

YWCA Link

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, He refreshes my soul. He guides me along the right paths for his name's sake.”
Psalm 23:1-3



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**April - June
2016**



MOWE CNY Lunch



AGM 2016



MOWE Mother's Day Outing



Kids' Weekday Care Launch

President's Message



It is a great honour for me to be elected as President of the YWCA. I am humbled by the trust that members have in me and I shall give my best to bring the Association to greater heights.

The time-honoured community service of the YWCA in helping the under-privileged children and young women is an area that we should maintain, and, enhance to keep up with changes in the needs of the community. I believe that every child should have a safe environment to grow up in and the opportunity to develop to the best of his/her ability. To this end, our Child Development Centres will continue to provide all-rounded education for our children and to support those who need extra help in learning; our youth programmes will continue to impart life skills and groom young leaders; and the YWCA House offers a safe haven for the special young ladies who have decided to start a new life independently.

Thanks to the wisdom and hard work of our past Presidents and their teams we have strong corporate governance; however, continuing efforts in financial prudence in managing the resources and assets under the Association will be for us to achieve financial sustainability. For service sustainability, we need to build up a larger volunteer base. We need to develop a core group of younger leaders who will be prepared to take the YWCA to the next level.

With your support we shall be able to better support the community to nurture dreams and hope for the under privileged, and prepare our youths for the future.

Mavis Tsoi
President
YWCA of Singapore

Editor's Note



New Term

We welcome Ms Mavis Tsoi as the new President of the YWCA for the term 2016-2018. Ms Tsoi is a familiar face as she was the Vice President and a Board member. A long serving volunteer for years, she was the Chair of Fort Canning Lodge Committee and Buildings Committee.

Together with the new President, the new Board will begin their term as the leaders of the YWCA from May 2016. There will be new challenges for the Board, especially for FCL which will be affected by the construction works of Park Mall on one side and the Red Cross building on the other side. In addition, FCL faces the continuing challenge and competition in the hospitality industry, both in the sales and marketing and in the recruitment of staff.

The YWCA serves women and girls of all ages and you will read in this issue the programmes and activities for women and girls of all ages, from children at Childcare Centres to "golden girls" at the Golden Y Fellowship, not to forget the ages in between! We also learn from a volunteer, Low Kang De of his experience being a Y volunteer in our regular Spotlight column.

Everything rises and falls on the leadership – whether it is a business, a church or a nation. YWCA has been blessed with good leaders throughout the years who gave God the glory and credit for all their accomplishments.

As the Board embarks on a new term of service, we pray for God's wisdom and guidance throughout the years.

"For the LORD gives wisdom; from His mouth come knowledge and understanding; he stores up sound wisdom for the upright; he is a shield to those who walk in integrity, guarding the paths of justice, and he preserves the way of his godly ones. Then you will understand righteousness and justice and equity and every good path" Proverbs 2: 6-9

Tan Kee Leng, PBM
Editor & Immediate Past President
YWCA of Singapore

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UPCOMING EVENTS

AQUA AEROBICS CLASS

Venue : YWCA Fort Canning Lodge
Swimming Pool (Level 3)
Time : Wednesday 7pm - 8pm
Friday 6.15 - 7.15pm

AQUA SPIN CLASS

Venue : YWCA Fort Canning Lodge
Swimming Pool (Level 3)
Time : Monday 8am, 9am and 7.30pm
Tuesday 7pm and 8pm
Wednesday 8am and 9am
Thursday 7pm and 8pm

MOWE MOVIE LUNCH

15 JULY (FRIDAY)
Venue : YWCA Fort Canning Lodge
Sophia Cooke Ballroom (Level 2)
Time : 12.30pm - 3.30pm

MUZIKALTHON

20 AUGUST (SATURDAY)
Venue : YWCA Fort Canning Lodge
Sophia Cooke Ballroom (Level 2)
Time : 10am - 4pm

For more information, please visit our website at www.ywca.org.sg or call us at 6223 1227.

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EVENTS

Annual General Meeting 2016

By Calvin Fong

Our Annual General Meeting was held on Thursday 28 April at the YWCA Fort Canning Lodge's Sophia Cooke Ballroom. By God's grace, we celebrated our 141st birthday and prayed for the continued growth of the YWCA, taking to heart always not just the advice of people around us, but to heed God's word too.

We are pleased to announce the new Board of Management:

- | | |
|--------------------------------------|---|
| President | Mavis Tsoi |
| 2nd Vice President | Dancy Thong |
| Honorary Secretary | Janet Tan |
| Honorary Treasurer | Samantha Mark |
| Members | Loh-Chiam Shock Yuen
Maureen Nguue
Ma Kheng Min
Dorene Yeo
Jennifer Vayding (co-opted)
Anne Chua (co-opted)
Foo Check Chiang (co-opted) |

Immediate Past President: Tan Kee Leng

The chairpersons for the various national committees are:

- | | |
|--------------------------------------|----------------------|
| Finance & Investment | Samantha Mark |
| Human Resource & Administration | Samantha Mark |
| Buildings Committee | Loh-Chiam Shock Yuen |
| Fund Raising & Services | Dancy Thong |
| Membership & Volunteer Management | Mavis Tsoi |
| Corporate Communications | Mavis Tsoi |
| Fort Canning Lodge | Mavis Tsoi |
| Child Development Programme | Janet Tan |
| Special Education | Dorene Yeo |
| Audit | Ma Kheng Min |
| Special Committee - Asset Management | Mavis Tsoi |

As we did not meet the quorum, we were not able to make amendments to the YWCA Constitution, which was in the agenda, and thus will call for a separate General Meeting to discuss this. We would like to give special thanks to Ms Tan Kee Leng for leading the YWCA for the past four years and we are confident that Ms Mavis Tsoi will lead us towards greater heights.



Making Dollars and Sense: Investment Talk 2016

By Calvin Fong



Returning for the eighth edition of the Investment Talk this year on Saturday 2 April, Dr Tan Kee Wee shared his knowledge with us at the event at Fort Canning Lodge. As a renowned independent economist with years of experience and qualifications on forecasting financial markets and global economics under his belt, Dr Tan shared his insights with our largest crowd yet, over 190 participants.

After enjoying a sumptuous lunch, the participants proceeded to settle down for the talk. To make the talk engaging for the audience, Dr Tan angled his talk with last year's major Hollywood blockbuster, 'Star Wars: The Force Awakens' as the theme. He used characters and quotes from the movie, covering all topics

ranging from currency, commodities, property and touching on the overall state of the economy.

After listening intently to pick up any investment tips from Dr Tan, the audience fired away during the Q&A session, clarifying any questions they had and asking for advice about their own investment portfolios. The event came to a close with YWCA President, Ms Tan Kee Leng, presenting a token of appreciation to Dr Tan.

Thank you to all who came to our event and of course, special thanks to Dr Tan for his continued support to the YWCA!



Muzikalthon is back!

By Calvin Fong

This is the year where the highly anticipated Muzikalthon returns! Held bi-annually, this fun-filled event will be held on Saturday 20 August at the YWCA Fort Canning Lodge, Sophia Cooke Ballroom this year and we are expecting lots of fun and games as well as entertaining performances. So lock in the date on your calendars and join us as we raise funds for our community services and programmes!

We are currently inviting anyone who would like to participate to sing, dance or put up a performance to join us. Please contact Calvin at calvinfong@ywca.org.sg to find out more. We look forward to your support in this event.

Visit <http://ywca.org.sg/contribute/fundraising/> for more information about this event and our other upcoming events.

MOWE Chinese New Year Lunch for the Elderly 2016

By Mandy Lim



It is the time of the year when families and friends all reunite to celebrate the festive Lunar New Year! Since not all our elderlies had the opportunity to celebrate with their loved ones, we invited some of our elderlies to gather together and celebrate as one huge YWCA family! We marked the beginning of the Year of the Monkey with a lunch and movie celebration on 17 February from 11am to 2pm at Fort Canning Lodge's Sophia Cooke Ballroom.



As the elderlies and volunteers from UPS, Genesis Advisors and SMU arrived and settled down, the celebration started off with a Zodiac game using pictures representing each Zodiac sign. The elderlies and volunteers had a wonderful time getting to know each other's zodiac sign as they gathered to form into a full zodiac group. After a few interactive and entertaining rounds, it was time for the traditional 'Lo Hei', where everybody shouted auspicious wishes for the New Year merrily while mixing and tossing the Yu Sheng. Following the traditional appetiser, a sumptuous Chinese New Year lunch spread catered by Fort Canning Lodge's chefs was served. It was a rare occasion for the elderlies to enjoy such an extravagant meal and everyone ate to their fill.



After the meal, a special guest from the Asia Film Archive was invited to give a speech about the featured film, one of Singapore's very first films, 'Lion City' which was restored last year to commemorate the nation's 50th birthday. As the movie was screened, everyone was captivated by the work of Singapore's pioneer movie directors, whilst appreciating the nostalgic and scenic panoramic shots of Singapore in the 1960s.

Towards the end of the event, staff and volunteers distributed traditional Chinese mandarin oranges and *Ang Paos*, signifying prosperity, to the elderly. They left in upbeat spirits, grinning from ear to ear. The day ended on a high note, undoubtedly marking a great start to the Year of the Monkey for everyone!



Kids' Weekday Care Launch

By Ling Goh



After nearly nine months of research, home visits, and eager preparation, the YWCA Kids' Weekday Care (KWC) was launched on 21 March 2016 with 20 primary school children of all levels, in time for Term 2 of the primary school schedule.

The new service is a thrice-weekly afterschool care created in response to the child supervision needs shared with us by our Meals-on-Wheels for Children and Kids' Club beneficiary families. It replaces the latter programme as a more in-depth approach to help children from low-income families and as before, aims to provide social, emotional, moral and academic support to disadvantaged children by creating a rewarding and conducive environment for them to develop their self-worth, character, and discover their unique potential and strive for excellence.

The service covers one-way transport from school, halal lunch and a structured care schedule at a highly subsidised cost for families with financial difficulties. KWC focuses on the overall development of children through a broad range of activities such as tutoring, mentorship, enrichment, soft skills and life skills workshops, outings and group work.

For its pilot term, the KWC began with a pre-launch week of activities during the March school holidays. The Esplanade invited the children to a special workshop on traditional *gamelan* music and *wayang kulit* theatre, which the children were able to try first-hand at playing. Later in April, they were invited back with their families to watch the annual Tapestry of Sacred Music Festival and watch a full *gamelan* performance, along with other types of sacred music presentations.

The children also spent an afternoon playing icebreakers to get to know each other and the staff, then came up with their own rules for the centre including speaking respectfully and observing safety first, amongst others. The pre-launch also involved the families in an outing organised by the National University of Singapore Science Volunteering Corp (NUS SVC) to the Lee Kong Chian Natural History Museum.

Following the launch on 21 March, the service runs every Monday, Wednesday and Thursday with a steadily growing pool of dedicated volunteer befrienders cum tutors. As the children grew used to the regular schedule, their focus and morale increased.



COMMUNITY SERVICES



Now, they can rattle off the centre procedures and operations to incoming volunteers: starting with a check on passenger van safety; then a communal lunch emphasising self-service to take, clean and return one's utensils and eating area; to returning to the classroom for a full hour of study through homework and assessment; snack time; and then the special enrichment for the day.

The special enrichment is usually the highlight of the day with groups from the NUS SVC covering Science and mentoring the children with character development aspects, Once Upon a Monday with an English literacy cum outdoors enrichment for the lower primary, and Queensway Secondary School student groups coming monthly to run a fun value-based activity for the children. The staff cover group work with the upper primary, creating space for the children to talk about real matters such as bullying and boy-girl relationships; as well as Workz-on-Wheels modules for emotional engagement.

Within a week, some parents shared how much the children loved coming because of the atmosphere, and the children could be seen becoming more bonded and comfortable making friends with each other. Most of them do struggle with lower than average basic literacy but with the individual attention given to learning, we hope to make a difference in the long run.

The service will end its pilot term before June and the school holiday month will be taken for careful evaluation of impact before reopening for Term 3 with their schools. We hope the service will continue to grow from strength to strength as these little ones have truly found a place in our hearts!

Please visit <http://ywca.org.sg/community-services/kids-weekday-care/> to find out more about the service. For potential volunteers who are inspired to make a difference in the lives of the children, come volunteer with us!



MOWE Museum Outing By Mandy Lim



On the sunny afternoon of Tuesday 12 April, we decided to bring 15 of our elderly beneficiaries on the Meals-on-Wheels for elderly scheme on a trip back through 700 years of Singapore's history at the National Museum of Singapore. It was a wonderful opportunity for the elderly to enjoy a day out, with the company of volunteers from Dell.

The elderly and volunteers gathered at the museum at 1:30pm for the three-hour programme. After registration and pairing up, the volunteers assisted their partnered elderly in settling down for their bento lunches and collecting their goody bags. During the process, the elderly and volunteers were able to have some time get to comfortable with each other before the tour.

Following that, it was time for the free and easy museum gallery tour! Volunteers and elderly set off in high spirits to visit the galleries, each displaying different exhibits and information about that particular period in time. From the geology of the island we now call our home, to its earliest records, the elderly

and volunteers discovered a lot about Singapore's history that they never knew. As they walked towards the trail in the later era when Singapore was founded and its defining moments, our elderly also had a trip down memory lane as they approached the exhibits documenting the period of their birth and childhood. The volunteers also got the chance to learn more through the experiences and stories shared by the elderly throughout the gallery walk.

At the end of the outing, the elderly and volunteers bid their farewells and took some group pictures before departing from the museum back to their homes. The activity was definitely a great success as the elderly had a delightful time learning about Singapore and its history, with the great companionship of the volunteers in the process. Thank you to the volunteers from Dell for making this outing a memorable one for our elderly beneficiaries!

Sustenance for Families Packing By Elvin Ng



On Saturday 23 April, a new group of volunteers joined us for the monthly weekend rations packing for the Sustenance for Families programme! We were blessed to have eight teachers from River Valley High School lend their time and hands to pack rations for low income families at Bedok South.

Despite it being early on a Saturday morning, the volunteers were in high spirits and enthusiastically and efficiently packed the 92 ration bags with smiles on their faces. River Valley High School has generously committed to helping with the monthly rations distribution for this year.

If you would like to volunteer for our Sustenance for Families programme, please call 6223 1227 or visit www.ywca.org.sg/volunteer/weekdayweekend-sustenance-families.

MOWE Mother's Day Outing By Mandy Lim

Mothers are loving nurturers of the family, who bore us for an uncomfortable nine months before laboriously bringing us into this world. For this year's Mother's Day, we were invited by Esplanade to bring some of our beneficiary mums to a special concert dedicated to mothers in celebration of the hardships and sacrifices made for their families.

On the morning of Sunday 8 May, our volunteers and staff set off to pick up the beneficiaries from their homes. As it was a rare opportunity for them to visit Singapore's iconic Esplanade concert hall, the beneficiaries were beaming with excitement throughout the journey. Upon arrival, the elderly took a short stroll towards the Esplanade theatres while admiring the beautiful and architectural skyline of Central Business District.

As they stepped into the theatre grounds, the elderly were ushered by the Esplanade staff to their balcony seats and marvelled at the sight of the grand and posh interior of the theatre, admiring it while waiting for the concert to commence. Our elderly visibly enjoyed the concert as they leaned forward from their seats with radiant smiles, whilst singing along to some of the familiar songs from their time. The concert came to a close an hour later as the performers bid their farewell, wishing the audience a very happy Mother's Day.

Whilst waiting for the vans to arrive to send the elderly home, goody bags filled with yummy snacks were distributed to our elderly. Everyone then took pictures together to remember this pleasant outing by. After that, it was time for the elderly to bid farewell to the staff and volunteers, their cheery goodbyes and smiles marking a successful outing for our beneficiary mothers.



Golden Y Fellowship May Activities By Catherine Chan



For this year's Mother's Day celebration, the Golden Y ladies decided to change the venue of their celebration from Lodge Café to Ferntree Café at Hotel Miramar to sample the 1 for 1 buffet special. 28 ladies headed there on Monday 9 May to enjoy the lunch and to have a jolly good time. Everyone thoroughly enjoyed the food, especially the fresh seafood! Besides the scrumptious meal, the ladies relished spending time with each other, sharing and chit chatting.

At times, we do visit our ladies who are homebound too. On Monday 2 May, four ladies went to visit our fellow member, Selena Lam. We brought her out for tea and had a lovely time catching up and reliving memories from the past.

If you are a golden lady and are free on Mondays from 11.00am to 1.30pm, do come by and join us! We sing songs, have sharing sessions, sing our favourite oldies, and play our favourite Tile-games such as "Rummikub" and "Mexican Train".

The charge at the Golden Y is \$4/- per person inclusive of packet lunch and free flow of coffee and tea. Once a month, we have a special lunch and birthday celebrations. We thank the Lord for His goodness in blessing us with life and good health. To the Y, thank you for being there for us!

Workz-on-Wheels By Alice Chua

A culinary workshop for 24 children aged nine to 12 years old from Punggol Primary School was conducted on Tuesday 17 May at YWCA Outram. The workshop aimed to help the children become familiar with using and handling cooking utensils. It also gave them the opportunity to pick up some life skills that would be useful for independent living and helped to boost their self-esteem.

This cooking session saw the children preparing and cooking chicken burgers from scratch! The children were split into groups of twos and threes. This encouraged them to share utensils and equipment with their peers and take turns in performing each step. Accompanied by 19 enthusiastic volunteers from Ralph Lauren Singapore, the children were tasked with preparing their own chicken meat patty, cooking it, and chopping vegetables to make their own burger. Each child was given two burger buns for them to assemble; one for them to eat on the spot and the other to bring home and share with their families. This was another objective of the workshop – to inculcate the practice of sharing the good things in life with their families.

After making their burgers, the children were asked to write out the recipe to familiarise themselves with the necessary steps so that they can cook for their families in the future. The volunteers had kindly prepared gifts consisting of storybooks and activity books for the children, who received them with shouts of delight! In turn, we presented homemade cookies baked by the YWCA to the volunteers as a token of appreciation for befriending the children and being their buddies for the afternoon.

The session ended with goodbye 'high-fives' between the children and volunteers. We would like to express our appreciation to Ralph Lauren Singapore for sponsoring the transportation to ferry the children to YWCA Outram as well as the cooking ingredients. We look forward to their continued support in the future.



SPARK Certification By Veronica Kashmir

We are pleased to share that our Jurong East Child Development Centre has achieved the standard for SPARK Certification.

It was not an easy journey but the centre staff put their hearts and minds together and achieved this well-deserved success!

Their SPARK journey not only brought up the centre's standard in its physical environment, processes, and learning and teaching practices, but it also built up team spirit and bonding among the staff.

This is the YWCA's third success this year and we will continue to work towards improving the quality of all our Centres.



COMPLIMENTS

“My experience working with the Punggol Primary School students is very rewarding. I feel great interacting with them and making a difference in their future along with team YWCA. I personally believe that at YWCA you truly mould their lives by building their confidence and self-image. The planning and execution done by the team is commendable, taking care of minute detailed activities like cooking sessions with the kids. I enjoy my time spent with them.

I am grateful to be a part of your team and giving back to the community. I always look forward to volunteer with YWCA.”

Bina Subnis

Volunteer, Workz-on-Wheels Programme
Since 2014

“It has been a great experience to have met the youths from Sunbeam Place, Punggol Primary and Chen Su Lan Methodist Children’s Home under YWCA’s WoW Programme. Through my interactions, I hope that they have found a useful nugget or two from the sharing of my life experiences. I’ve learnt a great deal from them too. I can indeed play a part in enriching the lives of others and be grateful with what life has given me.”

Eugene Ch’ng

Volunteer, Workz-on-Wheels Programme
Since 2015

“Volunteering at Sunbeam Place enlightened me that there are less fortunate kids in our society, especially in our own neighbourhood, that require care. Care comes not necessarily in form of monetary value, but in terms of being there during their youth age, letting them know there are volunteers around to help them when in need, etc.

The most memorable moment was when we had an arts and craft activity doing clay figurines. The kids were told to do one for themselves and one for the volunteers. I was happy to see that the kids enjoyed themselves during the activity, learnt that they have to share what they have, and learn to make something (not everything should be bought).”

Tina Wu

Volunteer, Workz-on-Wheels Programme
Since 2015

ANNOUNCEMENTS

Welcome on Board

The YWCA is pleased to welcome new staff to the team. We welcome Wan Hill Kuan as Senior Teacher at Bedok CDC, Ng Ming Shwen as Para Educarer at Bukit Gombak CDC, Chandra Devi Velan and Chiah Yin Chin as Attendants and Shi JiangRong as Language Teacher and Theresa Tan as Para Educarer at McNair CDC, Bernice Tay Yan Ting as Principal, Yvonne Leang Yee Mun as Attendant and Zhou QuiYu as Language Teacher at Marine Parade CDC, Du Si’En as Para Educarer at Outram CDC, Peng Xin Xia as Language Teacher at Pasir Ris CDC, Nancy Tan Mei Xin as Attendant cum Cook and Ng Poh Chuan as Para Educator at West Coast CDC, Kuek Chew Boey Jasmine as Senior Manager – Preschool Operations, and Lim Hong Ling Christy Sarah as Learning Support Educator at the Educational Support Unit.

At Fort Canning Lodge, we welcome Elangovan a/l Nadarajah as Cook, Fang Chun Sang Richard as Guest Service Officer, Kee Yew Chong as Sous Chef, Leow Chiap Moh Allan as Snr Duty Manager, Li QingBao as Room Attendant, Loh Ka Mun Michael as Stewarding Supervisor, and Mah Chin Hung as Cook, Tan Yit Lin Alicia as Guest Relations Assistant, and Yu Yu Khaing Vicky as Duty Manager.

At the National Office, we welcome Ang Keh Huat David and Aw Yeong Hoong Toh as Attendants, Fong Ming Qiang Calvin as Programmes Executive, How Yan Ling as Accounts Assistant, Kee Lai Hai as Senior Executive – Volunteer Management, and Lim Yi Jun Mandy as Officer (Community Services).

SPOTLIGHT: MR LOW KANG DE

Kang De has become a regular and familiar face at the YWCA's Kids' Weekday Care (KWC). He has generously given of his time and presence to be with the children every Monday, Wednesday and Thursday. As a volunteer, he helps in befriending the children, interacting and playing with them during the session. He also tutors them, supporting and mentoring them as they complete their assignments. In addition, he has been lending his time to accompany our vans in fetching the children to come to YWCA Outram. His friendly and welcoming disposition has made him popular amongst our KWC kids!



1. How long have you been volunteering with the YWCA?

I've been volunteering with YWCA for about a month now.

2. What made you decide to volunteer with the YWCA?

I didn't know I would volunteer with YWCA but I wanted to do some volunteering with relation to kids for a long time which lead me to signing up with the KWC programme under SG Cares. So here I am!

3. What do you find rewarding about being a volunteer with the Kids' Weekday Care programme?

Watching the kids' behaviour improved over time. Knowing that they became more receptive to my guidance as they know me better. Putting a smile on their faces despite the long study hours, in school and during KWC sessions. Simply watching the kids enjoying themselves while participating in activities.

4. Tell us something interesting about yourself?

Well, I love travelling and I love kids. So I would see myself travelling to developing countries teaching kids at their school in the near future.

5. What motto do you live by?

'Live in the moment, follow your bliss'.

6. If you could be someone else for a day who would it be?

Honestly, I have not thought of this question but I think I would just be myself.

7. Who is your role model?

I always look up to our founding father, Mr Lee Kuan Yew. Not so much on the things he had done for Singapore but his passion, commitment and tenacity in conveying and realising his beliefs and ideas. He is definitely a great leader to me.

8. What advice on volunteering would you offer to other young people?

Volunteering is fun and is a happy thing to do. If the thought of volunteering ever comes across your mind, just do it. Don't restrain yourself with limiting beliefs because you never know how much your little act of kindness could mean to them.

