



ywwLink

“For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.” Jeremiah 29:11

Apr - Jun 2009

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

www.ywca.org.sg

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Editor’s Note

I don’t know what has gotten into everybody. Everywhere I turn, I hear it talked about. When I’m out for tea with my girlfriends, it’s woven into most of our conversations. When I’m interacting with the Children’s Ministry workers under my care, this same topic keeps popping up. When problems surface in ministry, a breakdown of this particular dynamic is most often the culprit. And when my boss recently took to the pulpit to deliver the sermon, his whole message revolved around it! And then as we prepared this past week to present a comprehensive overview of our ministry area, he once again summarised the entire presentation by stating how this “thing” is the pivot point of our ministry. I just can’t seem to get away from it!

Relationship.

I thought about it, and I thought about it. And you know what? I tend to agree that the reason why relationship is everywhere and so well talked about is because it truly is the primary goal of ministry, the spice of life, as well as the means through which we “do life” and engage in our service to the Lord!

I’ve mentioned in a previous issue of ywLink that only 15% of our success in service/ministry is determined by our knowledge and skills, whereas the remaining 85% is determined by how well we relate to others and are able to build relationships with them. Relationship-building is the key to effective program development and service delivery!

There is an interesting Bible study you can do that takes you through many of the Pauline epistles that my boss aptly refers to as a study on the “Ministry of One-Anothering”. To name just a few, you can explore how we are called to serve one another (Gal 5:13), accept one another (Rom 15:7), bear one another’s burdens (Gal 6:2), teach one another (Rom 15:14), and encourage one another (1 Thess 5:11).

It’s simply amazing how the dynamic of relationships is so crucial to the Believer’s life that the Lord has peppered His Word with numerous teachings on it! It is such an obvious and compelling discovery that the Lord desires for us to do life together!

As you thumb your way through the pages of this issue of ywLink, I’m confident that you will be – as I was – encouraged that everything the YWCA does carries with it the undergirding dynamic of relationship and doing life together:

Growing & Learning Together. Read about Bishan CDC’s Parent Education Programme on the 5 Love Languages, as well as the newly launched initiative, Charis Crafts, that helps to empower disadvantaged women through the making and retailing of homemade crafts.

Serving & Working Together. An amazing sum of money was raised during our recent YWCA Flag Day, where staff, volunteers, and students from numerous schools banded together to support the ministry of the YWCA with their time, energy, and cheerful service. Details inside!

Enjoying Life Together. Boy do we know how to have fun! It’s such a delight reading about the Mini Funfair to celebrate our Kid’s Club’s 2nd anniversary, and I was so moved to know of the efforts of Pasir Ris CDC to create opportunities for their young children to interact with the elderly. Make sure you take the time to read the article with wonderful pictures as well! And of course our beloved YWCA Staff members have to set the example of having oodles of fun together at their recent Staff Party!

So there you have it. Relationship: Doing life together. Nurture it, encourage it, enjoy it, and don’t miss out on the myriad opportunities at the YWCA to live it up!

To God be the glory!

Janet Tan
Editor

YWCA Flag Day 2009

The gloomy economic outlook for this year failed to dampen the spirits and enthusiasm for the important work of the YWCA, which held her Flag Day on 21 March 2009. More than 1,000 volunteers, YWCA staff and students from various schools such as Anderson Junior College, Nan Chiau High School, Anglican High, Pei Hwa Secondary School, Pasir Ris Crest Secondary School, Siglap Secondary School, Swiss Cottage Secondary School, ACS (Barker Road), Methodist Girls' School, Catholic High, CHIJ St. Nicholas and Christ Church Secondary School conscientiously and fervently took to the streets, courteously seeking for donations to raise funds to support the YWCA's many continuous community projects.

There were a total of 8 collection centres, with especially overwhelming responses at Ang Mo Kio Hub, Tampines Mall and NTUC Fairprice Clementi. Board and Committee members and National Office staff were mobilised to supervise the collection centres. About \$50,000 was collected from street donations, of which some of the highest collectors were our YWCA staff. In total, over \$70,000 was raised, inclusive of donations. Praise and glory be to God, our Provider!

Under God's guidance, the YWCA of Singapore will persevere in assisting the community and living forth our motto: "By love, serve one another..."

YWCA Kids' Club 2nd Anniversary Celebration

YWCA Kids' Club celebrated her 2nd Anniversary with a Mini Funfair on Saturday, 28 March 2009, from 10am to 12.30pm. Volunteers began brainstorming on ideas for setting up stalls weeks before the actual day. A group of staff also helped to decorate the room and stalls with balloons and posters.

On the actual day, Kids' Club Room was packed with game booths, a variety of food and drink stalls, and other interesting stalls such as balloon sculpturing and face painting. Each child was given coupons as tokens to redeem a chance to purchase food or play games at the various stalls. Needless to say, the 30 children were exceedingly enthusiastic and jumped at every opportunity to try out fishing, playing tic-tae-toe, pinball and throwing balls at holes! Volunteers and children also had their faces and arms painted with beautiful images of flowers, butterflies and spiderman. All the children brought home bags of goodies (such as sweets, pens, tidbits, stationery) which they won at the games stalls!

The preparatory team effort put in by the 19 youth volunteers, together with the generous cash donation of \$100 by Mrs Janet Yee, and sponsorship of sumptuous food such as cupcakes, sandwiches, jellies, sausages and nuggets by Mrs Maureen Nguee and Mrs Ow Ay Giok contributed to the success of the funfair!



Bishan CDC Chinese New Year Celebration cum Parent Education Programme (PEPS)



On 6 February 2009, YWCA Bishan Centre celebrated Chinese New Year with our parents and children. Mrs Doris Ang, the facilitator from Focus on the Family, gave an enlightening talk on the “Five Languages of Love.”

The parents learned that people perceive love in five different ways, or “languages”. Some feel most loved when quality time is given to them, while for others it may be physical touch, words of affirmation, giving of gifts or acts of service. Parents were encouraged to take a Love Language test to determine their personal love language.

After the talk, the parents and their children participated in two family bonding games. There was lots of fun and laughter as families joined together to create unique lanterns from red packets. They also competed with each other in the peeling of pomelos.

The celebration ended with a sumptuous dinner. Everyone went home happily with prizes they had won during the games and activities. Parents also took home useful tips on building a better relationship with family members.

Pasir Ris CDC Chinese New Year Celebration

On Monday, 09 February 2009, sixteen children and four staff from Pasir Ris Child Development Centre participated in the “*Gift of Spring*”, which was a joint event co-organised with North East Community Development Council. “Inter-generation bonding” was the theme of this event and it provided an opportunity for our K2 children and the elderly from three day care centres to interact and celebrate Chinese New Year together.

The event was held at Ah Yat Seafood Restaurant at Mohamad Sultan Road. The guest-of-honour was Mr Ong Kian Min, Member of Parliament for Tampines GRC and Adviser to Tampines GROs. To help bridge the inter-generational gap between the elderly and the younger generation, the children sat beside the elderly throughout the event and also engaged in small talk with them. In the midst of the restaurant’s cosy surroundings, the children were still able to perform their wonderfully well-practiced song and dance items to the delight of all that were present. At the end of the event, each elderly person took home a fan that was specially designed and created by the children.

Bravo to the children and teachers from Pasir Ris CDC! Even with such short notice given to the CDC informing them of this event, the children were still able to put up an excellent performance for the elderly and also design and paint the beautiful fans with the help of their teachers.



“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” (Romans 8:28)

HR Announcements

Welcome New Staff

The YWCA is pleased to welcome new staff joining the team. We welcome Chu Wai Puay as Executive (Programmes) at National Office, Goh Jia Yee and Koh Ah Gek (Teachers) at Bedok CDC, He Xiaoli (Language Teacher) at Bedok CDC, Diane Tan May Ling (Assistant Teacher) and Ivy Lim Siak Keow (Teacher) at Bishan CDC, Juanita June Ho Ni Ta (Learning Support Teacher) at ESU, Huang Xiao Li (Assistant Teacher) and Natherines Thamizhselvina (Teacher) at Jurong East CDC, Choy Mei Kuan (Attendant) at Marine Drive CDC, Sarah Seah (Teacher) at Outram CDC, Ezabel Dominique Siek and Tan Ah Guat (Assistant Teachers) at Pasir Ris CDC and Sun Qiu (Language Teacher) at West Coast CDC.

At Fort Canning Lodge, we welcome Ma Jun Hui (Night Cleaner) and Joachim Chua (Maintenance Officer).

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 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!

- **Meals-on-Wheels for Children** – we need volunteers who have cars and are willing to deliver free nutritious dinners from the Outram Centre to the beneficiaries living 5km around the YWCA Outram Centre
- **Meals-on-Wheels for Elderly** – we need volunteers who have cars and are willing to deliver free nutritious lunch from the Outram Centre to frail elderly living 5km around the YWCA Outram Centre
- **Adult Day Centre** – we need volunteers to help organise appropriate activities for the elderly, eg. Group games, handicrafts etc. Alternatively, you can involve your entire family to “buddy” an elderly in group outings! A great way for family bonding and exposing your young ones to volunteerism!

To BE INVOLVED or to find out more about our courses, please contact: Ms Karen Chay · Ms Han Shin Hui · Ms Tan Wenhui · Ms Celest Ling · Ms Chu Wai Puay
YWCA National Office · Tel: 6223 1227 · 254 Outram Road S(169051)

YWCA Directory

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esunit@ywca.org.sg

OUTRAM KINDERGARTEN

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CHILD DEVELOPMENT CENTRES

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History of the YWCA

1970 was the year that the YWCA in Singapore earned its wings. At that time, the National General office was in Kuala Lumpur. In April 1970, a resolution was passed at the Biennale Conference of the YWCAs of Malaysia and Singapore and the YWCA of Malaysia and the YWCA of Singapore became two separate movements. This decision ended the Singapore YWCA's position as a local association after having been a part of the Malayan YWCA for 45 years. Mrs Helen YK Hwang was the National President during this momentous period of transition.

Joy Talk – Lunchtime Fellowship

Date : 25 May 2009 (Mon) – Pastor Sabrina Lee
(Trinity Christian Centre)
: 29 June 2009 (Mon) – Deaconess June Tan
(St Andrew's Cathedral)
Time : 12.20pm – 1.30pm
Venue : YWCA Fort Canning Lodge, Quiet Room
(Level 2)
Fee : FOC

Bible Study (For Ladies)

Date : Every 1st and 3rd Wednesday
Time : 6.30pm – 8.00pm
Venue : YWCA Outram Centre
Fee : FOC

Golden Y Fellowship

Date : Every Monday
Time : 10.30am - 1.00pm
Venue : YWCA Outram Centre
Fee : \$4 (Home-Cooked Lunch)

**Line Dancing – Senior Citizens
(4 Lessons Per Module)**

Date : Every Friday
Time : 10.30am – 12.00pm
Venue : YWCA Outram Centre, Dance Studio
Fee : \$28 (Member); \$33 (Non-Member)

**Swimming For Ladies - Beginners
(8 Sessions Per Module)**

Date : Every Tuesday OR Thursday
Time : 7.00pm - 7.45pm (Tuesday)
: 6.45 pm – 7.30 pm (Thursday)
Venue : YWCA Fort Canning Lodge, Swimming Pool
(Level 3)
Fee : \$123 (Member); \$143 (Non-Member)

*Min 6 pax to commence lesson

**Aqua Aerobics Classes
(8 Sessions Per Module)**

Date : Every Wednesday OR Friday
Time : 6.45pm - 7.45pm
Venue : YWCA Fort Canning Lodge, Swimming Pool
(Level 3)
Fee : \$80 (Member); \$90 (Non-Member)

*Min 8 pax to commence lesson

**Pre-School Aquatics/ Children's Swimming
Program (4 Sessions Per Module)**

Date : Every Saturday
Time : 3.15pm – 4.00pm
Venue : YWCA Fort Canning Lodge, Swimming Pool
(Level 3)
Fee : \$165 (Member); \$180 (Non-Member)

*Min 5 pax to commence lesson

YWCA Monthly Lunchtime Talks

Date : 3 June 2009 (Wed) - Planning for Retirement
(Ms Stephanie Lim) - Joy and Peace Room
(Level 3)
: 1 July 2009 (Wed)
: 5 August 2009 (Wed)
: 2 September 2009 (Wed)
: 7 October 2009 (Wed)
: 4 November 2009 (Wed)
: 2 December 2009 (Wed)
Time : 12.30 pm – 1.30 pm
Venue : YWCA Fort Canning Lodge
Fee : FOC

Speakers and topics for future dates to be confirmed. For registration or enquiries, please contact Karen @ tel: 6223 1227 or email: karenchay@ywca.org.sg. Please check our website www.ywca.org.sg regularly for updates.

**Recruitment Ad for Kids' Club
Volunteers**



The YWCA Kids' Club is recruiting volunteers who are above 15 years old to provide tuition to children between 5 to 12 years old on alternate Saturdays from 10am to 11.15am. The dates for the sessions in the first quarter of year 2009 are:

- 23 May
- 6 June
- 20 June

If you have a passion for children and would like to help them improve in their academic performance, please kindly contact Ms Han Shin Hui at 6223 1227 for more information.



1. SUNDAY BUFFET LUNCH PROMOTION AT THE COFFEEHOUSE

Come and savour our ALL NEW BUFFET LUNCH @ an irresistible offer of 2 for the price of 1 @ S\$25.00++.

Available only on Sundays from 11.30am to 3.00pm. The spread includes cold appetizers such as Prawn and Mussel on Ice, Smoked Salmon, Apple & Potato Salad with a variety of fresh greens served with Thousand Island, French & Caesar dressings etc. The hot selection features an array of favourites such as local Pork Rib Soup, Hainanese Chicken Rice, Singapore Laksa, Herbal Prawns Lamb Chop, Roast Beef Carving station etc. And not forgetting a spread of Hot and Cold Desserts!

* **Menu items are subjected to changes**

PROMOTION IS APPLICABLE TO ALL

- **Promotion based on a minimum of 2 persons**
- **Offer is not applicable for beverages**
- **Promotion is not valid in conjunction with any other promotions or discounts**
- **Please call the coffeehouse at 63330487 for reservations**

2. SET MEAL @ THE COFFEE HOUSE

Available on weekdays (Monday to Friday) excluding public holidays, @ the Coffee House for Lunch from 12.00 pm to 2.30 pm and Dinner from 6.00pm to 8.30pm@ **\$8.90++** per person.

For the month of Apr 09

Roasted Pork Ribs in B.B.Q. Sauce
Served with Baked Potato and Vegetables
OR

Deep-fried Breaded Prawns with Sweet Mayonnaise
Served with Buttered Rice and Coleslaw

For the month of May 09

Beef Goulash
Served with Pasta or Rice
OR

Pan-fried Salmon with Grapefruit Sauce
Served with Potato Dauphinoise and Vegetables

For the month of Jun 09

Pan-fried Beef wrapped in Bacon with Peppercorn Sauce
Served with Mashed Potato and Vegetables
OR

Pan-fried Fish Dory with Basil Tomato
Served with Pasta and Zucchini

All the above set menus are served with a soup and dessert of the day and choice of coffee / tea

10% discount for all YWCA members
All the above discounts are not valid in conjunction with any other promotions or discounts

3. CHEF'S RECOMMENDATION [FOR APR, MAY AND JUN 09]

Available Daily (Monday to Sunday) @ the Coffee House from 12.00 pm to 8.30 pm

- a. **Stir-fried Beef Fillet with Ginger and Onion** **\$8.50++**
- b. **Sambal Prawn** **\$8.00++**
- c. **Stir-fried Diced Chicken with Capsicum and Almond Flakes** **\$8.00++**
- d. **Sweet and Sour Pork** **\$7.50++**
- e. **Sliced Fish Fillet with Black Bean Sauce** **\$7.50++**
- f. **Deep-fried Egg Bean Curd with Shrimp and Crabmeat Sauce** **\$7.50++**

All the above dishes are served with a local soup, steamed rice topped with fried egg and dessert of the day

10% discount for all YWCA members
All the above discounts are not valid in conjunction with any other promotions or discounts

4. AFTERNOON TEA SET [FOR APR, MAY AND JUN 09]

Available daily (Monday to Sunday) @ the Coffee House from 2.30pm to 5.00pm

- a. **Roast Beef Sandwiches** **\$5.00++**
served with Coffee or Tea
- b. **Mini Waffle with Ice Cream** **\$4.00++**
served with Coffee or Tea

10% discount for all YWCA members
All the above discounts are not valid in conjunction with any other promotions or discounts

5. BANQUETING SERVICES @ FORT CANNING LODGE

At Fort Canning Lodge, we understand your needs in organizing successful functions. Let our dedicated and experienced staff create the perfect experience that allows you and your team to relax while we care for the details and ensure all your needs are fulfilled. We will make your special event a memorable success.

For meetings & banquets enquiries or reservations, please contact us at email banquetsales@ywcafcldodge.org.sg. or call:

- Jonathan Tay @ 6335 8050 / 9751 3371
- Yogytha @ 6335 8018 / 9752 2638

YWCA Staff Party



On 2 January 2009, the YWCA organised a Staff Party at the Holiday Inn Parkview for all staff of the Fort Canning Lodge, National Office, Adult Day Centre and Kindergarten/Child Development Centres. A total of 250 staff and 12 Board Members attended the party. The theme chosen for the party was 'Mad Hatters' and this theme would not have been complete without mad hats of course! Staff and Board members alike were encouraged to come wearing interesting and outrageous hats. The panel of mystery judges would then go around the room to pick out those who meet the criteria. Prizes were also awarded to those with the most unusual and best themed hats.

The emcee jazzed up the atmosphere and livened up the mood of everyone with his comical antics and his quirky pointed Santa hat. There were table games and even a dance competition among chosen contestants which left everyone roaring with laughter as they showcased their wacky and nifty dance steps. Blessing draws were also conducted and the winners went home with big smiles on their happy faces. Dinner was a sumptuous buffet spread consisting of appetisers, main courses and desserts.



In addition, there was also a Mr and Miss YWCA pageant where the two winners were selected from among a number of contenders. The winners and runner-ups were then presented with a trophy each. It was indeed a fun-filled and memorable evening for not only the winners but for everyone present as well!

Charis Crafts

As part of their ongoing quest to enhance the livelihood of disadvantaged women in Singapore, the YWCA launched its initiative Charis Crafts on 14 February 2009. Recognising the special needs and limitations of disadvantaged women unable to find work due to their role as main caregivers of their families, Charis Crafts aims to help these women by imparting skills and providing materials for them to fabricate marketable handicrafts for sale.

The first session of Charis Crafts drew a modest turnout of three mothers. The participants were taught a range of craftworks such as knitting, embroidery and fashioning of bead necklaces and bracelets. The small class size and teacher-student ratio allowed the participants to have more individualised attention and guidance from the teachers. The participants also showed much enthusiasm and efficiency, completing their craftwork projects way before the deadline. Charis Crafts will be exhibiting these items during the YWCA Christmas bazaar, which will be a platform for the participants to sell their wares and earn a livelihood.

The response to the first craftwork session was encouraging and we are confident that Charis Crafts will expand in size and scope of teaching as we press forward into 2009.

“And now abide faith, hope, love, these three: but the greatest of these is love.”

(1 Corinthians 13:13)

They may be amateur efforts featuring family recipes, but cookbooks can raise millions for charity



Huang Lijie
Charity golf tournament: \$200,000. Fund-raising gala dinner: \$600,000. Community cookbook: \$2.68 million and counting.

Grassroots organisations and non-profit community groups are discovering that compiling recipes into cookbooks can raise millions of dollars for their welfare programmes, never mind if most of these books are amateur efforts lacking the polish of a celebrity chef tome.

After all, what is there not to like about a gift that keeps giving? Buyers are rewarded with treasured family recipes and heart-warming dishes in the kitchen.

In the last two years, at least six such charity cookbooks, featuring recipes from volunteer contributors, were published and they have all proven to be hot-sellers.

Of these, the cookbook by Boon Lay constituency, Boon Lay... Blending With Food, raised a record sum of over \$2.68 million. This amount is all the more significant given that many are tightening their purse strings during the recession.

A total of \$500,000 was raised from 50 copies of the book that were signed by President S R Nathan and sold for \$10,000 each. The remainder is made up of donations and the sale of over 800 copies since its launch last month.

The idea for the cookbook came about after Madam Ho Geok Choo, MP for the Boon Lay ward in West Coast GRC, tasted the snacks made by residents during Meet-The-People sessions. She liked the food and suggested publishing a book with recipes from residents to raise funds for the ward's welfare programmes.

Mrs Tan Lai Oi, the women's executive committee chairman of Boon Lay Community Centre, who helped compile it, says: "Publishing a cookbook allowed everybody to be involved, from contributing and testing recipes to editing the book. This made the project especially meaningful."

Contributors came from all strata of society, including Bangladeshi shipyard worker Azaharul Abdul Maleque, who stays in Boon Lay and shared his recipe for Bangladeshi mutton curry.

While charity cookbooks may be a less conventional way of raising funds, there is no denying their appeal.

Mrs Betty Chen, 82, president of the Chinese Women's Association (CWA), says: "Food is an essential pleasure of life and people are interested in cooking, so a cookbook is a good fund-raising idea."

The Chinese Women's Association Cookbook was published in 2007 to raise funds for the Henderson Senior Citizens' Home, which has been under its auspices since 1978.

More than \$100,000 have been raised so far. All the 2,000 hardcover copies are sold out but softcover copies are available at the association office in Bukit Merah View.

Unlike donations made to other fund-raising drives, those who buy a charity cookbook take home more than just a tournament trophy or pleasant memories from a glitzy gala event.

As Ms Lee Hup Kee, 21, chairman of Patchwork, a social welfare group at Nanyang Technological University, says: "They get to own a part of Singapore's culinary heritage because the recipes in our Patchwork Of Flavours cookbook are handed down through the generations to our contributors, who are mostly elderly Singaporeans."

Patchwork Of Flavours was launched in 2007 to raise funds for three elderly homes and a senior volunteer programme. It



Contributors to the YWCA cookbook *Sharing From Our Hearts* include (back row, from left) Mrs Anne Loh (wedding bliss dessert), Mrs Renu Winson (mutton bryani), Ms Suhannah Alwi (hot lemak prawns), Mrs Maureen Nguee (sayur lodeh istimewa) and (front row, from left) Mrs Dancy Thong (tiramisu) and Ms Tan Kee Leng (pineapple cheese cake).

Recipes from the heart

raised over \$30,000 from the sale of more than 2,000 copies and spawned a Chinese version, launched last month.

Putting together a charity cookbook, however, is a labour of love which involves making calls for contributions, sifting through submissions, testing out the recipes, photographing the dishes and designing the layout.

For bilingual cookbooks, there is the added step of translating the recipes.

The six community groups Lifestyle interviewed spent between three months and two years to compile and publish the charity cookbooks.

Typically, a commercial cookbook takes between six months and a year to get from manuscript to print. For many of these amateur efforts, a major challenge is getting contributors to list the ingredients in standard measurements.

Ms Jolynn Chew, 32, centre manager of Joy Link, a senior citizens' activity centre in Hougang whose 1,000-copy cookbook *Cook With Joy* sold out in four months last year, says: "Many of the contributors are elderly volunteers who cook based on gut feel rather than exact measurements, so we had to get them to weigh the amount of ingredients required for their recipes."

Few contributors, though, find the tedious process a hassle or feel a need to jealously guard their recipes.

Mr Tan Teik Seng, 54, director of an electronics company who contributed recipes to the Boon Lay cookbook, says: "As this is a meaningful fund-raising project, I decided to share my family recipes for



Volunteer Tan Teik Seng's chicken kerabu for the Boon Lay cookbook.

Penang-style chicken kerabu (coconut salad) and fish achar (relish).

"I don't keep proper written recipes, but it wasn't difficult to cook the dishes and jot down the measurements and cooking steps."

Indeed, as laborious as it is to compile recipe books, the cookbook committee from the Young Women's Christian Association (YWCA) managed to follow up their popular 2007 book, *Sharing From Our*

Hearts, with a 14-month calendar for 2009/2010, which features a dessert recipe for each month.

While some of these cookbooks may have occasional slips in the recipes with vague instructions, incorrect grammar and more ingredients than necessary, they continue to sell well.

Medical doctor Chua Ying Ying, 30, bought *Cook With Joy* as the book's relaxed writing tone appealed to her.

She says: "The cookbook is less pedantic than professional ones because the instructions are not as strict, and this reminds me of the casual way my grandmother used to teach me cooking."

Administrative executive Christine Chong, 50, who bought a Chinese copy of *Patchwork Of Flavours* because of its home-style dishes, says: "When I try out cookbook recipes, I usually adjust the amount of ingredients according to my taste preference. The book's recipe for chicken in rice wine, however, works perfectly."

The YWCA book, *Sharing From Our Hearts*, even inspired Ms Jo-Ann See, a lawyer in her 40s who has never baked before, to make cakes.

She says: "I bought it because it was for a worthy cause and after reading through the book, I decided to try the recipes for tiramisu and sugee cake."

"They turned out so well and received such rave reviews from friends and relatives that I have not looked back since."

lijie@sph.com.sg

10 tips for cookbooks

Keen to publish a cookbook for a good cause, but not sure how to go about it? Ms Lydia Leong, senior editor of cuisine with publisher Marshall Cavendish, shares 10 tips on how to write a good cookbook.

- 1 Identify your culinary niche. This will help to shape the concept or theme of the book, as well as its marketing strategy.
- 2 Be clear whom you are writing the cookbook for. Those for inexperienced cooks should come with step-by-step photographs, a glossary of cooking techniques, kitchen equipment and ingredients.
- 3 Decide on the best way to categorise the recipes according to your theme. For example, recipes in a cookbook on Western cuisine may be grouped by course - appetisers, main courses and desserts, while a cookbook on Asian cuisine may be classified by food type - soups, noodles and rice, meats and desserts.

4 Begin each recipe with a headline that details the origin, taste or quality of the dish to give the reader a clear idea of what the dish involves. Any advance preparation for cooking should be highlighted too.

5 Include serving sizes with each recipe to help readers gauge the amount of food they will be cooking.

6 Be consistent with the names of ingredients used to avoid confusion. Provide substitutions for those that may not be universally available.

7 List ingredients in order of use, so it is easier to follow through the recipe, and indicate how they are to be prepared.

8 Instructions should be clear and concise. Indicate textures and appearances where applicable to help readers gauge if they have achieved what is required. Additional cooking tips are good and should be written separately.

9 Always kitchen-test the recipes and get someone else to test them as well, so you can be sure the recipes work.

10 If the recipes come with photographs of the final dish, make sure they are true to the recipe.

Yummy recipes

Here is a list of community cookbooks that have been compiled and published here.

BOON LAY...BLENDING WITH FOOD
Price: \$25 (softcover) and \$50 (hardcover)
Where to buy: Boon Lay Community Centre, 10 Boon Lay Place, tel: 6261-9947
What: This 144-page cookbook launched last month is packed with 78 recipes contributed mostly by Boon Lay residents. It features food such as Chinese chilli crab, roti jala (Malay lacy pancakes) and Indian samosa. Proceeds go to the ward's programmes to help residents.

COOK WITH JOY
Price: \$10
Where to buy: Sold out, but Joy Link may consider a reprint or a second cookbook if there are sufficient enquiries for it. Call 6281-5025 for more details
What: The cookbook features 24 recipes in English and Chinese for dishes such as chempedak cake and Thai-style fried omelette. The recipes were selected from dishes that were taught by senior citizen volunteers during weekly cooking classes at the Joy Link activity centre for the elderly in Hougang. The proceeds went towards funding the centre's programmes.



Volunteer contributor Anna Tay showing how to cook Stuffed Tau Pok, which is featured in the bestselling *Patchwork Of Flavours* cookbook. Her recipe has a healthy mix of meat and vegetables.

CANBERRA - OUR KAMPONG, OUR HOME
Price: \$15
Where to buy: Jelutong Community Club, 2 Sembawang Crescent, tel: 6755-6369
What: This 50-page cookbook features 43 recipes in both English and Chinese, which run the gamut from Hakka abacus seeds to Indian fish curry. It was printed last year to raise funds to help needy residents from the Canberra ward of Sembawang GRC.

SHARING FROM OUR HEARTS
Price: \$30 with a 10 per cent discount
Where to buy: YWCA, 254 Outram Road, tel: 6223-1227

What: This 130-page book features 80 recipes from members of the Young Women's Christian Association. It includes Hakka stewed pork trotters, mutton bryani and pineapple cheese cake. Proceeds go towards community services programmes such as its Adult Day Centre for the elderly.

PATCHWORK OF FLAVOURS
Price: \$12
Where to buy: Books Kinokuniya and 10 Kopitiam outlets
What: Available in both English and Chinese, the 102-page book features 38 recipes from senior citizens, including chicken in rice wine and minced beef curry. Funds raised go towards supporting the Kheng Chiu Loke Tin Kee Home, the AWWA Com-

munity Home for Senior Citizens, the Geylang East Home for the Aged and the Retired & Senior Volunteer Programme.

THE CHINESE WOMEN'S ASSOCIATION COOKBOOK

Price: \$30
Where to buy: CWA Office, Block 117 Bukit Merah View, 01-205, tel: 6276-9746, and Tango Mango Bookshop, 03-11A Tanglin Mall, tel: 6835-3895

What: This 152-page cookbook comprises 72 recipes from members of the association, many of whom are society women and wives of heads of industry. Proceeds go towards funding operations of the Henderson Senior Citizens' Home.

MY FAVOURITE RECIPES

Where to buy: A new edition by publisher Landmark Books is due out later this year.

What: It is packed with 280 recipes, mostly by Mrs Ellice Handy, a former principal of Methodist Girls' School, and from the family of Madam Kwa Geok Choo, the wife of Minister Mentor Lee Kuan Yew. The book, first published in 1952, has gone through six revised editions and 10 printings.

OUR FAVOURITE RECIPES

Price: \$15
Where to buy: Methodist Girls' School, 11 Blackmore Drive, tel: 6469-4800

What: The book commemorates Methodist Girls' School's centennial in 1987. It contains 210 recipes contributed by the alumni and friends of the school, including former first lady, Mrs Wee Kim Wee.