyle amongst the elderly through arts and cultural based programmes, including traditional opera performances and handicraft sessions.

YMCA of Singapore would like to thank all donors for their generosity and support for YMCA Flag Day 2016.

Should you wish to find out more or volunteer for YMCA Silver Fiesta 2016 in September, please contact silverfiesta.volunteer@ymca.org.sg or call **6586 2344** to find out how you can be a part of the event!



BAKING WITH LOVE

Some 21 student volunteers from Uni-Y SMU brought cheer to 80 beneficiaries from Lion's Befrienders (Ang Mo Kio) Seniors Activity Centre (SAC) as they interacted and distributed goodie bags consisting of foodstuff and daily necessities to them on 18 June 2016.

The interaction session aimed to develop the volunteers to become servant leaders to impact the local community and it also formed a group of close-knit volunteers who helped bring joy to the community in need.

The goodie bags included handmade green tea red bean cookies, which the Uni-Y SMU volunteers baked using the kitchen facilities at Project Bridge Bukit Batok. The volunteers and beneficiaries played games such as BINGO and Guess the Place, where they were given some puzzle pieces and had to guess places of interest of old landmarks.

Learn more about Y Food of Love at this link:
<http://bit.do/yfoodoflove>



A CHANNEL OF BLESSING

YMCA OF SINGAPORE AND NTU BRING LIGHT TO LAOTIAN VILLAGE

A team of 22 students from Nanyang Technological University (NTU) installed a solar panel system at the Ban Hua Hin Primary School in Laos' Nga district, Oudomxay Province. The group from NTU's environmental club Earthlink NTU spent 2 weeks installing the solar panels, including lights and fans.



Ms Samantha Seah, Assistant General Secretary (Programmes), YMCA of Singapore witnessed the handover ceremony at Ban Hua Hin Village which took place on 23 June 2016 alongside Associate Professor Lok Tat Seng, NTU Director of Students and Mr Bounluiey Xaiyanivong, Ban Hua Hin village chief.

The school previously did not have electricity, so lessons and other activities depended on the availability of daylight. The solar energy collected in the solar system is converted to electricity that can light up three classrooms, benefiting 72 students and 379 villagers from 78 households who use the school as their community centre.

This is the third year that Earthlink NTU has returned to Laos to install solar panels in different rural schools in the northern region of the country. YMCA of Singapore is the coordinator and endorsing organisation for the project.



CHAMPIONING VOLUNTEERISM

HITTING THE GREENS FOR A GOOD CAUSE

More than \$270,000 was raised for the YMCA-Lim Kim San Volunteers Programme through the 17th YMCA Charity Golf 2016 to boost the programme's ability to develop and recognise volunteers, as well as promote corporate volunteerism. The fund-raising golf event was held at Singapore Island Country Club on 12 April 2016. Mr Ong Ye Kung, Acting Minister for Education (Higher Education and Skills) and Senior Minister of State, Ministry of Defence was the Guest-of-Honour at the post-tournament dinner.

In 2015, YMCA volunteers contributed 146,000 hours of local and overseas community service to bring cheer to some 14,800 beneficiaries who include the intellectually and physically challenged, underprivileged and abused children, the hearing impaired, the elderly and the poor. Locally, more than 3,800 volunteers participated in 517 activities which touched lives and lifted spirits of more than 3,900 beneficiaries across 16 structured and sustained YMCA Community Service Programmes.

Beyond Singapore, 1,200 volunteers took part in YMCA International Service Programmes and made 61 trips to Cambodia, China, Indonesia, Laos, Myanmar, Nepal, Philippines, Sri Lanka, Thailand and Vietnam to improve education, infrastructures, healthcare and capacity building, with an aim of empowering these communities.

NTUC FairPrice Foundation Ltd and Tote Board were the main sponsors for the event.





“ I am very moved to see the tremendous support we have received for this year's YMCA Charity Golf tournament, and delighted to see new and familiar faces among the golfers. All of them are the benefactors of the YMCA-Lim Kim San Volunteers Programme which aims to promote volunteerism and develop the capabilities of volunteers to serve the community with excellence. ”

Mr Ee Kuo Ren,
Chairman,
17th YMCA Charity Golf Committee



SCAN

here to view
photos of
the 17th
YMCA Charity
Golf 2016.

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

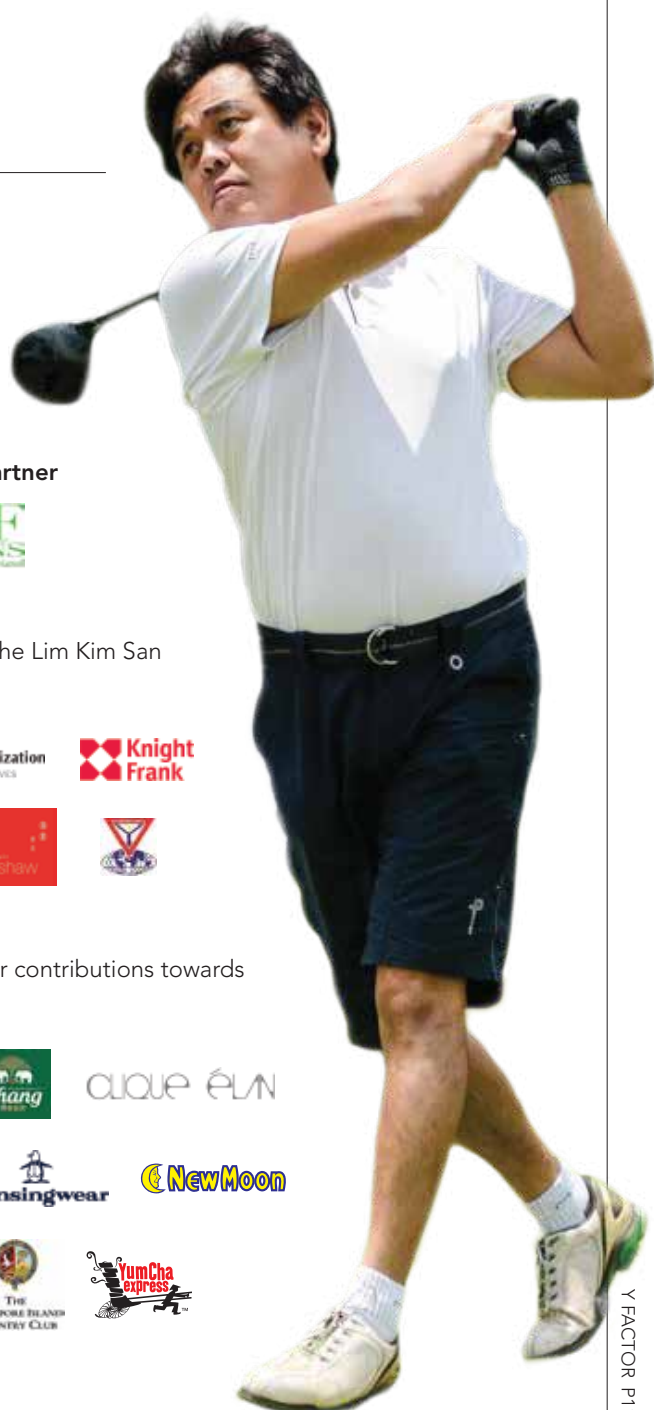
Main Sponsors



Hole-in-One Sponsors



Official Media Partner



YMCA would like to thank the following corporations for participating in the Lim Kim San Corporate Challenge:



YMCA would also like to acknowledge the following organisations for their contributions towards the prizes and goodie-bag items:





Giving Gala 2016



Benefitting the YMCA Community Service Programmes to enrich the lives of the intellectually and physically challenged, abused and underprivileged children, the hearing impaired, the elderly and the poor.

12 October

www.ymca.org.sg/givinggala

We make a living by what we get. We make a life by what we give. - Winston S. Churchill

NURTURING COMMUNITY CHAMPIONS

400 YOUNG SOCIAL ENTREPRENEURS SET TO MAKE WAVES IN THE COMMUNITY



400 youths, with their zeal and aspirations to better the world, made their mark through Citi-YMCA Youth For Causes (YFC), an annual social entrepreneurship and youth development programme jointly organised by YMCA of Singapore and Citi Singapore. The event, in its 14th year, was launched on Tuesday, 17 May 2016, with Ms Low Yen Ling, Parliamentary Secretary, Ministry of Education & Ministry of Trade and Industry; Mayor, South West CDC gracing the event as the Guest of Honour.

In teams of four, the youths promoted and raised funds for their chosen voluntary welfare organisation (VWO) over 15 weeks. Teams were picked from a field of 158 applications through a rigorous selection process where their proposals were scrutinised and dissected by a Selection Panel comprising senior management executives from both corporate and non-profit sectors. The criteria for judging proposals included innovation, feasibility, as well as level of public and volunteer engagement.

Each team received \$1,600 in seed funding from Citi Foundation and team members underwent training – in financial management, safety management, volunteer management, events management, marketing and fund-raising – conducted by YMCA in partnership with NUS Business School. In addition, each team had a volunteer mentor for guidance and support. The mentors comprised working professionals from various business sectors such as banking, manufacturing and services, to various government ministries, statutory boards and social service providers. This year, in partnership with YMCA Higher Education and Strathclyde Business School, 2 current students and 2 alumni from the University of Strathclyde MBA are mentors to 4

teams for YFC 2016. The VWOs their teams selected range from youth-at-risk to animal concerns and welfare.

One team which adopted the Society for the Prevention of Cruelty to Animals (SPCA) as their VWO, used real-life escape events to allow players to learn about animal cruelty. Called Team Pawsitive, they used escape games to bring across the message on animal abuse. Players take on the role of dogs chained for slaughter, or animals facing laboratory tests. "With these feelings, players would be able to empathise with the animals which SPCA works hard to protect," said team member Lin Huiqing.

She added, "Through our school, we came to know about Citi-YMCA Youth For Causes, and we were exposed to many interesting initiatives from the various teams, and that encouraged us to take part as it enabled us to raise awareness on the cause we support."

The Citi-YMCA Youth for Causes Awards Ceremony will take place on 15 November at YMCA of Singapore. Find out more about YFC at this link: <http://bit.do/youthforcauses>



SCAN

here to view photos of the official launch



NURTURING COMMUNITY CHAMPIONS

SMILES ALL AROUND CAMPUS

During the season where university youth were busy preparing for their projects and final examinations, Uni-Y SMU, NTU and NUS leaders prepared encouragement badges, stickers, notes and exam welfare packs to encourage the students in their respective school communities. Students were also encouraged to step out of their comfort zones and pass the blessing on to the friends around them.



Named **#shareyourmile**, the Uni-Y community aims to spread the idea that more youth will be inspired to look beyond themselves and meet the needs of others, through the simple gesture of writing a word of encouragement. Between 31 March to 15 April 2016, over 25 executive committee members from Uni-Y NTU, Uni-Y NUS and Uni-Y SMU reached out to more than 650 students.

Find out more about Uni-Y at this link: <http://bit.do/uniymca>

STACKING CUPS FOR SPORT

Over 200 primary school students pitted their stacking skills at the Singapore Cup Stacking Championship 2016 on Saturday, 11 June 2016 at YMCA of Singapore. Jointly organised by Red Dot Explorer Pte Ltd and YMCA of Singapore, the competition aimed to build self-esteem and confidence in children, enhance team building and social skills with their peers and foster family bonding.



Participants started with a warm up before moving into the competition area where they completed 3 attempts at their chosen stack, and the best of three attempts is recorded. They then competed in a variety of individual timed events and relay matches.

"We've conducted the Cup Stacking Enrichment Programme across 20 YMCA Student Care Centres earlier this year. In collaboration with Red Dot Explorer, we hope to use the competition as a platform for the students to display their skills and strengths which will in turn build up their confidence and competency," said Ms Lynette Yeo, Assistant General Secretary (Social Enterprises), YMCA of Singapore. "At the same time, we want to foster team building skills between the participants as they learn to work together through the relay matches," she added.

Participants competed for the title of the Singapore Cup Stacking Champion 2016. Awards included medals and prizes for the overall champions and runner-ups. The competition was opened to all primary school students in the following two categories:

- Lower Primary (6 to 9 years old)
- Upper Primary (10 to 12 years old)

The event also comprised seminars for parents while their children were engaged in the competition. The seminars helped parents gain insights and practical tips to deepen communication and nurture independent and confident children.



SCAN

here to
view some
photos of the
competition



SHOWING ACTS OF KINDNESS



On 2 June 2016, 100 students from 5 YMCA Student Care Centres (SCCs):

- YMCA SCC @ East View,
- YMCA SCC @ Gan Eng Seng,
- YMCA SCC @ Si Ling,
- YMCA SCC @ Yio Chu Kang and
- YMCA SCC @ Zhangde

came together to practice simple acts of kindness and learn from 40 Pasir Ris Crest Secondary School student volunteers from the National Police Cadet Corps (NPCC) on how to pay it forward to be kind and compassionate students.

A presentation on "A Simple Act of Kindness" by Pasir Ris Crest Secondary School challenged the SCC students to think about how they should react in situations where they see someone

needing help. With the help of student volunteers, they came up with suggestions on what they would do and learnt new ways in which they could be more responsible and helpful in every situation. To show their appreciation, the students from Yio Chu Kang SCC represented YMCA in presenting a handmade Thank You Card to Pasir Ris Crest Secondary School. Thereafter, the students were brought to Plaza Singapura for a screening at Golden Village.

YMCA of Singapore would like to thank Punggol Park Community Centre Youth Executive Committee for co-organising the event and sponsoring the movie screening and Pasir Ris Crest Secondary School for mobilising their students to support the learning journey.

F.U.N IN THE FAMILY



To treasure each moment spent with their children, 9 families from various YMCA Student Care Centres (SCCs) and 9 families from the public took home the message of family bonding at Families U.nite N.ow (F.U.N), an event co-organised by KiasuParents and YMCA Learning Centre on 25 June 2016 at the YMCA Lee Kong Chian Auditorium.

Targeted at families with primary and secondary school children, the interactive workshop was designed to help them reinforce the family dynamic and ultimately achieve the desired happy family atmosphere through experiential-based activities and reflective thinking.

The objectives of the event were to learn to overcome challenges and embrace change positively, identify and develop individual strengths and interpersonal skills and cultivate a positive attitude towards family bonding and in self-fulfillment.

The two-hour session was facilitated by Mr Eddie Yip, a speaker from MindChamps with experience in conducting workshops in schools and learning centres. He spoke to parents to reflect on their individual parenting style through the games and activities conducted. Parents learnt how they are important role models for their young children and also the importance of communication and teamwork.

YMCA Learning Centre would like to thank all participating sponsors for their support:

- DMX
- Eco Green Farms
- Energia
- Family Life Society
- Gao Feng Magazine
- Global Wellness Holding
- Holiday Inn Hotel Orchard City Centre
- Hoverboard Singapore
- JR Life Sciences Pte Ltd
- Julia Gabriel Centre Pte Ltd
- Lorna Whiston Pre-School Education Pte Ltd
- Mr Chew Kwee San
- Nutts Organic Pte Ltd
- Pansing Distribution Pte Ltd
- Prime Magazine
- Young Nautilus
- Young Scientist Readers Pte Ltd

STRATHCLYDERS RECONNECT

The Singapore Strathclyde Alumni and Networking Event 2016 took place at the Intercontinental Singapore on 22 June 2016 where a total of 80 Strathclyde Alumni attended to establish a social network to reconnect members with the University and foster the spirit of volunteerism in social work, through alumni community engagement.



The networking event aimed to encourage closer interaction and strengthen connections between the University of Strathclyde and its alumni population, who are seen as the representative body concerned with and interested in the advancement of the University of Strathclyde brand in Singapore.

Representatives of the University of Strathclyde greeted fellow alumni

over drinks and food, and reminisced great moments by sharing their University experiences with each other and guests.

Ms Caroline Renton, Alumni Relations Officer of Strathclyde Glasgow delivered a welcome address and gave a University update to all attendees. Alumnus Joe Heng, Head, Higher Education & Business Development, YMCA Education Centre (YEC)

encouraged those present to create more awareness of the University to further enhance branding and recognition of the Strathclyde qualification. Mr Heng also shared about a new "Community Engagement" initiative to be championed by the Alumni Committee and encouraged members to join the Committee to partake in social work.

To encourage members to generate more awareness among their friends, YEC initiated a special "Friends Refer Friends" incentive programme, rewarding Alumni who refer their eligible friends to enrol for the next Strathclyde MBA intake conducted at YEC in October 2016.

Learn more about Strathclyde's university programmes at this link: <http://bit.do/strathclyde>



KINDLING THEIR ADVENTUROUS SPIRIT

To raise self-awareness of personal strengths, learn how to manage thoughts, emotions and actions and boost self-confidence through outdoor activities, 99 full time students from YMCA School attended the YMCA School Adventure Camp from 6 to 8 April 2016.

The 3 day, 2 night camp took place at The Boys Brigade/Girls Brigade (BBGB) Sembawang Campsite and aimed to promote bonding at both the class and cohort levels, and strengthen student-teacher relationship.

Some of the activities which both students and teachers took part in included canoeing, raft building, tight rope walking and zip-lining. On the

final night, all participants gathered for a campfire where they sang and celebrated as a cohort.



A LEARNING JOURNEY AT CHEK JAWA

All 110 full-time students from YMCA School embarked on a guided learning journey out of the classroom and experienced the natural habitats at the Chek Jawa Wetlands, Pulau Ubin on 22 April 2016. They were led by Mr Allan Teo, a Singapore Tourism Board Registered Nature Guide who taught the students about the wetlands' six ecosystems.



The students also had a first-hand experience with the biodiversity of the wetlands as they walked around with an activity worksheet to identify certain creatures who inhabit the wetlands. They also learnt about adaptation methods of some creatures to stay alive and think about the consequence if for instance, there were no more fish left in the sea. They were also asked to think about how littering affects the Chek Jawa Wetlands.



Boogie Bounce xtreme



Boogie Bounce Xtreme is a FAB, FUN and FUNKY exercise programme where you will be exercising on a mini trampoline attached to a safety bar! The program consists of energising choreographies with chart topping music as you work out. It is divided into both a cardio and body sculpting section, which each session lasting for 50 to 55 minutes. If you want a workout which tones, rejuvenates and strengthens every muscle in your body, but yet is gentle to your knees and joints, join us at Boogie Bounce Xtreme!



Come Bounce with Us at YMCA!

Tuesdays | from 6 September 2016 | 6.30pm to 7.30pm*

Fridays | from 2 September 2016 | 8.00pm to 9.00pm*

Studio 9

Fees: \$199 / 8 sessions

*Non-slip socks are advisable for every session

Membership fee of \$21.40 (21 years and above) and \$10.70 (below 21 years) applies for non-members
Please call / email YMCA Member Services for registration

65862255 | members@ymca.org.sg | www.ymca.org.sg

YMCA - TAN CHIN TUAN COMMUNITY SERVICE PROGRAMMES

September 2016

WEEK 1 (01.09.16 – 03.09.16)

Y CAMP CHALLENGE SEPTEMBER 2016

**TOUCH Centre for Independent Living
TOUCH Ubi Hostel**

Date: Friday - Sunday
2 Sep 16 – 4 Sep 16

Time: 3 Days 2 Nights

Venue: Westwood Secondary School

Y OUTING @ FOO KON TAN

Care Corner-Teck Ghee Youth Centre

Date: Saturday 3 Sep 16

Time: 8.30am – 1.30pm

Venue: Westwood Bowl Bukit Batok
Clubhouse

Y OUTING @ BLUE CROSS

Blue Cross Thong Kheng Home

Date: Saturday 3 Sep 16

Time: 8.30am – 2.30pm

Venue: TBC

Y ARTS CHALLENGE @ Y STARS (VISUAL ARTS)

Y STARS

Date: Saturday 3 Sep 16

Time: 11.00am – 1.00pm

Venue: YMCA of Singapore

WEEK 2 (05.09.16 – 10.09.16)

Y OUTING @ APSN CFA

APSN Centre for Adults

Date: Saturday 10 Sep 16

Time: 8.30am – 2.30pm

Venue: TBC

Y SPRING CLEAN @ THK TBC

**Thye Hua Kwan Telok Blangah
Crescent**

Date: Saturday 10 Sep 16

Time: 8.45am – 12.30pm

Venue: Telok Blangah Crescent

Y MOVIE TREATS

Blue Cross Thong Kheng Home

Date: Saturday 10 Sep 16

Time: 1.00pm – 6.00pm

Venue: YMCA of Singapore

WEEK 3 (12.09.16 – 17.09.16)

Y READING CLUB

Bizlink Centre

Date: Friday 16 Sep 16

Time: 2.00pm – 5.00pm

Venue: Blk 512 Chai Chee Lane

Y MAKAN FELLOWSHIP

VWO: TBC

Date: Saturday 17 Sep 16

Time: 8.30am – 1.30pm

Venue: YMCA of Singapore

Y SPRING CLEAN @ JBM

Sarah SAC @ Jalan Bukit Merah

Date: Saturday 17 Sep 16

Time: 8.45am – 12.30pm

Venue: Jalan Bukit Merah

Y OUTING @ Y STARS

Y STARS

Date: Saturday 17 Sep 16

Time: 9.00am – 1.00pm

Venue: TBC

WEEK 4 (19.09.16 – 24.09.16)

Y SPRING CLEAN @ AMK

Comnet FSC @ Ang Mo Kio

Date: Saturday 24 Sep 16

Time: 8.45am – 12.30pm

Venue: Ang Mo Kio

Y OUTING @ HWA

Handicaps Welfare Association

Date: Saturday 24 Sep 16

Time: 9.00am – 1.00pm

Venue: TBC

Y PHOTO CLUB (OUTING)

APSN Tanglin School

APSN CFA

Date: Saturday 24 Sep 16

Time: 9.00am – 2.00pm

Venue: TBC

Y ARTS CHALLENGE @ Y STARS (VISUAL ARTS)

Y STARS

Date: Saturday 24 Sep 16

Time: 11.00am – 1.00pm

Venue: YMCA of Singapore

WEEK 5 (26.09.16 – 30.09.16)

Y OUTING @ SARAH SAC

SARAH SAC

Date: Tuesday 27 Sep 16

Time: 1.00pm – 4.30pm

Venue: TBC

YMCA SILVER FIESTA

Various VWOs

Date: Thursday – Friday

29 Sep 16 – 30 Sep 16

Time: 8.00am – 7.00pm

Venue: Toa Payoh HDB Hub

To volunteer,
contact Henry at **+65 6586 2351** or
email to **volunteer@ymca.org.sg**