

ywwLink



“There is a time for everything, and a season for every activity under the heavens: ... I know that there is nothing better for people than to be happy and to do good while they live.” Ecclesiastes 3:1,12

Oct - Dec 2013

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

www.ywca.org.sg

Highlights



Annual Flag Day
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Editors' Note

Making Time

This being the final issue of 2013, it's also time to take stock of the year's activities in YWCA. From January to November, it has been a year of achievements in our Community Services and Childcare Services. From the opening of the Youth Centre in March to the launch of the Girls' Hostel in November, with the many Cook-Out sessions with our corporate partners, and WOW workshops for the children and youths, the Association had a busy year. The extensive activities for our beneficiaries, both old and young, are featured in this issue for your reading. On the Childcare Services sector, YWCA had much publicity in 2013 as we had visits from the Minister for Social and Family Development and a few of our CDCs were featured in the media. What a year!

As we approach the end of 2013, we need to make time to take stock of our lives and as Rev Edwin Lam said in his article in 'Christian Living' in this issue, we need to take time to listen, to think, to reflect and pray.

During the past year, we welcomed new staff in Fort Canning Lodge and in NOF. We hope the new staff will enjoy working with YWCA. An opportunity for all staff and volunteers to work together took place at the Christmas Fair which was held in FCL on 16 November 2013. Everyone had a good time!

As we come to the end of 2013, we salute the volunteers who gave so much of their time and talents, the corporate partners who had brought much joy to our beneficiaries and our hardworking team of Programmes staff who carried out their work with great enthusiasm and to make a difference in the lives of our beneficiaries.

From all of us at YWCA, we wish you a blessed Christmas.

“The Lord will watch over your coming and going both now and forever more.”
Psalm 121:8

Tan Kee Leng, *BPM*
Editor

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Upcoming Events

CHRISTMAS JOY TALK

9 DECEMBER (MONDAY)

Venue : YWCA Fort Canning Lodge, Pool Terrace Room (Level 3)
 6 Fort Canning Road Singapore 179494

Time : 12.15pm – 2.00pm

For more information, please visit our website at www.ywca.org.sg.

YWCA News

2014 Recipe Calendar Launch

This New Year give your family and friends the gift of good food and charity with the YWCA 2014 Desktop Recipe Calendar. The theme this edition is 'Party Food' and features a range of local and western bite-sized favourites from our Y-Cook Committee to tantalise the palates of your party guests. And the best part – all proceeds go to fund YWCA's community services and programmes. Get one today for just \$8 a set and indulge in the simple joys of eating and giving from the heart.



Café Lodge Festive Promotion



FESTIVE PROMOTIONS

FOR CHRISTMAS & NEW YEAR

Available on 24th - 25th Dec 2013 & on 31st Dec 2013 - 1st Jan 2014

<p>Choice of Main Course</p> <p>Turkey Breast Roast with Vegetables & Chicken Ham Mousse \$32.00++ <i>Served with Sautéed Mixed Carrots, Zucchini, Brussels Sprouts, Cranberries & Baby Potatoes. Topped with Cranberry & Gizzards in Brown Sauce</i></p> <p>Pan Seared Pork Belly & Honey Glazed Ham \$30.00++ <i>Served with Sautéed Mixed Carrots, Zucchini, Brussels Sprouts, Cranberries & Baby Potatoes. Topped with Apple Cider Sauce</i></p> <p>Oven Roasted Tenderloin of Beef wrapped with Bacon \$42.00++ <i>Served with Sautéed Mixed Carrots, Zucchini, Brussels Sprouts, Cranberries & Baby Potatoes. Topped with combination of Cockatiel Onions & Butternut & Shrimp Macaronis in Brown Sauce</i></p> <p>Oven Baked Fillet of Cod with Herbs Breadcrumbs \$39.00++ <i>Served with Mashed Potatoes & Asparagus garnished with Grapes, Cherry Tomatoes & Baby Potatoes. Topped with Cream Sauce & Chopped Spring Onions</i></p>	 <p>Presenting our... <i>semi a-la-carte buffet</i> with choice of main course, unlimited servings of salad, soup and dessert with free flow of coffee & tea</p>	<p>LUNCH: 11.30AM - 3PM DINNER: 6PM - 10PM</p> <p>For Reservations, please call Café Lodge at Tel: 6333 0487</p> <p><i>Our unlimited salad & dessert buffet</i></p> <p>Salad: Mixed Garden Greens with Cherry Tomato, Stuffed Olive, Onion, Capsicum, Kidney Bean, Waldorf Salad, Caesar Salad, Pasta Salad; Sliced Sliced Tomato & Cheddar Cheese Salad with Choice of 4 dressings</p> <p>Soup: Mushroom Vulture served with Baguette & Truffle Butter</p> <p>Dessert: Yule Log Cake, Bread & Butter Pudding, Christmas Pudding, Assorted Tarts & Cakes, Seasonal Fresh Fruits, Pulot Hitam, Ice Cream</p> <p><small>All prices are subject to 10% service charge & prevailing government taxes</small></p>
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FESTIVE GOODIES TAKEAWAYS

Get a 15% early bird discount on all orders placed before 18th Dec 2013!

 <p>AVAILABLE FROM 18th DEC 2013 TO 1st JAN 2014 AT CAFÉ LODGE</p>	<table border="0"> <tr> <td>Roast Whole Turkey [4.5 kg] with Chestnut Stuffing & Cranberry Sauce</td> <td style="text-align: right;">\$90.00</td> </tr> <tr> <td>Honey Glazed Ham [1.5kg] with Pineapple Glaze & Apple Sauce</td> <td style="text-align: right;">\$33.00</td> </tr> <tr> <td>Roast Strip Loin of Beef [2.0kg] with Rosemary Sauce</td> <td style="text-align: right;">\$98.00</td> </tr> <tr> <td>Roast Leg of Lamb [2.0kg] with Rosemary Herb & Garlic Rosemary Sauce</td> <td style="text-align: right;">\$110.00</td> </tr> <tr> <td>Shepherd's Pie [chicken or beef]</td> <td style="text-align: right;">\$14.00</td> </tr> <tr> <td>Stollen</td> <td style="text-align: right;">\$18.00</td> </tr> </table> <p style="text-align: center; color: red;"><small>All prices are subject to prevailing Government Taxes</small></p>	Roast Whole Turkey [4.5 kg] with Chestnut Stuffing & Cranberry Sauce	\$90.00	Honey Glazed Ham [1.5kg] with Pineapple Glaze & Apple Sauce	\$33.00	Roast Strip Loin of Beef [2.0kg] with Rosemary Sauce	\$98.00	Roast Leg of Lamb [2.0kg] with Rosemary Herb & Garlic Rosemary Sauce	\$110.00	Shepherd's Pie [chicken or beef]	\$14.00	Stollen	\$18.00	<p>Order forms are available at Café Lodge at Level 1, Fort Canning Lodge</p> <p>Orders must be placed at least 72 hours before date of collection</p> <p>Weight indicated above is before roasting</p>
Roast Whole Turkey [4.5 kg] with Chestnut Stuffing & Cranberry Sauce	\$90.00													
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For orders & reservations, please call Café Lodge at Tel: 6333 0487

FCL National Day Promotion

By Jonathan Tay

In line with our 48th National Birthday celebration, Café Lodge offered every 3 paying adults the discounted price of only \$4.80 for the 4th person.

The National Day buffet lunch promotion ran from 5 to 11 August with the theme 'Singapore's Good Old Favourites'. The buffet spread included Bak Kut Teh, Hainanese Chicken Rice, Beef Rendang, Crayfish in Chili Crab Style, Otah Otah, Kueh Pie Tee, Satay, Popiah, Chendol and our action counter with Chef on-hand ready to fry Carrot Cake a la minute.

The buffet was well received with close to 100 persons on the first few days prior to National Day. Compliments go to the chef for whipping up the sumptuous spread that received good feedback from both our regular clients and walk-in guests.

Kids' Club Christmas Party

By Ling Goh

The biggest event of the year for our child beneficiaries is coming up on Saturday, 21 December from 10am to 1pm at the Fort Canning Lodge! This year, we are inviting over 150 children from our YWCA Meals-on-Wheels, Kids' Club and Workz-on-Wheels programmes to our Kids' Club Christmas Party to celebrate their achievements and bring festive hope and cheer this year.

These children from low-income or disadvantaged backgrounds will each have a Christmas Wishlist item fulfilled, where they can choose an ukulele or school supplies, amongst others, as their Christmas gift. There will be Art, Music, Drama, Magic and Dance showcases by the Kids' Club beneficiaries; as well as a Christmas craft activity by Paper Chase; carolling by Intune Music; storytelling by the Godmother of Singapore storytelling, Sheila Wee; along with face painting and balloon sculpting.

In addition, the YWCA Bursary Awards will be given out at the Party to Meals-on-Wheels for Children beneficiaries to motivate them in their studies and encourage them to reach their fullest potential. Merit Bursaries will be granted for grade improvement while Distinction Bursaries will reward above average results. Kids' Club Awards for demonstrating the YWCA Core Values in action will also be awarded to deserving children to recognise character development.

We still need some help to make this a very Merry Christmas for these underprivileged kids. If you would like to make a donation to the Bursary Awards and Christmas Wishlist, or if you would like to volunteer at the Kids' Club Christmas Party event, please contact us at members@ywca.org.sg today!

Zalora Beauty Fix Box Reprised

By Nicole Chua

In August, Zalora Singapore prepared 100 special beauty boxes priced at \$25 per box featuring SK-II, NCLA, L'egere samples and more, intending to donate all proceeds to fund the YWCA Girls' Hostel. It was a collaboration between Zalora Singapore and YWCA to market beauty with a good cause. Within four days of the launch, all 100 boxes were sold out! We would like to thank Zalora Singapore for the donation of \$2168.22 and look forward to their next Zalora Beauty Box, launching in mid-November with 200 boxes prepared this time and even better samples and brands for the beauty buyer with a heart of gold.



Board Retreat

By Ling Goh

The YWCA Board Retreat happened over the weekend of 27 and 28 July. It was a time for the Board and Management to come together with staff to decide the strategic plan of the coming years, as well as to bond and recharge for the climb ahead.

The Retreat began with a strategic planning workshop at the Fort Canning Lodge on Saturday morning, after which the group moved to Raffles Marina where they stayed the night. Sunday began with the picturesque view of yachts followed by a Leadership Connection workshop by Mr Benjamin Goh of BensGlobal.

Highlights of the Retreat included a boat ride coasting Malaysian waters, bowling night, and the beautiful parting gift for each workshop participant of a unique and inspired picture and message that Mr Goh had arranged for intercessors to pray over. Everyone felt fed not only physically but spiritually that Sunday as they retired home.

Events

Annual Flag Day 2013

By Nicole Chua & Ling Goh

On Saturday 17 August, the YWCA held her annual Flag Day event. This year, 400 Flag Day tins were issued to YWCA staff and volunteers. Five operation centres were set up across the island – Fort Canning Lodge, Velocity at Novena, Jurong East MRT Station, Ang Mo Kio MRT Station, and Pasir Ris MRT Station. Fundraisers spread out all over Singapore to appeal to the public for their generous donations.

The tins were opened the next working day and donations were diligently counted by the YWCA Board members and National Office staff. The room was buzzing like a beehive of activity all through the morning and early afternoon. The amount of the street collections totalled up to over \$37,000. Punggol Secondary School also managed to raise \$4,788 through pledge card collections. The YWCA was very blessed to receive \$10,000 from the Lee Foundation and \$5,000 from the Tan Chin Tuan Foundation through appeal letters sent earlier. Adding up other donations, the total amount raised for Flag Day 2013 is \$72,314.20. All proceeds will go towards funding and sustaining YWCA's ongoing and upcoming community services and programmes

The YWCA would like to thank all staff and volunteers for the dedication and effort they have put in for both Flag Day and Counting Day, as well as all donors, regardless of the amount for their kind and generous contributions.



The young lady was on her way to work that morning. Dressed in classy corporate attire, she was hurrying along the sheltered walkway to the busy Ang Mo Kio station when a woman holding a YWCA Flag Day tin approached her.

The woman was none other than Ms Vivien Lai, Chairperson of the Fund Raising Committee, who had taken time out that afternoon to join staff and volunteers in selling flags. Ms Lai made a heartfelt appeal for donations to help run the YWCA community services and programmes, especially to feed the wide-eyed hungry children from low-income families in our Meals-on-Wheels programme.

As Ms Lai shared about their plight, the young lady listened earnestly. Without hesitating, she opened her branded wallet and pulled out a \$50 bill from a compartment. "That's very good work, keep it up," she said. It was one of the most generous amounts donated all day. She walked off with Ms Lai's avid thanks still ringing in her ears.

Some minutes later, she surprisingly walked back with a stack of notes. With tears in her eyes, she said with feeling, "Compared to what you guys are doing and the people out there whom you are helping, I don't need to take a taxi to work."

Hers was not the only touching tale to come out of the 2013 YWCA Annual Flag Day. A couple both sporting crew cuts willingly drew out \$50 as well when approached to donate for our needy families and children; they had recently shaved their heads for charity to raise awareness of children with cancer.

The YWCA was not only blessed with generous donors that day but with dedicated volunteers too. At the Ang Mo Kio operation centre, a father came with his small six- and seven-year-old children to sell flags, teaching by example about the importance of service; a teenage girl who had signed up to volunteer all by herself kept selling flags for the full four-hour shift despite being drenched by torrential rain; and the staff with the highest collection, Alex Lee, our IT expert, braved sun and rain with a big smile to draw over \$600 worth of donations in two full tins.

Thanks to the efforts of everyone involved: from our President Ms Tan Kee Leng who visited most of the operation centres that day, to the Meals-on-Wheels drivers and attendants who shuttled the tins back and forth, to every precious staff and volunteer who gave their best for charity; the YWCA exceeded our 2013 fundraising goal of \$50,000 to bless the lives of our beneficiaries for another year.

Annual Dinner & Dance

By James Yip

The Annual Staff Dinner & Dance was held on 30 August at the Holiday Inn Hotel in Orchard. Our President, Ms Tan Kee Leng gave an opening speech appreciating the efforts and contributions of our Board, Committees, colleagues and organising committee then opened the night for celebration. The theme for this year, '70s Friday Night Fever' made it a joyous and memorable evening for the 220 staff and 10 Board members who attended. Many good sports showed up in various 70s fashion trends, such as glam rock, disco and bohemian. It was a party filled with fun and games led by the highly entertaining emcee who came in an afro wig and sequined shirt. The blessing draw ended the night on a high.



Events

Cook-Out II

By Juliana & Minchell Tan

On 28 September, 37 volunteers together with their APEX leaders from Avnet Asia Pte Ltd took time out and joined volunteer chefs JJ and Carmen, along with staff from the YWCA of Singapore, to cook a six-course meal in Avnet's first Cook-Out event. Chef JJ came up with an extensive and delectable menu consisting of: Steamed Vegetables, Seafood Balls, Braised Mixed Vegetables, Braised Seafood Balls with Beancurd, Chinese Yam with Chicken Feet Soup and Pumpkin Puree with Mung Beans dessert.

Avnet volunteers were split into groups and each group was responsible for a different task. Even though cooking for 150 elderly was a new experience for everyone, the Avnet volunteers embraced the challenge. They completed the different tasks from rolling the seafood balls to cutting beancurd efficiently and with great enthusiasm. The food was then packed into lunchboxes and delivered to Senior Activity Centres and many homes in the Outram vicinity.

Though the team met with certain challenges such as faulty rice cookers, their spirits were not at all dampened. They were all patient when waiting for the rice to be cooked and made up for the delay by spurring each other on, accelerating the packing process. All in all, good teamwork and camaraderie were displayed throughout the day. Several Avnet volunteers remarked that they were glad to be part of this programme as it was an interesting and fulfilling experience for them.

The YWCA would like to thank Avnet Asia Pte Ltd for their kind contribution of \$1,000 for the Cook-Out event. We would also like to thank all volunteers, including Chefs JJ and Carmen, who helped in one way or another to make the event a success. We look forward to your continued support and participation for future YWCA programmes!



Senior Citizens' Lunch

By Kwok Shuyi

In the Bible, God teaches us the right way to treat our seniors in Leviticus 19: 32, which reads: "Stand up in the presence of the aged, show respect for the elderly and revere your God. I am the LORD."

A total of 97 old friends joined us at a celebration lunch held at YWCA Fort Canning Lodge in the Sophie Cooke Ballroom on 24 October. This celebration is an annual event where we come together to honour, acknowledge and thank the elderly for the hard work, dedication and commitment they have contributed to their families, the YWCA and our society through the years.

The afternoon was replete with a tasty Peranakan spread, some karaoke singing, an ukulele sing-along praise session with Mrs Catherine Chan, Chairperson of the YWCA Golden Y Circle Committee, and friends, and a buzzing Ballroom where old friends and new could fellowship together -- what could be more perfect!

The magnificent spread ended with yummy pandan chiffon cakes specially made by our 2nd Vice President of the YWCA Board and Chairperson of the Volunteer and Membership Programmes Committee, Mrs Dancy Thong, who noted what a treat it was for her each year to join the luncheon.

We hope these senior role models found the programme and lunch enjoyable, and we thank you for joining us in celebrating this special occasion. We hope to see all the happy and kindly faces again next year!



Volunteers' Appreciation Night

By Alice Chua

YWCA's community services and programmes could not operate successfully without our pool of dedicated volunteers and donors from various walks of life.

We are very grateful to have our YWCA Board and Committee Members who commit their invaluable time to support the running of the YWCA. We are also extremely blessed to have the support of volunteers and donors ranging from corporates,

church groups, individuals and even students who approach us to volunteer and fundraise for our causes. They give selflessly of their time, efforts and money to help us out through weekdays and weekends, come rain, shine or sometimes haze.

To express our appreciation for these precious volunteers and donors, the YWCA held a Volunteers' Appreciation Night on 8 November at the Sophia Cooke Ballroom in Fort Canning Lodge. Over 100 of them were our guests as they dined and celebrated with our management and staff to performances by colleagues, beneficiaries and even volunteers themselves.

Events

It was a wonderful evening, punctuated by the screening of a cute 'Thank You' video clip featuring some of our young and senior beneficiaries saying thanks, a hilarious treasure hunt game by our bubbly emcee and the awarding of Certificates of Appreciation to regular volunteers by our President, Ms Tan Kee Leng.

We wish to thank all the volunteers and donors who took the time to celebrate the night with us, as well as all those who were not able to make it. We hope to welcome them again to be a part of the YWCA journey and know that "together, we can make the difference" in the lives of the needy in our community.



World Week of Prayer

By Nicole Chua

Every November, it is tradition among the YMCA, YWCA and Metropolitan YMCA to come together for a special week of prayer and fellowship. This year, the World YWCA / YMCA Week of Prayer & World Fellowship was observed locally from 11 to 13 November with the theme 'Be the Change', based on Romans 12:2 which reads, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

The YWCA session was held on Wednesday, 13 November at the Fort Canning Lodge. Our speaker, Reverend Edwin Lam shared the message, "Delighting in the Presence of the Almighty" from the assigned topic of 'I am the Change' (Deuteronomy 31:6). More on his message can be read on page 10. Catch a full update on the session in the next issue!

Christmas Fair

By Nicole Chua

The YWCA held a Christmas Fair on Saturday, 16 November to raise funds to sustain our Community Services. The Fair was organised at the YWCA Fort Canning Lodge from 10am to 6pm and the turnout was phenomenal, especially by family and friends of YWCA.

There was a wide range of stalls at the Christmas Fair including fun and exciting games, exquisite handmade Christmas ornaments, a bustling thrift shop and white elephant sale, and scrumptious food and desserts, which could be pre-ordered as well. The nail art, face painting and balloon sculpting stalls were a big hit too!

Please look out for our feature on the Christmas Fair and its highlights in our 2014 issue!

Community Services

Meals-on-Wheels for Elderly Outings

By Ling Goh & Alice Chua

'Mambo Girl' Movie Screening

When Mdm Tan answered her door in late July for her usual free Meals-on-Wheels for Elderly (MOWE) lunch collection, she did not expect to see two beaming YWCA staff holding out an invitation to the first YWCA MOWE outing.

The invite was bright yellow and red and looked just like a poster from one of her favourite films. As one of the staff explained in halting Mandarin about the event, she only caught the words 'cha cha cha' and explained patiently, "I'm so old already, I can't dance."

But instead of a dance event, it was in fact an invite to a wonderful hearty lunch at the Fort Canning Lodge on 5 August followed by a movie screening of the classic 'Mambo Girl' starring the effervescent Ge Lan, or Grace Chang. Transport would also be provided courtesy of YWCA.

A big smile spread on Mdm Tan's face when she realised that it was indeed her old familiar show. "Ge Lan is my favourite actress," she shared excitedly, humming the famous movie theme and even gamely showing off a few simple cha cha moves, albeit gingerly, "I'll definitely be there."

She was joined by almost 10 other MOWE direct beneficiaries who, like her, are unaffiliated with any Seniors Activity Centre or Family Service Centre and therefore, do not get to socialise much or go on visits and outings. A group of 22 elderly from Lions' Befrienders (Bukit Merah View) rounded off the event. Two of the beneficiaries were wheelchair-bound and were glad to be included despite their mobility issues.



Community Services

The Café Lodge menu of the day with local favourites like soon kueh, fried bee hoon, chee cheong fun and bubor hitam also received rave reviews from the elderly and they each left with a YWCA goodie bag of snacks and the 'Mambo Girl' theme still playing in their ears. Waving back to the staff non-stop as they settled in the buses home, many elderly, including Mdm Tan, made us promise to invite them the next round. It was wonderful to see the elderly so cheered and enlivened compared to how they had been at the doorstep.

The YWCA would like to thank the Asian Film Archive for their recommendation and partnership, as well as Cathay-Keris Films who granted us the screening copy of 'Mambo Girl' and waived screening fees for charity.

Moonfest at the Esplanade

After the success of our first Meals-on-Wheels for Elderly outing in August, we decided to make this Mid-Autumn Festival a memorable one for our deserving elderly. Great news came early when the NTUC Foundation answered our appeal for mooncakes with \$600 worth of vouchers to purchase them for each of the beneficiaries.



The YWCA further collaborated with the Esplanade to bring our elderly beneficiaries, who mostly live alone or far from family, out again to celebrate this traditionally family-oriented occasion. 14 elderly turned up for the free Moonfest programme at the iconic "Durian" on the evening of 14 September, including three in wheelchairs. 16 student volunteers from Singapore Polytechnic Community Service and Cultural Club were also present to be special befrienders to them.

The atmosphere was bustling from the minute they arrived. After a bento dinner, the night's performances of familiar classics began. Our elderly were some of the few in the audience who knew all the songs by heart and could even sing along! Surely many good old memories were revisited during the set.

With the first set over, the elderly were accompanied by their student volunteer buddies for the lantern walkabout. Each volunteer had specially prepared a lantern to share with their new friends, and although some elderly preferred to rest at the Outdoor Theatre due to mobility issues, the group still enjoyed each other's company immensely.

In fact, the elderly were having so much fun, they insisted on staying for the second set of performances. Our volunteer photographer snapped a happy group photo to commemorate the occasion before the elderly were reluctantly accompanied home by their young friends.

It was a heartening experience to see two generations come together on a night dedicated to reunions. The student volunteers were a fine example of caring for the community and we hope to have more of such young role models approach us in future to connect with and bring more joy and colour to the lives of our elderly.



Paper Chase Art Series

By Nicole Chua & Ling Goh

As part of the Shine Youth Festival by the National Youth Council, the YWCA was invited to participate in Paper Chase series 0.1, entitled Dreams, where a collective of artists and designers came together to share their passion in creating paper art. It comprised of two workshop sessions on 13 and 20 July to introduce various paper art techniques to our children and youth, culminating in an exhibition showcase to the public.

Eight children attended the first session which began with an introduction to paper art. To spark the children's interest, the artists showed their works, emphasising to the participants that art is very abstract and every piece of art is a masterpiece. The children were given portraits to sketch upside down, paired with an artist to do a free-hand sketch of each other, then learnt the techniques of pointillism, painting by brush and blowing ink, and paper cutting as well. The session went mostly free and easy for each child to explore their personal

creative leanings and at the end, the artists took pictures of each child to be used for the next session.

New children joined the second session and took to the techniques taught naturally. Many of the younger ones were happy to create several full art pieces exploring their newfound skills. The children who were there the second time worked on a montage depicting their portraits taken previously. The artists had started on the faces and the children were encouraged to use their favourite techniques to fill it up. After rendering and completion, the masterpieces were exhibited at the Little Red Rocks carnival held at East Coast Park on 17 August.

Truly amazing works were created through these collaborations between artist and child and strong bonds formed. On the bus back to the YWCA, the children enthusiastically asked for Paper Chase to come back and do more of such enlightening and inspiring workshops for them to unlock their inner Picassos.

We are glad to welcome the Paper Chase team again at our Kids' Club Christmas Party on 21 December!

Children's Day at Kids' Club

By Ling Goh

Children's Day at the Kids' Club was spent celebrating the best things about being a child – with magic and balloons!

In the morning, a workshop was specially catered for ten children who could tear themselves away from exam revisions by The Magic Hall. The kids got to learn two nifty tricks, one involving small foam balls disappearing from magic cups, and how to make a foam ball disappear from your hand.

Although the children ranged in ages from seven to 13, they were all able to master it with the help of the magic teachers. The magicians later showed off their own cool moves and card tricks, eliciting gasps of surprise and awe when they could guess cards the children had chosen and send a card flying then vanishing into thin air!

After that, more children joined us in the afternoon for an outing to the Octoburst! Children's Festival at the Esplanade. We were kindly invited by one of our frequent corporate partners, whose volunteers buddied up with the children and together, enjoyed a MacDonald's lunch, an art workshop on making a nature-themed diorama and then free tickets to 'mOOOn BALLOOn', a wonderful and magical performance without words featuring two actors interacting with balloon installations of all shapes and sizes. Many eyes widened at the show-topper - a giant round balloon bouncing onstage like an astronaut on the surface of the moon. Even the live music was fun and added to the experience!

At the end, the children got to take home little balloons filled with sand and regular ones too to remember their great time. It was hard to keep all the balloons from floating around the bus home but with smiles and much cheer, they managed to.

We are so grateful for kind sponsors who think of our kids on Children's Day and treated them to this mesmerising performance. Thanks also go to the Esplanade for making the children's imagination come alive!



WoW Cooking Workshops with NTP

By Alice Chua

Readers may remember Ms Way, the local ambassador of the Jamie Oliver Food Foundation, who has been conducting a series of Healthy Eating workshops with our children. We further engaged her to conduct her popular workshops with our New Town Primary children as part of the Workz-on-Wheels (WoW) programme. Throughout the series, we aimed to impart simple cooking skills to the children, teaching them to eat healthy, homemade food without any processed food.

At the first session held on 5 September, a group of 10 children from the school's Super Cool Kids Zone for at-risk children were taught to cook Sesame Chicken Noodles. The children were reminded to take note of safety in the kitchen and introduced to the correct way of handling knives, chopping onion and garlic, etc. It took an hour to prepare the ingredients because most of them were new to the kitchen. They were mentored every step of the way and had much fun throughout the whole process. At the end, the children were very satisfied and proud of their own dishes and greatly impressed their teachers by actually eating vegetables with their noodles.

For the second session, the children learnt to make Tuna Tomato Sauce Pasta. Most of them dislike tuna but eventually they ate all the pasta they prepared themselves.

By the third session, the children only took half an hour to prepare ingredients since they were now familiar with the use



of knives and took all safety precautions like it was second nature. Ms Way was very impressed with the children's fast progress. They enjoyed cooking Chicken Noodle Soup and requested for more soupy food for the next session.

For the final Healthy Eating session, Dumpling Soup with Vegetables was on the menu. The children delighted in making their sometimes misshapen dumplings and gleefully brought back the dumplings to be shared with their families and teachers.

This cooking series has sparked interest for a group of children who may be future masterchefs of Singapore, besides teaching them how to be self-reliant in the kitchen. We look forward for more collaborations with Ms Way and her meaningful cause.

Mid-Autumn Festival at Youth Centre

By Nicole Chua

It was another round of activities galore at the YWCA Youth Centre this September holiday!

The holiday started off with a series of culinary workshops. On the first day, they made Stuffed Tau Pok following a recipe drawn from our 2014 Recipe Calendar with their favourite foods for filling. The next day, they got their hands dirty making crunchy Vanilla Cookies decorated with colourful icing. On Wednesday, the youths made themselves mouth-watering brownies with chocolate fudge topping! It was indeed days of glorious and delicious food!

During the arts and craft session, the youths' creative juices were utilised to design and paint clay models. They were given the choice of a dinosaur, butterfly or portrait frame. Then to mark the end of the school holidays, a Mid-Autumn Festival celebration bonanza was planned.

Workshops were held throughout the day, starting with mooncake-making. The youths made both traditional and snow-skin mooncakes and had the choice of red bean or

lotus paste as their mooncake filling. They then embarked on creating their own lanterns for the celebration in the evening.

When the sun set, a BBQ pit was set up to grill everyone's dinner and some parents came to join in the fun. After the dinner feast, it was time to light up YWCA with their DIY lanterns! The youths had fun playing with their lanterns and lighting up the parking lot with candles. It was a great end to the night and the youths went home with smiles on their faces. Check out our Youth Centre Facebook page for more pictures!



Feature

Girls' Hostel Launch

We will be launching a Girls' Hostel in end November 2013 for young ladies between 18 – 25 years old. The objective of the hostel is to provide a sanctuary for young women who do not have a conducive place to return to after graduating from girls' homes. We hope that our hostel will be a place for the girls to start afresh, practise independence and to integrate themselves into society as they transition to adulthood.

More rooms on the third floor of the YWCA Outram, which now serve as a women's hostel, were refurbished into dormitory-style accommodation. All rooms were repainted in pastel colours to provide a comforting homely atmosphere and the windows were treated with privacy film. The bathrooms were also renovated and completely retiled.

The YWCA hopes to house 24 of these young women in time to come. We are accepting donations to this meaningful cause and are in the furnishing stage. Please contact us at 6223 1227 or members@ywca.org.sg if you would like to make a contribution.

The following report featured in the *Lianhe Zaobao* on 30 October on the Girls' Hostel.

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YWCA建宿舍 收留“无家”少女

陈秋华 报道
qiuhua@sph.com.sg

格蕾丝从小饱受父母虐待，中学时期，她的遭遇被学校辅导员发现后，由社会及家庭发展部转介到儿童协会属下Melrose Home收容所寄宿。刚在两周前度过18岁生日的她，原本已到回家的年龄，却因与母亲的关系仍未修复而必须另寻他处，所幸获得基督教女青年会收留，暂时有了一个遮风挡雨的地方。

为18至25岁女子而设

基督教女青年会（YWCA）将为18至25岁的女子设立新宿舍，让她们在经济独立之前，有一个安全的栖身之所。这些少女之前多因家暴等问题被安排入住儿童之家，但18岁后仍有家归不得。这相信是本地第一个为这一群体所设立的宿舍。

YWCA社区服务经理符淑仪受访时说，她们在走访儿童之家时发现好些少女有这样的需求，因此决定腾出空间帮助她们。

宿舍设在欧南路YWCA大楼第三楼，四个房间可容纳24人，还有一间留给舍监。宿舍已装修完成，待下个月添购了新家具后便能正式让人入住。YWCA只接受由社工介转过来的个案。

符淑仪说，为了让少女和他们的家人对自己的生活负责，YWCA将收取50元至150元不等的租金，视经济能力而定。

目前，社会及家庭发展部给予收容所少女的资助一般只到18岁，但受访的社工都指出，并非每个少女在满18岁后都适合回家生活。Melrose Home收容所社工张龄月（30岁）估计，收容所每年有约20% 18岁及以上孩子家中



基督教女青年会为暂时无法返家的少女建宿舍，为她们提供一个安全栖身之所，宿舍已完成装修，预计下个月起可正式让少女入住。（报道照片）（温树良摄）

问题悬而未决，有家归不得。若是男生，还能暂时去服兵役，但女生投其他去处，若再次投入不良家庭环境中，收容所多年来在她们身上所做的努力很可能功亏一篑，使得她们无法顺利过渡到社会独立生活。

她说：“她们的家庭，有的很可能还在负债，或是父母仍在坐牢，还有一些面对更棘手的问题。像我有一个个案，祖父母视她为不祥的人，因此经常虐待她，父亲只好把她送来儿童之家。像这样的情况，祖父母一天不放下对她的成见，她就不能回家。”

张龄月指出，由于儿童收容所还有年幼的儿童，因此纪律很严格，正处于成长期的青少年来说多半难以适应，因此像YWCA这样的宿舍更适合年轻少女居住，格蕾丝便是一例。格蕾丝曾被张龄月安排入住亲戚的家，但久未过家庭生活的格蕾丝无法适应，因此与YWCA商量后，安排她提前入住YWCA的宿舍，与

YWCA另几名单身女职员同住。

格蕾丝说：“亲戚一家人其实对我很好，但看到他们总会让我想起以前的事。”格蕾丝的父亲从前是个拳击手，稍有不快，对她拳打脚踢，妈妈则经常用言语侮辱她，伤害她的自尊心。父母两人吵完架后，总是会把气发泄在她身上。

虽然父亲现在对她的态度已经改善，还会给她钱付宿舍租金，但她坦言她没法再跟父母同住，更喜欢YWCA的环境。她说：“我在YWCA住得还不错，不像以前在Melrose Home一样，一放学得立即回去报到，迟到了还会记分，不能跟大家一起外出逛街。现在比较自由。”

她刚完成工艺教育学院课程，考获航空与宇航国家工教局证书（Nitec），准备考取高级国家工教局证书（Higher Nitec），未来希望能当空姐。

她说：“我现在只想忘记以前的事，希望能住在YWCA直到我找到工作。”

Finding God in the Ordinary

*“O God, you are my God, earnestly I seek you;
my soul thirsts for you, my body longs for you,
in a dry and weary land where there is no water.”*
Psalm 63:1

This verse may express the feeling of many Christians living in a fast-paced, technologically advanced country where we are so caught up by the rat race; we do not have much time for our souls to catch up with our bodies. As Erich Fromm, a world-renowned psychologist once said, “Technologically we are living in the space age, but emotionally, we are living in the stone age.” How true his statement is. In Singapore, if we are not busy, we almost cease to be Singaporeans.

However, let us look at Jesus. Jesus Christ our Lord was always busy but He was never ever in a hurry. He always had time for God and the people around Him. Though always thronged by people, He never fails to point them to God through the ordinary. You will find Him talking about overcoming worry using the lilies of the field or the birds of the air as examples, or about eternal life using streams of living water. He even taught about having faith as small as mustard seeds and commanding the mountain into the sea! Once He even picked up a young child and gave an object lesson on faith.

Have you ever asked yourself this question: “Where is God?” I suspect we are always looking for God in the extraordinary events of life. We feel that we can only meet God in mountaintop experiences through some revival meeting, church camp or spiritual conference.

Just like Elijah in 1 Kings 19, he was looking for God in the wind, the earthquake, and the fire, but God spoke to him in a still small voice. Elijah was having trouble with his calling and ministry. He wanted to die thinking that he was all alone in his fight of faith. Yet we see how God uses the ordinary things to bring renewal and revival to his body, soul and spirit. The angel of God gave him bread to eat, water to drink and asked him to rest! Simple solutions to complex issues of life!

God often meets us in the ordinary, but have we learned to find Him in the ordinary? Even in our sicknesses, hurts, pains, disappointments and daily encounters. It is going through them that we know the vastness and greatness of God’s amazing love. Most people don’t experience God’s love when they are having a party, singing and dancing away the hours of their life. Our character is cultivated by enduring, persevering, and waiting through those painful, unforgettable situations.

Maybe we need to ask ourselves these questions:

- 1) What did I do today?
- 2) What encounter made the deepest impressions on me?
- 3) What are my thoughts and feelings about this encounter?
- 4) What actions of hope and obedience do I see?
- 5) What do I sense Christ saying through my day’s experience?

Our experiences do not transform our lives; it is the proactive reflection of our experiences, which transforms us. Just as studying the Bible does not transform our lives, it is the reflection on Scriptures and obedience to God’s revelation that transforms us. In order to reflect we need to make time to be quiet. Let us value silence in our lives. After all, we are always surrounded by noise.

Our souls need nourishing. It is no wonder that when we go to the parks, gardens, waterfalls, hills and mountains that we sense the unique presence of God. God meets us in the gardens of our everyday life. However, where is that little garden in your life that you can allow Him to do just that? In the fast-paced world we are living in, let us allow our souls to keep up with our bodies.

God deeply and uniquely loves us. Let us take time to bask in His love and find our significance and security in His embrace. It is not just those hurting and wounded who need love and encouragement; we, His children should also learn to enjoy His unconditional, unfailing, unlimited, perfect love for us. Let us know that there is nothing we can do more so that God can love us more and there is nothing we can do wrong to forfeit God’s love for us. God loves us with His perfect love, nothing more, nothing less!

At the end of the day, schedule some time when you can take stock of your life and your prayer pattern. If it does not fit you, then you may need to change your prayer pattern or even your lifestyle. Many things in life are not cast in rock or encased in solid gold. We need to get into something which will not become legalistic or ritualistic, but something creative and practical for ourselves.

God is ever speaking to us in the ordinary, but are we so busy that we drown out His voice? Take time to listen, to think, to reflect and to pray. Prayer is not just talking, it is active listening. Prayer is also responding to God as a result of dwelling in His Word. It is delighting in the presence of the Almighty. When you need to know the answer to something, ask God.

Ask and you will receive, seek and you will find, knock and the door will be opened to you. He still and always speaks to those who listen. After all, there is already so much noise around us, much of which we have a part in contributing to. Let us be quick to listen and slow to speak as James 1:19 teaches. For that is wisdom and more! Let us seek God earnestly and early!

Reverend Edwin Lam
Senior Pastor, Calvary Baptist Church
Chairman, Singapore Baptist Convention
Vice-Chairman, Asia Pacific Baptist Federation



Rev. Edwin Lam, a graduate of Moody Bible Institute, Chicago, USA and Regent College, Vancouver, Canada is the Senior Pastor of Calvary Baptist Church. Besides an active preaching, evangelistic and mission ministry, Rev. Lam is also the Chairman of the Singapore Baptist Convention, the Vice-Chairman of the Asia Pacific Baptist Federation and Evangelical Fellowship of Singapore, the immediate Past Founding Chairman of the Fellowship of Missional Organisations of Singapore (FOMOS), and Chairman of Interserve Singapore. Married to Gillian, they have two daughters: Judith and Julia both still studying in university. He has also finished writing three books.

Announcements

Welcome on Board

The YWCA is pleased to welcome new staff to the team. We welcome Oh Shioh Pyng Elaine as Principal at Outram Kindergarten; Bay Lee Siang as Teacher at Pasir Ris CDC; Zainon Bte Din as Para Educarer, Guan Xiang Xing as Language Teacher, and Qu Fu Ling as Attendant cum Cook at West Coast CDC; Ong Siew Hong as Attendant, Murugesan Kunnsagari as Para Educarer, and Leong Ah Lun as Attendant at Jurong East CDC; Yvonne Yeoh Ye Lin as Teacher at Bishan CDC; Dorothy Toh Wan Yan as Teacher at Bedok CDC; Lew Swang Lan as Cook at Ang Mo Kio CDC; and Belinda Tan as Childcare Executive at Childcare Administration;

At the National Office, we welcome Kwok Shuyi as Programmes Executive, Minchell Tan as Administrative Officer, and Pua Bee Lay as Senior Finance Manager.

At Fort Canning Lodge, we welcome Devi a/p Mohanarasan as Room Attendant, Chiew Tze Ming as Chef de Partie, Angelina Tan as Reservations Manager, Ho Chze Joon as Leading Cook, Muhammad Meeran as Duty Manager, Raffee Bin Ismail as Technician, Umopathy s/o Ganapathy as Front Office cum Security Manager, Lau Lay Hoon as Accounts Assistant, and Henry Chan as Head Chef.

Childcare

Learning Journey at West Coast CDC

By Jane Wong

Field trips are a regular part of our holiday programme at YWCA West Coast Child Development Centre (CDC). During school holidays, our Centre is always very excited as many activities and learning trips will be organised. We believe these field trips can be a powerful educational tool, letting the child experience his or her environment through direct involvement. This helps them to understand the things that we have taught inside the classroom.

Our parents and children look enjoy our field trips as we bring them mostly to farms and factories where they have opportunities to experience the real thing taught about in school. By seeing the real thing, children are more likely to understand and appreciate the lessons they have learnt. Parents also look forward to our trips as they get to come along and bond with their children.

Children even get to bring home souvenirs like live guppies, magnets, books and eggs. It is a good learning journey and we always mark our calendars for it.

“Children are born naturalists. They explore the world with all of their senses, experment in the environment and communicate their discoveries to those around them.”

Mushroom Farm



Compliments

West Coast CDC

(As translated from Mandarin)

Dear Principal,

I am the mother of Guo Jiayi. Thank you very much for the opportunity for Jiayi to do the graduation speech at the graduation cum year-end concert.

I am greatly impressed by the graduation concert that YWCA has put together. The costumes were cute and the children danced energetically. Through the happy, healthy and smiling faces of the children, I can see that the teachers have put in a lot of patience and care for them. I am greatly touched by the superb performance of the children.

Jiayi is graduating from YWCA. I am very glad that Jiayi went through her early years at YWCA. The centre did not impose excessive academic pressure on the children, but they learned and gained knowledge. The centre also emphasised on character-building which made us parents feel secure. Children at the centre are often singing and dancing. YWCA has provided a fun and relaxing environment for children to grow healthily.

YWCA has a batch of responsible teachers, which I can feel when Jiayi roleplays teaching her dolls at home. Just a few days ago, Jiayi told her "students" that they have to listen well and do the right things. When they make mistakes, the teachers have to correct them before it becomes a bad habit. When they go to primary school, the teacher will reprimand them if they don't change... "Don't forget that you are from YWCA. I hope that you will come in first place when you study in primary school!" Jiayi was imitating her teacher. Such responsible teachers!

I am very pleased with all aspects of YWCA. Thank you, Principal and teachers for giving the children happy and wonderful memories of their childhood.

Wang Li

Dear Ms. Jane,

Sandhya and I would like to take this opportunity to thank the graduation ceremony organisation and special efforts put in by all teachers who brought the kids to a level wherein they can express themselves better. This was more than evident in the way they participated on 1/11/13.

We are pleased with Anagha's progress and hope the lessons learnt will serve her for the long term.

With warmest regards,

Sandhya and Parag Gunari



Workz-on-Wheels

Dear Ms Gladys,

I would just like to express my deep gratitude and thank you personally for the amazing work of Ms Alice and your very kind support for our college and our students. I have been greatly impressed and touched by Ms Alice's assistance and her enthusiasm and dedication in helping to find a new placement opportunity for Ms Hui Ling. This has been above and beyond the college's and my expectations of our placement sites and so I am very grateful for this kind help.

Please let me know how I can be of any assistance and I look forward to an ongoing fruitful collaboration with you.

Best Wishes

Kirsty McTaggart
HPC reg. BAAT,
Lecturer
Clinical Placement Coordinator
Principal Art Psychotherapist
MA ART THERAPY
LASALLE COLLEGE OF ARTS



Kids' Club

Team SEVEN is a group of students from ITE College West that volunteered during the school holidays to hold a Fun Day Activity for the Kids' Club on 12 September.

