

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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developing body, mind & spirit

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Remembering Dr Robert Loh

1925 - 2017

Honorary Life Member (2011 - 2017)

Trustee (1984 - 2017)

President (1970 - 1992)

Board member (1962 - 2011)

"Having been influenced over the years by the movement and having one's personal development interlinked so greatly with it, it is hardly surprising that it is important to preserve this movement as one believes that it will be of service and help to others in the community." – Dr Robert Loh, 1992



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Cover Image Photo:

Michelle Lee (right) and her mother posing for a photo with her artwork titled 'A Splash of Colour' which was auctioned off at YMCA Giving Gala 2016 on 12 October 2016.

REMEMBERING DR ROBERT LOH



Eulogy by Eric Teng, President, YMCA of Singapore 2 February 2017

Aunty Mary, Stephen, Andrew, Pat, their families and loved ones:

I am sure I speak for all gathered here, to honor the memory of the late Dr Robert Loh as a stalwart supporter of the YMCA of Singapore and the social service sector, and a community champion who has lived a life devoted to service.

The late Dr Robert Loh was a philanthropist and a shining example of a faithful steward in the Lord's service in his lifetime. Though he lent his support to various charitable causes, the YMCA of Singapore had a special place in his heart. As a young boy, Dr Loh had joined the YMCA as a Junior member in 1937. Passing by every day walking to and from school, the YMCA soon became a second home to him as he participated in many wholesome recreational activities with his schoolmates.

Dr Loh became a Full member after the Second World War and was invited to sit on the Board in 1962, a station at which he faithfully served for almost 50 years till his retirement in 2011.

There will be many who will fondly remember Dr Loh in their own ways and words. I would like to share the words of his former Board colleagues and friends.

Former YMCA Board Member and the longest serving Hon Treasurer Mr Cecil Wong:

I've known Robert since we were teenagers and we used to play badminton together with a couple of

classmates after school. He has been a long-time personal friend. When he got married in London, I loaned him my car for the wedding. The main thing I remember about him was that he led by example when we were both on the Board of YMCA. So if he asked us to donate or do anything, he himself would take the lead and do it first.

Former President Mr Lee Liat Cheng:

Dr Robert Loh is an exceptional guy who is totally dedicated to social and community service. He is extremely passionate and fully focused on doing his upmost to make YMCA a meaningful & relevant organisation to the community. As his Vice-president for 5 years, I've learned much to follow his example. Dr Loh's love for the YMCA is probably second to none. We have lost a great mentor.

Former YMCA Board member and General Secretary of the YMCA under Dr Robert Loh, Mr Edward Ong:

Dr Loh had strong convictions, character and integrity and would be fully committed to causes he believes in. He is respected in his profession and honoured wherever he served, he was stalwart to rebuild the YMCA of Singapore and set it on a firm foundation to serve in Singapore and beyond our shores.

Former President Mr David Lua:

After his retirement from the (YMCA) Board, he has been faithfully attending the Bible Study Fellowship every Monday evening despite in the recent years having difficulties when he walked. His conscientiousness in doing his homework and participation in the

discussion group of which I had the privilege of being with him was most encouraging not only to me but to many others as well. Dr Loh is a giant in the social service scene in Singapore.

Indeed, the "giant" acts are many. To highlight three:

- 1) During Dr Loh's tenure as President of YMCA, the Constitution was changed to offer women full membership privileges in 1977. Today our YMCA memberships stand at 48.5% Male/ 51.5 Female. That was Dr Loh's belief in inclusiveness.
- 2) Setting up a Social Service Centre in Ang Mo Kio in 1982, a joint project with the Asian Women's Welfare Association and the Singapore Anglican Welfare Council. This is the precursor to today's Family Service Centre or FSC. That was Dr Loh's vision of the social service sector.
- 3) Dr Loh was instrumental in securing the government's approval for YMCA of Singapore's plan to rebuild its ageing Edwardian-style building on 1 Orchard Road which was first opened in 1911. He donated generously to the Building Fund and it is through his efforts, supported by other Directors and donors, that we have today in existence the nine-storey YMCA complex which was completed in 1984. That was Dr Loh's foresight on the future of YMCA.

Following his retirement from the Board, Dr Loh continued to support the YMCA's various programmes by

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Continued from P3:

attending several major events and donating to support fundraising efforts. He sponsored the YMCA's Y Makan Fellowship, a monthly community service programme that seeks to bring cheer to the elderly by treating them to a sumptuous meal and having youth volunteers befriend and interact with them over songs, games and fun activities.

On his contributions to NCSS, it is best summarised by (this quote) NCSS Chief Executive Officer Mr Sim Gim Guan: "Dr Loh's contributions to the social service sector and NCSS are vast. He will be fondly remembered for his personal philosophy of caring for others which he carried through his life. This is the same philosophy that continues to guide NCSS today."

On a personal note, this is the same philosophy that Dr Loh has cultivated in me. I still clearly recalled my first meeting with Dr Loh back in 1985 when I joined the YMCA Board. He looked at me in the eyes. I think Dr Loh has eyes that are smiling and knowing - he suffers no fools. He has guided and mentored me. To always have a sense of conviction and duty in serving the YMCA. He has confidence and faith in young people. We are indeed fortunate to have Dr Loh as our role model. In conclusion, I would like to share a 2013 interview which Dr Loh gave on 'I remember YMCA' (as part of the Singapore Memory Project, courtesy of National Library Board.) "We should promote active citizenry amongst our people. And how do

we do that? By promoting people to become volunteers right from the beginning. You can be a volunteer when you have the money but it is when you learn the art and philosophy of volunteerism from a young age that the spirit will prevail through life with you. You feel a sense of fulfilment when you help others in whatever you do."

This is the spirit and the legacy of Dr Robert Loh that will live on with future generations of volunteers in both the YMCA of Singapore and the social service sector.

Goodbye, Dr Loh. Have a Blessed Journey Ahead!



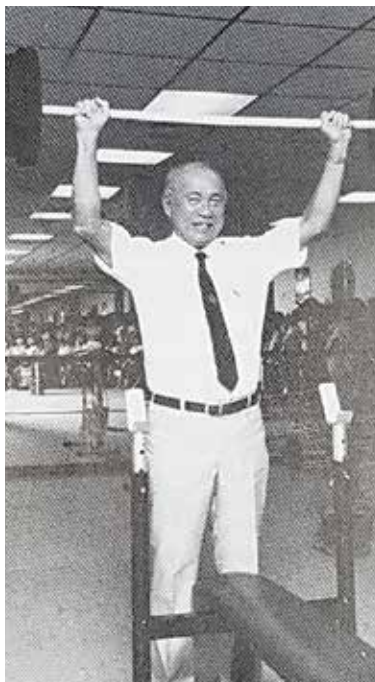
Dr Robert Loh (seated, 2nd from left) with the YMCA Board of Directors in 1992.



Dr Robert Loh at a 'Tau Suan' stall manned by young volunteers as part of a YMCA Food & Fun fundraising event in 1978.



Dr Robert Loh (right) presenting a memento to YMCA Patron Tan Sri Tan Chin Tuan.



Dr Robert Loh testing his strength at the newly opened gym in the new YMCA building in 1985. He was 60 years old then!



Mr S R Nathan and Dr Robert Loh at the Mr S R Nathan Thank You & Conferment Luncheon in 2012.



Dr Robert Loh saying grace at Y Makan Fellowship, a programme which he sponsored for 5 years from 2010 to 2014.



Dr Robert Loh at the 2014 YMCA Giving Gala with members of the YMCA Special Talents, Arts and Recreation Society (Y STARS).



Dr Robert Loh at the 2015 YMCA Giving Gala.

METROPOLITAN YMCA CELEBRATES ITS 70TH ANNIVERSARY



(L-R) Dr Samuel Yeak President, Metropolitan YMCA Singapore receiving a piece of Chinese calligraphy from Mr Peter Tay, Director, Mr Lo Chee Wen, General Secretary and Ms Samantha Seah, Assistant General Secretary (Programmes), YMCA of Singapore at the MYMCA Thanksgiving Service on 17 November 2016.

The words on the art piece convey YMCA of Singapore's blessings for Metropolitan YMCA to achieve even greater heights.

PRESIDENT OF THE WORLD ALLIANCE OF YMCAs VISITS SINGAPORE

YMCA of Singapore was glad to host Mr Peter Posner, President, World Alliance of YMCAs (centre) on 16 November 2016.

(Left to right) Ms Samantha Seah, Assistant General Secretary (Programmes), Mr Lo Chee Wen, General Secretary, Ms Lynette Yeo, Assistant General Secretary (Social Enterprises), and Mr Joseph Chow, General Manager, YMCA International House.



YMCA OF SINGAPORE RECEIVES PRESIDENT'S CHALLENGE TOKEN



Ms Samantha Seah, Assistant General Secretary (Programmes), represented YMCA of Singapore to receive a token of appreciation from the President of the Republic of Singapore and Patron-in-Chief of YMCA of Singapore Dr Tony Tan at the President's Challenge 2016 Appreciation Night on 23 November 2016. The annual Citi-YMCA Youth For Causes (YFC) programme has been an event of the President's Challenge since 2005. Of the 46 VWOs participating in the YFC in 2016, 9 of them are beneficiaries of the President's Challenge, and the 16 YFC teams supporting these 9 VWOs have raised over S\$100,000 in donations.

A CHANNEL OF BLESSING

THE ART OF GIVING

At nine months old, Michelle Lee was enrolled in a special school and has been exposed to art and dance which serve as a form of therapy to improve her fine motor skills and hand-eye coordination. This early exposure helped cultivate and pique Michelle's interest in art, in particular doing craftwork such as making loombands during her pastime.



Bringing together bright colours and bold patterns, Michelle, now 19, created a tie-dye art piece titled 'A Splash of Colour' using various coloured fabric dye, which was auctioned off for \$2,000 at the YMCA Giving Gala 2016. Besides donating her art piece, Michelle also volunteered as an emcee at the event.

A member of Y STARS (YMCA Special Talents, Arts & Recreation Society), a group of youths with Down's Syndrome who possess a special love for dance, performing and visual arts formed under the auspices of the YMCA of Singapore, Michelle learnt the beautiful technique of tie-dye over several Y Arts sessions in March 2016, conducted in collaboration with local artist, Wendy Zhang.

Held at Carlton Hotel on 12 October, the YMCA Giving Gala 2016 was attended by more

than 150 guests, with Mr Tan Chuan-Jin, Minister for Social and Family Development, gracing the event as the guest-of-honour.

Over \$286,000 was raised, which will go towards YMCA's efforts in impacting lives and nurturing community champions.

"Your presence here tonight is a testament of your dedication and commitment to helping the less privileged, because you

believe in what the YMCA is doing – you want to support their good work, and give back to the community. I encourage all of you to continue partnering YMCA in this worthwhile journey to nurture an inclusive society with a culture of giving," said Mr Tan Chuan-Jin, Minister for Social and Family Development.

In 2016, over 3,500 volunteers served more than 51,650 hours across 334 activities through the YMCA Community Service Programmes, touching the lives of over 3,150 beneficiaries from 32 partnering voluntary welfare organisations. "YMCA's annual fundraising effort does not conclude with this dinner. It is an ongoing process to ensure that the programmes organised to touch lives and lift spirits of the less privileged can continue into the future," said Mr Peter Tay, Chairman, YMCA Giving Gala 2016.



Guests supported the event by purchasing tables, individual seats, raffle tickets and participating in the silent auction. YMCA would like to thank all supporters, especially major donors Mr Chew Kwee San, Mr Goh Yew Lin, Mr Lim Mah Tat, Mr Ooi Boon Hoe, Dr Stephen Riady, Mr Eric Teng and the Lee Foundation for their generosity and support for the event.



SCAN

here to view more photos from the YMCA Giving Gala 2016.





A CHANNEL OF BLESSING

OFFERING ALTERNATIVE PATHS FOR YOUTHS-AT-RISK

Over 100 friends, family members and trainers gathered to celebrate the achievements of 73 graduates who received their certificates for completing YMCA Project Bridge's Vocational and Soft Skills Programme (VaSSP) on 25 November at the YMCA of Singapore.



VaSSP was conceived by YMCA Project Bridge in 2009, in conjunction with a survey on growing youth employment issues. Results revealed a lack of career exploration venues, employment and support services tailored for youth early school leavers. YMCA Project Bridge's kernel of a service idea was then gently shepherd through to fruition, to become the VaSSP. Now in its fourth year, VaSSP provides intervention and vocational training for at-risk and out-of-school youths aged between 15 and 21, equipping them with job competency skills as well as a certified vocational skill.

Joachim Loo, a graduate of the course, gave his testimony of his personal journey and what he has accomplished through the programme. In his speech, Joachim said that the core training at VaSSP has "enabled him to discover more about his personality, as well as strengths and weaknesses." "The conflict resolution skills also taught me



how to manage disagreements with my peers," he added.

"To progress in life, providing the youths with the right tools is only part of the picture. Training, advice and vocational skills all help them progress, but to truly help them transform, we need to build a sense of trust and establish a solid relationship with them. Through YMCA Project Bridge, we give the youths an opportunity to discover themselves in a more positive and empowering way – the programme is about progression, developing skills and realising one's potential. At the end of the day, we hope to put our youths on a path towards healthy, independent lives where they can stand on their two feet and become a valued and valuable member of society and in turn impact lives," said Mr Lo Chee Wen, General Secretary, YMCA of Singapore.

Under the VaSSP, participants were required to complete an intensive six-month programme which encompassed core training such as work ethics, personal budget planning and job interviewing. Phase two of the programme consisted of a vocational training in one of nine areas — baking, coffee bar serving, culinary art, hairdressing, hospitality in food and beverage, horse stable management, makeup, web design, manicure and pedicure. The youths will then go for on-the-job training with an employer.

The VaSSP has received tremendous support from various establishments who share the goal to develop and inspire youths to find their niche in life by signing on as training partners. They include Allspice Institute, Bettr Barista Coffee Academy, Equal Ark (formerly known as Equine Academy), Kimage and The School of Make-Up. Others have made financial contributions to the programme, which include J.P Morgan Chase-Foundation, Lee Foundation, The Community Foundation of Singapore and Tote Board.

To date, over 370 youths have enrolled in this programme, which has maintained a 80% success rate of positive outcomes of youths either completing on the job training, obtaining sustainable employment, returning to school or pursuing higher vocational courses.



SCAN

here to learn more about the VaSSP.

YMCA FLAG DAY 2017

Volunteers Needed!



YMCA of Singapore will be holding its annual Flag Day on 18 March 2017 to raise funds for the YMCA Community Service Programmes.

Funds raised this year will go towards YMCA Silver Fiesta, an event that promotes intergenerational bonding and active-ageing lifestyle amongst the elderly.



58 year old Ms Fatimah Bte Kahar (left), also known as Mimi, is a participant from SilverACE @ Taman Jurong and it was her first time attending YMCA Silver Fiesta 2016.

"I am so happy to be here, I like everything at YMCA Silver Fiesta! I hope this event will happen again, not just once a year, but every week also no problem!"

Through YMCA Silver Fiesta, she felt empowered and happy to be engaged socially, physically and mentally, and was glad for the chance to make new friends from other Voluntary Welfare Organisations and meet youth volunteers.



SIGN UP AS A YMCA FLAG DAY VOLUNTEER AT:

<http://tinyurl.com/flagday2017>

For enquiries, please contact Mr Tong Xun Jie at 6586 2349 or email flagday@ymca.org.sg.



SHINING BRIGHT IN PURPLE



Back for the third year running, the Purple Parade is a yearly get-together which supports and celebrates the abilities of persons with special needs. The event, held at Suntec City on 5 November, raised public awareness and support for people with special needs amid the energy of a campaign, carnival, concert, and contingent march-past. YMCA of Singapore joined the beneficiaries, staff and volunteers from Blue Cross Thong Kheng Home and Bishan Home for the Intellectually Disabled for the contingent march and showcased their costumes and paraded around the venue. The Y STARS (YMCA Special Talents, Arts and Recreation Society) a group of young adults with Down's Syndrome who share a common passion for performing arts, also dazzled the audience with their upbeat moves with their performance, 'Fireworks'.

Y SPRING CLEAN WITH KAO SINGAPORE AND NTUC FAIRPRICE



It was the coming together of 2 corporate partners, KAO Singapore and NTUC FairPrice in bringing cheer to 11 elderly beneficiaries from Thye Hua Kwan Seniors Activity Centre @ Blk 31 Toa Payoh Lorong 5 as a total of 51 corporate volunteers helped to spring clean the rental flats for the elderly staying at Blk 31 as part of a Y Spring Clean session on 2 November 2016. Mr Atsushi Yoneyama, President, KAO Singapore and Mr Tng Ah Yiam, Deputy Chief Executive Officer (Merchandising), NTUC FairPrice were also present at the session. KAO and NTUC FairPrice cleaning products were used during the event which was then given to the elderly as a gift. After the spring cleaning, the volunteers interacted with the elderly beneficiaries over lunch.



SWING FOR A GOOD CAUSE

18th YMCA Charity Golf 2017



When: Friday 5 May 2017

Time: 11am - 9pm

Where: Singapore Island Country Club
New Course

Price: \$3,000 per flight

Guest-of-honour: Mr Lim Swee Say, Minister for Manpower

Volunteers are the bedrock of all community initiatives. Lend a hand and empower our volunteers to continue helping others in need. Join us for a wonderful day of golf as we set to raise \$300,000 for the YMCA-Lim Kim San Volunteers Programme.



“Through volunteering, I meet people with good hearts who are willing to serve regardless of race, religion and nationalities. I see happy faces and smiles, and through my overseas volunteer trips, I see that lives are changed for the better, and this spurs me to keep on volunteering.”

- Eddy Han



“I feel better about myself after joining the Y Confidence Programme. With the volunteers' encouragements, I learnt to be more confident, to trust others and not to put myself down all the time.”

- Sri

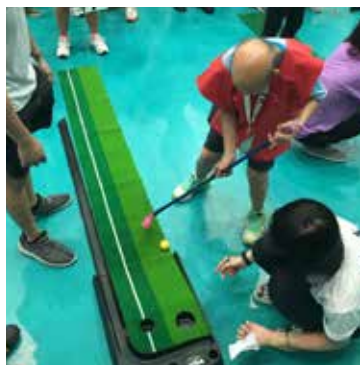
RSVP BY 7 APRIL 2017

For all enquiries, please call 6586 2352 or email charitygolf@ymca.org.sg.

For more information on registration and sponsorship, please visit www.ymca.org.sg/golf.

A CHANNEL OF BLESSING

A DAY FOR SPORTS



Y Sports Day 2016 was held on 11 November 2016 at Republic Polytechnic Sports Hall. In the company of 73 volunteers from Bosch Singapore, Credit Suisse AG, ITE College Central and Singapore Polytechnic, the engaging and interactive session encouraged competitiveness among 75 beneficiaries from Blue Cross Thong Kheng Home, Christian Outreach to the Handicapped (COH) Tampines and COH Toa Payoh and Movement for the Intellectually Disabled of Singapore (MINDS) Training and Development Centres in Clementi, Eunos and Jurong. The beneficiaries competed in sports and games such as Bowling, Basketball Shootout, Mini Golf and Throw the Javelin.

In preparation for the event, the participating VWOs guided the beneficiaries on how to play the games while the volunteers played a part in ensuring the beneficiaries' safety during gameplay. Ms Samantha Seah, Assistant General Secretary (Programmes), YMCA of Singapore presented the medals to all winners.

YMCA would like to thank Republic Polytechnic for the usage of its premises.

BAKING WITH LOVE

Some 68 volunteers from Nordic Group Ltd and its subsidiaries Austin Energy, Multiheight Scaffolding and Nordic Flow Control brought cheer to 60 beneficiaries from Thye Hua Kwan Seniors Activity Centre @ Blk 31 as they interacted and distributed goodie bags consisting of foodstuff and daily necessities to them on 30 December 2016 at a Y Food of Love session. The event, held at YMCA of Singapore was graced by Mr Tang Yew Quan, Director, Austin Energy and Multiheight Scaffolding.

The goodie bags included pistachio cupcakes which the volunteers baked using the kitchen facilities at YMCA Project Bridge Bukit Batok. The session provided volunteers a time of intergenerational bonding with the elderly beneficiaries over a buffet lunch as they befriended and interacted with them over songs, played games such as 'BINGO' and 'Guess Guess Guess' where they were given some puzzle pieces and had to guess places of interest of old Singapore landmarks to win prizes such as pillows and household items. There was also a photo booth for young and the young at heart to capture for keepsakes. Mr Lo Chee Wen, General Secretary, YMCA of Singapore, presented the certificates of appreciation to the corporate groups.

YMCA of Singapore would like to thank Nordic Group, Austin Energy, Multiheight Scaffolding and Nordic Flow Control for their generous contributions and sponsorship for the event.



SCAN

here to learn more about Y Food of Love.

A CHANNEL OF BLESSING

NO SMALL FEAT FOR BENEFICIARIES AT Y CAMP CHALLENGE

A total of 61 beneficiaries from Blue Cross Thong Kheng Home, Bishan Home for the Intellectually Disabled, Christian Outreach to the Handicapped (COH) Tampines and COH Toa Payoh, Movement for the Intellectually Disabled of Singapore (MINDS) Training and Development Centres in Clementi, Jurong and MINDS Me Too! Club and Y STARS (YMCA Special Talents, Arts and Recreation Society) participated in the December run of Y Camp Challenge together with 93 volunteer befrienders. The 3 day, 2 night camp, back for its 39th run was held from 2 to 4 December 2016 at Camp Challenge Sembawang.

Themed 'Setting Sail', participants went through a series of camp activities such as Amazing Race, station games and more 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 Teo Zi-Ming, Chairman, YMCA Programmes Committee graced the campfire as the Guest-of-Honour. In his address, he said, "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 NTUC FairPrice and Tan Chin Tuan foundation for their support for the camp.



SCAN

here to learn
more about Y
Camp Challenge.

A CHANNEL OF BLESSING

SYNERGISING AS A TEAM



From 14 to 15 December 2016, 18 youth from YMCA Project Bridge Youth Centre participated in YMCA Camp Synergy 2016. Held at YMCA Project Bridge Youth Centre and Camp Challenge Sembawang, Camp Synergy is the first camp organised since the Centre opened its doors after renovation in 2016. The camp aimed to build the youths' confidence and character, foster lasting relationships amongst campers through a series of outdoor challenges and allow them to discover more about themselves.

Participants went through a series of camp activities such as amazing race, water rafting, and a campfire which focused on bonding and reflections as the youths' parents joined the campfire. Parents prepared a gift for their child and in return, the youths presented a handwritten letter to them based on commitment to their parents.

YMCA Project Bridge Youth Centre would like to thank Camp Challenge Sembawang in subsidising venue costs.



SCAN

here to learn more about YMCA Project Bridge.

DRIBBLING TO VICTORY

From 23 July 2016 to 12 November 2016, 11 youth from YMCA Project Bridge Youth Centre participated in the ACE Soccer Competition 2016 at The Cage @ Kallang with the aim of building confidence, character, and fostering camaraderie and teamwork through a series of soccer matches and training sessions. The students made it to the finals of the competition.

YMCA Project Bridge would like to thank Students Care Service (SCS) Soccer Academy for organising the event and Changi Foundation for sponsoring the event.



SCAN

here to learn more about YMCA Project Bridge.

NURTURING COMMUNITY CHAMPIONS

THE YMCA CONVERSATION SERIES – THE HEART OF SERVICE



The 6th installation of the YMCA Conversation Series themed 'The Heart of Service' was held at SMU Labs on 8 October 2016.

Over 80 participants attended the event where Dr Tan Lai Yong, Lecturer, Director for Outreach & Community Engagement, College of Alice & Peter Tan was the Guest-of-Honour. Uni-Y Singapore hosted its inaugural networking and dialogue session to facilitate better connection between students, Voluntary Welfare Organisations and Social Enterprises. The YMCA Conversation Series provides a platform for industry professionals to share their personal experiences and industry insights with the youth and members of the public.

The two-part event began with a dialogue session discussing topics that focused on bringing across the idea

that service begins at home. The networking session provided participants the opportunity to know more about the social service sector and social enterprises.

University-YMCA Singapore would like to thank Dr Tan Lai Yong and the following organisations who participated in the networking session:

- Autism Association (Singapore)
- Babes Pregnancy and Crisis Support Ltd
- BACP Singapore (Social Enterprise)
- Children's Cancer Foundation
- Children-At-Risk Empowerment Association (CARE Singapore)
- Disabled People's Association (Singapore)
- Filos Community Services
- Mercy Relief
- The Salvation Army
- The Singapore Association for the Deaf

Ms Samantha Seah, Assistant General Secretary (Programmes), YMCA of Singapore presenting a Uni-Y T-shirt to Dr Tan Lai Yong.



PASSING ON A SMILE



During the season where university youth were busy preparing for their projects and examinations, Uni-Y SMU, NTU and NUS leaders prepared handwritten notes, stickers and folders at booths located at each of their campuses to encourage the students in their respective school communities over a 2-day period from 3 to 4 November 2016. Recipients were given the opportunity to 'pass a smile' to their friends by writing uplifting messages, and many students visited the booth after to pass the blessing on.

Solomon Tan, a Uni-Y volunteer from Uni-Y NTU said, "The #shareyoursmile initiative has been a useful and friendly way of encouragement to our friends in this exam season. Especially with the printed cards with encouraging quotes where special messages can be written to bless and encourage our friends in this season, it was well received by the recipients too who appreciated them."



SCAN

here to learn more about Uni-Y.

NURTURING COMMUNITY CHAMPIONS

OVER \$800,000 RAISED FOR SOCIAL CAUSES THROUGH CITI-YMCA YOUTH FOR CAUSES 2016

The Citi-YMCA Youth For Causes wrapped up its 2016 programme with a celebration of youths, organisations and stakeholders who have made outstanding contributions to the community on 15 November 2016 at the YMCA of Singapore.

With aspirations to make Singapore a better place, 400 youths reached out to more than 1 million people through social media platforms and fundraising events in a bid to effect positive impact in the community and increase awareness for 46 Voluntary Welfare Organisations (VWO). Their passion, creativity and fresh perspectives helped raise over \$800,000 through a period of 15 weeks for causes including the Bone Marrow Donor Programme, Singapore Environment Council and Very Special Arts Singapore.

Speaking at the Awards Ceremony, guest-of-honour Minister for Education (Schools) & Second Minister for Transport Mr Ng Chee Meng shared

on how other companies and professional groups can also play a part to meet the needs of the community. "This evening is a celebration of Citi Singapore and YMCA of Singapore's commitment to empower and develop our youths to be concerned citizens and active contributors to society through the YFC. I would like to commend Citi and YMCA for their dedication and partnership in growing YFC year after year, involving our youths in charitable deeds and building a more caring society," he said.

Organised for the 14th year running, the Citi-YMCA Youth For Causes programme is a community initiative jointly organised by Citi Singapore and the YMCA of Singapore. Funded by Citi Foundation, the programme is a catalyst for social entrepreneurship and community leadership development among Singapore youths. Beyond that, working professionals are engaged as mentors to serve as an advisor, teacher

and supporter to the youth teams, nurture them into community leaders and also facilitate ground-up initiatives that will benefit the community.

For their all-round excellence, Faith in Humanity Restored (FIHR) received the YFC Distinction, Best Fundraiser, Best Fund Management and Entrepreneurship Awards at the Citi-YMCA Youth For Causes 2016 Awards Celebration, a testament of their outstanding efforts in raising awareness and funds for Singapore Environment Council (SEC). This is the first time that the team has received awards despite being shortlisted for the YFC Awards Showcase when they participated in previous years. The team mobilised more than 1,000 volunteers from different schools and raised over \$76,000, with an estimated public outreach of more than 300,000 people through street sales, donations and pledges.

The award recipients are as follows:

1	YFC Distinction Awards	Faith in Humanity Restored • Project Carnation • Project Edelstein Project Elysian • Team Very Special Squad • The Dreamsworld Project Candourlites
2	YFC Merit Awards	Edutomahawk • Project Imagin(ABLE) • Super • Project Heart for Metta Project Keep In Touch • CHAN(ce) CHAN(ge) • Project Kairos • Visionary Youths Who Care • Project Papillon • Project Synapses • Solacium Project Eido • Project +65 • Agape • Colon-Rightbracket
3	YFC Best Fundraiser Award	Faith in Humanity Restored
4	YFC Most Innovative Award	Project WildCare
5	YFC Best Fund Management Award	Faith in Humanity Restored
6	YFC Best Volunteer Mobilisation Award	Project Edelstein
7	YFC Public Outreach Award	Project Edelstein
8	YFC Entrepreneurship Award	Faith in Humanity Restored
9	YFC Supportive Mentor Award	Ms Liang Xiuming Ms Angeline You
10	YFC Supportive Teacher Award	Mr Raymond Chia Ms Chney Chen Mdm Nurul Ayn
11	YFC Supportive VWO Award	Singapore Environment Council Boys Town
12	YFC Most Supportive School Award	Nan Chiau High School



Form a team of 4 and sign up for the Citi-YMCA Youth For Causes 2017 Programme!

**CITI-YMCA
YOUTH
CAUSES**
EMPOWER LIVES



Make your Mark!

Champion A Social Cause



Sign up now!



Log on to www.youthforcauses.com



Register from 1 Feb to 16 Apr 2017



**RAISE PUBLIC AWARENESS
& FUNDS IN 15 WEEKS**



**OPEN TO YOUTHS
15 TO 25 YEARS OLD**



**\$1,600 SEED FUNDING &
MENTORSHIP PROVIDED**

Organisers:



Sponsor:

Citi Foundation



An Event Of:



ADVOCATING LIFELONG LEARNING

HAVING A BALL OF A TIME

On 4 November 2016, 100 students from 5 YMCA Student Care Centres (SCC) participated in a sports carnival held at Yio Chu Kang Primary School. They were accompanied by 12 YMCA SCC teachers and volunteers from YMCA of Singapore, 20 Maris Stella High School's St John Ambulance cadets and 4 Punggol Park Community Centre Youth Executive Committee members. At the event, the students were divided into 3 groups, where each group had their turn at playing Bubble Soccer, Captain's Ball and learn simple First Aid.

The St John Ambulance cadets shared some basic knowledge on First Aid with the students and taught them how to dress minor wounds. The students then had a go in practicing what they learnt with their assigned partners.

YMCA of Singapore would like to thank Punggol Park Community Centre Youth Executive Committee for co-organising and sponsoring the event.



FOSTERING RELATIONSHIPS AT STRATHCLYDE UNIVERSITY



The Singapore Strathclyde Alumni and Networking Event 2016 took place at YMCA of Singapore on 19 December 2016 where a total of 48 MBA students and 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 alumni group in Singapore aims to encourage close interactions and strengthen connections between the University and its alumni population through various get-together programmes.

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 Suffianah Baharin, Talent Acquisition Manager and Mr Melyn Li, Senior Consultant, SIA Partners and MBA student of Strathclyde Business School gave a keynote presentation on "Career in Consulting and the Consulting Working Life". The dialogue ended with a Q & A session.



SCAN

here to learn more about Strathclyde University's programmes.



University of
Strathclyde
Business
School

the Strathclyde

MBA

50
years
1966 - 2016

A Stimulating, Challenging, Life-Changing Experience...

- *Triple accredited by   ASSOCIATION OF MBAs ACCREDITED 
- *Top 50 in the world - FT Executive MBA Ranking (2016)
- *Top 100 in the world - The Economist, 'Which MBA?' (2016)
- *8 International MBA Centres and in Singapore since 1989
- *Intakes: April / October (Grant Available)

www.ymca.edu.sg

For more information, contact Sean Tan 6586 2378 | seantan@ymca.edu.sg



Cert No.: EDU-2-2030
Validity: 16/12/2015 - 15/12/2019

YMCA Education Centre
A subsidiary of the YMCA of Singapore
Reg. No.: 201020152Z
Reg. Period: 12 Oct 2014 - 11 Oct 2018

YMCA SCHOOL GRADUATION PARTY



The YMCA School Graduation Party 2016 was held on 7 October 2016 at the YMCA Lee Kong Chian Auditorium. Themed "Masquerade", 50 graduating students donned masks and dressed up in gowns and tailored suits. They enjoyed dance, magic and musical performances by their peers Precious Winlove, Sebastian Boy, Ezra Bryan, Gao Jiahao and Wang Zhuoyu. Mr Lo Chee Wen, General Secretary, Ms Samantha Seah, Assistant General Secretary (Programmes), Ms Lynette Yeo, Assistant General Secretary (Social Enterprises), Mr Joseph Chow, General Manager, YMCA International House were among the invited guests to the graduation party.



YMCA SCHOOL STUDENTS RECEIVE NATIONAL YOUTH ACHIEVEMENT AWARD

On 3 October 2016, 30 students from the 11-month and 22-month programme from YMCA School received the National Youth Achievement Award (NYAA). The NYAA aims to develop and maximise the potential of young people through selfless community service, challenges of adventure, skills development and physical recreation so that they may be exceptional individuals who can contribute effectively to society and the nation. Mr Lo Chee Wen, General Secretary, YMCA of Singapore presented the certificates to the award recipients. As recipients of the NYAA Bronze Awards, they went through a variety of challenges and fulfilled the requirements of the NYAA programme which included a section on service, where they participated in YMCA Community Service Programmes which included Y Makan Fellowship, YMCA Silver Fiesta, YMCA Flag Day and YMCA Proms @ the Park.



YMCA MEMBERSHIP PRIVILEGES

*LIFE (Full / Ordinary) &
ORDINARY (Annual / Youth) MEMBERS*



Existing Benefits

- 10% discount off all F&B outlets at YMCA, MYMCA & YWCA
- 10% discount when booking the Auditorium, Dance Studios, Pool Deck, Pool Terrace and YMCA Function Rooms
- Complimentary usage of swimming pool, locker, Members' Lounge
- Special rates for courses & programmes
- Y Factor (our quarterly newsletter)
- Various discounts at our ^partnering merchants

Additional New Benefits

- 10% discount on merchandise at YMCA Member Services Centre
- Birthday discount at Y Café (Beginning March 2017)
- Complimentary Wi-Fi within YMCA building

*To join us as a YMCA member, please refer to
www.ymca.org.sg > Join Us Today to find out more!*



^Some of our merchant partners are as above. For an updated list, please refer to <https://tinyurl.com/gpqqdtxa>.

YMCA OUTDOOR AND ADVENTURE



2017

JANUARY - JUNE

JANUARY

6-7 JAN G. DATUK SUNRISE HIKE

FEBRUARY

18 FEB GUNUNG BELUMUT
24-26 FEB GUNUNG NUANG
25-28 FEB DOI CHIANG DAO



DOI CHIANG DAO



10-11 MAR MOUNT OPHIR
15-19 MAR BIKEYEX TAIWAN
15-19 MAR XUESHAN WINTER
25 MAR GUNUNG LAMBAK

MARCH



27 MAR - 2 APR
JAPAN ICE CLIMB



JADE DRAGON SNOW MOUNTAIN
YUNNAN



SEMERU WICOMO

8 APR BATU MALOI
8-14 APR YUNNAN ADVENTURE
11-15 APR BIKEYEX HIROSHIMA
12-16 APR MOUNT SEMERU
22 APR PELEPAH FALLS

APRIL

28 APR - 14 MAY

GOKYO LAKES, NEPAL



KUMANO KODO

MAY

6-10 MAY MT. QILAI-NANHUA, TAIWAN
8-13 MAY KUMANO KODO, JAPAN
20 MAY GUNUNG PANTI



MT. QILAI-NANHUA



MONGOLIA

10-11 JUN PELEPAH FALLS + KULIM
10-17 JUN MONGOLIA
16-18 JUN CLIMB BATU CAVES
21-25 JUN DUJIANGYAN, CHENGDU

JUNE



DUJIANGYAN, CHENGDU

GET OUT WITH US THIS 2017



YMCAOutdoorAdventure



YMCA-Outdoor-Adventurers



or drop us your enquiries @gladyscheong@ymca.org.sg

TREKS GOKYO RI NEPAL

TREKKING EVEREST REGION AWAY FROM THE CROWDS
28 APRIL - 11 MAY 2017



Feast your eyes on stellar views of **Mount Everest** and her breath-taking neighbours of Cho Oyu, Makalu and Ama Dablam



Summit **Gokyo Ri** (5,357m) and soak in the views of the largest glacier in Nepal, **Ngozumpa Glacier**



Trek along the turquoise waters of **Gokyo Lakes** the highest freshwater lake system in the world

BRIEF PROGRAMME

DATE / DURATION

14 Days 13 Nights
28 APRIL - 11 MAY 2017

GROUP SIZE

Min: 10
Max: 18

FEES

\$GD 1695.00

ACCOMMODATION

Twin Share Tea Houses /
Twin Share Hotel

Temperature Range

-5 to 20°C

DIFFICULTY



This trek takes place in high altitude regions, it will be good to have experience with high altitude trekking.

Porters are provided to help with our daily luggages, but trekkers are expected to carry their own water and snacks for own consumption.

Trekking of up to 12-hour exposure and load of 3-5kg and temperatures of as low as negative 5 degrees celcius at night is expected.



YMCA - TAN CHIN TUAN COMMUNITY SERVICE PROGRAMMES

March 2017

WEEK 1 (01.03.17 – 04.03.17)

Y OUTING @ APSN CFA

APSN CFA

Date: Saturday 4 Mar 17
Time: TBC
Venue: TBC

Y FOOD OF LOVE (NPFOODAID)

THK SAC @ Blk 15 TPY Lor 7

Date: Saturday 4 Mar 17
Time: 8.30am – 1.30pm
Venue: Blk 15 Toa Payoh Lor 7

Y SPRING CLEAN @ THK

Thye Hua Kwan Telok Blangah Crescent

Date: Saturday 4 Mar 17
Time: 9.00am – 12.30pm
Venue: Telok Blangah Crescent

Y ARTS CHALLENGE @ Y STARS

Y STARS

Date: Saturday 4 Mar 17
Time: 10.00am – 1.00pm
Venue: YMCA of Singapore

Y DANCE OUTREACH @ BISHAN HOME

Bishan Home for the Intellectually Disabled

Date: Saturday 4 Mar 17
Time: 1.30pm – 4.30pm
Venue: 6 Bishan St. 13

WEEK 2 (06.03.17 – 11.03.17)

Y CAMP CHALLENGE MAR 17

Grace Orchard School

Date: Friday 10 Mar 17 – Sunday 12 Mar 17
Time: –
Venue: Grace Orchard School, 6A Jurong West Street 52

Y VISIT @ BIZLINK CENTRE

Bizlink Centre

Date: Friday 10 Mar 17
Time: 2.00pm – 5.00pm
Venue: Blk 512 Chai Chee Lane

Y FOOD OF LOVE (UNI-Y SMU)

THK SAC @ 118 Bukit Merah View

Date: Saturday 11 Mar 17
Time: 8.30am – 1.30pm
Venue: Blk 118 Bukit Merah View

Y OUTING @ BLUE CROSS

Blue Cross Thong Kheng Home

Date: Saturday 11 Mar 17
Time: 8.30am – 2.30pm
Venue: TBC

Y SPRING CLEAN @ JBM

Sarah SAC @ Jalan Bukit Merah

Date: Saturday 11 Mar 17
Time: 9.00am – 12.30pm
Venue: Jalan Bukit Merah

Y ARTS CHALLENGE @ Y STARS

Y STARS

Date: Saturday 11 Mar 17
Time: 10.00am – 1.00pm
Venue: YMCA of Singapore

WEEK 3 (13.03.17 – 18.03.17)

Y SPORTS @ MINDS CLEMENTI TDC

MINDS Clementi TDC

Date: Friday 17 Mar 17
Time: 1.30pm – 3.30pm
Venue: Blk 304 Clementi Avenue 4

Y OUTING @ Y STARS

Y STARS

Date: Saturday 18 Mar 17
Time: 9.00am – 2.00pm
Venue: YMCA of Singapore

YMCA FLAG DAY 2017

Date: Saturday 18 Mar 17
Time: 9.00am – 7.00pm (4hr shifts)
Venue: Islandwide

WEEK 4 (20.03.17 – 25.03.17)

Y VISIT @ BIZLINK CENTRE

Bizlink Centre

Date: Friday 24 Mar 17
Time: 2.00pm – 5.00pm
Venue: Blk 512 Chai Chee Lane

Y MAKAN FELLOWSHIP

SilverACE (Henderson)

THK SAC @ Blk 645 Ang Mo Kio

Date: Saturday 25 Mar 17
Time: 8.30am – 1.30pm
Venue: YMCA of Singapore

Y FOOD OF LOVE (UNI-Y SMU)

Lions Befrienders (Ang Mo Kio)

Date: Saturday 25 Mar 17
Time: 8.30am – 1.30pm
Venue: Blk 318 Ang Mo Kio Ave 1

Y SPRING CLEAN @ AMK

Comnet FSC @ Ang Mo Kio

Date: Saturday 25 Mar 17
Time: 9.00am – 12.30pm
Venue: Ang Mo Kio

Y PHOTO CLUB @ APSN CFA

APSN Centre for Adults

Date: Saturday 25 Mar 17
Time: 9.30am – 12.30pm
Venue: 11 Jalan Ubi, Block 4, Kembangan-Chai Chee Community Hub

Y OUTING @ FOO KON TAN

The Tent and Care Corner Teck Ghee Youth Centre

Date: Saturday 25 Mar 17
Time: 9.30am – 1.30pm
Venue: TBC

Y ARTS CHALLENGE @ Y STARS

Y STARS

Date: Saturday 25 Mar 17
Time: 10.00am – 1.00pm
Venue: YMCA of Singapore

Y VISIT @ SCH

SCH

Date: Saturday 25 Mar 17
Time: 1.00pm – 4.00pm
Venue: 20 Sembawang Crescent

WEEK 5 (27.03.17 – 31.03.17)

Y OUTING @ SARAH SAC

Sarah SAC

Date: Tuesday 28 Mar 17
Time: 1.30pm – 4.30pm
Venue: Blk 105 Jalan Bukit Merah

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

