

NO 2  
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# MY CONNECTION

A METROPOLITAN YMCA SINGAPORE QUARTERLY NEWSLETTER



Fatherhood

## The Most Important Job You'll Ever Have

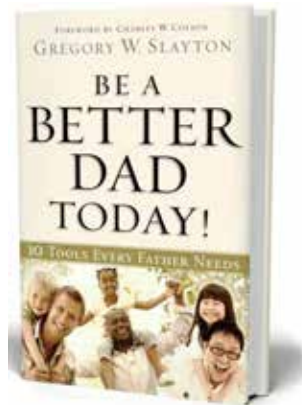
To Our Awesome Moms  
Why our youths love you so

YOUTHspeak on Budget  
A plenary session with Deputy PM

Comfort Food  
A Taste of Home



# Contents



**4**

Fatherhood:  
The Most Important  
Job You'll Ever Have



**17**

Smurfs Live On Stage

## EDITOR'S NOTE

**3**

## PURPOSE

**4**

Fatherhood:  
The Most Important Job  
You'll Ever Have

## PASSION

**6**

A Dad For All Seasons

**10**

To Our Awesome Mums

## PULSES

**12**

YOUTHspeak on Budget

**13**

Service Learning Seminar  
at Nanyang Junior College

## PARTNERSHIPS

**14**

MY Manna Partners with  
MY World Preschool

## PEOPLE

**15**

A Taste of Home  
in Comfort Food

## PLACES

**16**

Wheeler's Yard

**17**

Smurfs Live on Stage

## PROGRAMMES

**18**

Up and Coming Your Way

# Editor's Note

## Dear Readers,

So much of what we do at MYMCA is about helping the community - and building strong families. I am often reminded of the fact that many social problems can be solved - or even prevented in the first place - if children have active, involved fathers.

The statistics speak for themselves: Children who grow up without fathers are more likely to spend time in jail, drop out of school, fail to hold a long-term job, suffer from mental illness, or become addicted to drugs or alcohol. They are also more likely to bear children out of wedlock.

Many serious social issues we wrestle with stem directly from the breakdown of fatherhood. For this reason, Gregory Slayton, author of

*Be a Better Dad Today* and founder of Family First, calls fatherhood "the one job where you are truly indispensable."

Believe it or not, the job you do as a Dad will echo through the generations. As Mr Slayton puts it, "You set the table for your children and your children's children. You are preparing them to take their rightful place as fathers or mothers in their own households."

Dads, as we celebrate Father's Day, we celebrate you and the divine calling you have as a father. We celebrate the man you are, and the family you are building.

Naturally, we are all works-in-progress. No parent is perfect, and Dads are no exception. But Dads, know this: in working towards successful fatherhood, you have

a great role model and help in God. He has an infinite wealth of experience, and He makes a great mentor.

In this issue, we ask some dedicated Dads to share their fatherhood journey, and how it changes through different seasons in life. Blessed Father's Day!

**PHYLLIS TAN**  
Executive Director & CEO,  
Metropolitan YMCA



“

**DADS, AS WE CELEBRATE FATHER'S DAY, WE CELEBRATE YOU AND THE DIVINE CALLING YOU HAVE AS A FATHER. WE CELEBRATE THE MAN YOU ARE, AND THE FAMILY YOU ARE BUILDING.”**

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# Fatherhood: The Most Important Job You'll Ever Have

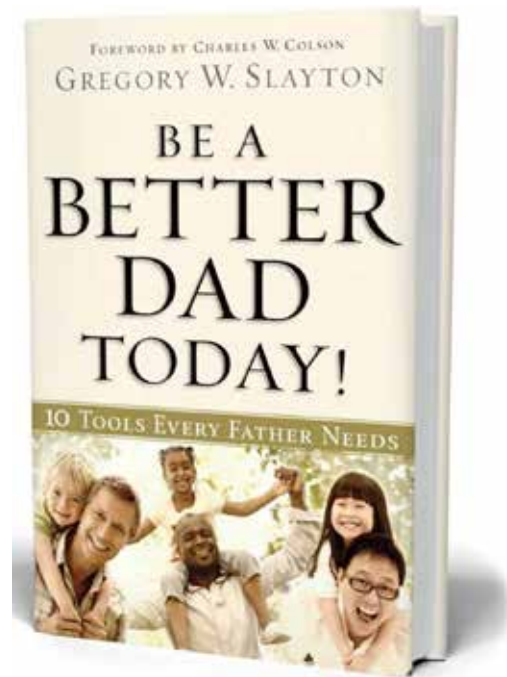
Gregory W. Slayton, a father of four and author of the international bestseller *Be A Better Dad Today* shares why fatherhood is the only role in life for which we are truly indispensable.

I have been a CEO, a venture capitalist, an ambassador and a college professor. Yet if we are deeply honest with ourselves, none of us is truly irreplaceable in our professional jobs. That's not an insult – it's a reality.

In every role I have ever had, I knew there were others out there who would probably do as good a job, or maybe even a better one, than me. But in my job as a dad to my children, like all dads, I cannot be replaced.

The same is true for you as well. You are the best-qualified person in the entire world for this job. There is no one else – no one – who has the same emotional, spiritual and physical assets you bring to this job. No other man will ever love your children as much as you do. No other man is in the spiritual and emotional position to understand your kids as well as you do. And no other man is likely to be as committed as you are helping your kids build a successful future. For them, you are irreplaceable.

Fatherhood is the most important job that any of us – including the President of the United States or the CEO of the world's largest company – will ever have. It is the only role in life for which we are truly indispensable.



“

**YOU ARE THE BEST-QUALIFIED PERSON  
IN THE ENTIRE WORLD FOR THIS JOB.  
NO OTHER MAN WILL EVER LOVE  
YOUR CHILDREN AS MUCH AS YOU DO.  
FOR THEM, YOU ARE IRREPLACEABLE.”**

## Why is this job so important?

Your family and society depend on the job you do as a dad. The statistics are abundantly clear: Children who grow up without fathers are two to three times more likely to spend time in jail, drop out of school, fail to ever hold down a long-term job, suffer from a severe mental illness, or become addicted to drugs or alcohol. They are three to four times more likely to bear children out of wedlock themselves. Many of the most serious social issues society wrestles with stem directly from the breakdown of fatherhood.

Your children – and your children's children – are being hugely impacted by the job you do as a dad. In working towards successful fatherhood, you set the table for your children and your children's children, and prepare them to take their rightful place as fathers or mothers in their own households. Your influence as a father impacts society now and for generations to come.

## A vital step in our development as men

Being a good dad isn't only vital for the future of our families and society; it is also critical to our own development as men.

How do gold medal Olympic weightlifters become so strong? How did Jamaican sprinter Usain "Lightning" Bolt become the fastest man in the world? Self-sacrifice, hard work and self-discipline are some of the key building blocks to becoming a champion athlete. These qualities are also the building blocks of champion dads.

This is one of the deepest secrets of fatherhood. The very burdens that we carry for our families over time and the weight on our shoulders that sometimes seem almost crushing, are what makes us better dads and stronger men. As long as we don't give up on ourselves or our families, we are changed into better men through the refining fire of being a father. Not only do our family members – and our society as a whole – benefit tremendously from the process of our becoming good dads, but you and I, brother, benefit as well.

## The journey of a lifetime

Our society considers a man's career success or his sexual prowess or the size of his car or boat or bank account, more important than his success as a father. But this is incredibly short-sighted, for the importance of all of those things will fade long before we exit this world, and they will mean nothing at all after our death.

Being the best dad you can be is the journey of a lifetime. On this journey you will learn to be a true and consistent blessing to the human beings who most need your help: your wife and your children. But on this journey you will also find something else: If you keep at it and do not break the bonds of fatherhood, family and faith, you will find within yourself – with God's help – the man you were always meant to be. I know that for a fact, because it happened to me.

Like God's love, the journey of fatherhood is for any dad who really wants it. The fatherhood journey is not easy, nor is it painless, but it beats the alternative hands down. When it comes to fatherhood, failure is not an option.

## BUILDING YOUR NOBLE FAMILY VISION

Becoming a good father is like running a marathon; it takes time, dedication and perseverance.

Like all important journeys, we will never arrive if we don't know where we are going.

A man's Life Vision should include three things:

### ► CAREER

What you want to accomplish in your work life if you have the opportunity (which, in my opinion, our society tends to greatly overvalue)?

### ► PERSONAL

What type of man do you want to be and be known as, what do you want to be good at besides your work, and what do you want to be remembered for when you are gone?

### ► NOBLE FAMILY

What will your family look like in 5 years, 10 years, 20 years? How are you working towards that goal?

Gregory W. Slayton has been a Fulbright scholar to Asia, a Silicon Valley venture capitalist, a senior U.S. diplomat, an international philanthropist and an Ivy League professor, but more importantly, he is the father of four great kids. He has travelled the world studying fathers and fatherhood on five continents. Connect with the author in Chinese on WeChat: familyfirstchina or 家庭第一, on Facebook ([www.facebook.com/FamilyFirstNA](http://www.facebook.com/FamilyFirstNA)) or via email at [gws@beabetterdadtoday.com](mailto:gws@beabetterdadtoday.com).

This article was adapted with permission from *Be a Better Dad Today: Ten Tools Every Father Needs*. The book is available at Faithworks Bookstore in Singapore. Also available in English, Chinese or other languages from [www.FamilyFirstNA.org](http://www.FamilyFirstNA.org), on Amazon or from Elim Bookstore in Hong Kong.

# A Dad For All Seasons

As we celebrate Father's Day, we caught up with three fathers who are in different stages of their fathering journey to share their experiences and tips.



**HAKAN TASPINAR,**  
Resident scuba instructor with  
Metropolitan YMCA  
Father of two girls, aged 5 and 6

**What has been your most memorable moment as a father?**

I was present for the births of my two girls and will never forget the precious moments when the doctor placed them into my arms.

“

**“YOU WANT TO BUILD A STRONG FOUNDATION, SO THAT WHEN THEY GO TO SCHOOL, THEY WOULD NOT BE SUSCEPTIBLE TO OUTSIDE INFLUENCES.”**

**What are some deliberate decisions you have made as a father?**

My wife is Singaporean and my children were born in Singapore. I did not want to entrust my children to domestic helpers, so I took care of them when they were born, till they were 18 months old, before attending childcare. I was a freelance scuba instructor then and my wife worked in a hardware company.

**How do you spend time with your children?**

I send them to school daily and to their weekend classes. Sundays, we do prawn fishing at Kranji or go to the movies.

**What is your parenting philosophy?**

I believe that if you want strong kids, you need to manage them personally. They tend to get spoilt by grandparents and maids. We trained the kids from young not to be choosy about their food, and to tidy up their own room.

I believe it is very important to teach kids common sense. Before the age of 6, they need to know what's dangerous, what's dirty, what would make them sick, what to touch and what not to touch, who to talk to and who not to talk to, who to open the door to and who not to open the door to. After you build that solid foundation, it gets easier. You want to build a strong foundation, so that when they go to school, they would not be susceptible to outside influences.

**How do you develop your children?**

My older girl likes to pose and is doing professional modelling. She has appeared in advertisements for Paragon and other companies. She also loves art, so we have arranged for her to take art lessons. The younger one loves to write, so we will develop her that way. She is also learning swimming. Grades are not important to me. As long as they are happy and healthy, I am happy.

**YAP BAOFA,**  
Parent and volunteer balloon sculptor  
at MY World Preschool  
Father of one, aged 3

**How did you get started in balloon sculpting?**

I was invited by a friend to do ballooning. We did ballooning at lots of charity events like road shows, children's homes, and school fundraisers but I really got into it when I was tasked by the People's Association to make balloon 'dresses' for the Chingay Parade. Balloon sculpturing became my full-time job then. (Now I'm a sales manager in a web company.) I recently volunteered at the Family Day of MY World @ Tampines Changkat, my son's preschool.

**How do you spend quality time with your child?**

Because my boy lived in Thailand for the first year of his life, his grasp of English was not strong. So on weekends we usually bring him to visit our friends who have kids, to let him learn to interact with others. We also make it a point to have weekly activities like a family outing or a family dinner on Sundays.

**What are some rules you have as a parent?**

My wife and I decided not to buy a stroller for him. We never had one before, and we did not want our son to be reliant on it when he grows up. It's really not very nice to see 6-year-old kids still on a stroller at shopping malls! So we decided not to get one. If we are out for a family outing, we would walk, or rest till he is ready to walk again. Unless it is raining or at very crowded places like expo events, my wife and I will insist that our boy walks if he wants to go out.

**What has been your most memorable moment as a father?**

The first time my boy knew how to point to me and call me Papa. I have a very close relationship with my boy. He would not sleep until I got home from work. Hopefully this close relationship will last as long as possible.

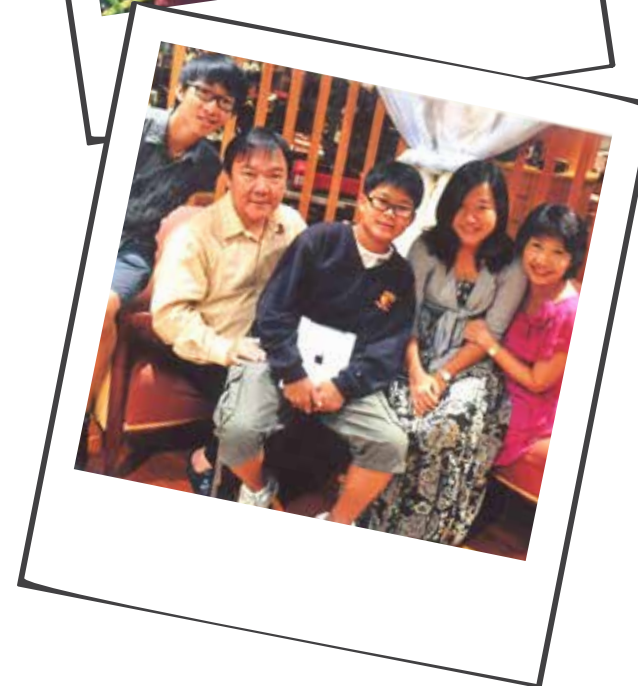
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**LAST AS LONG**  
AS POSSIBLE.”



**DAVID WONG,**  
Board member of Metropolitan YMCA  
Father of 2 boys and 1 girl, aged 18 to 22

**How did you spend quality time with your kids when they were young?**

In the 1980s when they were young, I was the Chairman of Central Youth Council (those were the days when we did not yet have a National Youth Council). As I wanted them to be around me even while I volunteered, I would bring them to the council meetings and they would have fun at the playground or observed me.



**How did family time change as the children grow up?**

When the kids were younger, bonding with them was easy, as it was easier to influence their choice of activity. We went for staycations as well as road trips to Malaysia, to visit my wife's family in Ipoh. After secondary school, it became harder to get the whole family together, as they each have their own schedules and preferred activities. So enjoy your kids when they are young! It's still up to you how much time you want to spend and share your life with them.

**What else changed when the kids got older?**

The relationship changes but that does not mean you don't get involved in their lives. I feel it's important for parents not to leave them on their own and "find your own way". As a parent, you are their coach. They want to be independent, but they still need their parents. The responsibility is still yours. They may not solicit your advice, but you must initiate it.

**What lessons in fathering have you learnt?**

When the kids were growing up, I was in China very often. I used to come home with toys for them, but that brought very temporal joy to them. Kids won't love you because of the toys. One day, I was clearing my drawer and came across a card where my son wrote "The best thing I remember about my dad... is the holiday we had in Hong Kong." We brought them to the Hong Kong Disneyland in 2007. It was also his birthday celebration. These were precious memories and I learnt that what we do with them counts a lot more than what we give them.

“WHEN THEY ARE  
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RELATIONSHIP CHANGES.  
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**GET INVOLVED IN**  
THEIR LIVES.”



# TO OUR AWESOME MUMS

Mother's Day may be over but it is never too late for a shout-out to all awesome mums – from our young people at YOUTHsync!

## “TO THE ONE WHO ALWAYS

tolerate my nonsense, never giving up on me even if I did, and giving me way too much independence: HAPPY MOTHERS DAY! Sometimes I felt like I have not been a good daughter, but you never felt the same way. I would like to say... I love you very much, not only on Mothers' Day but everyday! Happy Mothers Day to other awesome mums out there, you are special in your own way to your children!  
**LEE JIA QIAN, 18,**  
Nanyang Junior College

## “I LOVE MY MUMMY

because she's more than just a mother to me; she's also my friend! I really treasure all the lame jokes, laughter, and the little moments that we share. Thank you for being one of my favorite people in my life!  
**ZENN WONG, 16,**  
Raffles' Girls School

## “MY CAPTAIN AMERICA,

thanks for being a great mom!  
**ALEXDANDER NORONHA, 21,**  
National University of Singapore

## “THANK YOU FOR BEING THE MOST

democratic parents ever and supporting me in whatever choices I make - with some guidance from the 2 of you of course! I am blessed with a close-knit family, mum, dad, chino and me. I love you all, I love my family.  
**SARAH ANG, 18,**  
Nanyang Junior College

## “MUMMY, THANK YOU

for sacrificing your freedom for us when we are young. When I'm older, I wish you have the freedom to live life as you want, to enjoy the beautiful things that this life can bring. I love you.  
**SHIRLEY ONG, 21,**  
Nanyang Technological University

## “IT'S NOT EASY RAISING (THREE) LITTLE MONSTERS

till they somehow transform into a good lady or a fine gentleman. To all the mothers out there, HAPPY MOTHERS DAY!  
**ALISON CHEN YUJING, 21,**  
Nanyang Polytechnic

## “YOU ARE THE BEST MAMA

to us and have given the best to us. We can feel papa and your unwavering love, care and support for us deep inside. And for that, we are so blessed. With that, we become confident and strong. Thank you!  
**YEO SHU HUI, 19,**  
National Junior College

(Corresponding photos are displayed from left to right.)



## YOUTHspeak on Budget

MYMCA youth representatives meet DPM Tharman at a post-budget dialogue.

“Attending YOUTHspeak 2015 was a platform that further reinforced ownership of decisions as well as the value of knowledge. The next big step is to inspire those who have similar thoughts to take action and do something. Most of us youths are here for SG50, but what would be something that I can thank myself for doing (in contributing to the nation) when I am in SG100?”

**ALISON CHEN, 21**  
Nanyang Polytechnic

One YOUTHsync member and three staff from Youth Leadership & Development attended YOUTHspeak, an annual post-budget dialogue held by the Youth Division of People’s Association on March 8.

The dialogue is an opportunity for young people to meet, network and share their views on the budget initiatives for the year. Close to 400 participants actively discussed the recently announced SkillsFuture and Silver Support scheme. SkillsFuture is a national movement to provide Singaporeans with the opportunities to develop their fullest potential throughout life, regardless of their starting points. The Silver Support Scheme is targeted at the bottom 30 per cent

of the elderly population and its aim is to help seniors who are less well-off to supplement their income.

Deputy Prime Minister and Minister for Finance, Mr Tharman Shanmugaratnam joined the plenary session and fielded questions on this year’s budget. DPM Tharman emphasised the need for our younger generation to have social and rational skills for development and nation-building, and cited SkillsFuture as an innovative approach to achieve these objectives.

He said, “Continuous learning, a conscious development of yourself in life - is unlike a race where you compete with each other in schools... everyone has to keep learning whether they are still in the education (system), or in the workforce.”

# Service Learning Seminar at Nanyang Junior College

YOUTHsync Chairman speaks at Nanyang Junior College Service Learning Seminar, while hands-on activities inspire empathy for elderly folk.



Our staff, interns and members from YOUTHsync had an exciting time inspiring students of Nanyang Junior College at their Service Learning Seminar for the second year running. The objectives of the seminar on March 26 was to raise students’ awareness of Voluntary Welfare Organisations (VWOs) in Singapore and better equipped to plan projects that meet community needs.

We were delighted to have Chua Yun Ze, our intern and chairman of YOUTHsync, as one of the guest speakers this year. He shared with the students about our youth work, in particular, the vision and causes of YOUTHsync and showcased past and present projects. Students were invited

to explore possible projects with YOUTHsync.

At the booth exhibition, a series of engaging activities were facilitated by the team to increase students’ empathy and increase their understanding of service learning. They were invited to play games that simulate challenges faced by various groups of people in their daily lives.

Many students enjoyed one particular activity which required them to fold paper cranes with thick gloves. They were challenged to reflect on the difficulties faced by old folks; with old age comes growing numbness in their fingers, which makes it harder to complete nimble activities.

“The simulation activities were effective in attracting students to our booth. This is especially evident for groups of friends. What started out as curiosity from the students turned into an interesting experience and this definitely contributed to increased interest towards

YOUTHsync.”  
**- SARAH ANG, 19,**  
Nanyang Junior College

“The NYJC Service Learning Seminar was a great opportunity for me in terms of exposure to the youths as well as seeing how other organisations did their booths. After interacting with the youths at NYJC, I am very heartened to see that the spirit of volunteerism is alive and well in the youths today!”

**- JUSTIN SOH, 17,**  
Singapore Polytechnic



## MY Manna Partners with MY World Preschool

This special project involves our preschoolers and their families from 15 childcare centres islandwide in community work.

**M**Y Child Cares" project is a collaboration between the Active Community Transformation Services (ACTS) department of MYMCA and MY World Preschool.

Every month, one of the 15 childcare centres takes part by activating parents to donate provisions for needy families. Parents purchase the needed items, which includes groceries such as rice, oatmeal, coffee and canned food. Donated items are then collated, with children helping to sort, count and pack them into separate containers.

To help children understand

where the donated items are going and who benefits from them, their parents accompany them to visit the MY Manna stall at MYMCA @ Sims, and participate in the distribution of the items to the beneficiaries.

"This project is a very meaningful experience for our children to participate in and understand the need to do their part in giving back to the community - even from young," says Ms Phyllis Tan, CEO of MYMCA and Director of MY World Preschool. "This collaboration is an avenue for the children, together with their families, to show their care for the

poor, elderly and needy. This is also a way for children to demonstrate our school's core values, namely, Respect, Responsibility, Caring and Honesty."

"As it is often said, charity begins at home. It is not only an excellent opportunity but also a great delight to see young children participate in our MY Manna programme and learn that it is more blessed to give than to receive. We hope it is but a start to igniting the social consciousness of a new generation of changemakers," says Ms Denise Chan, Head of ACTS, which runs the MY Manna programme.

## A Taste of Home in Comfort Food

The Metro-Y Restaurant at Stevens Road holds fond memories for MYMCA member Jeanette Nga and her father, Rev Nga Tieng Chieng - so much so that they dine there almost everyday! She tells us why it is their favourite dinner venue.



**A**lmost everyday, Rev Nga Tieng Chieng, 92, makes his way up the stairs at Metropolitan YMCA. His destination: The Metro-Y restaurant, where the taste of home-cooked goodness and the satisfaction of comfort food awaits.

"MYMCA holds memories very dear to both my father and I. My father was the Honorary General Secretary in the 1960s. He worked in MYMCA for more than 50 years, so I pretty much grew up here as well," says Jeanette.

She reminisces, "I remember there used to be a peanut dispensing machine in the Metro-Y restaurant. Back in those days, my siblings and I would drop in a 20-cent coin just to get the peanuts."

Today, the peanut dispenser is no longer there, but the friendly ambience and home-cooked taste remain unchanged. And without fail, Rev Nga orders his favourite dish, the Fish Fillet, which comes with a serving of fries and sauteed mixed vegetables.

Being such regulars at the restaurant has its perks: The staff has become well-acquainted with their preferences. Jeanette says, "The chef and staff know him very well. They know how he likes his meal to be done - not too salty or oily. He enjoys having this sense of familiarity."

As a result, the Metro-Y Restaurant has become a favourite gathering place for their family and friends. "We have frequent gatherings here and often

recommend this place to our friends! On weekends, my niece and nephew would join us as well."

Even the walk up the flight of stairs has its part in a familiar routine. "It is good exercise for him too. He needs the exercise, so getting him out everyday and going up the short flight of stairs to the restaurant is good for him," explains Jeanette.

Having dined here so often, does she ever tire of the food? "I guess you could say it is like our family kitchen! My father likes the food here. I would rather bring him to a place where he enjoys the food and would finish his meal, than to bring him elsewhere where he would not finish the food. When I see him happy with his food, it makes me happy!"





## Wheeler's Yard

While cosy cafes abound, wide open spaces to wind down and relax in are hard to come by. But space – glorious space – is what sets Wheeler's Yard apart.

**A** quiet and nondescript lane in Balestier is probably the most unlikely place to find a cool hipster hangout. But its humble surroundings is exactly what inspired Wheeler's Yard founder, Mr Tommy Ong, to create that sense of discovery in the midst of the humble and ordinary.

"I was inspired by similar chill-out cafes in Australia and New Zealand, when I travelled there frequently for business," recalls the businessman, whose family business spans a variety of interests from car trading to property development. "But I felt we needed a unique space for the idea to take off."

The keen observer also noticed

the growing trend towards cycling as a lifestyle. The idea of marrying the two trends – cafes and cycling – kept brewing in his mind and wouldn't go away.

Then he stumbled upon a discovery: That his family owned a run-down industrial warehouse in Balestier, which was then rented out as a furniture factory. Instinctively, he felt it had the potential to house a joint where bicycles, coffee, friends and all things vintage meet – and Wheeler's Yard was born.

Its vintage blue metal doors, which has since become an iconic background for many Instagram photos, belie the bustling ambience you will find inside. The unique space with a generously high ceiling is divided into two: You can choose

to hide from the heat within the café that serves up a selection of cakes and meals, or explore an array of handmade urban bicycles and bicycle accessories outside.

Within the cafe decked in a vintage-meets-modern-industrial theme, bicycles literally take centre-stage. They are showcased on large tables, boldly becoming part of the design aesthetics. The bicycles also double up as a space divider on the communal tables, which can accommodate large groups of family and friends, or which may be shared with strangers.

This makes a great family hangout, with sufficient space for the younger ones to explore and interact with other families, and is guaranteed to up your street cred with your tween or teen. There are usually sufficient seats to go around, allowing patrons to take their time to catch up with family and friends over a leisurely meal.

Wheeler's Yard has all the right elements to become a pit stop for diners, cyclists and non-cyclists alike. And yes, be sure to capture an Instagram-worthy snapshot of those iconic blue doors.



## Smurfs Live on Stage

Bring back your happy childhood with the Smurfs!

### A FAMILY ACTIVITY

**Enjoy 2 tickets for the price of 1. That's double the fun for half the price! In addition, receive a free Smurfette plush worth \$50, with every VIP ticket purchased.**

### MEMBERS EXCLUSIVE

#### Terms & Conditions:

- To enjoy this offer, look out for the email that will be sent to all MYMCA members.
- Free ticket must be of the same category and for the same show.
- Promotion NOT valid for \$130 category tickets.
- Booking fees applicable.
- Terms & Conditions apply.

**B**righten up the school holidays with a good dose of the blues! Bring your family to catch the Smurfs, live on stage. Witness the can-do spirit of the Smurfs as they once again stop Gargamel from succeeding in his schemes. Relive your childhood memories of the Smurfs, and share the enchanting musical experience as a family.





# YMCA World Challenge

The YMCA World Challenge is back! This year the youths are going to challenge you to join the challenge. Share your unique #YOLO (The Untold Story of Youths) youth empowerment stories with us and nominate a friend to do the same.



#YOLO  
ARE YOU GAME?

1. Post your #YOLO #WorldChallenge #YOUTHsync
2. Nominate a Friend
3. Tag YOUTHsync
4. Enable "Public" view

For more information on YOUTHsync, call us at 6839 8335 or email [weeleng.ng@mymca.org.sg](mailto:weeleng.ng@mymca.org.sg)

# Friends & Foes of Nutrition



Learn from an expert how you can help your family get healthy through simple adaptations to your diet and lifestyle. Optimise your energy and your health by eliminating the physical stress caused by calorie-dense, nutrient-poor foods, as well as the preservatives and additives commonly found in them.

Start eating wisely – and live healthily!

**When : July 8**  
**Time : 7pm - 8.30pm**  
**Where : MYMCA, Cassia, Level 2**  
**Speaker: Lisa McConnell, Nutritional Therapist at Balance Living Café**  
**Price : \$15.00(M), \$25.00(NM)**

*Nutritional workshops, with ground-breaking insights that will protect your family's health!*

For more information on our Health & Wellness Talk, call us at 6839 8354/5 or email [programmes@mymca.org.sg](mailto:programmes@mymca.org.sg)

## UP AND COMING YOUR WAY

### YES! CAMP

The Youth Empowerment Symposium (YES!) Camp is a camp for youth aged 16 to 23 to embark on the process of creating positive social change in fun and engaging ways, as they learn through active participation and intentional reflection.

**When: 27-28 June 2015**  
**Days: 2D1N**  
**Where: Sarimbun Campsite**  
**Age Group: 16-23**

For more information on YOUTHsync, call us at 6839 8335 or email [weeleng.ng@mymca.org.sg](mailto:weeleng.ng@mymca.org.sg)

# Korean Cuisine Cooking



Learn to create the taste of traditional Korean dishes and have a feast! Attain a sense of achievement by preparing your own popular Korean dishes like Kimchi Stew, Beef Bulgogi, Ginseng Chicken and many more from our Korean Chef.

**When : Every Friday (starting 3 July 2015)**  
**Time : 7pm - 9pm**  
**Where: Metro - Y Restaurant, Olive I/II, Level 1**  
**Chef : Mrs Park Eun Kyoung, Matilda**  
**Fees : (4sessions) \$160(M), \$220(NM), \$250 (1 Adult + 1 Child aged 7 to 16) (1session) \$50(M), \$75(NM), \$80 (1 Adult + 1 Child aged 7 to 16)**

For more information on our Korean Cooking Class, call us at 6839 8354/5 or email [programmes@mymca.org.sg](mailto:programmes@mymca.org.sg)

# Make a Dive into the Blue

This July and August we're heading to Bali! Discover a whole new fascinating world underwater! Sign up as a family or with your land-lubber buddies to learn scuba with a highly qualified and experienced instructor with strict safety standards.

- Also available:
- Pool Snorkelling (5 years old & above)
  - Try Scuba (8 years old & above)
  - Diver Certification (12 years old & above)

For more information on Metropolitan YMCA Scuba, call us at 6839 8354/5 or email [programmes@mymca.org.sg](mailto:programmes@mymca.org.sg)



**When : July 16 - 19, August 6 - 10**  
**Days : 4D3N**  
**Where: Bali, Indonesia**  
**Price : \$750 (per pax)**

# Try something adventurous together as a **FAMILY**

Create enduring family memories at our Family Ocean Camp! Bond over snorkelling and/or diving experiences, underwater photography, marine art painting, marine education and other interesting activities in some of the best diving destinations like Philippines, Malaysia, Indonesia and Micronesia. It's a great way for you and your family to be introduced to the beauty of the underwater world!

|              |   |            |             |
|--------------|---|------------|-------------|
| <b>When</b>  | 16 - 19 June                                | 9 - 12 Sep | 25 - 28 Nov |
| <b>Days</b>  | 4D3N  |            |             |
| <b>Where</b> | Cebu, Philippines                           |            |             |
| <b>Price</b> | SGD 750 (per pax)                           |            |             |
| <b>Who</b>   | Families with Children 10 years old & above |            |             |

Also available: Beginner to Professional Diver Certification, Snorkelling & Diving for teams, individuals with disabilities, and Weekend & Holiday Dive Trips.

For more information on Metropolitan YMCA Scuba, call us at 6839 8354/5 or email [programmes@mymca.org.sg](mailto:programmes@mymca.org.sg)

