

ywLink

“Forgetting what is behind and straining toward what is ahead, I press on.”
(Philippians 3: 13–14)

Jan - Mar 2009



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

www.ywca.org.sg

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PUBLISHED BY YWCA

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 MICA (P) 290/04/2008

Editor’s Note

“For where your treasure is, there your heart will be also.”

Blessings to you and yours this Lunar New Year!

In my most recent Editor’s Note, you read about my experience ministering at a Children’s Home in Batam, Indonesia – washing, painting, hanging out with the resident children, and basically showing God’s love to them in practical ways.

Since that trip last year, my boss and I have continued to lead a growing number of teams to visit the Batam Home, carrying out a variety of projects, from rewiring the entire building to hosting a Christmas party for the children; from installing custom-made name plaques on each child’s locker door, to conducting a dental health talk, teaching them how to care for their teeth with newly provided toothbrushes.

But what continues to resonate in my memory are the numerous “firsts” that the Lord has allowed us to experience with the children from the Home.

We were able to bring them to McDonalds for the very first time – yup, all 30+ kids, overrunning the upper floor of the food joint for an entire evening! We experienced the joy of hosting the first Christmas party for the kids at a local hotel that graciously allowed the kids to use the swimming pool – yup, the whole bunch of kids having a whale of a time in and around the swimming pool of a hotel, yet another first for them! What a joy it was to see the utter delight on the faces of all the children as they experienced so many wonderful things for the first time!

Within these pages you will read of several “firsts” for us here at your beloved YWCA: the first time many of our Kids’ Club children experiencing the great outdoors; our very first Christmas Market @ Fort Canning Lodge; even our first Movie Marathon!

You will also read, among other great articles, about the many volunteers that have been serving their precious hearts out to keep things ticking and all our ministry programs running here at the YWCA. I am so encouraged every time I think of or meet or chat with someone who has chosen to put the “treasure dynamic” of Matthew 6:19-21 into practice, and has invested time, energy, prayers, expertise, and finances into what God is doing in and through the YWCA.

“Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” – Matthew 6:19-21

As we dive into 2009, how will you invest your treasure? What “firsts” will you allow the Lord to bring into your life experience? May this year bring you the joy and delight of encountering the Lord afresh, as you walk with Him, listen to Him, and serve Him with all your heart.

To God be the glory!

Janet Tan
 Editor

YWCA Kids' Club Outdoor Learning Adventures



During the yearend holiday period, the children from the YWCA Kids' Club took a break from the usual classroom-based learning activities and were exposed to many outdoor activities instead such as cycling at East Coast Park, kite-flying and playing at West Coast Park and picnic at Botanic Gardens. The children enjoyed themselves during these outdoor sessions and many of them even shared that it was their first time being exposed to some of the planned activities and for some, their first time visiting some of the places. Through playing with one another, the children learnt how to interact with each other in a more cooperative manner, while others were helped emotionally as free play allowed them to express their hidden emotions freely and also build up self-confidence and foster self-esteem.

The YWCA would like to thank all the volunteers who have helped out in one way or another and contributed to the success of these outdoor sessions.

One-Day December Camp for Meals-on-Wheels Children



It was 9 am on 22 December 2008 and peals of children's laughter resounded in all corners of the YWCA Outram Centre. The one-day camp organised for the children from the Meals-on-Wheels programme started on a high note with a rousing cheer from the 30 young excited campers. It was after all the December school holidays and with Christmas just around the corner, the children were very eager to come out and play.

The camp was an activity-based one with a focus on team-building. Through many fun games and activities planned by the young trainers (volunteers from ITE College Central Bishan), the children learnt the importance of teamwork. The highlight and grand finale of the camp was a dance item put up by the talented trainers. The children enjoyed themselves and at the end of the camp, they bid us farewell with smiles on their tired but contented little faces.



Christmas Market @ YWCA Fort Canning Lodge



It was an early Christmas celebration for the YWCA on 13 December 2008. The YWCA organised her first ever Christmas charity bazaar "Christmas Market @ YWCA Fort Canning Lodge" at the Multipurpose Hall and Courtyard of the Lodge.



There were more than 10 stalls selling a wide array of products such as food and drinks, jewellery, shawls, clothes, bags, books and calendars and decorative ornaments for shoppers to do their Christmas shopping. For bargain hunters looking for good deals, there was also a White Elephant Stall which sold secondhand and unused items such as clothes, household items, books and toys at reasonable prices. To keep the little ones entertained while the adults were busy scouting for good buys, there was also a Card Making Competition where the children could showcase their creativity by trying their hand at decorating Christmas cards.



By noon, the sound of ringing bells and Christmas carols had attracted a curious crowd which by then had streamed into the Multipurpose Hall. Business was brisk especially at the White Elephant Stall and the volunteers and staff manning the stall were kept busy on their toes all day. Towards the late afternoon, a heavy downpour failed to dampen the Christmas spirit and the joyous mood of everyone present. The opening hours of the Christmas Market were even extended in order to accommodate last minute walk-in shoppers before finally closing at about 5 pm. By God's grace and provision, more than \$11,000 inclusive of donations was raised during the Christmas Market, thanks to all who have contributed and/or helped out in one way or another, making this event such a huge success.

Movie Marathon



On 12 December 2008, the YWCA held its first Movie Marathon at the Ballroom of the YWCA Fort Canning Lodge. Over a span of eight hours interspersed with scheduled breaks, three movies were screened and they were Money No Enough 2 at 1.00 pm, Finding Nemo at 4.00 pm and The Devil Wears Prada at 7.00 pm. All in all, a total of 313 movie tickets were sold to the public, staff and members of the YWCA. Because of the kind sponsorship of tickets from the staff of Cameron Management and Unilever and other individual donors, 220 beneficiaries from our Meals-on-Wheels for Children programme and their families, some youths from Singapore Children's Society, Wesley Methodist Church and Singapore Polytechnic benefited from their kind acts. There were snacks and drinks sold outside the Ballroom to the movie goers who needed a quick fix. A 'Blessing Draw' was also held just before the screening of the last movie and three lucky winners went home with prizes. As the Movie Marathon came to a close, although everyone was tired after a long day, many shared that it was a great experience!

"So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." (2 Corinthians 4:18)

What's On

Joy Talk – Lunchtime Fellowship

Date : 23 February 2009 (Mon) – Rev Alvin Chan
(Wesley Methodist Church)
: 30 March 2009 (Mon) - Pastor Lee Hak Ming
(Faith Community Baptist Church)
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 : 4 February 2009 (Wed) –Legal Rights on
Retrenchment (Ms Audra Balasingam)
: 4 March 2009 (Wed) – Investment Outlook 2009
(Dr Tan Kee Wee)
: 1 April 2009 (Wed) – Early Detection, Treatment
and Prevention of Common Bone and Joint
Problems in Women (Dr Bernard Thong)
Time : 12.30 pm – 1.30 pm
Venue : YWCA Fort Canning Lodge, Multi Purpose Hall
(Level 1)
Admission: Free

Please register in advance by calling Karen at 6223 1227
or email to karenchay@ywca.org.sg.

Recruitment Ad for Kids' Club Volunteers



The YWCA Kids' Club is recruiting volunteers who are above 15 years old to provide English 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:

- 14, 28 February
- 14, 28 March
- 11, 25 April

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.

HR Announcements

Welcome New Staff

The YWCA is pleased to welcome new staff joining the team. We welcome Yong Hoi Meng (Healthcare Attendant) at ADC/MOW, Lock Ah Lan (Attendant) at Ang Mo Kio CDC, Wang Jiaoe and Khoo Hwee Kiang (Language Teachers) at Bedok CDC, Lai Ah Hing as Attendant at Bukit Gombak CDC, Priscilla d/o Sanaseei and Tan Lai Choo (Teachers) at Jurong East CDC, Su Yafen (Language Teacher) at McNair CDC, Tay Seok Lee (Attendant), Avayambal d/o Seenivasan (Teacher), Tang Meow Heah (Language Teacher) from Outram CDC, Vijayan Komagal (Teacher) at Outram Kindergarten and Liang Ling (Teacher) at Pasir Ris CDC.

At Fort Canning Lodge, we welcome Kim Tay (Front Office cum Security Manager), Eileen Tan (Housekeeping Clerk), Yin Xun Xiang (Public Area Attendant), Lu Kia Lee (Cook) and Jane Ann James (Waitress) and Wu Xin Xin (Night Cleaner).

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 · YWCA National Office · Tel: 6223 1227 · 254 Outram Road S(169051)

YWCA Directory

NATIONAL OFFICE

254 Outram Road S'pore 169051 • Tel : 62231227
admin@ywca.org.sg

FORT CANNING LODGE

6 Fort Canning Road S'pore 179494 • Tel : 63384222
Banquet Reservations: banquetsales@ywcafcldodge.org.sg
Guestroom Reservations: reservations@ywcafcldodge.org.sg

ADULT DAY CARE

254 Outram Road S'pore 169051 • Tel : 62234888
adultdaycare@ywca.org.sg

EDUCATIONAL SUPPORT UNIT

254 Outram Road S'pore 169051 • Tel : 62214335
esunit@ywca.org.sg

OUTRAM KINDERGARTEN

254 Outram Road S'pore 169051 • Tel : 62232604
outramkn@ywca.org.sg

CHILD DEVELOPMENT CENTRES

ANG MO KIO

Blk 513 Ang Mo Kio Ave 8 #01-2776 S'pore 560513
Tel : 64561087 • angmokiocdc@ywca.org.sg

BEDOK

Blk 24 New Upper Changi Road #01-608 S'pore 461024
Tel : 64480683 • bedokcdc@ywca.org.sg

BISHAN

Blk 185 Bishan St 13 #01-323 S'pore 570185
Tel : 62589040 • bishancdc@ywca.org.sg

BUKIT GOMBAK

Blk 531 Bukit Batok St 51 #01-136 S'pore 650531
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Tel : 62234556 • outramcdc@ywca.org.sg

PASIR RIS

Blk 214 Pasir Ris St 21 #01-256 S'pore 510214
Tel : 65826784 • pasirriscdc@ywca.org.sg

WEST COAST

Blk 510 West Coast Drive #01-315 S'pore 120510
Tel : 67788326 • westcoastcdc@ywca.org.sg

History of the YWCA

The YWCA's efforts to provide practical help to women and girls also resulted in the organising of a three-month course consisting of classes in cookery, cake making, dress making, washing and ironing, for those who had the intention of seeking employment as amahs.

In the early days of industrialisation, many foreign girls, particularly Malaysians, who were attracted by the higher salaries, came over to Singapore to seek employment. As their welfare was often neglected, they were subjected to many kinds of abuses. The YWCA thus spearheaded a scheme to house these factory girls in Jurong. They were not only provided with a safe shelter but their spiritual, emotional and physical needs were also looked after.



1. SUNDAY BUFFET LUNCH PROMOTION AT THE COFFEEHOUSE

INTRODUCING OUR ALL NEW BUFFET LUNCH @ **an irresistible offer of 2 for the price of 1.**

Available on Sundays only from 11.30 am to 2.30 pm, the spread includes Prawn & Mussel on Ice, Smoked Salmon, Papaya, tuna & mushroom salads, a variety of fresh Greens, cherry tomatoes, kidney beans, etc. served with French, Caesar, olive oil, vinaigrette and other dressings. The hot selection features an array of favourites such as local pork rib soup, roast beef carving, lamb chop with mint sauce, Hainanese Chicken rice, Singapore Laksa, Shepherd Pie, Herbal Prawn, etc. Also, not forgetting a spread of hot & cold desserts!

Priced at \$25.00++ per person before discount

So make a date with us and invite your family and friends for a truly value for money meal and an enjoyable time together.

PROMOTION IS APPLICABLE TO ALL

- **Starting from Sun, 22 February 2009**
- **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 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. Add on \$1.00++ for a Fresh Vegetables Salad with our Chef's Special Dressing.

For the month of Jan 09

Dory Fish Fillet with Chilli Lime Dressing
Served with New Potato and Assorted Vegetables
OR

Mixed Grill with Pepper Sauce
[Chicken Medallions and Pork Sausage]
Served with Spaghetti, Potato Salad and Assorted Vegetables

For the month of Feb 09

Mixed Seafood Platter with Creamy Mushroom Sauce
[Salmon, Prawn and Mussel]

Served with New Potato and Assorted Vegetables
OR

Country Style Boneless Chicken Maryland
Served with Spaghetti, Potato Salad and Coleslaw

For the month of Mar 09

Traditional Fish and Chips
Served with French Fries and Coleslaw
OR

Fish and Chicken Combo topped with Lemon Garlic Sauce
[Fish Fillet and Boneless Chicken Leg]
Served with New Potato and Assorted Vegetables

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 JAN, FEB AND MAR 09]

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

Not available from 16th January 09 to 9th February 09

- | | |
|---|-----------------|
| a. Seafood Salad | \$8.00++ |
| [shrimps, mussels and calamari on bed of romaine green] | |
| b. Laksa Noodles | \$8.50++ |
| Served with Fish Head | |
| c. Spaghetti with Home made Beef Ball | \$7.50++ |
| d. Fishhead Soup | \$7.50++ |
| Served with Noodles or Steamed Rice | |
| e. Curry Chicken Baked Rice | \$7.00++ |

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 Jan, Feb and Mar 09]

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

- | | |
|---------------------------|-----------------|
| a. Cake of the Day | \$4.00++ |
| served with Coffee or Tea | |
| b. Kaya Toast | \$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. BANQUETTING 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@ywcafcclodge.org.sg. or call:

- Jonathan Tay @ 6335 8050 / 9751 3371
- Yogytha @ 6335 8018 / 9752 2638
- Catherine Lim @ 6335 8003

Volunteers' Day – Thank you, we appreciate you!



Every year, the YWCA will set aside a day to show her appreciation to her pool of dedicated volunteers and donors. This year, the YWCA commemorated the event on 25 October 2008. The theme chosen for this year was “Garden Party” and the Multipurpose Hall at the Fort Canning Lodge was transformed to resemble an indoor garden, complete with leaves, bright coloured flowers, pretty butterflies and the chirping of birds. To adhere to the theme for the party, the dress code for the day was ‘floral’ and everyone was encouraged to turn up dressed either in floral garbs or adorned with floral accessories.

As the volunteers made their entry into the room, they were presented with a lovely door gift of a pair of red chopsticks. The event began with an opening prayer by our YWCA Chaplain, Reverend Melvin Huang, followed by the opening address from our President, Ms Tan Kee Leng. There was also a testimony given by one of our Board Members, Mrs Dancy Thong, who shared on her experience of volunteering at the YWCA. On behalf of the staff of the YWCA, Principal Mentor, Mrs Lucy Png, read

a note of thanks and appreciation to the volunteers and donors who have contributed in one or another to the Association all these years.

Volunteers' Day is never complete without special song and dance items performed by the staff. Once again, the CDC and Kindergarten principals showcased their talent as they performed an upbeat dance item for the volunteers. Not to be outdone was Aisha, one of the beneficiaries of the MOW Children Programme, who bravely went on stage to perform a solo bollywood dance item much to the delight of the audience. Everyone clapped and cheered for the little girl as she swayed and moved to the rhythm of the music.

Lunch was a sumptuous fusion set meal consisting of Japanese, Chinese and Western cuisine. As everyone tucked hungrily into their lunch, at the same time, they were entertained by mystery guest singer, Mr Sayang, a parent from Bishan CDC, who belted out an array of golden oldies.

Finally as the function came to a closure, the YWCA National Office Staff, Fort Canning Lodge Staff and the CDC Principals gathered together and sang from the bottom of their hearts, “Thank You”, as they paid tribute to the YWCA volunteers and donors. Some of the staff also went around the tables and presented a stalk of rose to each volunteer as a token of appreciation.

The YWCA would like to sincerely thank each and every volunteer and donor for the contribution of their time, energy and resources towards the Association. Indeed, your support towards our community services and projects has touched the lives of the less fortunate in our society and has enabled us to continue reaching out to them.

YWCA Lunchtime Talk – “A Will – With No Regrets”



As an attempt to reach out to more working adults and also to create greater awareness for the YWCA, on 19 November 2008, the YWCA organised the inaugural lunchtime talk entitled “A Will – With No Regrets” was held at the Quiet Room of the YWCA Fort Canning Lodge. More than 30 people, including Board Members, YWCA members, staff and members of the public attended the talk. The speaker was Ms Vachila Marimuthu, a Board Member of the YWCA. Ms Vachila shared information on how to draft a legally binding will. There was also a Question and Answer session where Ms Vachila addressed the concerns and queries of the participants. Feedback received from those who attended the talk was encouraging and the YWCA will be organising more of such monthly lunchtime talks on the first Wednesday of every month on various topics such as legal rights, health and well being and financial issues.

Kobe YWCA visits Singapore



A contingent of 11 ladies representing the Kobe YWCA was in Singapore from 3 – 6 October 2008. The purpose of this trip was to meet Asian women in Singapore and to learn and review what militarist Japan left in Singapore. The ladies were mainly in their 50s and 60s and among them included 2 Board Members, 2 staff, volunteers and members of the Y, and students of the Japanese Language Teacher's Training Course. Upon arrival in Singapore on 3 October 2008, the ladies were treated to a sumptuous dinner of local delights such as Bak Kut Teh at the Fort Canning Lodge's Coffeehouse. Some Board Members and Staff played host and joined in the dinner with the group. On 6 October 2008, the Japanese

ladies visited the YWCA Outram Centre and were given a short briefing on our programmes and services. They were also given an orientation tour around our centre's facilities. The group of enthusiastic ladies also joined in the activities of the Golden Years Fellowship such as the sing-along and game sessions where they received a warm welcome from the GY ladies. A lunch was also hosted for them and the two groups of ladies had a good time bonding and fellowshiping with each other. That afternoon, despite the language and cultural barrier, friendships were made and fond memories formed as the ladies bade farewell.

President World YWCA, Ms Susan Brennan, visits YWCA Singapore

The YWCA of Singapore welcomed World YWCA President, Ms Susan Brennan, to visit on 15 October 2008. Ms Brennan was enroute to Sri Lanka to attend the 20th Triennial Council of the YWCA of Sri Lanka and decided to stop over in Singapore for one day. Despite having touched down that very morning, Ms Brennan was all bright and cheery and ready to start the day with us.

Upon arrival at the YWCA Outram Centre, Ms Brennan was given a short briefing and an orientation tour around the centre's facilities such as the Educational Support Unit, the Outram Kindergarten and Outram CDC and the Adult Day Centre. This was followed by a tea session held at the Kids' Club where some children from the Outram Kindergarten and CDC performed some song and dance items for Ms Brennan and Board Members who were present. Ms Brennan visited the homes of two of our beneficiaries from the Meals-on-Wheels Elderly and Children programmes and gained a firsthand experience and a better understanding of the living conditions of some of the poor and needy in Singapore.

Amidst her rather packed schedule for the day, the YWCA also managed to arrange some time for Ms Brennan to do touristy activities like sightseeing at Mount Faber.

In the evening, the YWCA hosted a dinner with an informal and congenial setting at the YWCA Fort Canning Lodge to officially welcome Ms Brennan to Singapore and to the YWCA. A total of 10 Board Members and four staff attended the dinner. Ms Tan Kee Leng and Ms Susan Brennan each gave a short briefing and an update on the works of the YWCA and the World YWCA respectively. There was also a short presentation given on the work of the YWCA of Singapore. This was followed by an exchange of gifts whereby Ms Brennan was presented with a pair of YWCA bears, a cookbook, a calendar, a 120th Anniversary Book, an Annual Report, an information kit and other YWCA souvenir items. Dinner was then served, which consisted of a sumptuous array of local delicacies such as Laksa, Bak Kut Teh, Chicken Rice, Chilli Crab and Durian Pengat served in small bite size portions.

