

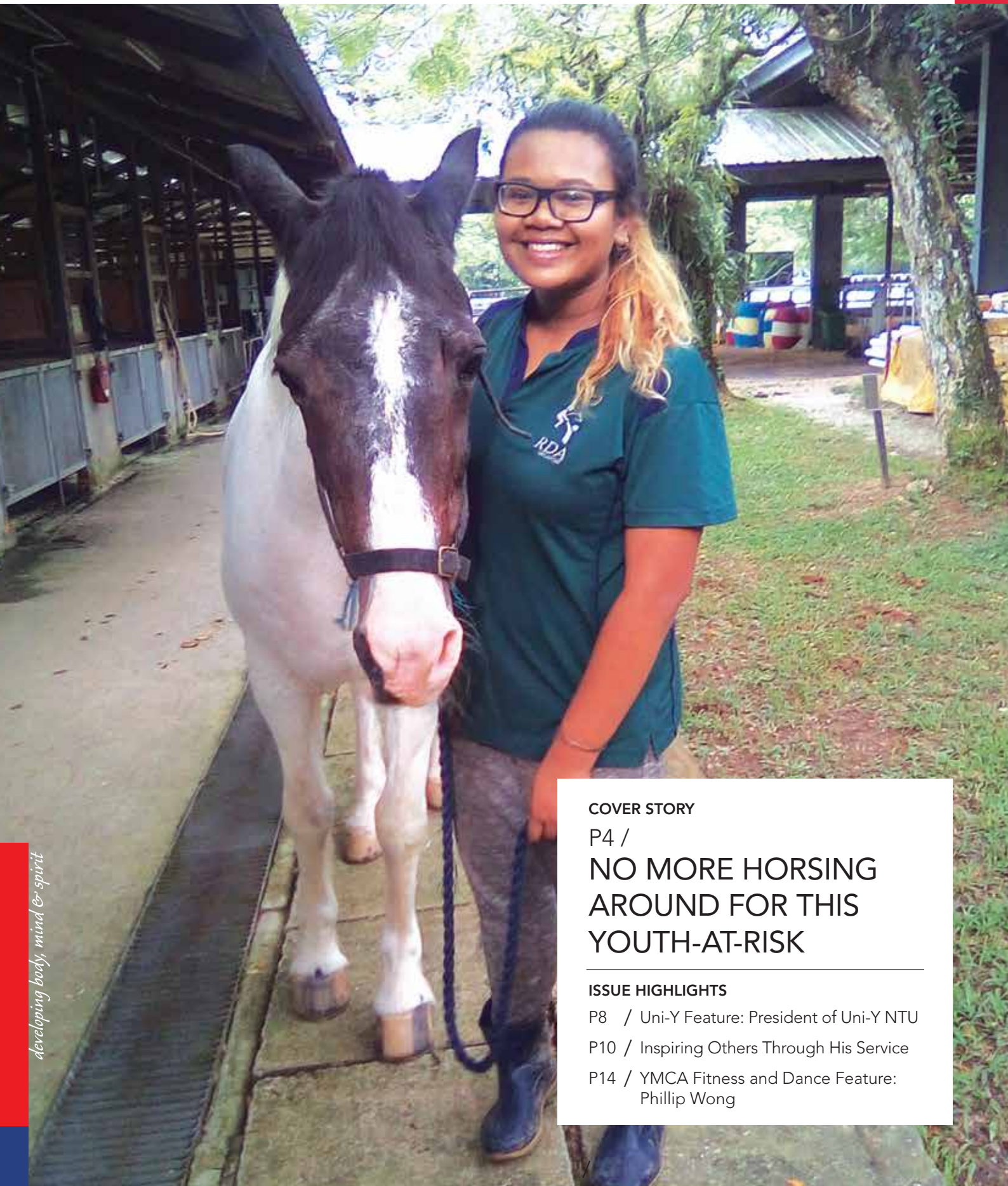
# Y FACTOR



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) 112/04/2017

JAN - MAR 2017



developing body, mind & spirit

## COVER STORY

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## NO MORE HORSEING AROUND FOR THIS YOUTH-AT-RISK

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Editorial Team  
Chief Editor: Mr Lo Chee Wen  
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)  
Y Hub Portal : <https://yhub.ymca.org.sg>  
Social Media : [www.facebook.com/YMCA.Singapore](http://www.facebook.com/YMCA.Singapore)  
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**Cover Image Photo:**  
Ms Nilla Islawatie Yussni posing with one of the horses she cares for at the Disabled Association of Singapore. Find out more about her story on page 4.

## EDITOR'S MESSAGE

Dear Members and Friends,

Welcome to the first issue of the Y Factor for 2017! You might have noticed that we have put in new features to provide a more personal and in-depth coverage in the articles we feature on our people and the programmes that make up YMCA of Singapore. These include a deeper look into some issues through Q&A interviews, VWO features, and snapshots of events. For our cover story, we feature 16 year-old Ms Nilla Islawatie Yussni's success story from the YMCA Vocational and Soft Skills Programme (VaSSP) who found a new lease of life working at the horse stables after dropping out of school in Secondary 3. You can read more about her story on pages 4 & 5.

Below are some highlights of the activities and celebrations in the first quarter of this year:

- i. On 3 March, 67 voluntary welfare organisation staff and volunteers received their certificates at the YMCA-NUS Business School Volunteer Service Management Programme (VSMP) Commencement Ceremony. VSMP provides formal 3-hour 9-module training to volunteers and staffs of VWOs to prepare them to more effectively serve in the social service sector.
- ii. Uni-Y Singapore held its Annual General Meeting also known as UNIYte 2017 on 21 January. Besides the ceremonial handover of duties from the outgoing Executive Committee (ExCo) to the incoming office-bearers, the event also highlighted the activities and achievements of the three Uni-Y clubs from NUS, NTU and SMU in 2016.

- iii. My sincere congratulations to Uni-Y SMU for being awarded the SMU Excellence in Student Life Gold Award – Club under the Special Interest Category on 13 March. Initiated in 2014, this award pays tribute to student service groups, student organising committees of major university events, as well as faculty and staff who have significantly enriched SMU's out-of-classroom learning.

Several major events including YMCA Charity Golf 2017, Citi-YMCA Youth for Causes 2017 Official Launch, the YMCA Annual General Meeting and the East Asia YMCA Urban Network (EAYUN) 2017 will be held in the second quarter.

Do visit our YMCA Facebook page at **YMCA.Singapore** for the latest updates, happenings and photos from our events, our news blog at [www.ymcaofsingapore.blogspot.sg](http://www.ymcaofsingapore.blogspot.sg) for YMCA news and our corporate website at [www.ymca.org.sg](http://www.ymca.org.sg) for general information.

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"And let us not grow weary of doing good, for in due season we will reap, if we do not give up."

Galatians 6:9 (NIV)

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In His Service,  
**Lo Chee Wen**  
Editor  
YMCA of Singapore



## COVER STORY

## NO MORE HORISING AROUND FOR THIS YOUTH-AT-RISK

If you take a look at Nilla Islawatie Yussni now, you would not be able to tell that just a few months earlier; she was a school dropout who struggled with her studies and failing grades. Now 16, she is one of five youths who was introduced and began her training in horse stable management with the YMCA Project Bridge Vocational and Soft Skills Programme (VaSSP) since October 2016. She now has a positive outlook on life imbued with a sense of responsibility and the determination to chase her dreams.

Her vocation, horse stable management was one of four new additions besides the barista, manicure and pedicure as well as web design vocations in the VaSSP. The VaSSP was spearheaded by YMCA Project Bridge in July 2011 and aims to equip out-of-school youths and youths-at-risk between 15 to 21 years-old, with job competency as well as specific vocational skills in Culinary Art, Web Design, Coffee Bar Serving, Baking, Hairdressing, Hospitality and Makeup.

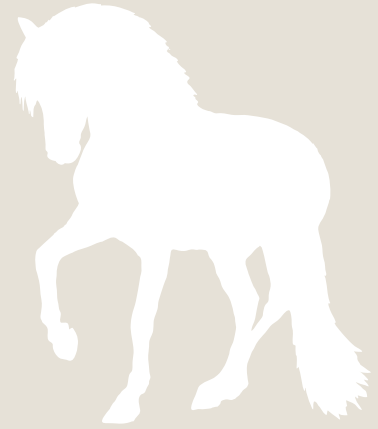
Mr Shanon Lim, Assistant Manager, Project Bridge said, "When Nilla first joined us, she was quiet and shy. But ever since she joined the VaSSP in horse stable management, we have seen a positive change in her as she has become more outspoken as she has to work with the physically challenged beneficiaries and the horses."

"She also looks forward to going to work as now she has a purpose to get out of the house, whereas previously she stayed at home," he added.

Nilla's case is a good example on how the VaSSP positively impacted a youth-at-risk's life as she jumped at the opportunity to pursue horse stable management because of her love for animals. Nilla's efforts have paid off; she has completed a job placement at the Riding for the Disabled Association of Singapore and is now employed as a stable hand at the Association.

But this was not the case just a few months prior.

Having dropped out of school, Nilla wanted to go out to work to contribute to the family as her stepfather is a cleaner and her mother



a housewife. To help her, a social worker nudged Nilla to join the VaSSP. When she found out that the programme offered horse stable management as a vocation, she jumped at the opportunity.

"I'm becoming more hard-working, because if I stayed at home, I would be very lazy and wouldn't go anywhere to look for a job. I feel quite calm when I'm with the horses and I think I'm very lucky to be able to work with these big animals." She sets aside 40 percent of her monthly salary for her family's expenses and saves a bulk of the remainder.

Equine therapy, also known as hippotherapy, is a form of therapy provided to children and adults with physical and mental disabilities. RDA is the only charity in Singapore which provides this form of therapy. Because of this therapy, beneficiaries sit up longer, walk unaided and even become more sociable after riding with RDA Singapore.

YMCA of Singapore is exploring the feasibility of introducing vocational training in other areas, including event management and outdoor adventure management.

"Nilla's case is a good example on how the VaSSP positively impacted a youth-at-risk's life as she jumped at the opportunity to pursue horse stable management because of her love for animals."





## COVER STORY





## FEATURE STORY

## HELPING BENEFICIARIES TAKE THE FIRST STEP TO PROGRESS

Think about the last time you volunteered your time to someone else in need. How did it make you feel? With the busy lives Singaporeans lead, the thought of volunteering might seem overwhelming, but in reality it could be very beneficial, especially to one who might need it. It not only provides the opportunity to be involved in a programme that you might be passionate about, but also provides the chance to look beyond your own circumstances and appreciate what others are experiencing.

The physically challenged face a mountain of challenges in living as equal members of our community as a result of their physical impairments.

"Working with the intellectually challenged can bring out the very best in us. Some of the challenges I face is to develop spontaneity in problem solving as each beneficiary comes with different sets of issues. There is no one solution for all the problems and staff and caregivers must think out of the box. We will be stretched emotionally, mentally and physically. But when we grow as a person, we indirectly bring out the best in our beneficiaries," said Mr Harjit Singh, Programmes Officer at Christian Outreach to the Handicapped (COH).

COH has been a partner with YMCA of Singapore since 2005 and they are involved with YMCA's local Community Service Programmes. Beneficiaries from COH are individuals aged between 16 to 55 who are intellectually challenged with accompanying conditions such as Down Syndrome, cerebral palsy, autism spectrum disorders (ASD), speech impairment, hearing impairment, physical disabilities, epileptic fits and other conditions.

The secret to reaching out successfully to the beneficiaries boils down to 2 traits: love and patience. Mr Singh lists these two traits as prerequisites for one to be effective in giving beneficiaries the best care when approaching them.

"The joy for me is when we have created a safe and relaxed environment where the beneficiary is able to demonstrate their special talent and show progress to the fullest. Even the slightest achievement where they start to communicate unlike in the past where there was zero communication keeps me going on as it shows that they are slowly finding their voice in the world", he said.

This new voice and the gift of acquiring life skills are discovered at YMCA of Singapore's Y Camp Challenge, a quarterly outdoor

adventure camp designed to increase their level of independence through confidence building and camp activities ranging from high rope elements and dragon boating to simple daily tasks such as making their choice for food and washing their own utensils after meals. The quarterly camp allows them to pick up these life skills and live their lives independently from their caregivers for a few days, providing them with temporary relief to have a break looking after their loved ones.

"After exposing them to the high elements at Y Camp Challenge, our beneficiaries have a new found confidence in taking the first step in their daily lives, such as meeting and speaking to a new volunteer," added Mr Singh.

When the beneficiaries are not scaling heights and dragon boating, YMCA volunteers would bring cheer to the COH beneficiaries by befriending them and participating in their classroom activities which include ADL (Activities of Daily Living), CLS (Community Living Skills) and Behavioural Modification lessons at Y Visit, a monthly YMCA Community Service Programme. Periodically, YMCA volunteers would also plan and conduct special enrichment activities like dancing, singing, arts & crafts or sports & games for the beneficiaries to further enrich their lives.

"Our beneficiaries love meeting new volunteers as they love new faces. By talking to them and understanding them, not only do you learn about them, you feel a deep sense of satisfaction when you make a difference in their lives," said Mr Singh.



A volunteer visits a beneficiary during a Y Visit session.



Beneficiaries after a high elements session at Y Camp Challenge.

**To volunteer for Y Camp Challenge, Y Visit or find out about the other 13 YMCA Community Service Programmes that YMCA of Singapore offers, please visit <https://yhub.ymca.org.sg> to make a difference today!**



*Celebrating*  
**115**

# **CORPORATE ADVENTURE CHALLENGE: FUJI-SAN**

## **IN SUPPORT OF Y CAMP CHALLENGE**

**DATE / DURATION** 29 AUG - 1 SEP 2017 4D3N

**FEES**

**S\$4,000.00\***

**TOTAL DISTANCE**

**14 KM (9 Hours)**

This is an arduous trek but it is nothing compared to the lifelong challenges faced by individuals who are intellectually or physically challenged in gaining some measure of dignity and independence in their daily lives. Each confirmed climber enables 30 beneficiaries to join YMCA of Singapore's Y Camp Challenge outdoor and adventure camp. Your attempt to conquer the mountain will empower them to conquer their own preconceived limits and experience moments of triumph at the camp, emerging mentally stronger and more confident to spark new hope for themselves and their loved ones.



**To find out more, please visit [www.ymca.org.sg](http://www.ymca.org.sg) for more information.**

\*Land cost of S\$1,000 and S\$3,000 in donations to YMCA of Singapore.

As an approved Institution of a Public Character, all donations of S\$50 and above made to YMCA of Singapore are eligible for a tax relief of 250% the amount of donation made.



## ANNABELLE ONG LAY PENG, PRESIDENT OF UNI-Y NTU

In this series, we will be shining the light on the Uni-Y Youth volunteers who are actively involved in their respective Uni-Y clubs.

In this issue, we feature Ms Annabelle Ong, President of Uni-Y NTU. Read on to find out about her Uni-Y journey!

### Tell us a little about yourself!

My name is Annabelle and I am a Year 4 student in NTU studying Biological Sciences and was given direct year 2 admission due to my Diploma in Biomedical Science. I have also learnt ballet since young, had a 6 year break and returned to it when I was 19 years old. I'm currently still learning how to be on 'pointe' in a class with girls that are 9 years younger than me!

### How did you come to know about Uni-Y?

I first heard about Uni-Y from Ivan, the president of Uni-Y NTU 5th Exco, as we were in the same cell group. He often shared his thoughts and experience in Uni-Y. Later, I joined Uni-Y's freshmen orientation camp, Uni-Y StepUp, in 2014 where I was to start my first year in NTU. It was also the only camp I went for before beginning University life!

### Why did you choose to join Uni-Y?

As I mentioned above, I only went for one camp which was StepUp. Being a direct year 2 student, it was not easy to make friends as other students in my year formed previous friendships in their orientation year. My StepUp group was small and the overall NTU participants in the camp were not too many too. However, the people in

Uni-Y were like a family; it was there I made my first few friends. Eventually I joined in some of their activities and joined Uni-Y as a member.

### What were some of the reasons that led you to accept the role as President?

I was the Assistant Camp Commandant where I had to lead the Uni-Y committee alongside the Camp Commandant. During the camp, I had a very personal encounter which left a deep impression on me. It was then I found out that Uni-Y is home and family to me, and I felt that it would not feel right not to serve in the core team my graduation. God placed a burden in my heart for Uni-Y NTU that made me feel more prepared to take on the role of Uni-Y NTU President. I also wanted to ensure this culture of a Uni-Y family will go on for the next few generations of Uni-Y NTU. Being in the core team allows me to personally ensure that this culture is handed to the next group of leaders before I graduate.

### How has your time in Uni-Y shaped the manner of which you approach people? Did it spark any transformation?

In Uni-Y, we work with two main groups of people: beneficiaries and





Annabelle (pictured in stripes) with the 2017 Uni-Y NTU Executive Committee.

fellow volunteers. We have a Holistic Enrichment (HE) department within the club to help us build each other up as volunteers before we serve the community. When we interact with beneficiaries, there is no fixed way to interact with them. All of them are unique and have different habits, so what we can do is to be adaptable. Our programmes aim to bring them joy so that they enjoy the programme we have for them. If we can think for them more than for ourselves, we identify with and understand them better. Often, it requires us to step out of our comfort zone. Hence, I have learnt to always be prepared for the unexpected and be more patient than I was before.

While working with fellow volunteers, I learnt to be open to other people's thoughts and opinions. As a leader, it is easy to give out instructions by assuming that the safest methods are the ones that I have known from experience. I needed to learn to slow down and listen to other people's thoughts. From there, I realized that even when people did not have experience, they could still bring in fresh ideas and suggestions that are applicable and useful. Relying on past experiences will bring us to the same peak, but with new inputs of creativity we can reach greater heights! When the team's thoughts are being heard, they feel appreciated and it encourages them to be more proactive. Therefore when interacting with fellow volunteers, I've learnt to always be open to ideas and even encourage them to share their thoughts. It creates an environment that helps us to grow personally and as a team.

### **If there was only one thing you could change/implement during your tenure, what would it be and why?**

I would like to see the three Uni-Y clubs and Y Community Service in SUTD to come together and connect with each other. Currently, the council meets to share best practises and set the direction for the year. I've always find the sharing an eye opening experience as there's always so much to learn from the other clubs. It is a platform for us to build each other up and develop a strong Tri-Uni Y identity. This event could even engage the alumni who can share their past experiences with us as well. I believe that in the long term, no matter which school we're in, people will already know that we are Uni-Y and we are a group of passionate volunteers from different institutions who's always ready to serve the community.

### **Were there any memorable projects you were involved in? What was it and how did you play a part?**

One of the most memorable projects I've participated in was YMCA Proms @ the Park 2015 and I was involved in the carnival booths and handing out balloons to people at the carnival. The event also celebrated the 10th anniversary of Uni-Y. A #10kful campaign was launched where 10,000 reasons that people are thankful for were collected from the public, volunteers and beneficiaries. It was an amazing day because there was a mural that displayed all the reasons that people are thankful for and we were serving the community by bringing food, games and laughter to the beneficiaries who came to celebrate with us. It was a grand event which made the beneficiaries so happy that they danced along to the music and performances. YMCA Proms @ the Park that year really highlighted the spirit of thanksgiving because at that moment, there were many things to give thanks for when we see the beneficiaries having a blast and the different group of volunteers having a great time serving the community as well.

### **Would you continue volunteering, and how so? Is there a cause you would potentially like to champion or continue helping out with?**

I would! Uni-Y is family now, so I'll make a point to drop a visit now and then and volunteer together with my friends. I would be interested in helping out causes for the intellectually disabled or for at risk youths :)

### **What do you think can be done to sustain these once passionate volunteers who after they enter into the working world, completely drop out of volunteering once their student life is over?**

I believe many volunteers have really strong friendships with fellow volunteers while serving with us. Even I have made great friends here! To keep our volunteers coming back, we need to engage more than just the individual. When we invite them to continue volunteering with us, we should aim to let them see that this is a platform for them to stay connected with their friends while volunteering at the same time. Aside from that, I believe the working adults' biggest constraint is time. I know of certain community service programmes that are held on Saturday to engage people who are only available on weekends. Even if it's difficult to go for the CSP itself, meetings are held during weeknights to plan for it. I definitely see serving in the planning/organising committee as volunteering as well. Hence, the volunteers should know of such CSP that can allow them to contribute on weeknights and/or weekends.

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**"Being in the core team allows me to personally ensure that this culture is handed to the next group of leaders before I graduate."**

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## INSPIRING OTHERS THROUGH HIS SERVICE

A faculty in the NUS Business School, Associate Professor Albert Teo (*above, first row, third from left*) has been serving as the Programme Director of the YMCA-NUS Business School Volunteer Service Management Programme (VSMP) since its introduction in 2007.

Since his graduate school days in the University of California, Berkeley, in the early 1990s, Albert has been actively volunteering in various non-profit organisations and has developed deep insights into social issues. "The takeaways from volunteering enable me to share my experiences in the lectures, as one would not be able to effectively explain concepts unless one has been involved in the work of non-profit organisations," said Associate Professor Albert Teo.

Now its 10th year, the idea of VSMP stemmed from a need for a course to continually build up a strong force of volunteer leaders for both the YMCA and the social service sector. YMCA approached NUS Business School for support and the school readily agreed to support the worthwhile cause, which was formalised into a certified programme with an objective to inspire and equip volunteers and social service staff with the necessary skill sets and knowledge to implement service projects successfully.

On 3 March 2017, over 67 voluntary welfare organisation staff and volunteers received their certificates at the YMCA-NUS Business School VSMP Commencement Ceremony. A first in the social service sector that represents the collaboration between a voluntary welfare organisation (VWO) and a reputable international premier university, VSMP provides formal training to volunteers and staffs of VWOs to prepare them to more effectively serve in the social service sector. As part of the curriculum, each participant has to fulfil 30 hours

of practicum through a service project at a VWO, making it a holistic and relevant for all participants.

"The formation of VSMP was a culmination of YMCA and NUS Business School's shared desire to build capacity and capability for the social service sector. Over the last 10 years, the programme has gathered good momentum, and empowered participants to feel more confident, as well as strengthened their ability to serve the community better," said Albert Ching, Chairman of VSMP Committee.

Samuel Koh, Executive Director, Christian Outreach to the Handicapped has been sending his staff to participate in the programme since 2015. "I can see my staff being more proactive after attending the course. They are taking the initiative and I can also sense a certain vibrancy in the way they go about engaging volunteer groups that come to our centres," he said.

To date, the programme has trained over 310 volunteers and staff from more than 100 non-profit organisations and over 390 youths from Citi-YMCA Youth For Causes.

The next run of VSMP will be held in September 2017 for volunteers and staff from Voluntary Welfare Organisations. Should you wish to find out more about the programme, please contact Li Chye at [lichye@ymca.org.sg](mailto:lichye@ymca.org.sg).



Mr Eric Teng, President, YMCA of Singapore, delivering his address.





## UNIYTE-D AS ONE

A total of 90 guests comprising Uni-Y NUS, NTU, SMU members, executive committee members, parents, school staff and YMCA staff came together for UNIYte 2017, Uni-Y's Annual General Meeting on 21 January 2017 at YMCA of Singapore. The Annual General Meeting is a time for members to come together to be aligned with the club's direction for the new year as they move ahead, united in purpose and mission. Mr Eric Teng, President, Mr Bryan Tan, Honorary Secretary and Mr Lo Chee Wen, General Secretary, YMCA of Singapore graced the occasion. They were joined by Mr Yoshihiro Sueoka, CEO and Mr Hiroyuki Satoh, Executive Director, Osaka YMCA who were in Singapore to join the UNIYte AGM as they wanted to find out more about Uni-Y.

Mr Tan Jing Qun, the outgoing Chairperson of Council of Uni-Y 2017 and President of Uni-Y NUS gave an address of his volunteering journey with Uni-Y and his appreciation of the outgoing Uni-Y Executive Committee

members. He was thankful for his peers who served alongside him in the executive committee and was proud to "have lived up to our mission and matured both as a Uni-Y family and as an individual."

Another highlight of UNIYte included an award presentation to one Uni-Y NUS and three Uni-Y SMU members for completing the Uni-Y Community Champions Programme. The Programme is a year-long endeavour which sees participants embarking on a journey of advocating change through research and development and personal development, with both local and overseas exposure.



As part of the ceremonial appointment, the outgoing 2016 Presidents from all three chapters handed over the reins of each club to the incoming Presidents by passing on an encased plaque which represented the continuation of Uni-Y's work to develop and empower youth to be servant leaders who impact local and international communities. In addition, the incoming Presidents also received their letters of appointment from Mr Eric Teng.

Mr Lo ended the ceremony with a motivational talk where he challenged the youth to step up and let their light shine.

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## SMU UNIVERSITY STUDENT LIFE AWARDS CEREMONY



To celebrate the successes and achievements of outstanding individual students and CCA groups across Arts, Special Interest, Sports and Student Leadership, SMU's University Student Life Awards was initiated in 2004. The award pays tribute to student service groups, student organising committees of major university events, as well as faculty and staff who have significantly enriched SMU's out-of-classroom learning.

This year, Uni-Y SMU won the SMU Excellence in Student Life Gold Award – Club under the Special Interest category. The award ceremony was held on 13 March at the Mochtar Riady Auditorium with the Guest-of-Honour, SMU President Professor Arnoud De Meyer. Beyond the club's achievements, Uni-Y SMU Executive Committee members were also recognised for their outstanding leadership and contributions:

- **Clara Chong**, SMU Excellence in Student Life Gold Award (Individual, Special Interest Category)
- **Lim Jia En**, SMU Excellence in Student Life Bronze Award (Individual, Special Interest Category)

### • Lynette Chang

- SMU Excellence in Student Life Bronze Award (Individual, Special Interest Category)
- SMU Excellence in Student Life Bronze Award (Individual, Student Leadership)

Congratulations to Uni-Y SMU and the Uni-Y SMU Executive Committee members on your achievements!



## SNAPSHOTS



### YMCA Project Bridge Outing

A March Holidays special outing was held for 19 youth members from YMCA Project Bridge Youth Centre (Woodlands) at Camp Challenge Sembawang on 15 March to allow youths to bond and promote a healthy lifestyle through fun activities.



### Project CNY

On 13, 14, 20 and 21 January, a total of 116 volunteers brought cheer to 450 beneficiaries from THK SAC Toa Payoh Blk 31, Lions Befriender's SAC Bendeemer Road, THK Seniors Activity Centre @ Telok Blangah Crescent and Thye Hua Kwan SAC (Bedok Radiance) by bringing Chinese New Year Festivities and goodie bags to them as they wish them well for the new year.

### YMCA Flag Day 2017

On 18 March, 640 YMCA staff, students and volunteers went on an island-wide street collection for YMCA Flag Day 2017. Over \$65,800 was raised for YMCA Silver Fiesta, an event that promotes intergenerational bonding and an active-ageing lifestyle amongst the elderly.



### Y Camp Challenge

From 10 to 12 March, 77 students from Grace Orchard School participated in Y Camp Challenge, a quarterly outdoor adventure camp for individuals who are intellectually or physically challenged. They were accompanied by 105 volunteers and 14 teachers. YMCA of Singapore would like to thank Tan Chin Tuan Foundation for their cash donations, NTUC Fairprice for their donations-in-kind and Science Centre for providing discounted entries to the centre.



## SNAPSHOTS



### YMCA School Lunar New Year Lunch

70 YMCA School students joined YMCA of Singapore's Chinese New Year Celebrations on 10 February where they celebrated the Lunar New Year with songs, performances and games.

### YMCA School visits Singapore Polytechnic Open House

Guided tours to Singapore Polytechnic and Ngee Ann Polytechnic on 7 January allowed the graduating students from YMCA School to preview the various courses and programmes offered by the polytechnics.



### YMCA Student Care Centres head to Kidzania

30 students from YMCA SCC @ Sengkang Green learnt and tried different career choices and earning and spending 'money' that they earned at Kidzania on 17 March 2017, allowing them to learn the concept of managing money and develop different life skills. This trip facilitated fun learning for the students through crafted role play activities.



### YMCA Child Development Centre visits Concern & Care Society

34 K1 and K2 children from YMCA CDC @ Bukit Batok interacted with the elderly members of Concern & Care Society on 3 March where they gave a dance performance, sang and played games with the elderly.

### Learning Cyber Wellness in School

To promote cyber wellness to students aged 7 to 11 and equip them with basic computer skills, 8 volunteers from Singapore Polytechnic's National Youth Achievement Award Ambassadors Club taught 21 students from 4 YMCA Student Care Centres (YMCA SCC @ Springdale, YMCA SCC @ Yio Chu Kang, YMCA SCC @ Gan Eng Seng and YMCA SCC @ Zhangde) on safe and responsible internet usage and what to do if they encounter cyber bullies.



## YMCA FITNESS AND DANCE FEATURE

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### PHILLIP WONG, SWIMMING INSTRUCTOR, YMCA OF SINGAPORE

**Tell us a little about yourself!**

My name is Phillip Wong and I am a swim instructor in YMCA of Singapore. I have been in this industry and working in YMCA for a total of 25 years.

I was very interested in swimming since I was 9 years old. I love the water & regularly visited the public swimming pools when I was younger to swim & play with my classmates and swimming has been my passion ever since. During my National Service (NS), I represented my infantry unit in competitions with the Armed Forces (Army, Navy & Airforce) and I won numerous trophies back in those days.





## YMCA FITNESS AND DANCE FEATURE

"The greatest joy comes when I can help them turn their fear of the water into a passion."

**How has your time working with YMCA allowed you to impact other people's lives?**

I enjoy seeing my students overcome their fear of water. I really love the moments when they can eventually swim on their own. Some learn swimming for health reasons while others take up a new hobby. While others practice to perfect their strokes so they can participate in school competitions students further their swimming passion into competitive swimming. I place a lot of emphasis on correct strokes, not just getting from one end of the pool to another as I want them to swim fast and swim efficiently. It is also equally important to me that they enjoy the lessons.

**What is the greatest joy to you, being in your profession?**

The greatest joy comes when I can help them turn their fear of the water into a passion. Also, when they achieve their goals of improving their strokes, they ultimately can improve their health. Some students sign up for my swimming lessons on the advice on their doctors due to health problems like arthritis, slipped discs, overweight, etc. I feel happy when I can create a change in their lives for the better, and that goes beyond monetary rewards.

**How did you get involved with this stint with YMCA?**

I was a member of YMCA & decided to see if I can pursue my swimming dreams into imparting my swimming knowledge to others. I am very grateful to YMCA for giving me this opportunity which I hope to pursue for as long as I can.



**What are some of the memorable moments in your career with YMCA?**

My most memorable & most challenging moment was when I had to teach a blind woman how to swim. I had to figure out on how to get her to feel & listen to my demonstration of the swimming strokes. My experience helped me accomplish that task. One of my proudest moments was when she could swim across the length of the pool by herself!

Another good moment is when a student overcame his fear of the water after almost drowning. Seeing them swim with confidence across the pool was a very proud moment for me. I ensured that they have learnt techniques to recover themselves when they get into trouble in the water.

**Share with the readers your fitness regime, how you stay fit?**

I do exercises at home and eat healthily every day and of course, I swim every day with my students. Age is not a problem when you stick to a strict regime.

**What are the types of foods one should eat more of to maintain a healthy lifestyle?**

Take more fresh fruits & vegetables, less fried food, cut red meat as much as possible & take more white meat, especially fish. We should also keep a positive mental outlook on life, staying cheerful & of course a strong spiritual belief in the Lord.

## YMCA - TAN CHIN TUAN COMMUNITY SERVICE PROGRAMMES

June 2017

**WEEK 1 (01.06.17 – 03.06.17)****Y FOOD OF LOVE (NPFOODAID)****THK Bukit Merah**

Date: Saturday 3 Jun 17  
 Time: Project Bridge (Butik Batok)  
 Venue: 8.30am – 1.30pm

**Y SPRING CLEAN @ THK****THK @ Telok Blangah Crescent**

Date: Saturday 3 Jun 17  
 Time: 9.00am – 12.30pm  
 Venue: Telok Blangah Crescent

**Y PHOTO CLUB @ APSN CFA****APSN CFA**

Date: Saturday 3 Jun 17  
 Time: 9.00am – 12.00pm  
 Venue: TBC

**Y ARTS CHALLENGE @ Y STARS****Y STARS**

Date: Saturday 3 Jun 17  
 Time: 10.00am – 1.00pm  
 Venue: YMCA of Singapore

**Y VISIT @ SCH (UNI-Y NUS)****Singapore Christian Home (SCH)**

Date: Saturday 3 Jun 17  
 Time: 1.30pm – 4.30pm  
 Venue: 20 Sembawang Crescent

**WEEK 2 (05.06.17 – 10.06.17)****Y VISIT @ BIZLINK CENTRE****Bizlink Centre**

Date: Friday 9 Jun 17  
 Time: 2.00pm – 5.00pm  
 Venue: Blk 512 Chai Chee Lane

**Y OUTING @ BLUE CROSS****Blue Cross Thong Kheng Home**

Date: Saturday 10 Jun 17  
 Time: 8.30am – 2.30pm  
 Venue: Discovery Centre

**Y SPRING CLEAN @ JBM****Sarah SAC @ Jalan Bukit Merah**

Date: Saturday 10 Jun 17  
 Time: 9.00am – 12.30pm  
 Venue: Jalan Bukit Merah

**Y Arts Challenge @ Y STARS****Y STARS**

Date: Saturday 10 Jun 17  
 Time: 10.00am – 1.00pm  
 Venue: YMCA of Singapore

**Y ARTS CHALLENGE @ KIDZCARE****KidzCare**

Date: Saturday 10 Jun 17  
 Time: 1.00pm – 5.00pm  
 Venue: Kembangan Chai Chee Community Club

**Y DANCE OUTREACH****Bishan Home**

Date: Saturday 10 Jun 17  
 Time: 2.00pm – 5.00pm  
 Venue: 6 Bishan st 13

**WEEK 3 (12.06.17 – 17.06.17)****Y VISIT @ SCH (NTUC)****Singapore Christian Home (SCH)**

Date: Wednesday 14 Jun 17  
 Time: 1.30pm – 4.30pm  
 Venue: 20 Sembawang Crescent

**Y VISIT @ COH****COH**

Date: Friday 16 Jun 17  
 Time: 12.30pm – 3.00pm  
 Venue: COH Blk 171 Toa Payoh Lor 1

**Y MAKAN FELLOWSHIP (UNI Y - NTU)****National Kidney Foundation (NKF)**

Date: Saturday 17 Jun 17  
 Time: 8.30am – 1.30pm  
 Venue: Geylang West CC

**Y MAKAN FELLOWSHIP****Thye Hua Kwan SAC @ Bedok Radiance****SilverAce @ Telok Blangah**

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

**Y Outing @ Y STARS****Y STARS**

Date: Saturday 17 Jun 17  
 Time: 9.00am – 1.00pm  
 Venue: TBC

**Y OUTING @ MELROSE HOME****Melrose Home**

Date: Saturday 17 Jun 17  
 Time: TBC  
 Venue: TBC

**WEEK 4 (19.06.17 – 24.06.17)****Y VISIT @ BIZLINK CENTRE****Bizlink Centre**

Date: Friday 23 Jun 17  
 Time: 2.00pm – 5.00pm  
 Venue: Blk 512 Chai Chee Lane

**Y MAKAN FELLOWSHIP (UNI Y - NTU)****Silver Ace Bukit Merah****Comnet @ Teck Ghee SAC**

Date: Saturday 24 Jun 17  
 Time: 8.30am – 1.30pm  
 Venue: YMCA of Singapore

**Y OUTING @ APSN CFA****APSN CFA**

Date: Saturday 24 Jun 17  
 Time: 8.30am – 1.30pm  
 Venue: TBC

**Y SPRING CLEAN @ TECK GHEE****OMNET @ Teck Ghee SAC**

Date: Saturday 24 Jun 17  
 Time: 9.00am – 12.30pm  
 Venue: YMCA Project Bridge (Bukit Batok)

**Y ARTS CHALLENGE @ Y STARS****Y STARS**

Date: Saturday 24 Jun 17  
 Time: 10.00am – 1.00pm  
 Venue: YMCA of Singapore

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

