



ywLink

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

Oct - Dec 2010

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

www.ywca.org.sg

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Editor’s Note

“My soul will be satisfied as with the richest of foods, with singing lips my mouth will praise you” - Psalm 63:5

This year the YWCA celebrates its 135th year of service to the community. As cooking, teaching and writing about food are hallmarks of the YWCA (not to forget the eating!), we continue this legacy in the events to celebrate the 135th anniversary. In 2009, we produced our food diary for 2010 with the theme of “Celebrations” and this contained 12 recipes of delicious dishes associated with different celebrations throughout the year. We continue the food theme in the 2011 Diary with recipes for one pot dishes and you can buy your copies with the form which is available with this issue.

We continue the food theme celebrations with a Cook-Out session on 18th September where many volunteers and staff gathered at ORC to prepare and cook a special meal for our beneficiaries on the Meals-on-Wheels programmes for the elderly and children. Having successfully conducted the first series of Cooking Lessons, a second series will run from October 2010 to next year. A Gala Dinner will be held on 24th November to mark the 135th anniversary of YWCA and to thank the volunteers and staff who have contributed selflessly to the YWCA.

The work of the YWCA has made a difference to the lives of our beneficiaries as well as benefitted the lives of the volunteers and staff. Friendships and

bonds have been formed amongst the volunteers who gave their time to deliver meals and dry rations; who meet regularly for bible study; who participated in the DVD based bible study on “The Patriarchs” and those who visited the elderly members. Time spent in organising the activities and programmes as well as carrying out the programmes also develop friendships amongst the volunteers. Making friendships for life while serving in the YWCA is a benefit that all of us cherish.

5 loaves and 2 fishes - that’s all Jesus needed to feed thousands of people. Today we need more than 5 loaves and 2 fishes, but with the continuing help of our donors and volunteers, we have been able to feed more and more people through our Hungry No More programmes with hot meals during the week and with the distribution of dry rations.

“A generous man will himself be blessed, for he shares his food with the poor” - Proverbs 22:9

As we end the year’s celebrations with the Christmas Bazaar to be held on 18 December 2010, we praise God and thank Him for his many blessings on the YWCA, her volunteers, members and staff.

Tan Kee Leng
Editor



Hong Kong YWCA Board Member Visits Singapore

Ms Rosaline Tam, Board Member of the Hong Kong YWCA was in Singapore for a business trip. To strengthen the relationship between the two YWCAs, Ms Tam took the opportunity to meet up with some Board Members of the YWCA of Singapore during her trip. On 21 September 2010, an informal welcome dinner was organised for Ms Tam at the Coffee House of the YWCA Fort Canning Lodge. The dinner was attended by President of the YWCA of Singapore, Mrs Ma Kheng Min; Immediate Past President, Ms Tan Kee Leng; Mrs Celine Ho, Ms Foo Chek Chiang, Mrs Dorothy Tessensohn and Executive Director, Mrs Leung Yee Ping. It was a time of fellowship for the ladies as well as an opportunity for Ms Tam to find out more about the code of governance and practices that the Singapore YWCA has in place for years.

Visits to Our Child Development Centres & Kindergarten

The months of July and August were a busy period for some of our Board Members and Committee Members of the Child Development Programme Committee (CDPC). The CDPC Chairperson, Ms Foo Chek Chiang, extended an invitation to these members to visit our 10 child development centres and kindergarten with the purpose of familiarising them with the centres' operation as well as to get to know the centres' principals.



Some of the members who had visited some of our centres many years ago had noted significant changes to the centres since the 70s and 80s. They commented that the centres looked "brand new and modern" with interesting learning corners, an indication that our centres continued to remain relevant and moved ahead with time!

What is the YWCA curriculum? What do you teach the children? How do you communicate with the parents? These

were some of the hot topics that our centre principals shared with the members since most of them were not aware how the centres operate. What really impressed the visitors were the interactive whiteboards and the interactive programmes that have been installed at all our centres and also the Touchsmart PCs that were made available to the children. After hearing so much about the centres, one member was so impressed with the services offered that she even asked if she could reserve a place for her grandchild!



What makes us different from the other child development centres? This was another question that was posed to the Centre Principals by our CDPC Chairperson. What sets our YWCA centres apart from the rest is that our curriculum is different from the norm. Rather than focusing solely on the academic aspects, we seek to provide a holistic learning environment for the children by developing them socially and morally so that they will grow up to become confident and effective leaders of tomorrow. One centre principal commented that she has received praises from a neighbourhood school for having groomed children who are well-behaved, are able to cope with their school work and also excel in their studies.

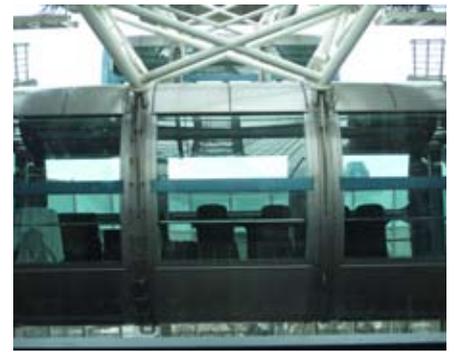
In addition, our centres are also known for the nutritious and appetising food that is served to the children daily. Even the visitors testified to this after sampling the centres' food and observing the nursery children requesting for second helpings!

National Day Outing

This year, the YWCA celebrated Singapore's 45th birthday with a different style. A total of 90 participants, consisting of YWCA members, staff and their family members, participated in a National Day outing organised by the YWCA. Although it drizzled in the early morning, it turned out to be a blessing in disguise as the drizzle made the day cooler. We give thanks to God for the cool weather which was refreshing for everyone.



Members enjoying the River Cruise



A capsule of the Singapore Flyer

The first activity on the itinerary was a leisure cruise ride along the Singapore River. An informative narration about the history of Singapore, coupled with scenic views of historical buildings along the river banks, made the cruise ride even more enjoyable.

Our next stop was to the Singapore Flyer. According to Wikipedia, the Singapore Flyer is currently the tallest Ferris wheel in the world. It reaches 42 stories high, with a total height of 165m, and is 30m taller than the London Eye. There are a total of 28 air-conditioned capsules and

each capsule is capable of holding 28 passengers. A complete rotation of the wheel takes approximately 37 minutes.

As the Singapore Flyer is located near the shore of Marina Bay at an area of Marina Centre known as Marina Promenade, it offers an impressive view of the tall commercial buildings located in the Central Business District (CBD) and the circuit of the Singapore Grand Prix.

Participants were wowed by the magnificent view as the capsule rose

higher at every stage. The wheel rotated so smoothly and slowly that none of the participants could feel the movement. Many of them were busy taking photos with their friends and family against the breathtaking panoramic view of Singapore's skyline.

After the enjoyable ride on board the Singapore Flyer, it was time for lunch at a seafood restaurant before the end to a wonderful National Day outing.

2010 Staff Party



On Tuesday, 31 August 2010, the YWCA held its annual Staff Party at the Holiday Inn Singapore (Orchard City Centre), Ballroom, for more than 250 staff of the YWCA from the different divisions - the YWCA Fort Canning Lodge, National Office, kindergarten and 10 child development centres. Board Members were also invited to join in the fun and celebration together with the staff.

This year, the theme was 'Glamour & Spice'. Everyone was really enthusiastic and put in a lot of effort into dressing up for this special function. Some came dressed in cheong sams while yet others



came dressed in colourful traditional ethnic costumes.

The event started with a big bang as the organising Committee of the Staff Party danced to an upbeat Bollywood dance number 'Om Mangalam'. Everyone clapped and cheered them on as they grooved to the catchy music. The emcee for the evening was none other than well-known celebrity entertainer, Moe Alkaff, who was no stranger to the YWCA, having previously hosted our Sports day function in September 2009. Moe, well known for his gregarious and outgoing personality, was the livewire

of the evening. He charmed the crowds and brought the house down with his humorous antics.

There were many fun games played throughout the night as well as many great prizes to be won in the Blessing Draw. That night, almost everyone was a winner and walked home with at least one prize. In addition, there was also a 'Best Dressed Competition' where the nominees had to do their rendition of the catwalk on stage. The winner was the staff who received the loudest applause from the audience.

Dinner was a scrumptious buffet spread consisting of a wide variety of appetisers, main courses and desserts. It was indeed a fun-filled and memorable evening for everyone!

Sally Hansen Alluring Nails Workshop

The YWCA was glad to have Ms Ruby Tan from Work Life Balance to organise a 3-hour interactive nails workshop on Saturday, 17 July 2010. Ms Ruby Tan has 13 years of experience in the beauty industry and has been featured in lifestyle magazines and also in the Chinese newspaper. In addition, Sally Hansen Nail Products has appointed Ruby as the master trainer to conduct Sally Hansen Nail Workshops in Singapore.

Materials such as hand creams and pedicure/manicure kits were provided for each participant during the workshop so that they could learn how to use them effectively. In addition, each participant could also take back the kit as part of their free goodie bag, which was worth about \$50.

During the workshop, the participants learnt more about the following:

- Nail anatomy
- Manicure / Pedicure techniques while using the cream and the materials
- Cuticle care
- French manicure
- How to choose the right nail colour to match their skin colour



Pedicure / Manicure creams and kit were provided for each participant



Participants listening attentively to Ms Ruby during the course



Ms Ruby guiding one of the participants on the correct technique of nail filing

After a demonstration by the trainer, participants filed and painted their nails using the techniques they had just learnt. Positive feedback was received from the participants. They felt the course was well organised and well presented by Ms Ruby, who was able to answer the questions posed by the participants. It was indeed a morning well spent.

Cooking Sessions 3 - 5



Guys can cook as well! Mr Jeremy Nguee sharing tips on the ingredients used during Cooking Lesson 3



Traditional Italian Starters for Cooking Lesson 3



Baked Chendol Pumpkin Cake for Cooking Lesson 4



Steamed Ubi Kayu (left); Raisin Scones (centre); Poh Piah (Right) for Cooking Lesson 5

Ever since the YWCA started organising cooking lessons in April this year, the response was overwhelming and the sessions were well received by the public and YWCA members. Through these sessions, some participants who were initially non members later joined as members to take advantage of the membership privileges such as lower course fees.

Taught by a group of dedicated YWCA volunteers, the participants learnt how to cook different cuisines such as lasagne, lava cake, Italian starters, baked chendol pumpkin cake, steamed ubi kayu and many more mouth watering dishes. Participants also picked up useful tips on cooking and baking.

Throughout the sessions, there was much interaction between the trainers and the participants. The participants asked many questions which were patiently answered by the trainers. At the end each session, every participant had the opportunity to taste the freshly cooked dishes that they had learnt earlier. There were even tea and coffee to go with the food. During these sessions, friendships were also forged when participants exchanged small talk.

Based on the positive response, the YWCA Cookbook Committee decided to organise a second series of cooking lessons which will commence in 2011. The Committee also took the opportunity to explain to the participants that the funds received from the course fees are channelled to support YWCA's community projects such as the delivery of free meals to the needy elderly and children and to provide financial aid to needy families as well. The Committee hoped that through this, the participants would have a better understanding of how the funds are being used and that they are doing their part for charity when they sign up for the cooking lessons. The Committee also encouraged the participants to disseminate this information to their friends and relatives so that more participants will sign up for the second series of cooking lessons.

Mrs Dancy Thong

Interviewed by Karen Chay



Mrs Dancy Thong is a familiar face in the YWCA, serving on the Board of Management as well as various committees of the Association. With her active involvement in the YWCA, it is hard to imagine that she has joined the Association only four years ago.

Her passion for life, enthusiasm and boundless energy are a source of inspiration for those around her. Coupled with her jovial and friendly disposition, she has the ability to make others warm up to her easily.

Mrs Thong enjoys baking and cooking and experimenting with recipes to refine her culinary skills. In fact, it is through this passion of hers that she was first introduced to the YWCA. Back then she was approached by Ms Tan Kee Leng, the Immediate Past President of the YWCA, to conduct ad hoc cooking demo classes for YWCA members. Initially the response to these classes was lukewarm. It was only this year that the cooking classes started gaining popularity among members. They became such a success that Mrs Thong now conducts regular classes together with other likeminded volunteers of the

YWCA who want to share their passion for food and their culinary skills with others.

Originally from Kuching, Sarawak, Mrs Thong married a Singaporean in 1980 and has since made Singapore her home. A freelance accountant by profession and now a full-time volunteer, she is also a proud mother of two wonderful boys and a daughter-in-law.

Other than the YWCA, have you volunteered in any other organisations?

Prior to volunteering with the YWCA, I was serving mainly in my church as a catechist.

Is there anyone who has made an impact on you in your life?

I have been blessed with many close friends who have made my life in Singapore such a wonderful experience. But the person who has made the strongest impact in my life is my loving and wonderful husband, John, who is my pillar of strength and support. I am very thankful for the support he has shown me in everything that I do especially in the area of my volunteer work, which fills up most of my time these days.

What do you consider to be your strongest character traits?

My friendly disposition and my patience are my strongest character traits.

If you could do anything over in your life, what would it be? How would you have done it differently?

Nothing. I enjoyed every single moment and all the experiences in my life and I would not trade them for anything. I have truly been blessed with many good things in life and I want to thank God for His love and blessings

How would you want to be remembered?

I want to be remembered as someone who is always ready to offer help wherever and whenever needed. As long as I have the capacity to do so, I want to help others who are in need.

Is there anything which you have always wanted to do but never did?

We all go through different phases in our lives – from building up our career to getting married and starting a family; to retirement and finding time to travel; and engaging in volunteering activities. So I believe that there will come a time where I will be able to try out different things and fulfil all my dreams.

What are your most treasured personal possessions?

My friends and my family.

What would you wish for if you were granted three wishes?

Firstly, I wish for my sons to excel in their careers so that they will have the means and the ability to help the poor in future. Secondly, I wish for religious and racial harmony in this world so that there will be no more wars. It is only when the different religions and races are able to co-exist then will there be peace in this world. Thirdly, I wish that I will have the ability to feed the poor and the needy.

What are you most proud of?

I guess that will be my ability to whip up a delectable meal for my family and friends.

Hungry No More (Sustenance for Families)

In July, the YWCA launched a new programme to help needy families. This programme, titled 'Sustenance for Families', is part of the YWCA's Hungry No More Programmes and benefits needy families who are not eligible for public assistance. Sustenance for Families seeks to alleviate some of the financial hardships faced by these families by distributing dry rations to them on a monthly basis. A bag of rations consist of items like rice, cooking oil, instant noodles, washing powder and toilet paper.

The inaugural session held on 31st July saw 23 volunteers coming together to help in the packing and distribution of dry rations to 85 families in the Bendemeer estate. Volunteers from a church group were on hand to help in the packing of the dry rations. These enthusiastic young adults were quick and efficient and the job was done in less than an hour. As a reward, they took a short break to replenish their energy before helping to deliver the ration packages to the families.

By this time, they were joined by our very own YWCA Committee members. It was no easy task as each bag of dry ration was heavy, containing a 5kg pack of rice among other provisions. As the 85 families spanned 3 HDB blocks in Bendemeer, the volunteers had to make several trips to complete the delivery. The day ended just before 1 pm.

Many families were very grateful for the provisions given by YWCA. As for the volunteers, it was hard work but the experience was fulfilling and meaningful. Everyone looked forward to the next session which will be held at Pipit Road.



Cook-Out for Charity



In commemoration of its 135th year of serving the community, the YWCA organised its first Cook-Out event on Saturday, 18 September 2010. More than 20 volunteers and staff of the YWCA, in one body, mind and spirit, came together in concerted effort to whip up a scrumptious meal for almost 200 beneficiaries of its Hungry No More (Meals-on-Wheels for Elderly and Children) Programmes.

The day before, some volunteers also took time off their busy schedules to help in the preparation of the ingredients for the meals as well as the packing of goodie bags for the beneficiaries. Each goodie bag consisted of items such as rice, packet drinks and snacks for both the elderly and the children.

As early as 7.30 am on 18th September, some volunteers were already gathered in the kitchen of the YWCA Outram Centre, excited and all ready to get into action for the meaningful task ahead. The menu planned for the elderly included ayam pongteh, chap chye and chinchalok omelette with rice; while that for the children was fish balls, chicken wings and pineapple rice.

The volunteers were all assigned specific duties beforehand and everyone got into their positions quickly and started working on their tasks without haste. Even though laughter and chatter could be heard frequently in the kitchen, everyone remained focused in their tasks.

With the combined efforts of everyone, the arduous task of cooking for almost 200 people was completed way ahead of the scheduled timing. Production lines were formed to pack the lunch boxes and sort according to the different estates. Once the packing was completed, the drivers and attendants were ready to set off to deliver the

food packets and goodie bags to the beneficiaries. At the end of the day, everyone was seemingly tired but glad to be able to chip in and do their part for charity through this meaningful event.



The YWCA would specially like to thank and acknowledge Yeo Hiap Seng Ltd and Aries Fresh Pte Ltd for their kind and generous sponsorship of drinks and food items respectively. Thank you for partnering with us in this meaningful event and bringing a smile to the faces of our beneficiaries. We look forward to your continued support and partnership in our future programmes and activities. We would also like to thank everyone who have helped out for this event in one way or another, for we could not have done it all through our own efforts.

Poetry Corner

The Priceless Gift of Christmas

By Sylvea Wong

Now Christmas is a season
for joy and merrymaking
A time for gifts and presents,
for giving and for taking ...
A festive, friendly happy time
when everyone is gay
But have we ever really felt
the greatness of the day ...
For through the centuries the world
has wandered far away
From the beauty and the meaning
of the Holy Christmas Day ...
For Christmas is a heavenly gift
that only God can give,
It's ours just for the asking,
for as long as we shall live ...
It can't be bought or bartered,

it can't be won or sold,
It doesn't cost a penny
and it's worth far more than gold.
It isn't bright and gleaming
for eager eyes to see,
It can't be wrapped in tinsel
or placed beneath a tree ...
It isn't soft and shimmering
for reaching hands to touch,
Or some expensive luxury
you've wanted very much ...
For the priceless gift of Christmas
Is meant just for the heart
And we receive it only
when we become a part
Of the kingdom and the glory
which is ours to freely take,

For God sent the Holy Christ Child
at Christmas for our sake,
So man might come to know Him
and feel His presence near
And see the many miracles
performed while He was here ...
And this priceless gift of Christmas
is within the reach of all,
The rich, the poor, the young, and old
the greatest gift and the small ...
So take His priceless gift
of love, reach out
And you receive, and the
only payment that
God asks is just that you believe.

YWCA 2011 Diary – A Fund Raising Project

All sale proceeds go towards the support of the YWCA's community services and projects



In view of the success of the inaugural 2010 food diary with the theme of 'Celebrations', the YWCA decided to continue to publish a food diary for 2011 with a different food theme. The theme for the 2011 diary is 'One Pot Dishes' and features 12 delightful "easy to cook and good to eat" dishes such as Chicken Pie, Sweet Japanese Hot Pot, Penang Laksa and Mango Yoghurt CheeseCake. The recipes are simple and easy to follow and cater for busy working adults who want to whip up a scrumptious dinner in the shortest time possible or for aspiring cooks who have limited or no experience in the kitchen. The diary

measures 9.5cm x 17cm and is compact enough to fit snugly into a ladies' handbag. Each diary is priced at only \$6/copy for YWCA members and \$8/copy for non-YWCA members. This lovely diary will certainly make a useful and meaningful gift for your family, friends and colleagues during the festive season. So grab your copy of this limited edition diary today and do your part for charity. The diaries are now available for sale at the YWCA National Office, located at 254 Outram Road, Singapore 169051; and the YWCA Fort Canning Lodge, located



at 6 Fort Canning Road, Singapore 179494. For enquiries, please contact Karen at tel: 6223 1227 or email: karenchay@ywca.org.sg.

... but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

HR Announcements

Welcome New Staff

The YWCA is pleased to welcome new staff joining the team. We welcome Ng Cheo Tee (Teacher) at Bedok CDC; Nur Amalina Binte Suja'eh (Assistant Teacher) at Bedok CDC; Toh Lay Kiaw (Teacher) at Bukit Gombak CDC; Diane Tan May Ling and Li Jessie Nee Lai Yoon Choo (Assistant Teachers) at Bishan CDC; Neo Chai Yan, Sylvia (Teacher) at Bishan CDC; Joey Heng Ee Ting (Teacher) at Jurong East CDC; Champakali Mukherjee (Assistant Teacher) at Jurong East CDC; Tang Puay Lee Camilia (Teacher) at McNair CDC; Thong Gek Choo (Attendant) at Marine Drive CDC; Wang Jia (Teacher) at Marine Drive; Sujatha Ravikumar (Assistant Teacher) at Marine Drive CDC; Gan Qian Hui, Evangeline (Executive, Programmes) and Yeo Bee Lian Yvonne (Accounts Supervisor) at NOF.

At Fort Canning Lodge, we welcome Tan Kui Hin (F&B Waiter), Jenny Chong (F&B Supervisor); Magesvari a/p Subramaniam (Public Area Attendant), Mike Lim (Room Attendant), Liew Chun Nam (Leading Cook), Fan Jin and Ye Haitao (F&B Trainees); Lee Pui Wan (Banquet Sales Manager); Nur Halim Bin Ismail and Syed Muhd Syakir (Guest Relations Assistants).

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.

Volunteers Needed for our Community Services!

Join us as VOLUNTEERS and make a difference in the lives of the needy in our community!

For volunteering opportunities, please visit our website at www.ywca.org.sg or contact Membership at tel: 6223 1227 or email: members@ywca.org.sg.

History of the YWCA

Mrs Kathleen Hodge, or fondly known as Kay to many in the YWCA, was not only the Vice President of the YWCA from 1970 – 1972 but was also actively involved with the Jurong Child Play Centre, which was opened in 1967. After many years of dedicated service in the YWCA, she returned to England in 1994 to be with her family.

The willing and selfless attitude of most of the women in the YWCA can also be seen in the way that the torch has been passed on from generation to generation. Younger women are constantly being groomed to take over the helm while the older and more experienced ones continue to guide and motivate the younger generation of leader. Many of these women have gone on to gain recognition not just locally but also internationally.

The Y continues to grow from strength to strength and has not given up its role as a change agent. From within its ranks sprang the seeds for the Singapore Council of Women's Organisations, which is an umbrella body for women's organisations in Singapore. The Y's work in the areas of child care and education spawned a whole chain of Child Development Centres (CDCs). The period 1985 – 1995 saw the expansion and consolidation of work of the CDCs. To cater to the growing child care needs of the young generation of working parents, new centres were set up in areas like Jurong East (1988), Serangoon (1988), Bukit Gombak (1990), Bishan (1992) and Pasir Ris (1993).

The YWCA recognises that as the society's needs continue to change, it will have to move with the times if she is to remain relevant. As far back as the early 80s, a new hostel had already been mooted. The ensuing years saw this idea taking root and once again, it is with faith and determination that the ladies of the Y have set about realising this vision.

What's On

Programmes/ Events	Dates (Day)	Time	Venue	Fees	For registration or enquiries, please contact:
YWCA Christmas Bazaar	18 December 2010 (Saturday)	11.00 am – 7.00 pm	YWCA Fort Canning Lodge, Sophia Cooke Ballroom (Level 2), 6 Fort Canning Road, Singapore 179494	Admission Free	Ms Davi Rukmani Email: davi@ywca.org.sg
YWCA 135th Anniversary Celebrations Dinner	24 November 2010 (Wednesday)	6.30 pm – 10.00 pm	YWCA Fort Canning Lodge, Sophia Cooke Ballroom (Level 2), 6 Fort Canning Road, Singapore 179494	By Invitation	Ms Karen Chay Email: karenchay@ywca.org.sg
Chinese New Year Shopping Trip	19 January 2011 (Wednesday)	9.30 am – 4.30 pm	Meeting point at YWCA Outram Centre, 254 Outram Road, Singapore 169051	\$20 (Members & their immediate family members) \$30 (Non-members)	Ms Chu Wai Puay Email: waipuay@ywca.org.sg

Quarterly Recipe

Steamed Ubi Kayu



Ingredients:

(A)

1 kg grated tapioca
60 gm tapioca flour
½ tsp vanillin

(B)

800 ml water
200 gm sugar
Juice from 3 pandan leaves

(C)

1 grated white coconut
½ tsp salt

Method:

Mix Ingredients **(A)** together and keep aside.

In a pot, boil water and sugar until sugar dissolved. Lower the fire.

Stir in Ingredients **(A)** into the sugar mixture until the mixture is slightly thickened. Add pandan juice and mix well. You can also add food colouring.

Transfer to a tray and steam for 45 minutes until cooked.

Microwave Ingredients **(C)** for 2 minutes and mix the coconut. Microwave another 2 minutes and remove to cool. Alternatively, steam the Ingredients **(C)** for 5 minutes and cool. (Note that steamed coconut may not last because it contains more moisture)

After the ubi is cooked, leave it to cool before cutting into pieces. Coat the ubi with the grated coconut and serve.

Lunar New Year Promotions @ Fort Canning Lodge

i. Traditional Yu Sheng

Available daily [Monday to Sunday] @ Coffee House from 27 January 2011 to 17 February 2011 from 12.00pm to 9.30pm

Traditional Toss with Ikan Parang (Small)	\$26.80++
Traditional Toss with Salmon (Small)	\$31.80++
Traditional Toss with Ikan Parang (Large)	\$32.80++
Traditional Toss with Salmon (Large)	\$38.80++

[Small – 4 to 6 persons/Large – 7 to 10 persons]

ii. Pot of Abundance (Pen Cai)

Available daily [Monday to Sunday] @ Coffee House from 27 January 2011 to 17 February 2011 from 12.00pm to 9.30pm

Come and usher in the year of the Rabbit with this pot of wealthy abundance filled with abalone, shark's fin, sea cucumber, dried oyster, conpoy, prawns and many more goodies

Prosperity Pot of Abundance at \$ 488.80++ for 8 – 10 persons with complimentary Yu Sheng, fragrant rice wrapped in lotus leaf, yam paste with lotus seed and pumpkin, mandarin oranges and soft drinks

iii. Reunion and Lunar New Year Celebrations

Available daily [Monday to Sunday] @ Coffee House from 27 January 2011 to 17 February 2011 from 12.00pm to 9.30pm

8 course Reunion Menu at \$398.00++ and 9 course Reunion Menu at \$468.00++ per table of 10 persons with complimentary mandarin oranges and soft drinks

All of the above are subject to the following:

- 10% discount for YWCA Board members, members and staff
- For take-aways, 7% GST is applicable
- Advance reservation of at least 3 working days is required
For reservations, please contact the coffeehouse at
Tel: 6333 0487
- All the above discounts are not valid in conjunction with any other promotions or discounts

This Lunar New Year, gather together with your family and loved ones at the Fort Canning Lodge for the Reunion Dinner. This tradition is a good time for family members, far and near, to come together and catch up with one another over a scrumptious meal and usher in the New Year!

8-COURSE MENU AT \$398.00++ PER TABLE OF 10 PAXS

Traditional Toss with Ikan Parang
Braised Shark's Fin Soup with Twin Treasures
Sauteed Prawn with Asparagus
Golden Roast Chicken with Garlic
Deep-Fried Seabass with Superior Sauce
Broccoli with Abalone Mushroom and Black Moss
Fragrant Rice in Lotus Leaf
[Chinese Sausage, Prawn, Scallop, Chestnut and Dried Mushroom]
Red Bean Paste with Lotus Seed
Chinese Tea

9-COURSE MENU AT \$468.00++ PER TABLE OF 10 PAXS

Traditional Toss with Salmon, Ikan Parang and Pacific Clams
Braised Shark's Fin Soup with Fish Maw and Dried Scallop
Imperial Herbal Chicken
Steamed Prawn with Ginger and Chinese Wine
Braised Dried Oyster with Vegetables and Black Moss
Steamed Garoupa with Superior Sauce
Eight Treasure Vegetables Delight
Stewed Ee Fu Noodles with Assorted Mushrooms and Crabmeat
Tang Yuan with Glutinous Rice Ball
(stuffed with Peanut Paste served in Syrup)
Chinese Tea

McNair Child Development Centre

By Mrs Lucy Lim

The YWCA Child Development Centres (CDCs) are concerned not only with the academic pursuits of our students but also their physical and moral development. The curriculum and teaching methods are constantly reviewed and improved upon so as to provide better learning opportunities for our young children and to meet their learning needs. We believe that learning is not only confined to the classroom. Instead, much more can be learnt from beyond the classroom. As such, outings are integral to our curriculum and are organised for our children for their social, emotional and intellectual developments.

Fortnightly outings to Toa Payoh Library are organised to encourage life-long learning through reading. The Centre also organises learning journeys to the Singapore Zoological Gardens, Bird Park and Science Centre. To further expose our children to a wider variety of experiences, we take the public transport such as the bus and MRT to the various outing venues. To elevate the children's social awareness in the public arena, the children are given the opportunity to experience buying their own food in a food court and clearing their trays after eating.

Other than just teaching and organising outings, we also hope to cultivate in our children the importance of "family". The Centre celebrated Mothers' & Fathers' Days with fun-filled activities that involved parents preparing snacks and painting T-shirts with their children. The aim was to strengthen parent-child bonding. Of all the activities organised, the most memorable activity was an overnight camp held at the Centre last year in December. The sight of parents, teachers and children coming together and helping each other pitch the tents was a touching scene. Despite God's shower of blessings, it was still an enjoyable and fun-filled night for all.

All in all, it had been another eventful year for McNair CDC. We extend our gratitude to the parents who have faithfully supported us over the years. Prayerfully, with His help and guidance,

we will be able to realise the full potential of this Centre in serving our children.



Campfire and Overnight Camp at McNair

The day was 18 December 2009. It was a cool evening when we arrived at the CDC to help start the fire for the campfire and the BBQ. It was to become one of the most memorable evening not only for our boys, Yi Xiang and Yi De, but for us too at the YWCA McNair CDC, for this is the night where we will all spend in the 'wilderness' after a campfire.

It was a very well organised campfire with great food and one of the best BBQ around. The music and food put together by Mrs Lim, her teachers and the ever loving aunties definitely made this night a great one for all to enjoy. Well-organised games brought laughter in the air with the flames as night fell. It was a fantastic time not only for the kids who were almost 'released' from the clutches of their parents, but for the parents as well, for the night brought a great opportunity for everyone to interact and get to know each other better in an informal and fun atmosphere.

All in all, it was a very exciting, fun and memorable day or rather night for all. Huge compliments to the Principal of YWCA McNair CDC, Mrs Lim, her teachers and staff for coming up with and organising this fantastic event for all the children and their parents to participate, enjoy and remember. It has definitely strengthened bonds, not only between the adults, but most importantly, between parents and children ... and all this done beyond the comforts of home.

GREAT JOB!! WELL DONE AND THANK YOU!!!

- Mr & Mrs Tan Kok Wee

Father's Day Celebration

Stepping into YWCA McNair CDC was the best decision that we made about 3.5 years ago. Our boys, Callum (K1) and Caleb (N1), have progressed successfully and confidently over the years with the teachers' constant care, encouragement and guidance. All the teachers, staff and helpers are just terrific. It's the "McNair" Family. It's a great place to learn & grow.

As parents, we want our children to have the best memories of their childhood. YWCA McNair CDC is one such place where we can offer our boys this wonderful memory in addition to their holistic development. We loved the enriching thematic school holiday programmes organised by the centre to widen the kids' knowledge e.g. zoo excursion, MRT ride trips, movie outings and visits to the library.

We (together as a family) are amazed and enjoyed the fun-filled ice-breakers, interactive and family bonding activities well-planned and carefully drawn up by the centre e.g. Sports Day, Campfire + Camping experience, Mothers & Fathers' Day Celebrations. THUMBS UP everybody!!! We normally don't get a chance to say thank you to all the teachers so we would like to take this opportunity to do so. We think EVERYBODY in the centre is doing a FANTASTIC job.

- Mr & Mrs Ivan Fu



Outram Child Development Centre

By Teachers of Outram CDC

As educators, we believe in enriching our children's learning with experiences that last a lifetime. In our Term 3 calendar of events, we visited the following places and our children and parents had a fun and exciting time throughout this learning journey.

A day at the Singapore Zoological Garden



We arrived at the Singapore Zoological Garden early in the morning. A few parents also joined us on this trip. Our first destination was to the 'Shaw Foundation Amphitheatre where we viewed a show called 'Rainforest Fights Back', which taught us how to save the natural habitat of our animals. It was an educational as well as entertaining show as the characters were lively, humorous and dramatic and the message was well received by the children.

The second show at the Splash Amphitheatre was about sea lions. The trainer gave informative facts about the sea lions such as how much food it consumes per day and the number of meals it takes per day. We were then introduced to Philip, the friendly and playful sea lion. The most interesting segment of the show was the interactive session where the audience got to pet, feed and play with Philip. In return they received kisses from the friendly sea lion.

After a scrumptious lunch, we headed to the Wet Play area where the children had lots of fun swimming and playing at the water fountains. The last activity was a visit to the mini-farm where we witnessed the feeding of the animals. There were also photo-taking sessions with the animals.

Back in school, the children discussed and shared what they saw at the zoo.

They drew what they had seen during the outing and also engaged in some creative writing. It was indeed a fun and educational trip for the children!

Mandai Orchid Garden



Our second trip was a guided tour to the Mandai Orchid Garden. Even though it was drizzling, we were determined not to let the weather dampen our moods. Upon arrival, we were welcomed and brought to the holding area where we caught a glimpse of the Vintage Garden which was built in the 1950s. The best feature of the garden was the fall of land that had been skilfully and artistically created to appear natural with a clear stream running through it. The lovely sight encouraged the children to explore and be more aware of their surroundings.

We were divided into three groups and each group took turns to engage in different activities at various stations. Our first station was a walk through the Vintage Garden where we saw almost 400 kinds of orchids. The children were very excited to see similar kinds of flowers and plants of different colours. We also had the opportunity to see our national flower, Vanda Miss Joaquim. The guide explained to us how orchids were being grown and taken care.

Our second station was the Water Garden where we saw more common plants like the banana and bamboo trees, which can be found in Asia. As we took a walk through the muddy and slippery garden, we got to see creepy crawlies like earth worms, snails and tiny frogs in the environment.

The final station was potting plants. The gardener and his two helpers briefed us on the materials required for the potting

activity. They then helped us transfer a desert rose plant from a big pot to a smaller pot and then added more soil to the pot. It was indeed a hands-on experience for both parents and children. As we came to the end of our trip, the pot of desert rose which the children planted was presented to them as a parting gift.

Kids Sports Challenge - A glimpse of fun sports



In conjunction with the 2010 Youth Olympic Games (YOG), our centre took the opportunity to participate in the Kids Sports Challenge held at the Marina Promenade. It was a half day programme for the kindergarten 1 and 2 children.

Dressed in their excursion uniform, the children were very excited when they saw the carnival-like sports arena filled with many huge, colourful sports stations. The children were grouped according to their age groups and each group was guided by a YOG host. The children tried out various activities like trampoline, football and badminton, all which required the children to climb, crawl and jump. There was also an opportunity to meet up with a few of the athletes and take photos with them. Some of the children and teachers even had the honour of holding the medals won by the athletes. It was indeed a once in a lifetime experience for us.

After completing the various sports stations, the children went on to collect their prizes. As we boarded the bus back to the centre, the children were all tired but had a great sense of achievement as they learnt how to celebrate victory and embrace defeat graciously. Through this activity, the children also learnt how to be more resilient and bounce back from setbacks.