



ywLink

“For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.” 2 Timothy 1:7

Apr - Jun 2010

A quarterly newsletter of the YWCA—Young Women’s Christian Association of Singapore

www.ywca.org.sg

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Guest Editor’s Note

I am deeply grateful and honoured to have been invited to serve as this issue’s Guest Editor. Having previously served in the capacity of Editor of this wonderful newsletter, I appreciate the massive effort invested in each issue, and more than that, I relish the opportunity to reflect on the myriad programmes, events and activities that keep the YWCA abuzz, alive and kicking!

We have recently concluded the celebration of two very significant events - the Lunar New Year and Easter. Each represents the concluding of the old and the welcoming of the new: We close out the previous year and look with eager anticipation toward the new lunar year, full of the promise of fresh opportunities. As far as Easter goes, our celebration begins with a solemn “dark hour” on Good Friday and culminates with the joyous declaration on Easter Sunday that “Jesus is alive!”

You know, at a very down-to-earth level, both the Lunar New Year and Easter celebrations have something in common - not just with each other, but also with the majority of the articles you will read in this quarter’s issue of YW Link.

Something in common as in the fact that all things YWCA revolve around loving service to family and community? No, it’s more down-to-earth than that.

Something in common as in the fact that all these events and activities get written up for articles in YW Link? No, it’s even simpler and at the same time, more pivotal than that.

Here it is:

The thing that our Lunar New Year and Easter celebrations have in common with most of the events featured in this issue is, quite simply, FOOD! Yup, food.

It would seem like food in some form or another is always present at our gatherings. But less I am accused of focusing on things

trivial, allow me to elaborate.

While the act of consuming food can be a relatively mundane routine, enjoying a meal TOGETHER takes something that’s merely functional and turns it into something meaningful. There’s something almost celebratory in the very act of sharing a meal - whether it’s something as significant as the churchwide worship of a risen Savior, or as simple as a family concluding the day together.

And even though the presence of food is not in itself what “causes” an event or programme to be meaningful, I think it points to a significant attribute that characterises our programmes and events:

There is a sense of family and togetherness that is woven into the fabric that is the YWCA.

It’s a beautiful sense of familial community that is evident when we come together to recognise the dawn of a new year; when we pool our resources to participate in the recent Charity Flea Market; when we breach borders to fellowship (over food, naturally) with our YWCA counterparts in Penang - it’s hard to miss it once you’re keyed on to it - the YWCA is a family at work and play!

And I confidently believe you will experience this special sense of togetherness as you take steps to participate in our many programmes and events during the course of this year. What a testimony to God’s goodness and to the power of a cohesive community presence that’s ever poised to impact lives for the better!

To God be the glory!

Janet Tan

Guest Editor

Profile of Women Who Cared

Julie Tan J. P (1930 - 1995)



Mrs Julie Tan (fifth from left), together with President and Mrs Sheares and other guests at the YWCA's centenary celebration

Julie was President of YWCA for 8 years from 1972 to 1976 and 1978 to 1982. Julie joined the YWCA in the 1960s as a volunteer and had been active in the Association for over 20 years. During her term, she worked tirelessly to advance the cause of women and initiated programmes that promoted the welfare and status of women in Singapore.

Julie increased the visibility of YWCA Singapore as she was a member of the Executive Committee of the World YWCA and attended many international conferences on behalf of the YWCA. She represented Singapore at the World YWCA Council Meetings in 1971, 1975 and 1979.

Julie was also the Chairperson of the Organising Committee of the World YWCA 25th Council Meeting which was held in Singapore in 1983. This meeting was a success and was much talked about in the subsequent Council meetings in 1987 and 1991.

During her term, the early childhood programme expanded into housing estates and 5 child development centres in Marine Parade, Clementi, Ang Mo Kio, Kampong Java and Outram Road were started.

In 1985, she was concerned with the need to protect the rights of elderly women and by their growing numbers. She initiated an ad hoc committee "Le Ling" (Happy Age) for elderly women - to look into the facilities and services for elderly women and consider whether the YWCA should provide the leadership to set up facilities for elderly women who may be lonely.

Julie was dedicated and committed to the YWCA and was remembered for her warmth and compassion. She was concerned and interested in the welfare of women and saw the need to promote and improve the status of women in education and employment.

Julie was involved in the working committee which established the umbrella body of women's organisations and became the first President of the SCWO when it was formed in 1980. In 2009, SCWO recognised Julie by inducting her into SCWO's Wall of Fame, which honours women who have made a significant impact on the lives of ordinary women in Singapore and who have made extraordinary contributions to the advancement of women in Singapore.

Julie passed on in 1995.

"Be still and know that I am God...." Psalm 46:10

Kids' Club 3rd Anniversary Celebration



Kids' Club celebrated its 3rd Anniversary on Saturday, 3 April 2010, by holding an Amazing Race at Sentosa from 9am to 3pm. A total of 45 children and their family members participated in the event which also saw 30 volunteers helping out. The celebration started on a high note as the children were very excited upon seeing the beach. As this year also happens to be the YWCA's 135th Anniversary, everyone was given a cap and a bag to take home as a souvenir. In addition, they were also given a Kids' Club 3rd Anniversary t-shirt to change into.



A few ice-breakers were played before the Amazing Race commenced. During the event, the participants were assigned to three teams, namely purple, orange and blue. Each team had to complete five station games. The finale of the Amazing Race was a telematch!

For lunch, KFC was served, much to the delight of everyone. Prizes were also given out to the winners. The orange team won the 'Most Sporting' prize while the blue team won the 'Most Cooperative' prize. The overall winner was the purple team which won the 'Most Enthusiastic' prize and the bonus prize of 'Most United' team. At the end of the day, each participant also received a YWCA 135th Anniversary goodie bag!

The YWCA would like to take this opportunity to thank all the Kids' Club volunteers who helped out and contributed to the great success of this special day!

Thanksgiving Service cum Annual General Meeting 2010

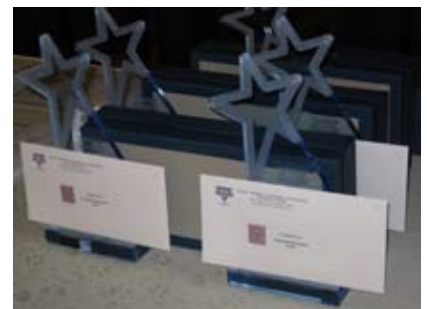
The Annual General Meeting of the YWCA was held on Thursday, 22 April 2010, at the Sophia Cooke Ballroom of the Fort Canning Lodge. As this is also the year which the YWCA celebrates her 135th Anniversary, Reverend Paul Box, Senior Pastor of International Baptist Church, delivered a short thanksgiving exaltation, which served as a good reminder of God's grace and goodness showered on the YWCA over the years.

In recognition of the many years of service put in by the staff of the YWCA as well as the outstanding achievements and performances of our Kindergarten/Child Development Centres, an Award Ceremony was conducted for the recipients of the various awards. For the year 2009, the Most Improved Centre Award was awarded to two centres namely Marine Drive CDC and Outram CDC. Ang Mo Kio CDC and Pasir Ris CDC received the Consistent Performance Award while Jurong East CDC was crowned the Best Centre. Congratulations and keep up the good work!

As the meeting was called to order, our outgoing President, Ms Tan Kee Leng, delivered a report on the activities and the achievements of the YWCA for the year 2009-2010, which was another eventful year for the Y despite the initial gloomy forecast due to the global economic downturn. Ms Tan thanked the volunteers and the staff for their dedication and support to the Association all these years. Ms Tan is succeeded by Mrs Ma Kheng Min. After the announcement of the new Board of Management for the year 2010-2011, Reverend Box dedicated the members of the Board to the Lord as they renewed their commitment to service in the Association and the community.

The YWCA would like to thank Ms Tan Kee Leng for her many years of dedicated service and contributions to the YWCA, having served in the Association for over 30 years and also as its President for five terms from 1994 -1996, 2000 – 2004 and 2006 - 2010. Under her leadership and direction, many programmes and services have been started to serve the community in need and many have benefitted from the good works of the YWCA.

May the Lord grant the new Board of Management wisdom, strength and discernment as they spearhead the YWCA to achieve even greater successes for His glory!



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight." Proverbs 3:5-6

Charity Flea Market at China Square Central



Over four Sundays in the month of March, the YWCA participated in the “Shop For A Cause” Charity Flea Market held at China Square Central. This Charity Flea Market, in conjunction with the regular Sunday Flea Market, was organised by China Square Central with support from Tan Chin Tuan Foundation. It seeks to give charitable organisations a suitable platform on weekends to sell their handcraft items and other products to raise funds for their community projects and services as well as to raise awareness about their charitable causes.

More than 20 booths were set up by individuals and charitable organisations like the YWCA, Apex Harmony Lodge, New Hope Community Services and the Singapore Buddhist Lodge Welfare. To create publicity for the YWCA, the Association took the opportunity to sell its range of collectible food publications such as the Cookbook and the Celebrations Diary as well as the limited edition Earl Grey Tea produced by TWG Tea Company for the YWCA. Secondhand goods such as clothes and household items, handmade jewellery and handcraft items such as knitted scarves, hand towels, pin cushions and pouches were also sold at the YWCA booth. All sale proceeds go towards the support of the YWCA’s community services and outreach projects. Although the proceeds over the four Sundays was a modest amount, nevertheless it was for a worthy cause. It was also a good publicity and fundraising platform for the YWCA and we look forward to more opportunities to participate in such Flea Markets to increase our profile and to continue raising funds for our community work.

Exchange Visit to Penang

The Membership & Programmes Committee organised a trip to Penang cum exchange visit to the YWCA Penang from 14 - 16 January 2010. A total of 12 people inclusive of Board members, staff and Committee members participated in the trip.

The group visited the YWCA Penang on 15 January. The programme for the day kick-started with a welcome speech by both Presidents, Mrs Anne Rajendram of YWCA Penang; and Ms Tan Kee Leng of YWCA Singapore. This was followed by a powerpoint presentation on the various programmes and services offered by the respective YWCAs. The Singapore team was also given a tour of the YWCA premises and the Child Care Centres and kindergarten. There was even a performance put by the children from the centres.

The visit ended with a sumptuous lunch prepared by a group of YWCA Penang ladies. Like their counterparts in Singapore, these Penang ladies love to cook and they conduct regular cooking classes every weekend.

Overall, this short exchange visit was a fruitful one as it gave the Singapore team a better insight and a deeper understanding of the works of the YWCA Penang and how their programmes are being run.



Group picture at Penang International airport before going back to Singapore



Lunch prepared by a group of YWCA Penang ladies who love to cook

The kitchen studio located at the YWCA Penang where cooking classes are conducted regularly



Mrs Dorothy Tessensohn

Interviewed by Karen Chay

At first glance, the amiable and jovial Mrs Dorothy Tessensohn does not strike one as a sportswoman given her gentle appearance. Given her penchant for cooking, the mother of two grown-up daughters and three lovely young grandchildren appears more inspired whipping up a storm in the kitchen than engaging in outdoor sports. As Mrs Tessensohn recounted her schooling days in CHIJ, Victoria Street, she revealed that she was a member of her school's Field Hockey team before becoming part of the National Team, representing Singapore in numerous competitions.



Although in her 60s now, the retired secretary of an oil firm proves that she is still as active as she was in her younger days. Though she may not dabble in sports these days, her schedule is still brimming with activities. Other than serving on the Board and other committees in the YWCA, she is also a member of the Eurasian Association's Silver Circle, organising talks, trips, lunches and activities for the "young at heart"; a member of the Singapore Recreation Club's Women's Wing, organising activities for ladies; as well as a member of the Eurasian Association Toastmasters Club.

How did you first get involved with the YWCA? How long have you been serving in the YWCA?

Prior to serving in the YWCA, I was already volunteering for many years in the sports scene after retiring as a sportswoman. I was then the Team Manager of the Singapore Women's Hockey Association, Women's National Team, travelling to many places with the team as they competed overseas in the Asian Games and many Asian tournaments. I was also the Secretary of the Association for at least 15 years.

One of my friends who was a member of the YWCA Katong Club invited me to join in the Club's activities. Katong Club was then started to cater to the needs of women living in Katong area but found it difficult to travel to Fort Canning to participate in the activities held there. From just a member of the Club, I went on to serve on the committee and subsequently in other committees in the YWCA. Looking back, it has been over 20 years since I first started serving in the YWCA.

How have you benefitted from volunteering in the YWCA?

The YWCA has taught me many things over the years that I have been with the Association. I have learnt how to get along and work with people of different age groups and from all walks of life. I have also picked up valuable skills like being a good listener and listening to what others have to say without making any judgments. When I was serving as the Chairperson of the Child Development Programme Committee, some of the principals from our child care centres would sometimes confide in me and share with me their problems. I felt happy that I could help just by lending them a listening ear. I have also made many good friends, some of whom I am still in contact with today.

We know that you are an avid cook. What is your all-time favourite recipe and why?

I have many recipes which that a special place in my heart. But my all-time favourite is the Sugee Cake recipe which was passed down through my family for generations. Sugee Cake is a traditional Eurasian cake commonly eaten at celebrations such as Christmas, weddings and christenings. Hence being a Eurasian, I feel that it is important to be able to make a good Sugee Cake as it is part of our heritage. Although I knew how to bake the cake in my younger days, I never fully mastered the art of baking the perfect Sugee Cake, often giving up halfway during the process. It was not until 5 – 6 years ago that I decided to perfect my baking skills. After many tries, I finally succeeded. Today, I am glad to be able to share this special recipe in the YWCA Cookbook "Sharing From Our Hearts", which was published in 2007.

Besides your love for cooking, what other activities do you enjoy doing?

I enjoy traveling a lot whether it is holidaying with friends or just visiting my family and relatives overseas. I fly to places like Perth, Melbourne and Amsterdam frequently as my sisters and nieces are residing there. My eldest daughter and my grandchildren have just relocated to Cairo and I am planning a trip to visit them sometime this year. Other than traveling, I also enjoy playing mahjong on weekends as it helps to keep my mind active and alert.

Who or what inspires you the most? Why?

God is my inspiration. He has all the knowledge and power to grant me the strength, wisdom and direction that I need to go through life.

Is there anything that you have always wanted to do but never had the opportunity to do so?

Not really, I guess. I am very content with what I have achieved over the years. I have lived my life to the fullest and even had the opportunity to travel widely to many parts of the world. However I have yet to visit South America and South Africa and I do hope to make a trip to these places soon.

Talk on Investment Outlook for 2010

In February 2010, the YWCA organised an investment talk presented by Dr Tan Kee Wee, an independent economist running his own investment advisory. Prior to this, Dr Tan spent many years in the finance industry as an economist, forecasting the financial markets and global economies.

During the talk, Dr Tan shared his insights on the investment outlook for 2010 and on the various investment tools like bonds, shares and trust funds. The participants gave positive feedback that the content of the talk was useful and informative and Dr Tan's presentation was clear and understandable. For all the participants, it was indeed time well spent.

Chinese New Year Baking Session

On 04 February 2010, the Membership & Programmes Committee organised a Chinese New Year cookie baking class for members and the public. The class was conducted by the Committee members, Mrs Dancy Thong, Mrs Maureen Ngee and Mrs Anne Loh, who are avid bakers.

During the two-hour session, the participants learnt how to prepare the dough and bake apple-shaped pineapple tarts, Sugee cookies and almond cookies. Throughout the session, there was much interaction between the trainers and the participants. Participants also learnt how to measure wet ingredients accurately and also other useful kitchen tips. There was also a food tasting session where every participant had the opportunity to taste the freshly baked cookies that they had learnt to bake earlier. There was even tea and coffee to go with the cookies. The delicious cookies, coupled with the warm fellowship among the participants and trainers, made the session an even more enjoyable one for everyone.

At the end of the session, each participant not only received a set of the recipes but they also took home a gift pack containing the various types of cookies baked that evening as well as a mystery gift. All the participants enjoyed this fun and interactive baking session and they are certainly looking forward to participating in future cooking lessons organised by YWCA.



Hands-on session during the baking class



Freshly baked biscuits from the oven



The ladies demonstrating how to bake pineapple tarts



Gift pack for the participants

HR Announcements

Welcome New Staff

The YWCA is pleased to welcome new staff joining the team. We welcome Vicki Sim Hwee Kiang (Programmes Manager) at National Office; Lam Mui Cheng (Attendant) at Bedok Child Development Centre; Teo Poh Choo (Attendant) at Bishan Child Development Centre; Brenda Lee (Teacher) at Jurong East Child Development Centre; Eleanor Lim (Teacher) and Mun Chiu Lin (Teacher Aide) at Marine Drive Child Development Centre; Suriani Bte Noor Mohamed (Assistant Teacher) and Kalai Selvi D/O Suppiah (Teacher) at Outram Child Development Centre; Ng Xin Yi (Teacher) and Siamala Devi D/O Screenevasan (Attendant) at West Coast Child Development Centre.

At Fort Canning Lodge, we welcome Lee Eng Gam and Baidmavathy A/P Subramaniam (Room Attendants), Suresh A/L Murugasan (Public Area Attendant), Kenneth Wong (Maintenance Officer), Tharamaraj S/O Vadivelu (Technician), Wai Chee How (Cook), Hew Chee Mun (Duty Manager) Colin Tan (Assistant Operations Manager), Hector Ian Symons (Executive Chef).

Be Involved! Yes, that means you!

Life Time of Memories

We are looking for past YWCA mementoes and collectible items such as old newsletters, newspaper articles, souvenirs, etc. as part of our efforts to preserve the YWCA's heritage. If you have any old mementoes which you would like to contribute towards this cause, we would love to hear from you! For more information, please contact Ms Karen Chay at tel: 6223 1227.

The YWCA Celebrates 135 Years of Serving the Community

This year, the YWCA celebrates 135 years of serving the community! To mark this milestone and the joyous and wonderful occasion, the YWCA has lined up a series of special and exciting events from now till the end of the year to showcase our community services so that more people will know about the work of the YWCA and the beneficiaries we are serving. We also have special programmes planned for our beneficiaries, who are the reason for the celebration of our accomplishments and existence. Do look out for these upcoming events and join us in our year-long celebration! For more information, please visit our website at www.ywca.org.sg.

Volunteers Needed for Mass Cook-out for Charity

As a special treat, the YWCA will be organising its first-ever mass cooking session on Saturday, 18 September 2010, at the YWCA Outram Centre, to prepare a special dinner for the over 200 beneficiaries of our "Hungry No More" (Meals-On-Wheels for Elderly and Children) programmes. For such a large-scale event, we cannot do it on our own. We need YOUR help to make this happen. Volunteers are needed in the following areas:

- Preparation of ingredients for cooking session
- Packing of food
- Delivery of food to our beneficiaries
- Baking cookies

If you would like to help us in this fun and meaningful activity, please contact us at tel:6223 1227. For more information, please visit our website at www.ywca.org.sg.

For more volunteering opportunities, please visit our website at www.ywca.org.sg or contact Ms Chu Wai Puay at tel: 6223 1227 or email: waiyuay@ywca.org.sg.

History of the YWCA

Many of the adjectives that were used to describe Miss Cooke could be equally applicable to the capable women who came after her. The numerous expatriate women who provided the leadership for the Y during the period 1875 – 1951 were wives of pastors and bishops and were motivated to by their Christian love to serve in the Association. Others such as Miss Sophia Blackmore and Lady Ella Guillemard, already had heavy commitments serving in other areas of the Singapore society yet they did not ignore the needs of the less fortunate women. They also had sufficient foresight that they needed to groom local women to take over the reins of the Association.

As a result, Mrs Loh Poon Lip became the first ever local person to hold the Presidency of the YWCA for the period 1947 –1950. She was a well-known social worker in Singapore, responsible and took things in her stride. When the Government took back the land in Delta Road which was originally allocated for the use of the YWCA, Mrs Loh and Mrs Goh Kok Kee made the decision to accept a plot of land in Outram Road from the Government as well as a donated sum of \$125,000 to build the new YWCA building. With the help of members, friends and well-wishers, the foundation stone was laid on 19 September 1956.

The level of self-motivation which these women possessed is evident from the numbers who have devoted the best part of their productive years for their service in the YWCA. Mrs Helen Tan, who served for 21 years with the YWCA from 1948 – 1969, considered those years as the best years of her life. Her interest in the Association's work resulted in her being appointed Programme Secretary shortly after joining as a volunteer. In 1952, she became the first Asian General Secretary to be appointed.

"...I will refine them like silver and test them like gold. They will call on My name and I will answer them; I will say, 'They are My people,' and they will say, 'The Lord is our God.'" Zechariah 13:9

What's On

| Programmes/ Events | Dates (Day) | Time | Venue | Fees | For registration or enquiries, please contact: |
|--|--|--|--|---|--|
| Joy Talk – Lunchtime Fellowship | Every last Monday of the month | 12.30 pm – 1.30 pm | YWCA Fort Canning Lodge, Quiet Room (Level 2), 6 Fort Canning Road, Singapore 179494 | Admission Free | Ms Tan Wenhui Email: wenhui@ywca.org.sg |
| Bible Study (For Ladies) | Every 1 st and 3 rd Wednesday | 6.30 pm – 8.30 pm | YWCA Outram Centre, Room 8 (Level 2), 254 Outram Road, Singapore 169051 | Admission Free | Ms Tan Wenhui Email: wenhui@ywca.org.sg |
| Golden Y Fellowship | Every Monday | 10.30 am – 1.00 pm | YWCA Outram Centre, Room 8 (Level 2), 254 Outram Road, Singapore 169051 | \$4 (Home-cooked lunch) | Ms Wendy Ngo Email: wendyngo@ywca.org.sg |
| Swimming For Ladies (8 sessions per module) | Every Tuesday or Thursday | 7.00 pm – 7.45 pm (Tuesday)/ 6.45 pm – 7.30 pm (Thursday) | YWCA Fort Canning Lodge, Swimming Pool(Level 3), 6 Fort Canning Road, Singapore 179494 | \$123 (Member); \$143 (Non-Member) | Ms Chu Wai Puay Email: waiyuay@ywca.org.sg |
| Aqua Aerobics For Ladies (8 sessions per module) | Every Wednesday or Friday | 6.45 pm – 7.45 pm | YWCA Fort Canning Lodge, Swimming Pool(Level 3), 6 Fort Canning Road, Singapore 179494 | \$80 (Member); \$90 (Non-Member) | Ms Chu Wai Puay Email: waiyuay@ywca.org.sg |
| Pre-School Aquatics/ Children's Swimming Programme (4 sessions per module) | Every Saturday | 3.15 pm – 4.15 pm | YWCA Fort Canning Lodge, Swimming Pool(Level 3), 6 Fort Canning Road, Singapore 179494 | \$165 (Member); \$180 (Non-Member) | Ms Chu Wai Puay Email: waiyuay@ywca.org.sg |
| YWCA Flag Day | 02 June 2010 (Wednesday) | - | - | - | Ms Chu Wai Puay Email: waiyuay@ywca.org.sg |
| YWCA Cooking Sessions | 29 May 2010, 26 Jun 2010, 24 July 2010, 28 August 2010 (Saturdays) | 3.00 pm – 6.00 pm (registration starts at 2.15 pm) | YWCA Fort Canning Lodge, Multi Purpose Hall (Level 1) 6 Fort Canning Road, Singapore 179494 | \$10/lesson (Member); \$15/lesson (Non-Member) | Ms Chu Wai Puay Email: waiyuay@ywca.org.sg |

YWCA FLAG DAY - 02 June 2010

YES! I WANT TO MAKE A DIFFERENCE.

Only donations of \$50 and above are eligible for double tax exemption. Please fill in your personal particulars for IRAS to effect automatic tax deduction. *Please make cheque payable to the "YWCA".*

Full name/ Company: (*Mr/ Mrs/ Ms/ Dr/ Mdm)

NRIC/Passport No: _____

Address: _____

Contact: _____ (HP) _____ (O)

Email address: _____

I wish to volunteer to sell flags on 02 June 2010.

I would like to make a donation of:

\$50

\$100

\$200

Credit/ Debit Card

(VISA/ MASTERCARD) :

Card No: _____

Expiry Date: _____

Please send the completed form to the YWCA at 254 Outram Road, Singapore 169051 or fax to us at 6227 3650.



ABOUT THE YWCA

The YWCA was founded in 1875 with the vision of bringing women into a community fellowship through which they may grow as Christians by faith, word and deed. The YWCA has always been a pioneer in meeting the needs of our society through its active involvement in community and services and seeks to serve the community with love and compassion, and provide quality programmes, facilities and services to advance the development and enrichment of women's lives.

HUNGRY NO MORE (MEALS-ON-WHEELS FOR ELDERLY), a programme that provides free nutritious meals to over 100 needy, frail and homebound elderly living in areas such as Banda Street, Bukit Merah View, Cantonment Road, Holland Road, Lengkok Bahru and Mei Ling Street, on a daily basis from Mondays to Fridays.

HUNGRY NO MORE (MEALS-ON-WHEELS FOR CHILDREN), a programme that distributes free nutritious dinners to over 100 children from low-income families on a daily basis from Mondays to Fridays.

YWCA KIDS' CLUB, a programme that aims to help the children on the Meals-On-Wheels programme to realise their potential through social, emotional, moral and academic support.

GROUP BEFRIENDING SCHEME for children on the Meals-On-Wheels programme who are unable to attend the YWCA Kids' Club. The Scheme provides an opportunity for the staff to recognise strengths and issues among the children in small group outings so that encouragement and counseling can be provided accordingly.

Other services include:

FINANCIAL ASSISTANCE to needy children and elderly attending our Child Development Centres/Adult Day Centre, who are unable to pay the full fees.

CRAFTWORKS, a community project to help homebound disadvantaged women to earn an income through handicrafts.

CONNEXION, a support group formed to provide programmes and services to enrich the lives of foreign women living in Singapore and to assist them to adjust and integrate into the community.

FAMILY SUPPORT SCHEME to help the mothers of the children on the Meals-On-Wheels programme to improve their knowledge and acquire new skills so that they can look forward to better employment prospects and hence an improvement in their financial situation.

"By Love Serve One Another"

A WOMAN OF NOBLE CHARACTER

Proverbs 31: 10-31

A wife of noble character who can find?

She is worth far more than rubies.

Her husband has full confidence in her
and lacks nothing of value.

She brings him good, not harm,
all the days of her life.

She selects wool and flax
and works with eager hands.

She is like the merchant ships,
bringing her food from afar.

She gets up while it is still dark;
she provides food for her family
and portions for her servant girls.

She considers a field and buys it; out
of her earnings she plants a vineyard.

She sets about her work vigorously;
her arms are strong for her tasks.

She sees that her trading is profitable,
and her lamp does not go out at night.

In her hand she holds the distaff
and grasps the spindle with her fingers.

She opens her arms to the poor
and extends her hands to the needy.

When it snows, she has no fear for her
household; for all of them are clothed
in scarlet.

She makes coverings for her bed;
she is clothed in fine linen and purple.

Her husband is respected at the city gate,
where he takes his seat among the
elders of the land.

She makes linen garments and sells them,
and supplies the merchants with sashes.

She is clothed with strength and dignity;
she can laugh at the days to come.

She speaks with wisdom,
and faithful instruction is on her tongue.

She watches over the affairs of her
household
and does not eat the bread of idleness.

Her children arise and call her blessed;
her husband also, and he praises her:
“Many women do noble things,
but you surpass them all.”

Charm is deceptive, and beauty is fleeting;
but a woman who fears the LORD is to
be praised.

Give her the reward she has earned,
and let her works bring her praise at
the city gate.

Chinese New Year Celebration @ Bukit Gombak CDC

There is an old Chinese myth about a creature called Nian (sounds like the Chinese word for 'year'), which comes out once a year during Chinese New Year to attack people, especially children. After some time, the people became fed up with the terrorising by Nian and devised a plan to scare it away. As Nian was sensitive to loud noises and afraid of the colour red, the people decided to scare it away by making loud sounds such as banging drums and hitting plates and bowls together. Firecrackers were also thrown at the beast. The plan worked and Nian has not appeared in the village ever since.

The Chinese Lion Dance was said to have originated from the legend of Nian. The Lion Dance Plucking Green Ceremony, also called **CAI QING** or 采青, is a traditional performance which is often performed during Chinese New Year.

The YWCA Bukit Gombak CDC held its Chinese New Year celebration on 12 February 2010. Children from all the different levels assembled at the basketball court in front of the centre that morning. The children all had an opportunity to perform the Lion Dance and the Cai Qing ceremony using the various props. Everyone had fun and enjoy themselves on this occasion.



“May the favor of the Lord our God rest upon us; establish the work of our hands for us- yes, establish the work of our hands.” Psalm 90:17

Fun Days @ Ang Mo Kio CDC

Fridays at the Ang Mo Kio CDC are always fun days! All activities planned for the children are hands-on where they can learn through play. Play is a learning journey for the children as they discover, experiment, experience, explore, take risks and learn through making mistakes and coping with failure. Through play, besides entering into their own fantasy world and having fun, the children are also constantly learning and developing a repertoire of skills.



Children develop their fine motor skills when they fill up a bottle with water and pour from one bottle into another. Balancing boards and blocks are also great tools to develop children's balancing and control skills. The gym corner located behind the centre is one of the popular outdoor spots for the children. The parallel bars not only enable the children to develop their gross motor skills but they also help the children to gain a sense of empowerment as they swing around on their own. When the children feel empowered, their self-esteem and confidence are boosted thus spurring them to want to do more on their own. This in turn allows the children to learn to be independent.



The hopping sack experience is a must have for the Kindergarten children. Despite wobbling and falling, they would rush to have a go at it again and again. Through the parachute experience, the children realise that teamwork is important in life. They get really thrilled just by going under the parachute. The tunnel is the all time favourite activity for the Playgroup and Nursery children. Children learn turn-taking and spatial awareness for this activity.



Driving the vehicles around allow the children to exercise their judgement skills such as when to go fast or slow, when to make a turn and when to give way to others. Colours, shapes and sizes are the different concepts which the children learn while playing with blocks and manipulative toys. Other than exercising their creative juices, tearing, pasting, cutting and painting within the boundaries are life-long skills which the children are exposed to during aesthetic and creative activities.



Simple cookery lessons give the children an opportunity to relate their book knowledge to real life experiences. Story telling using big books, hand puppets and a whole range of props entice the children and draw them into the wonderful world of books. An interest in books is the window to a life beyond their immediate environment. At the listening corner, the children learn that they have to sit quietly and listen to the story using headphones while following the storyline closely in the books. The knowledge of language, literacy and numeracy are further enhanced through bean bag and floor mat activities.

Play is vital to children's learning. It will serve to develop and extend their creativity, oral and aural skills, language associated with numeracy and early environmental awareness and personal and social skills. Adults are thus strongly encouraged to value play as an important part of a child's learning process and help guide and facilitate them through playtime.