

# Y FACTOR

TOUCHING LIVES, LIFTING SPIRITS, NURTURING COMMUNITY CHAMPIONS

**JAN - MAR 2018** 



# Welcoming KCare into the Y Family

We are pleased to share that two YMCA Kindergarten Care Centres, YMCA KCare Centre @ Sengkang Green and YMCA KCare Centre @ Oasis, commenced operations on 2 January 2018. KCare is an optional half-day care service to provide support to parents beyond MOE Kindergarten's 4-hour programme. Besides the usual care routine, KCare provides the time and space for children of age 5 to 6 years old to play, explore and



discover through a specially designed environment with carefully chosen resources. Children are engaged in interesting modular activities such as cookery lessons, sand and water play, gardening and music, movement and dramatisation. There are opportunities for children to develop confidence in communicating with others, social skills, self-help skills and values such as responsibility, care and respect.

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Dear Members and Friends,

I am delighted to unveil a fresh look for the first issue of 2018's Y Factor. It carries a new design after 3 years; you'll find bolder fonts and images, and a new layout of the various sections. Our intent was to be more vibrant, and we hope you like what you see.

But that's not all I'm excited to be sharing with you. I'm happy to announce the commencement of two YMCA Kindergarten Care Centres as of 2 January 2018. The YMCA KCare Centres are an essential part of the Y Family as it helps us in our mission to nurture young community champions with a loving heart to serve.

"May He give you the desire of your heart and make all your plans succeed."

Psalm 20:4

The feature story highlights the involvement of YMCA Student Care Centres' students in Sengkang South Little Entrepreneurs 2018. We are humbled that for the first time, all 20 student care centres came together to prepare for the carnival. Teachers, parents, and students worked hard to make unique handcrafted goods such as bookmarks and pen holders for the carnival where proceeds went towards purchasing vouchers for less-privileged students in YMCA's partnering schools. Prime Minister Lee Hsien Loong supported the event by viewing the exhibits at our 20 booths and stopped by one of them to purchase a paperweight made of "magic sand."

This issue also gives a glimpse of the various activities offered at YMCA, such as our local and international community service programmes and higher education programmes. We hope that as you read through this issue (e-newsletter is available on ymca.org.sg), you will want to be empowered and inspired to join us in our many activities.

In His Service, **Lo Chee Wen** General Secretary, YMCA of Singapore





Sengkang South turned into a youthful marketplace for a few hours on 24 March 2018 with YMCA Student Care Centres' students hawking colourful handcrafted goods. This is the first time all 20 student care centres have come together for the Sengkang South Little Entrepreneurs 2018. Organised by Central Singapore CDC, Citizens' Consultative Committees, People's Association and Sengkang South RC, the event saw students as young as six run their own business.

At booths allocated to them, students from each student care centre made their own unique items for sale, which included bookmarks, pen holders, and decorative pieces such as water globes to the theme of "Fairy Tales". This year, the students were encouraged to add services to the list of items, where some centres conducted games and provided a mobile photo booth service. To generate sales, students had to come up with unique marketing strategies to engage residents and the public.



YMCA SCC @ St. Margaret's student Annabelle Wong was one of 135 students who ran booths at Saturday's event. In spite of the crowds and heat, the enthusiastic twelve-year old ran around asking people to take photos at her photo booth.

Besides participating in the carnival, students from YMCA SCC @ Oasis and YMCA SCC @ Sengkang Green also put up a dance and musical performance respectively. The YMCA STARS were also invited to put up an energetic dance to the tune of Katy Perry's "Fireworks".



YMCA SCC @ Canberra staff member Priya said she was glad to be able to contribute despite having to motivate her students, and constantly cajole customers to step up to her booth, where people can throw balls through cutout holes for prizes.

"I feel it is a good thing that we are doing! The funds we receive will be donated to the organisations which need support,"

explained Priya, adding that she gave her students some tips on how to attract more customers.

"I try to motivate them (my students) so they can give their best shot. I also told my students to always 'GST', Greet, Smile and Thank! These are three golden words. Some of the students are tired, but they really try very hard! I don't know if they are 'Super Salesmen' yet, but it (the cash coupon box) is filling up!"

"We were asked to help other schools because they don't have enough students here. It wasn't really difficult to sell today. We enjoyed ourselves!"

said Javier during their dinner break. The trio added that getting to meet the Prime Minister would be the highlight of their evening.

As part of the Ki-bies Carnival, the bazaar aimed to inculcate in students the values of compassion, genuine concern for the less-privileged whilst cultivating an entrepreneurial mindset and a sense of teamwork. All proceeds from the Sengkang South Little Entrepreneurs Bazaar 2018 will go towards purchasing Popular Bookstore vouchers for distribution to less privileged students in YMCA's partnering schools.









# Volunteer Awards Night 2018

"You know what's the best thing about volunteering? It is the long-lasting genuine friendships forged along the way. A few years back, I managed to meet up with some of the local friends I made in Cambodia, and it's really a joy to see them growing up well, and cheerfully serving their own community."

A decade ago, banker Cheerene Wee Li Ping took a leap of faith and signed up for her first overseas volunteering trip with YMCA International Service Programmes to Cambodia. Since then, she has been a faithful volunteer leader with YMCA, leading at least one overseas trip every year. For her long term leadership and service contributions to YMCA's International Service Programmes, Cheerene was presented with the YMCA-Lim Kim San Volunteer Long Service Award at the YMCA-Lim Kim San Volunteer Awards Night held on 26 January 2018 at YMCA of Singapore.

Some 130 guests attended the event, which was specially created to recognise and thank individuals, corporations and educational institutions who have made significant and outstanding contributions to the YMCA through their voluntary service.

- Cheerene Wee Lim Ping



Award	Winners
Volunteer of the Year Award	Lynette Chang Yu Bin   Pearlyn Chua   Tang Wu Hwan Ivan
Volunteer Outstanding Corporate Volunteer Award	NTUC Fairprice Co-operative Ltd
Volunteer Excellence Award	A Jaisaravana   Abbott Rebekah Mei'en   Adelene Chua Xiang Yun   Bernice Yeo Weiting   Carlo Noel Custodio   Celine Tay   Chan Hui En Abigail   Cheong Keng Seng Gordon   Cher Wee Siang Calvin   Chor Yan Yee Charlene   Chua Hui Hsien Samantha   Do My Hanh   Elizabeth Ching Shu Min   Emmanuel Ang Kah Eng   Esther Tay Yan Peng   Gavin Woo Yong Lun   Haw Chee Yeng   Heidi Mo Jing Hui   Henry Tran Yu Bang   How Zhi Yong   Hsu En Yang Alexia   Juvena Mok Xue Qi   Koh Da Yuan   Koh Yi De, lan   Lim En Wei   Lin Weijie   Loi Qimei Jaryn   Melanie Wong Xin Wei   Melissa Wong Xin Yu   Mohamed Gazalli   Ng Han Meng Thomas   Ng Yen Siang   Pang Jing Yi Jinny   Prabakaran Sethuraghavan   Quak Yong Sheng   Sharon Lim Wen Ling   Shea Ang Ying Fei   Sim Sze Ying   Swathi Ramalingam   Tan Li Yin   Tay Kun Wei   Teo Shi Min Shermin   Wun Pak Kai   Yap Liew Yee Agnes   Yew Chii Ming   Zhang Yunjie
Volunteer Long Service Award	Associate Professor Ruth Tan Seow Kuan   Associate Professor Teo Chu Ying Albert   Chee Mew Leng   Cheerene Wee Li Ping   Chia Ee Han   Dr William Koh Lok Kiang   Goh Ann Tat   Hazmi Aris Bin Hazam Aris   Ng Poh Hwee Sean   Ong Pei Yu Mabel   Patricia Lim Lian Tee   Tan Kah Weal   Tan May Yan   Tan Wei En   Teo Yong Hao   Usha Murli Menon   Vincent Wee Wen Sheng   Yeo Khai Sern
Corporate Volunteer Excellence Award	Citi Singapore   Cognizant Technology Solutions   Credit Suisse AG   DHL eCommerce (Singapore) Pte Ltd   Foo Kon Tan LLP   KANTAR TNS Singapore   Kao Singapore Private Limited   Nordic Group Limited   ST Aerospace Systems Pte Ltd   Superior Multi Packaging Limited (SMPL)
Corporate Volunteer Long Service Award	3M Singapore   United Parcel Service Singapore Pte Ltd
Volunteer Team Award	International Y's Men's Club of Singapore (Alpha Chapter)   Telok Ayer Chinese Methodist Church
Educational Institution Award	Singapore Management University   Nanyang Technological University   National University of Singapore   Singapore University of Technology and Design   Singapore Polytechnic

#### PROJECT EMPOWERMENT

# YMCA's new Project Empowerment enables Persons with Intellectual Disabilities to give back

The Association for Persons with Special Needs (APSN)-supported initiative was launched on Saturday (3 March 2018), and saw APSN Centre for Adults trainees work with volunteers to bake and distribute food to some of the elderly living in rental flats, as part of YMCA of Singapore's Project Empowerment Y Food of Love programme.

## At a glance:







Fifteen APSN Centre for Adults (CFA) trainees worked alongside 29 volunteers from the YMCA to bake more than 180 muffins at the centre's bakery on Saturday, as part of the YMCA's Project Empowerment Y Food of Love programme.

The trainees and volunteers then distributed the muffins, along with care packages containing key household items, to about 80 elderly people living in rental flats near the Thye Hwa Kwan Seniors Activity Centre at MacPherson.



APSN trainees and YMCA volunteers working together to bake muffins.



An APSN trainee distributes muffins and care packages to the elderly.

This is the first time APSN CFA and the YMCA have partnered up to enable the trainees, who are persons with intellectual disabilities, to give back, as part of the YMCA's Project Empowerment initiative. APSN CFA supports this initiative because it wants to help the trainees become aware that they are not merely beneficiaries, and that they too can contribute to society.

APSN CFA instructor Siti Hajar Binte Ali believes that the programme will benefit the trainees greatly. "I find that it (Project Empowerment Y Food of Love) is very good, though the operational processes can be tightened up a bit. The trainees are very happy!" said Siti.

She added that most of the volunteers, who hailed from the Singapore Management University's (SMU) Uni-Y service club, worked well with her trainees, pointing out that one of the programme's greatest strengths is that it gives her trainees a chance to interact with more people.

"This program has given our trainees an opportunity to not just interact with the people who are outside their circle of friends, but at the same time do something that is meaningful for the community, the elderly in particular,"

Siti Hajar Binte Ali, APSN CFA instructor

APSN CFA trainee Siti Fatimah was particularly glad to give out the muffins and care packages to the elderly. She said that she enjoyed the experience of visiting the elderly, and that she wants "to help other people".



An APSN CFA trainee Siti Fatimah said she enjoyed visiting the elderly and wants to continue to help others.



YMCA volunteer Morris Ngiam from SMU's Uni-Y service club turned baker for a day for Project Empowerment Y Food of Love.

Morris Ngiam said that working with the trainees has helped him When asked about his thoughts on the programme, YMCA volunteer understand that people should not feel "too stressed out" by life, but should instead appreciate "the smaller things".

"As long as we have one another, I think that is good enough," said Ngiam during the post-programme sharing session.

Project Empowerment Y Food of Love will run till November this year. Under the Project Empowerment initiative, there are also plans for APSN CFA trainees to work with YMCA volunteers to clean the homes of the elderly living in rental flats, as part of the Project Empowerment Y Spring Clean programme.

But with your help, we can do even more for the community! Donate or become a volunteer today! Sign up on Y Hub today!



## At a glance:







"Expect the unexpected!' This phrase describes the trip perfectly. It was much more than what I imagined it to be and will never regret going on this trip."

Murfiqah Syahirah binte Jalavddin, member of Team Prigen 5

**P**rigen 5, a team of 20 students and 2 lecturers from Singapore Polytechnic, was the team involved in completing the school building project at MTs NU Sunan Giri-Talang (Secondary School) in East Java, Indonesia. Over the course of one and a half years, a total of eight teams were sent to help construct two classrooms and a staff room for the local school. As part of their project, the teams also conducted English workshops for the local students in a bid to inspire the locals to learn and practice English regularly.

We would like to thank Youth Corps Singapore, Hwa Chong Institution, Singapore Polytechnic, Innova Junior College and Institute of Technical Education College West, for partnering us to bless our neighbouring community!

"I have never done construction work before other than just painting my own house. Being involved in the construction work taught me to be patient as every perfect masterpiece can never be rushed."

Muhammad Taufiq Akasyah bin Jefri, member of Team Prigen 5





"This service learning experience felt closer to the heart as the times spent with them helped us to understand their way of life better, and thus, be more empathetic towards them. The people of Prigen have also taught me a lot on the value of selflessness."

Zakiah binte Kadir Sahib, member of Prigen 5



# World Speech Day Singapore 2018

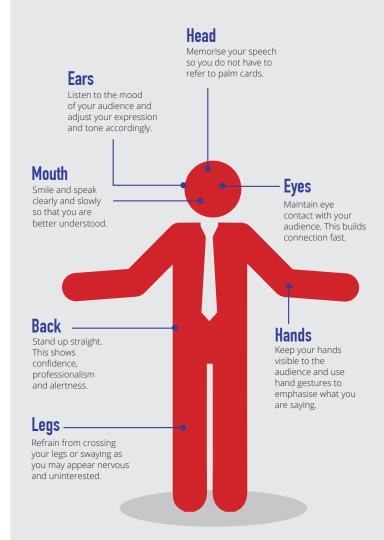
**W**orld Speech Day, a global event where speakers shared their vision for "A Better World", was held on 15 March 2018 at YMCA of Singapore.

The theme of this year's World Speech Day Singapore 2018 was "Lifelong Journeys: Leadership and Learning". We saw an exciting line-up of programme which includes performances by Pathlight School, Women Empowerment segment hosted by PP Vicky Soo in the afternoon and Young Speakers Showcase where speakers from ITE Colleges including ITE College East Rotaractors, and Rotary Hour participated enthusiastically.

We like to thank our Guest-of-Honour, Ms Joan Pereira, Member of Parliament, Tanjong Pagar GRC for gracing the event. Rotary Eclub of 3310 has been involved since its inauguration 3 years ago. President Richard Ong was the Organising Chair supported by CP Chew Ban-Seng as Co-chair for World Speech Day Singapore 2018.

# Your body language matters

# How to ace public speaking



# Achievement unlocked for Uni-Y SMU & YCS SUTD

Congratulations to
Uni-Y SMU as well as its
members for attaining
multiple accolades at the
annual SMU University
Student Life Awards and
to YCS SUTD for bringing
home the Humanitarian
Awards (Group Category)
at the SUTD 's Student
Achievement Awards.



### **Community Tree Planting event**

Together with representatives from Armenian Church, the YMCA management team planted the Aquilaria malaccensis, an event organised by NParks. The event marked the start of the heritage landscape restoration works of the garden, also the world's first botanic garden on urban streets.

# **IMP(ACT) 2018**

It was a time of learning and bonding at IMP(ACT) 2018 where 31 Uni-Y students gathered to learn about good leadership and effective teamwork. Our appreciation to National Youth Council for partnering us by funding IMP(ACT) 2018.





### YMCA CDC @ Zhenghua volunteers at Bo Tien Day Activity Centre for the Elderly

Children from YMCA CDC @ Zhenghua volunteered at Bo Tien Day Activity Centre for the Elderly where they bonded with the elderly through performances, puzzle games and lantern-making session. We would like to thank all parents who contributed necessity items to support our donation drive for the elderly.









Bachelor of Arts in International Business (Top-up) Bachelor of Arts in Tourism Management (Top-up) Master of Science in International Management







### YMCA Education Centre

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

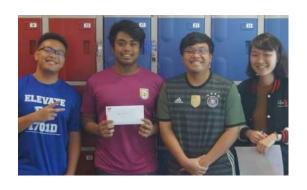


#### **UNIYte 2018**

UNIYte 2018, Uni-Y's Annual General Meeting saw a total of 97 guests comprising Uni-Y SUTD, NUS, NTU, SMU members, executive committee members, parents, school staff and YMCA staff in attendance. The Annual General Meeting serves to formalise new Council appointments for Uni Y & SUTD ExCO members.

### **ELEVATE 2017 Alumni Homecoming**

ELEVATE 2017 Alumni Homecoming was held at Civil Service Club, Westwood Bowl to encourage the alumni to share their experience by mentoring the next batch of students in the ELEVATE programme.





### **Uni-Y Singapore Study Mission**

From 23 to 25 February 2018, members of the 2018 Uni-Y Council took part in Uni-Y Singapore study mission in Hong Kong. This study mission allows our members to learn about the best practices from overseas partners, and interact with like-minded youths who share a similar passion of creating positive social impact.

## Y Visit @ SCH

In collaboration with YMCA Education, we welcomed 17 primary school students from Rise Center, China as volunteers for the Y Visit @ SCH programme. The children prepared performances and played dodgeball with the elderly.





# **Welcome to YMCA** @ One Orchard

# Feels just like home

Just 5 mins away from Dhoby Ghaut MRT and conveniently located along Orchard Road, the heart of Singapore's shopping district.

By booking a room with us or choosing to host your event here, you are helping us to do more for the community.

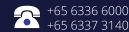






#### YMCA @ One Orchard









# EXPLORING THE WILDERNESS

# **OF MOUNT ROKKO**

Just less than an hour from central Osaka, Mt Rokko makes for a beautiful hike away from the big bustling cities of Kobe and Osaka. Jointly organised by YMCA of Singapore and YMCA Mount Rokko for the very first time, Y Treks Rokkojuso saw 12 participants take up this challenge; a 56km traverse from the East to the West of Kobe City from 27 to 31 March 2018. Follow us on a pictorial journey through the eyes of the participants.





- 1. Jumping to the blooms of the Sakura trees. It was an energising start of Day 1 hiking!
- 3. The top of Mount Maya (Maya-san 698m) offers a stunning panoramic view of twin cities Kobe and Osaka (to the left). One of the three major million dollar night views of Japan.
- 2. YMCA Mount Rokko captured with a drone. The compound is nestled in the tranquil Japanese forests.
- 4. The beauty of Springtime was all around Mount Takatori (Takatoriyama 329m). It was a delightful finish to the top of our third peak on this trail!

Y Treks Rokkojuso finishes in the city of Takarazuka; we are just in time to soothe our tired muscles at her famous Onsen waters. Heartfelt thanks to the staff of YMCA Mount Rokko for making this programme a huge success!





- 6-12 Y Adv Chengdu (NEW!)
  - 9 Y Treks Gunung Belumut
- 13-17 Y Adv Kuching
- 13-24 Y Adv Mongolia +Gobi Desert (FULL)
- 23 Families' Outside! (Singapore)
- 30 Y Adv Batu Maloi

- 23 June-5 Y Adv Kilimanjaro (with YMCA Hong Kong)
  - 1 Y Treks Gunung Pulai
  - 6-8 BikeYex Bintan (NEW!)
  - 21 Y Adv Pelepah Falls
  - 27-28 Y Treks Ophir
    - 28 Saturday Walks (Local Hike)

## **AUG**

- 8-12 Y Treks Surabaya Gunung Arjuna
- 9-20 Y Adv Mongolia +Gobi Desert
  - 18 Y Treks Gunung Datuk
- 19-22 YMCA Charity Challenge (Mt Fuji)
  - Saturday Walks (Local Hike)



## **SEPT**

- 30 Aug-2 Y Treks Japan Mt. Fuji
  - 1-8 Y Adv Yunnan, Lijiang
  - 15 Y Treks Gunung Lambak
  - 22 Y Adv Mountain Bike Workshop
  - 23 Y Treks Gunung Pulai
  - 29 Saturday Walks (Local Hike)



# NOV

- 31 Oct-4 Y Treks Japan, Mt. Rokko
  - 3-6 Y Adv Bangkok
  - 5-10 Y Treks Japan, Kumano Nakahechi (NEW!)
  - 12-17 Y Treks Taiwan, Nanhu



- 6 Y Treks Gunung Belumut
- BikeYex Japan, Hiroshima
- 7-21 Y Treks Taiwan Xueshan
  - 27 Saturday Walks (Local Hike)



## DEC

- 2-6 BikeYex Taiwan, East Coast
- 4-9 Y Treks Hong Kong 100km
- 8-12 Y Adv Chiang Mai, Doi Chiang Dao
- 12-15 Y Adv Chiangmai, Rock Climbing
- 18-23 Y Japan Ski, Hokkaido

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**YMCA Outdoor and Adventure** 



YMCA Outdoor Adventurers Meetup





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