



Y FACTOR

TOUCHING LIVES, LIFTING SPIRITS, NURTURING COMMUNITY CHAMPIONS

APR - JUN 2018

COVER STORY

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Dear Members and Friends,

Welcome to the second issue of 2018's Y Factor. This has been a busy quarter for all of us and there is not much sign of slowing down as we head toward the second half of the year. The feature story highlights the launch of the Citi-YMCA Youth For Causes 2018, which was graced by President Halimah Yacob. Her presence was a great encouragement and endorsement of our efforts in nurturing youth development and community spirit in Singapore.

This issue also gives you an insight to YMCA's annual key events such as the 12th YMCA Mandarin Speaking Awards, YMCA Annual & Special General Meetings, YMCA Flag Day 2018, which I am happy to share, all went very smoothly.

As YMCA strives to support members of our community through the pursuit of life-long growth in spirit, mind, and body, we need your support in this journey. There will always be people whom we can touch and impact through our programmes, and I would like to invite you to think about the skills, talents or passion you hold in you, which you can use to serve and uplift others, including your loved ones.

In the meantime, we are excited to share about our upcoming annual fundraisers – the YMCA Charity Golf and YMCA Giving Gala, which will take place in September and October respectively. Your support will help to multiply our efforts in enabling the vulnerable to feel a fresh breeze of cheer and encouragement. More information can be found on our website – www.ymca.org.sg.

Thank you for joining us in keeping YMCA's heartbeat going strong!

In His Service,
Leslie Wong
President, YMCA of Singapore

“But be sure to fear
the Lord and serve
Him faithfully with all
your heart; consider
what great things He
has done for you.”

1 Samuel 12:24

A VOICE FOR THE VOICELESS





Citi-YMCA Youth For Causes 2018 (YFC) was launched on Wednesday 16 May 2018 with Mdm Halimah Yacob, President of the Republic of Singapore gracing the event as the Guest of Honour. To symbolise a flying start by the participants, over 500 attendees released spin-tops into the air of the launch ceremony.

Highlights of the evening include a special performance by the YMCA Special Talents, Arts and Recreation Society (Y STARS), and the screening of a video showcasing the best moments of the team selection interviews.

Mr Vikram Subrahmanyam, Head of Operations and Technology, Citi Asia Pacific, said the programme is more importantly a “platform to build youth leaders with a heart for others and be active contributors to society”, during his welcome address.

AT A GLANCE:**117**
teams**39**
schools**42**
social service
organisations

“True to this year’s theme of ‘Be the Voice’, we hope that you will be the voice, the champion for the communities that matter to you,” he added.



Some of this year's projects include: a "Build-a-Seedling Project", where the public are encouraged to reduce their carbon footprint through the growing of plants in support of Nature Society Singapore; a fashion show featuring models with cerebral palsy to raise awareness for the Cerebral Palsy Alliance Singapore; and a pop-up escape room incorporating interactive elements where participants are to "break out" from simulated situations faced by vulnerable children from Singapore's Children Society.

Nan Chiau High School sent a massive 52-strong contingent to participate in this year's YFC Selection Interviews, with 13 out of 14 teams making it through.

"The YFC programme serves as an empowering and well-supported platform which promotes community leadership in our students. It sets a realistic standard which ensures quality of students' project. The provision of funding and license permit enables students to take up a project to make wider and deeper impacts on the community. With nine former students who are currently serving in the YFC Alumni and 12 leading their peers from their respective tertiaries in YFC 2018, it is a testament that we have nurtured agents of change,"

said Chney Chen, Nan Chiau High School teacher.



Teams pull out all the stops for YFC 2018 Selection Interview

On 28 April 2018, 117 highly-motivated teams, which hailed from schools across Singapore, put their best foot forward during the selection interview in hopes of joining this year's YFC programme.

Come meet some of the interesting participants who turned up for the interviews!



The Trouper

Jeff (pictured) from Dunman High School, turned up for the Selection Interview in spite of his injury.

"It was unplanned. I sprained my ankle playing tchoukball," said YFC hopeful Jeff Siow, from Dunman High School.

"We planned for this project for a long time, so I really wanted to participate in this interview. I want to show my support for my team and show I am committed to this project."

The Singer

St. Joseph's Institution student Everett Ng, another YFC hopeful, sang for the judges in a bid to help his team clear the selection interviews. He explained that the song was part of his team's project, which aims to help dispel the stigma surrounding youths at risk.

"When we talk about music, there is that emotion behind the music, and how do you show the emotion? You can't just tell a person it is going to be a sad song. You have to show it to them, so we gave the judges a live demonstration of what our song is going to be like. When you actually sing it, they can hear the emotion in your voice and they know," said Ng.

And how was his singing? "11/10. Will listen again!" said his teammates



SELECTION INTERVIEW

The Aspiring Guitarist

While she looked calm and collected after the selection interview, Cassandra, from a team hailing from YMCA of Singapore's very own Project Bridge said she had been a bundle of nerves when she faced the judges.



“I felt very nervous but at the same time proud. You are trying to show that you learnt [a skill] from Project Bridge and want to show the world what you learnt,” said Cassandra.

“We not only want to touch them through music but through team-bonding, character building... to promote a clean image through music,” added her teammate Rena.

She explained that while she plays in a band, she did not play the guitar, and only recently learnt how through informal music lessons with her peers. Her team, which wants to reach out to youths-at-risk through informal music lessons, had her perform to demonstrate these sessions were indeed effective when it comes to imparting musical skills.



Ms Rafidah (left), with a team from Hai Sing Catholic School

The Proud Teacher

While she may not be the one going through the interview, Ms Rafidah, a teacher from Hai Sing Catholic School (HSCS), said she felt as excited as the teams from HSCS were during the event. She said she was very proud of her students for coming together to take a crack at qualifying for the YFC programme.

“They have become more united, more bonded after doing this project. They try to brainstorm, and definitely showed a lot of teamwork!”

said Ms Rafidah.



YMCA President Mr Leslie Wong presenting the Dendrobium YMCA to immediate past Honorary Treasurer Mr Tan Eng Beng, as a token of appreciation for his 8 years of service on the Board.

The YMCA Special General Meeting (SGM) and Annual General Meeting (AGM) were held on Thursday, 24 May 2018 at YMCA of Singapore.

The SGM was convened this year for the purpose of passing three resolutions. Majority of the members voted in favour of all three resolutions which were all passed by the members at the meeting.

During the AGM, Mr Leslie Wong, President, YMCA of Singapore, shared highlights from the various areas of YMCA's work in serving the community in 2017. The Audited Financial Statements for the year ended 31 December 2017 and the 2017 YMCA Annual Report were also adopted by the members.

Highlights of YMCA Special & Annual General Meetings

Ms Koh Shaw Luan, Mr Kenneth Tan Chih-Sien, Mr Adrian Tay Juncheng and Mr Tony Soh Cheow Yeow were elected to serve a 4-year term on the Board.

In the first Board meeting for the year 2018/2019 that was convened immediately after the AGM, the Board elected the following as Office Bearers for the year 2018/2019: Mr Leslie Wong Kin Wah (President), Mr Ooi Boon Hoe (Vice President), Mr Albert Ching Liang Heng (Vice President), Mr Bryan Tan Suan Tiu (Honorary Secretary) and Mr Ho Chee Hon (Honorary Treasurer).

The Board also co-opted Mr Gerald Tay, Mr Vincent Ha, Mr Leon Ng and Mr Han Meng Siew to serve a 1-year term.

Together for the Elderly

YMCA volunteers pounded the pavement for donations on 6 June as part of YMCA Flag Day 2018. But the staff were also doing their best, to raise funds for our community service programmes that help the elderly. Y Café supervisor Alfredo Armario has been up for the past 12 hours - he spent the first 7 hours working his shift, and the rest as a volunteer to garner donations. Yet, he is still as cheerful as ever.

"We got a lot of \$2 notes today!" Armario said happily. "It's okay. It's for charity. I don't feel tired. I think if you have the passion then you don't feel tired!"

More than 700 YMCA staff, students and volunteers from all walks of life came together and raised over \$60,000 which will benefit five YMCA Community Service Programmes serving the elderly - Y Food of Love, Y Makan Fellowship, YMCA Spring Clean, YMCA Silver Fiesta and Y Visit.



INAUGURAL Y MASTERDRIVE

Road Trip to Kuala Lumpur



Introducing YMCA's first overseas event designed for members to get together and create lasting memories. You can expect to taste many local delicacies, visit places of interest that are uniquely Malaysia and stop by one of the colorful gift shops to pick up a few souvenirs to take home!

DATE:

23 - 25 November 2018 (Friday - Sunday)

FEES*:

Member: S\$299

Member's Guest: S\$349

REGISTER:

Sign up by 2 November 2018.

Subject to first come first served basis.

Maximum convoy of 40 persons (10 cars).

WHAT TO EXPECT:

- Singapore - Malacca - Kuala Lumpur - Malacca - Singapore
- Dine at popular local coffeeshops and restaurants
- Enjoy an unforgettable aircraft dining experience in Plane in the City
- Visit to YMCA of Kuala Lumpur
- Visit to Petronas Twin Tower
- Stroll along popular shopping districts and pick up local souvenirs

INCLUSIVE OF:

- 2 nights hotel accommodation (twin-sharing)
- Car toll charges, tourism tax and hotel parking fees
- 1 dinner is provided
- Limited Edition YMCA T-shirt (worth \$20)

NOTE:

Fees exclude the following:

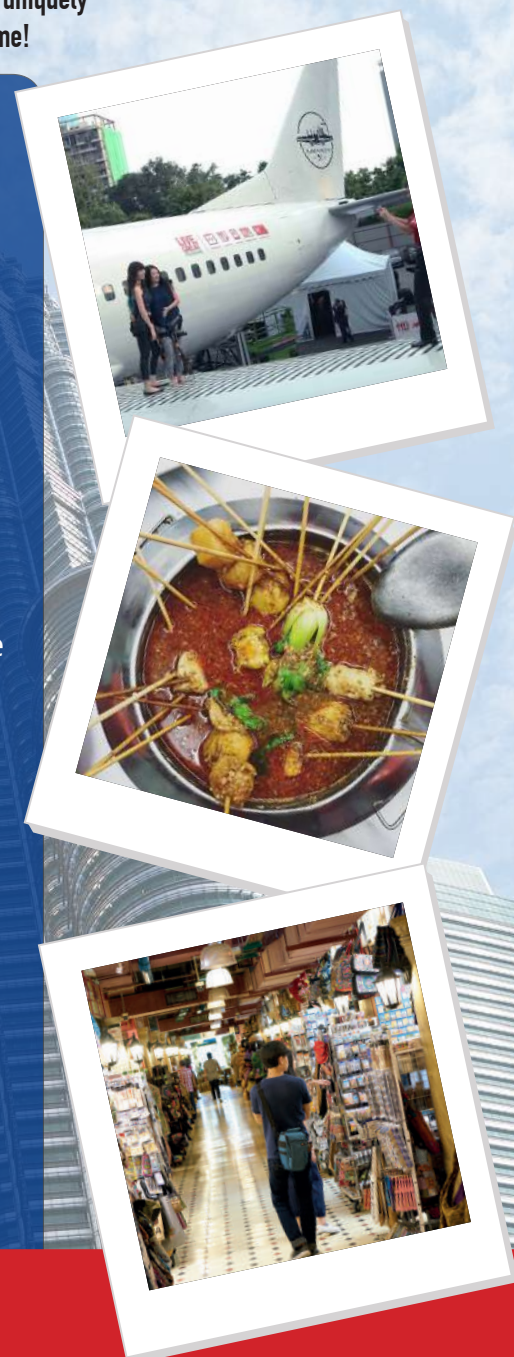
- Travel insurance, transport, meals not stated
- Cost of petrol (this will be split equally among passengers)
- Cars (participants are encouraged to arrange for their own transportation)

Optional Add-ons:

- Admission Ticket to Petronas Twin Towers S\$35 (U.P. S\$41.90+)
- Body Massage (1hr) S\$45

Itinerary is subject to change without prior notice.
Terms and Conditions apply.

Book now! To find out more, contact YMCA Members' Services Centre at 6586 2255 or email members@ymca.org.sg.





Boy's Passionate Speech for Love of Durian Won Hearts of Judges

An authentic and captivating delivery scored five-year old Isaac Koh a champion title in the Pre-school category of the 12th YMCA Mandarin Speaking Awards (MSA) 2018. Speaking on his love of durian, the boy won the hearts of judges and left a judge craving for the King of Fruits after listening to his speech.

Isaac's achievement was celebrated at the Prize Presentation Ceremony which saw close to 200 guests gather at YMCA's Lee Kong Chian Auditorium on Friday 25 May 2018. Mr Ong Ye Kung, Minister for Education graced the event as Guest-of-honour and presented the prizes.

AT A GLANCE:



201
participants



60
schools

“This year we see more outstanding participants delivering emotive speeches with poise and eloquence. As the competition intensifies, I am heartened to see the continued efforts by all students to achieve excellence in public speaking,”

said Mr Kenneth Tan, Chairman, YMCA Mandarin Speaking Awards 2018.

	学前	小学－低年段	小学－高年段	中学－低年段	中学－高年段
冠军	郭修智 远东幼稚园	吴乐昀 光华学校	曲睿文 维新小学	陈思璇 南华中学	张梓硕 圣尼各拉女校
亚军	哲希 圣雅各堂幼稚园 (Harding)	谢恩蕊 光华学校	陈昕 恒力小学	曹盟漪 德明政府中学	郑嘉宏 维林中校
季军	萧珂昕 PCF Sparkletots Preschool @ Bishan East Blk 144 (KN)	隋文卓 新华小学	陈明 圣尼各拉女校	诸葛贝柠 圣尼各拉女校	黎芷君 德明政府中学

Y SPORT STACKING



AT A GLANCE:



>160 primary school participants

19 Student Care Centres (SCC)

The YMCA auditorium was abuzz with excitement on 19 June as students from YMCA Student Care Centres (SCCs) up stack and down stack cups in predetermined sequences as fast as they can at the Y Sport Stacking Competition 2018. Organised by YMCA of Singapore, the competition aims to build self-esteem and confidence in students, enhance team building and social skills with their peers and foster bonding with family members. Judges for the competition were from the World Sport Stacking Association (Singapore).

Khoe Mendel Christensen, 8, a Primary 2 pupil from De La Salle School, was one of the participants at the event. "I picked up sport stacking this year and it is very fun. We get to learn how to stack the cups and it makes us happy," said Khoe.

YMCA SCC @ Canberra students Keira Lim Kelsi and Joshua Tan were exposed to the sport a few years ago. Earlier in April, they represented Singapore and competed at the World Sport Stacking Championships held in Orlando, Florida. When asked why she enjoys the sport so much, Kelsi said,

"In Singapore, the weather is very hot. Sport stacking allows me to have fun indoors. All you need is your hand and eye concentration."

Some parents not only support their children in their pursuit of the sport, but also join them as a form of bonding with them. This year, a total of 18 pairs of parent-child took part in Y Sport Stacking Competition 2018

Ms Lydia Chua, Assistant Director, Health Food & Dining, Obesity Prevention Management Division, Health Promotion Board (HPB) graced the event as Guest of Honour and presented prizes to the winners.





Giving the Gift of Sight

Did you know? Research estimates that almost 80% of the information we receive from the world around us comes through seeing.

Recognising this importance, a team of 18 students and two lecturers from Singapore Polytechnic Optometry and a YMCA staff and headed to Bhakunde Besi, Nepal to conduct eye-screening and eye health sessions for the community. This includes identifying those that

need cataract surgery and referring them for operation through a contact of Living Hope Nepal, YMCA's host partner.

Across a span of two weeks, the team reached out to more than 550 students and over 1,300 villagers. The team also dispensed spectacles and sunglasses after the eye-screening process.

Our heartfelt thanks to Topcon (S) Pte Ltd, U Vision Eyewear Pte Ltd and Essilor Vision Foundation for their support.

Refurbishing Homes, Rebuilding Lives

“The scale of work to be done was immense and required the efforts of many volunteers. Through this trip, I’m able to see and experience how our help makes a difference to the locals.”

Kylie Chia, participant



A team of 17 from Singapore Polytechnic Alumni along with a YMCA staff and 20 local volunteers from ChunYu Community Service Organisation set off to Tang Wu Zhen, a town in Shandong Province, and provided support and home refurbishment works to eight families living in poverty.

The volunteers first visited these families to identify their needs followed by purchasing the materials and then went hands-on to plaster and refurbish the houses. Apart from refurbishment, the team also paid visits to factories and companies to understand the city's development and met many inspiring Chinese entrepreneurs including a Singaporean who moved to China and started a family pig-farm business.

Looking to make a difference? Join us in our upcoming open team trips to Cambodia and Myanmar. Connect with us on Facebook @ymcaisp.

ELEVATE 2018 Orientation and Camp



In the month of June, students from ITE College West, Nitec in Automotive and Nitec in Mechatronics participated in a 2-day orientation programme and an overnight camp.

The orientation session was beneficial in strengthening bond, engaging students to better understand their strengths and weaknesses and helping them to be more informed about visual, hearing and physical disabilities. Disabilities simulation games were organised to increase participants' awareness of the issues facing the disabled.

During the overnight camp, students participated in a myriad of activities which includes Dialogue in the Dark. Led by persons with visual impairment, students had lunch in the dark and experienced everyday environment without the benefit of sight.

Another highlight of the camp was the YoungXHush Programme. Conducted by the Deaf, the programme aims to promote empathy, resilience and mental wellness amongst youths by learning to sign different emotions and interacting with the Deaf facilitators.

QUAD University-YMCA Updates

Mid-Term Review

Upon reaching the halfway mark of their serving terms, student leaders from Uni-Y SMU, NTU, NUS and Y Community Service Club SUTD came together to reflect on their journey for the past six months and share about their struggles and achievements. They also got the opportunity to know each other better through ice breakers and dining over potluck before the discussion.



#Shareyoursmile

While university students were in the midst of their projects and final examinations, the Uni-Y SMU, NTU, NUS and YCS SUTD leaders decided to spread blessings to their respective school communities. The students set up Uni-Y booths and distributed keychains, exam welfare packs and encouragement stickers. They also encouraged other students to join in the Uni-Y Transformational Movement and pass the blessing on to motivate their friends.





Tainan YMCA General Secretary's Inauguration Ceremony

YMCA of Singapore wishes Mr Jimmy Lin, Tainan YMCA's General Secretary, God's richest blessings as he embarks on his retirement. For the past 13 years, Mr Lin's leadership and contributions has strengthened the mission of the Association.

Our heartfelt congratulations to the new General Secretary, Mr Daniel Chen. We believe that YMCA Tainan will grow from strength to strength under his leadership and thank God for His gift of friendship.



Visit to Taichung YMCA

At the invitation of Mr Thomas Kuo, General Secretary, Taichung YMCA, Mr Lo Chee Wen, General Secretary, YMCA of Singapore visited Taichung YMCA where they had a fruitful discussion on future collaboration opportunities.



Standard First Aid + AED Course

14 YMCA staff and volunteers participated in the Standard First Aid course with AED and were equipped with practical and theoretical skills to perform effective CPR & AED. With this knowledge, the staff and volunteers can now qualify as certified first aiders for our programmes such as Y Camp Challenge and Uni-Y Step Up Camp.



VSMP YFC Run 2018

The YMCA-NUS Business School Volunteer Service Management Programme (VSMP) YFC Run 2018 was held in May and June this year. Conducted over nine sessions, 18 youths learned about important management skills and knowledge to manage and complete their YFC projects.



Project Bridge – Kinball

On 21 April 2018, seven youths from Project Bridge Woodlands were introduced and exposed to Kinball, a new sport centred on teamwork, inclusion and respect together with volunteers from Singapore University of Social Sciences and youths from Christchurch Secondary School.

YMCA-Tan Chin Tuan Programmes (April to June 2018)



Y Makan Fellowship with Barclays

Sponsored by Barclays, 40 elderly beneficiaries from Care Corner Seniors Activity Centre joined in the Y Makan Fellowship session and enjoyed a time of interaction and learning with Barclays volunteers. Participants learned how to use smartphones and tablets, then played a mass quiz using the game-based education platform, Kahoot.



Y Arts Challenge with LINGJACK

The Y STARS beneficiaries had loads of fun experimenting with tie-dye art along with 27 volunteers from LINGJACK and 11 public volunteers. Sponsored by LINGJACK, the session involved participants tying and dipping pieces of cloth into dyes of different colours to produce unique patterns.



Y Food of Love – Peace Connect

Along with nine volunteers from Credit Suisse and 10 public volunteers, YMCA organised a Y Food of Love session for elderly beneficiaries from PEACE-Connect Senior Activity Centre. The volunteers baked pandan muffins for 80 residents staying in rental flats in Toa Payoh and also distributed household essentials.

Community Service (to June Highlights)



Y Outing with FairPrice

Clients from Christian Outreach to the Handicapped had an enjoyable Y Outing shopping trip over at NTUC FairPrice Xtra – Hyper NEX with volunteers from NTUC FairPrice. They were given a shopping list and tasked to find the items with the help of volunteers followed by lunching together at a nearby food court. The activities aimed to promote social integration by bringing clients with special needs into mainstream activities.



Y Camp Challenge June 2018

Attended by 77 students from Grace Orchard School and 87 youth volunteers comprising of befrienders and committee members, the 43rd Y Camp Challenge was jam-packed with fun and challenging activities, including rock climbing, high rope elements and competitive pool games.



Y Visit with Pandora

Sponsored by Pandora, YMCA conducted a Y Visit session with 18 volunteers from Pandora and 15 beneficiaries from Christian Outreach to the Handicapped. The session began with a treasure hunt, where clients and volunteers teamed up to search for alphabet beads around the centre. With the beads collected, they practiced spelling by stringing their names together to make a bracelet.



EXPERIENCE THE BEST OF CHENGDU

Before the trip, I heard a lot of wonderful things about Chengdu. I was really looking forward to trying out their local spicy cuisines and witnessing the beauty of Mother Nature.

When we arrived at Chengdu's airport, we were greeted by our friends from YMCA Dujiangyan Centre. We quickly sorted our belongings and set off for the homestay at Hong Kou Village. Our 6 days 5 nights Chengdu adventure starts here!



Dinner was served! If you are a spicy food lover then you ought to try out dishes that contain Sichuan peppercorns such as the Ma La Hotpot. It has mouth-numbing properties but still enjoyable nonetheless!



One of the highlights of this trip was the hike to Mount Siguniang National Park. It was a beautiful boardwalk hike with clean, crisp air and a view that uplifts the spirits.



Volunteers and friends from YMCA Dujiangyan Centre came and join us as we spent the day cycling around the city. Cycling wasn't challenging as there were many dedicated cycling lanes in the city.



One of our cycling pitstops was the Dujiangyan Panda Centre where we watched several pandas lolling around and going about their daily activities. It was quite a therapeutic experience.



Ending the trip on a happy note, our hosts from Dujiangyan Activity Centre joined us for a steaming hotpot dinner. Every meal in this trip was so enjoyable and I'm officially a huge fan of Sichuan cuisine!



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(QS TopMBA ROI
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