

# THE MESSENGER

OFFICIAL NEWSLETTER OF THE PENANG YMCA



JANUARY TO JUNE 2015

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## YMCA WORLD CHALLENGE 2015



Kicking goals for Youth Empowerment!  
June 6, 2015



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## General Secretary's Message

The January to June reports in The Messenger not only informed our members and friends on the activities of the Y but it also remind us that time passed so fast. During the last 6 months we were engaged and participated in community service programs, trainings, workshop and visit by our fraternal friends. As I reflected on the activities for the last 6 months it deems upon me that there are more the Y could do and we are thankful for the openings, opportunities and ever ready assistance extended to us by our fraternal Ys. The support from our Board and youth volunteers was also encouraging.

The President in his message shared on the predicament faced by our Nepalese security guards whose homes were affected by the recent earthquakes in Nepal. Among them, Nirjan's home was total destroyed by the earthquake and his family had to live in tent. The Y with the support of Board members and staff raised "a small but significant contribution for his family" (quote - President Message). Nirajan's family wrote to us on 30th May to thank us for the assistance extended to them. May the Lord continue to bless him and his family in their recovery process.

*Ong Sooi Gaik*  
General Secretary

THE MESSENGER OF YMCA PENANG is printed twice yearly and issued free for all Members. All articles published in this Newsletter are strictly for Member and Associates.

The articles and opinions expressed in the Newsletter do not necessarily reflect those of the Board and Editorial Committee. The Editorial Committee reserves the right to reject or edit any contribution to the Newsletter.

We thank you all for your articles, contributions and appreciate your continuous support.

## President's Message



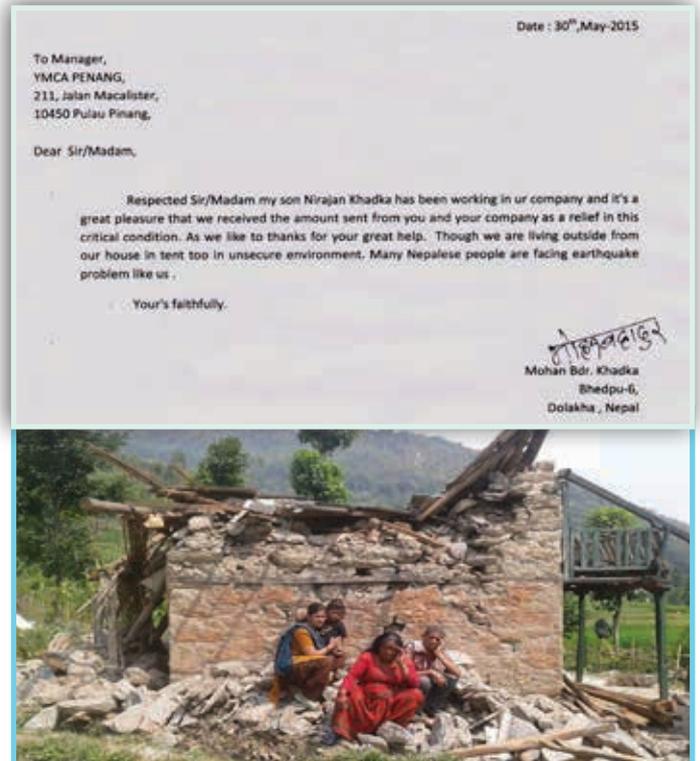
The recent spate of tragic disasters should make us conscious of the tremendous blessings we are enjoying. The earthquakes in Nepal, the floods in various countries, wild fires and now boatloads of refugees on the high seas near our country, make us thank God for His mercies and blessings on us. We are also deeply concerned for those others who are victims of recent disastrous events.

Penang YMCA has tried to help one of our Nepalese security guards by making a small but significant contribution for his family to rebuild their house as they are now living in tents only. Our prayer go out to them for strength to carry on in their hour of deprivation and insecurity.

We want to congratulate and welcome our new Directors Ms. Loh Wai Eng, Mr. Alpha Lim and Ms. Janet Saw who were elected/appointed at the last Annual General Meeting on 9-4-2015. We wish them success and fulfillment in their respective duties. May God grant them good health and wisdom!

Our forthcoming Fund Raising Food Fair and Carnival on 2nd August 2015 requires profound planning and execution. All Directors, Staff, Volunteers and Supporters of our Penang YMCA are expected to give their full commitment to this event to ensure its full and complete success! To God Be The Glory!

*Geh Cheng Lok, DJN, PJK*  
President



# IS YOUR WORSHIP AUTHENTIC?

Isaiah 58: 5-11



*A summary of Jerry Choo's Sermon delivered at the YMCA Christian Care Fellowship on May 28 2015.*

Jerry's message challenges us to take another look at the way we worship God.

He said that there is a right way to worship and there is a wrong way. There is God-pleasing religion and there is that which is not pleasing to God. When our worship is right, God draws near; the Holy Spirit moves among the assembly of worshippers and God answers prayers.

The scriptural text is a sobering passage of Isaiah in which God exposes the emptiness of religious rituals where worshippers pay more attention to the worship service, singing hymns and songs praising God, proclaiming love for God but fail to live an upright life and to help the poor and oppressed. The kind of worship that pleases God includes acts of justice and mercy to help those in need.

## Sermon Outline

The Wrong Way – False Worship Isaiah 58 v5

True Worship embraces Social Justice Isaiah 58 v6-7

True Worship brings blessings Isaiah 58 v8-11

## THE WRONG WAY – FALSE WORSHIP verse 5

<sup>5</sup>Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

The Israelites loved to worship God. They were faithful in their devotion; meticulous in observing their religious activities and celebrations - sacrifices, feasts and festivals, prayers, singing hymns and learning of scripture. They excelled in doing these.

And when they fasted they put on a public display and made a big show of it - bowing their heads low, scraping on the ground in sackcloth and filthy ashes; thinking that by abasing themselves this way they will gain favour with God; that God would answer their prayers and resolve all their problems.

But they were wrong! God was not pleased with their worship and their fasting. And God will not answer their prayers because their worship and fasting were not carried out for the right reasons.

In verse 3, God tells them what was wrong:

“Look, at the same time you fast, you satisfy your selfish desires, you oppress your workers. Look, your fasting is accompanied by arguments, brawls, and fistfights.”

First, they were doing it for the wrong reasons. The focus was on themselves and what they could get. It was for selfish desires – to enrich themselves and to strike down their enemy. There was no concern for others.

Second, even as they were fasting and asking God for justice and mercy, they were exploiting their workers. They were ill treating their workers – making them work long hours and holding back their wages.

Third, they were embroiled in arguments and were fighting with one another.

Fasting is to be a time of peace and quiet, a time of repentance and humility; a time to seek forgiveness from God and one another.

They fasted but failed to treat each other with love, humility and justice especially with no regard for the poor and needy. And so God condemns their actions and motivations as well as the exploitation of their fellow men.

Elaborating further, Pastor John Piper said, “No worship—no preaching, no singing, no playing of instruments, no praying, no fasting, however intense or beautiful—that leaves us harsh with our workers on Monday, or contentious with our spouses at home, or self-indulgent in other areas of our lives, or angry enough to hit somebody—no worship or fasting that leaves us like that is true, God-pleasing worship.

In other words, the worship is in vain. True worship will lead to humility before God, obedience to his commands and ministry to others.

God is not against fasting or worship. But he is offended with insincere and phony displays of devotion and worship. We need to live what we say in our songs of praise and worship. This includes the way we pray. The following poem highlights the point:

*I knelt to pray when work was done  
and prayed, “O God, bless everyone...  
Lift from each burdened heart the pain  
and let the sick be well again.” ...  
And then I woke another day  
and carelessly went on my way...  
And all day long I did not try*

to wipe the tear from any eye...  
I did not try to bear the load  
of any brother on the road...  
I did not even go to see  
the sick man just next door to me.  
And then again when day was done,  
I prayed, "O God, bless everyone" ...

And as I prayed into my ear  
there came a voice which whispered clear ...  
"Whom have you tried to bless today?  
Pause, hypocrite, before you pray ...  
God's richest blessings always go  
by hands that serve Him, here below." ...  
And then I hid my face and cried,  
"Forgive me, Lord, for I have lied...  
Let me but see another day,  
for I would live the way I pray."

#### TRUE WORSHIP INVOLVES SERVICE TO OTHERS

(Isaiah 58:6-7) The kind of worship and fasting most acceptable to God.

<sup>6</sup> "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

<sup>7</sup> Is it not to share your food with the hungry and to provide the poor wanderer with shelter-- when you see the naked, to clothe him, and not to turn away from your own flesh and blood?

Throughout the Bible God has expressed his concern for the poor and oppressed, the alien, the orphan and the widow.

In Proverbs 14:31, God says, Whoever oppresses a poor man insults his Maker, but he who is generous to the needy honors him.

Proverbs 19:17 says, Whoever is generous to the poor lends to the LORD, and he will repay him for his deed.

In other words, we bring glory and honor to God when we care for the poor.

A reminder also that whenever we take advantage of any person of a lower station in life, we insult God.

Issues of justice and mercy have always been important to God.

In the book of Amos, God rejected Israel's worship and sacrifices because they failed to show justice and mercy in their lives. In Amos 5: 21-24, God said, I despise your festivals... I take no delight in your assemblies... Take away the noise of your songs... I will not listen... But let justice roll down like waters and righteousness like an ever

flowing stream.

Jesus reiterates the same principle in Matthew 23:23 when he condemned the Pharisees who were careful in observing every minute detail of the religious law but ignored the more important aspects, such as justice, mercy and righteousness. In essence Jesus is saying that if you don't love the poor then you don't love Me.

I John 3:17 says [17] But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him?

It is clear that God's definition of true worship includes acts of justice and mercy. So there is a need to work for the abolition of unjust social structures and systems that exploit the poor, that keeps wrongdoers in power, that denies or diminish the rights and freedom of others and that perpetuates greed, bribery and corruption and the exploitation of the poor.

God also wants his people to show compassion – through a wide variety of activities such as providing homes for abused children, orphans, physically and mentally challenged, tuition for poor students, scholarships, homes for abused women, rehabilitation centres for drug addicts as well as providing food for the poor and hungry.

Justice, sharing our wealth with the poor, feeding the hungry and freeing the oppressed are God's requirements for true worship. God has blessed each and every one of us to carry out His love to the world. Christ is what a desperate world needs, but He chooses us to be his hands and feet. He has given us all the tools and talents needed in order to carry out His justice in this world of injustice.

So how do we effectively do this?

Here is a list of NGOs you can support or join in their fight against injustice –

- Bersih
- GKL
- CAN
- SUARAM
- JUST International
- Tenaganita
- KOMAS
- ENGAGE
- Shelter
- WORLD VISION



**including supporting the work of the Penang YMCA -** a non profit organization committed to show the love of Christ to the community; focusing on youth development, social responsibility and healthy living.

The YMCA also partner with a number of homes to help abused children and those who are physically and mentally challenged.

Currently the Penang YMCA is raising funds through a food fair for our youth development programs, hearing impaired and world vision.

### TRUE WORSHIP BRINGS BLESSINGS

2. (Isaiah 58:8-11) The blessings God promises for the true worshipper.

<sup>8</sup> Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.

<sup>9</sup> Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. "If you do away with the yoke of oppression, with the pointing finger and malicious talk,

<sup>10</sup> and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

<sup>11</sup> The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

If the people would fast as God has directed in verses 6 and 7, then the light of God within them would burst forth, much as the dawn bursts forth from the night and brings a new day full of brightness and light. Light is a frequent theme throughout Scripture to denote living in relationship with God (1 John 1:5-7). Jesus called Himself the Light of the world (John 8:12; 9:5) and He also said that believers are the light of the world (Matthew 5:14).

So here in verse 10 we can see that if we are living according to God's directions, then we have His light and we will shine in the darkness. Isaiah also tells us here that fasting in this manner would bring blessing; which would include healing, righteousness, protection from trouble, and answered prayer (Deuteronomy 28:1-14).

This passage shows several characteristics of a life right with God.

- It is an enlightened life: **Your light will rise in the darkness.**
- It is a guided life: **The LORD will guide you always.**
- It is a satisfied life: **He will satisfy your needs in drought.**
- It is a productive life: **Like a well-watered garden.**
- It is a freshly sustained life: **Like a spring whose waters never fail.**

### CONCLUSION

God does not need us to fast and look half dead. He does not need our testimony of how good he is or how much he has blessed us. He does not need us to raise our hands, to raise our voices to shouts of "God is good". But he wants us to be the first to raise our hands to help those in need; to raise our voices and speak out against poverty and inequality and injustice. To stand up against unjust systems that perpetuate inequalities, religious intolerance,

greed, bribery, corruption and the exploitation of the poor and marginalized.

The kind of worship pleasing to God is one that not only kneels before Him in adoration but that also kneels in love to help those in need... the poor, the sick, the desperate and the oppressed.

All praise and glory be to you, God of justice and mercy!



## CHINESE NEW YEAR



Deaf Club Chinese New Year Celebration

2015



The YMCA Deaf Club organized the Chinese New Year Celebration on the 1 March 2015 and 25 members attended the celebration.

The Club would like to thank the committee members and friend who have contributed food for the celebration. All the committee members had a chance to toss "Yee Sang" to mark the joyous occasion.



# Introduction of New Board Members



## Alpha Lim

I've been a member of the YMCA Penang for over 20 years and have held various Positions in the Ballroom Dance Club, and presently as Chairman of the Senior Citizen's Club. I'm honoured and pleased to have been asked to serve as director at the Penang YMCA, and I shall serve the Y to the best of my ability.



## Janet Saw

It is a privilege to be co-opted to join the Board of Directors of the YMCA Penang.

I pray that I can be an asset to contribute to the activities of the YMCA particularly in the Christian Care and the hospitality line as I was professionally trained in hotel and catering operations in the UK.



## Jael Loh

During the 80's, I was very active in Youth activities, programs and leadership training workshops.

I am very glad to have been asked to serve as a director at the Penang Y. I will do my best and play my role in contributing back to the local community.



## Health Talk: A Runny Nose or the Sinuses

"A Runny Nose or the Sinuses" or better known as "Sinusitis" was the title of the health talk at YMCA Penang, given by Dr. Sharad Godbole of Adventist Hospital in 21 April 2015. Dr. Sharad a Consultant Otorhinolaryngologist, Head and Neck Surgeon gave a detailed account of what people will undergo when plagued with this illness.

It is a condition in which the sinus cavities around your eyes and nose

are injected, producing pressure, pain and gobs of yellow or green mucus.

This talk captivated an audience of 38 people, who, attentively, listened with great interest to all what he spoke about. There was a barrage of question towards the end of the talk asked by many people present to which appropriate answers was given by the Doctor. All in all it was a very informative talk and people went

back contented with a good knowledge of the illness.

*By Robert Moses*



## Peace Campaign



On the 21st of February 2015, The Asia Pacific YMCA Youth section promoted a new Facebook campaign entitled "Youth for Peace". One of Asia Pacific YMCA's focus is "Peace and Justice" under the pillar of civic engagement. The online media campaign calls on participants from all over the world to write a message in their own language pertaining to the topic of peace and "PEACE" in English, take a photo of it and share it in a creative way!

We were also notified that the APAY's media team will then select the best 100 and winners will receive an Asia Pacific YMCA Youth postcard mailing from the APAY headquarters in Hong Kong to their respective address.

The youths of YMCA Penang decided to respond to the call! The youths gathered one night after a youth meeting and decided to make their stand against social injustice

and violence.

Our hard work did not go unnoticed as YMCA Penang's creativeness and enthusiastic photos has won the hearts of the judges! Well done to all those who have participated!

This media campaign was held in conjunction with the World Peace Voyage (21 -29 March 2015).

*By Michael Cheong*

# Brother Bob: A Tribute to YMCA



***“It all started with one man who believed in me.”***

In 1969 Stewart Lare, one of the board of directors at the St. Thomas Ontario Canada YMCA met me as a young high school graduate. He saw that I had a passion to reach the spiritual needs of the youth in our city. At the time no church in our city shared that vision and so he invited me to use the chapel at the local YMCA to meet with young people who were vagrantly hanging around the downtown of our city to come in for refreshment and spiritual inspiration. At the time the ‘drug culture’ was just forming and alcohol abuse was rampant among the youth in the downtown core where the YMCA was located. Stewart not only believed in me, but also made a way for me to use the YMCA chapel with no charge.

At the time I was holding ‘street meetings’. This was simply standing on a busy street corner near the YMCA, and singing songs with my accordion, followed by testimonies of youth who had found a new life in Jesus Christ, and preaching the gospel message. Although Stewart was a prominent businessman in our city, he would attend my street meetings and stood nearby to pray for me and encourage me. Many times my knees would be knocking before I began, but looking out and seeing Stewart there gave me courage to step forward and raise my voice to begin the meeting never knowing exactly what I would say, or what would be the response.

I became known among my schoolmates as ‘Sunshine’ and on the football team I was nicknamed, ‘Father’, but those names never deterred me. It is amazing what an affirmation of one will give strength to overcome opposition of many. Being able to use the ‘Chapel’ at the YMCA gave a new level of acceptance to our outreach to the youths. We saw amazing transformation in their lives. We eventually

outgrew the chapel in attendance and started a coffee house we called ‘The Fountain’ a couple of doors down the street from the YMCA.

Space does not allow me to tell the stories of how ‘drug pushers’ came to saving faith in Jesus Christ, and one today received his Doctorate of Theology and leads an international mission organization.

I was eventually invited to be the Executive Director for YFC (Youth for Christ) in our county, and within several years founded a charitable organization, In His Service Ministries, which now has full time personnel in several countries of the world.

While giving leadership to IHS Ministries I completed my religious studies by correspondence and was ordained as a minister with the Pentecostal Assemblies of Canada, which led to pastoring in the cities of Calgary and Edmonton Alberta. I have just retired from giving leadership to Marketplace Chapel in the West Edmonton Mall.

Can you imagine my joy, on my mission’s trip to Asia, to arrive in Penang at the YMCA and find Marketplace Mission, which was started, by Pastor Abraham and Irene Gan after they had visited the Marketplace Chapel in Edmonton.

I cannot express the flood of emotions that ran through my heart when I found Agape Chapel here in the Penang YMCA. I was granted permission, and immediately was able to use the chapel, with my wife Karen, to pray for 3 families whom we met from Indonesia at the Y Café.

Life has come full circle. All glory be to Jesus Christ, in the past 4 plus decades I have had the privilege of ministering the gospel to many thousands of people, on 5 continents of this globe. I’m back in a YMCA chapel serving our Lord. Thank you Jesus for your grace and divine leading. Thank you Penang YMCA for opening your chapel door.

***‘The power of one’,***

Thank you Stewart Lare for believing in a young man over 45 years ago.



# Pine Ensol's visit to YMCA PENANG

13th to 14 March 2015

5 years ago, Pine was among the 5 volunteers who was sent to Malaysia from Korea under a volunteer community outreach programme called 'Raonatti' which is known as Friends of Asia. We did a few community programmes together with the group and with the time spend together, it started a new friendship bond. I still recall how hard it was when we had to bid goodbye to all of them. That's how close we have got. A year later in year 2011, Pine and Erin returned to Penang on their own to assist Penang YMCA at the Youth Assembly and General Assembly. You hardly find people who would travel all the way at their own expense not for a leisure holiday trip but to come and give a hand in something that takes up long hours. Till today they are the only 2 persons whom I still keep in touch. Thanks to modern technology, it connects us at any point of time. 4 years later, I was thrilled when Pine told me that she was planning to



visit Penang again. And it happened! So much joy to be seeing her again after many years. The last time she was here, she was a student but this time, she is now a young adult working with the National Council of YMCAs Korea handling the Raonatti section. All of our friends who knew her didn't want to miss the opportunity to meet up with her over dinner. There was so much to catch up on. One fine evening, Ms Ong the General Secretary of YMCA Penang together with Pine and a few of us headed to the another corner of the island called Kuala Sungai Burung for an amazing by the sea sunset followed by a delicious dinner at



Pulau Betong. On her last day here in Penang, Pine was craving to have Bak Kut Teh for dinner before her flight, so we brought her and filled herfilled her with Bak Kut Teh and lots of Penang food before she left. Hopefully she will not crave for Penang food too soon. Pine was here for a really short trip, though I wished it was longer but it's better than not having the chance to meet at all. It has been a joy to have known her through the YMCA and I am totally grateful for her being the friend that she is. Kamsahameedah.

By Barry Teh



## MACCALUM CHRISTMAS PARTY

Penang Island's Benefactor



A Group of directors, staff and volunteers celebrated Christmas with the Wesley Church Community Centre at MacCallum Street, Penang on December 20th 2014.

We shared the joy of Christmas with the children who were boisterous and playful in festive red T-shirts that we gave them. They had an exciting

time lead by our Program Executive Michael Cheong, playing games and singing carols. Music was provided by the Korean Volunteers. All the 30 children were each presented with a bag filled with delightful goodies. They were also treated to light refreshments with a delectable array of cakes and pastries.

We want to thank all our Sponsors and Contributors for the T-shirts, the snacks, gifts and all the items in the Goodie Bags which brought Christmas Cheers and Joy to the Children of this Community. God's blessings to the Children, Teachers and Volunteers!

By Grace Choo

# Entrepreneur WORKSHOP



An entrepreneur workshop was held on the 25th April 2015 by the YMCA Penang's Youth and Sports section. In line with the YMCA vision, which is to develop young people, this workshop was organized to help young people that are interested or even curious about the world of entrepreneurship. This special 1 day workshop was facilitated by Abraham Gan and his Entrepreneurship Team. Abraham Gan is a coach and facilitator that is certified by Nehemiah Projects International Ministries, USA

The workshop attracted a total of 31 participants comprised of college students to working adults. Participants were encouraged to know each other with some ice breaking games and quickly broke into various groups for later discussion sessions.

Abraham Gan's team consisted of 5 different experienced professionals from different industries who would later share their presentation on the various subjects with the participants. The first speaker, Mr Joy from Africa spoke about "The Entrepreneurship Adventure". Mr Joy shared about his business days even back when he was still living in Africa and his dealings with goal. He shared the importance of studying an investment before venturing fully



into it as there are lots of "get rich" scams in the market. He too was one of those victims, and through proper principles and guidance, he has now arisen again to conduct business legally, and has even expended his business to Malaysia.

There were several other topics, such as "Minding your own business" where participants discover about the various business and what type are suitable to their nature, "Business of tomorrow" – discussing business trends and market possibilities and "The Money Game". The money game is a brand new program that was developed by Abraham Gan. It is based on the concept of card games and monopoly money system. Through this group game, participants came to learn various skills such as making money as well as correlating with other players to gain a "win-win situation" for the benefit of all.

A short presentation was given from Michael Cheong (YMCA staff) on the benefits of joining the YMCA movement, especially for young people. It was no surprise that many still don't know much about the YMCA. Michael explained that "In fact, there are many others who haven't had an encounter with the Y that still don't know what the Y does and what it stands for". He further explained that the YMCA is a platform to support young people and by following the YMCA



movement, talents and skills can be sharpened for themselves and the local community through the spirit of volunteerism. Interested participants could fill in given forms should they be keen to join in the global movement.

*By Michael Cheong*

# Visit to St. Georges Church and Cemetery



The Christian Care Committee of the Penang YMCA ventured on a heritage tour of some notable sites to instill an interest in the activities of the early Christian Founding Fathers. It was the 14th May, 2015, which was also Ascension Day, and the group included a few directors of the Y.

Our first stop was St. George's Church, located at the heart of the city, in the north east of the Island. It is the oldest Anglican Church in South East Asia, named after the patron saint of England. St George, a young soldier of Greek origin, was serving in the Roman Army when he was martyred for professing his faith in Christ. His tomb is in Lydda, Palestine. The feast of St George, observed by the Eastern and Orthodox churches falls on 23rd April.

The founder of St. George's Church,

Penang is none other than Rev. R. S. Hutchings whom many Penangites remember as the founder of Penang Free School. The Church was constructed by the engineers of the East India Company and was consecrated by the Bishop of Calcutta, the Rt. Rev. Thomas F Middleton in 1819. The ravages of time, and the bombardment during the 2nd World War severely damaged the building. However restoration work in the post war years enabled the Church to function again.

In 2007, the Malaysian government awarded the National Heritage status to St. George's Church and restoration work on the building makes it stand out as a magnificent structure with its bell tower and imposing Grecian columns. The front part of the Church compound has a small rotunda, erected as a memorial to Francis Light who made Penang a British colony in 1786.

Our next stop on the heritage trail was the Protestant Cemetery about 500 meters down the road. Here we spotted the graves of Rev. Hutchings and Francis Light. Many of the inscriptions on the tombstones have disappeared, making it difficult to identify some of the tombs. However we were glad to note that the state government had engaged some young men who were busy doing restorative work. The tombs were tagged with numbers and we presumed that eventually they would inscribe the original names and particulars that had faded. Some of us were disappointed that we couldn't identify Mr. Leonowens' grave. His widow, Anna, left Penang to teach the children of the Thai King Mongkut. Well, after some reflections on Penang's history, we decided to call it a day.

*By Mrs Susama Thomas*

## EASTER SUNRISE SERVICE

It was early Sunday morning at 7.00am on 5th of April 2015 when over 80 devotees gathered at the YMCA Hall to celebrate our annual Easter Sunday Celebration. Excitement filled the air as attendees slowly fill the hall. The speaker for the day was Mr Khor Yee Kwang who spoke on "God's Purpose in Our Redemption".

Mr Khor Yee Kwang is a member of Christ Church Penang, the Anglican Diocese of West Malaysia. He is currently serving as

a lay leader in his Church. His ministries includes Eucharistic Service, Preaching (Chinese's & English), Music Ministry, North Archdeaconry Building Committee member, board member of St Paul's Kindergarten and he is also the leader for his home cell group.

The event was also attended by the Salvation Boys Home and Grace Harmony Home.



# Visit of Consultants From SHERMAN LAKE Ymca USA

8th to 10th June 2015



## Penang welcomes 2 camps specialists from Sherman Lake YMCA, USA

Two camps specialists from Sherman Lake YMCA, USA, arrived for a three day visit to help Penang YMCA explore the possibility of setting up a camp and retreat centre for youth development and as an income generating project. They were Chief Executive Officer Luke Austenfeld and Board Director John Chipman.

They were greeted at the Penang International airport by Penang Board members, Mr. & Mrs. Jerry Choo who took them on a short tour of Penang YMCA. And then together with Honorary Secretary, Ms Terrie Loo and her husband Gianni, our visitors experienced Nyonya lunch at a Nyonya House ('Rumah Perut').

After their long journey, the first day was a relaxing one as we took them on a city tour of Georgetown heritage centre including Nyonya mansion and learning about our rich peranakan heritage as well as the famous Chew Jetty where they savoured some of Penang's delicacies and the King of Fruits.

On the second day together with Terrie and Gianni, we took them on a tour of our campsite in Balik Pulau where

they also visited nearby properties and also Balik Pulau town and the unique Fishing Village. They were also taken on a journey of Penang Island's pictorial hilly and winding roads; experiencing the swerving ride and visiting a Batik factory.

We specially took them to see the exciting Escape Adventure Park as we wanted a similar theme for our campsite.

Then it was time for a relaxing drive by the coastal road for them to soak in the gorgeous view of Penang's vast sea before ending with dinner at Penang Swimming Club where they were joined by our President, Mr. Geh Cheng Lok and Mrs. Geh and our CEO Ms Ong Sooi Gaik.

On the third day we had meetings and discussions and were joined by some of our directors and staff. Present were Mr. Geh Cheng Lok, Terrie Loo, Gianni Barone, Jerry Choo, Grace Choo, Lim Seong Hoon, Mallise Tong, Jolene Kok, SG Ong, Cheryl Lee, Michael Cheong, Gary Geh and Daniel Wong. We had a productive meeting with discussions centering on the viability of our campsite to camp design, layout and facilities and camp activities. Luke concluded his presentation

with the following advice – Write an impassioned compelling case, Conduct a Needs Assessment to determine the community's needs and wants, Consider Multiple Revenue Streams and Conduct a Capital Feasibility Assessment.

The meeting closed with a presentation of souvenirs to our visitors.

Once again we are grateful to Boon Chin Tan of Y-USA for arranging the visit of Luke Austenfeld and John Chipman to Penang.

*By Jerry Choo*





# NORTH AMERICAN YMCA DEVELOPMENT ORGANIZATION



## CONFERENCE DETAILS

Conference Name: NAYDO 2015

34th Annual NAYDO Conference

Theme: Igniting a Spark

Date: 23 – 25 April 2015

Conference Organisers: Metro Atlanta YMCA

Venue: Atlanta Marriott Marquis Hotel in Atlanta, Georgia

Number of Delegates: 1,900 from US and Canada including 35 international countries. It was the first time that Malaysia was represented.



NAYDO – is an acronym for North American YMCA Development Organization. It is the YMCA's largest annual conference in North America and serves as the philanthropic resource for education and training. Its aim is to help YMCA professionals advance the YMCA mission through philanthropy and fund development.

I had the privilege to attend the Conference and the opportunity to visit the national office of Y USA in Chicago as well as visit two camps, Camp Duncan in Illinois and Camp High Harbor Lake Allatoona, Georgia.

The conference was a huge success. More than 1,900 delegates attended from US and Canada including 35 international countries. It was the first time that Malaysia was represented.

The 2015 Conference offered more than 80 education sessions which covered extensively all aspects of financial development such as -

- Annual Support
- Capital Development
- Major and Planned Gifts
- Board and Volunteer Development
- Marketing and Communications

In addition to the educational workshops, the conference also offered delegates the opportunity for a hands-on service experience to make their NAYDO experience even more memorable. It was an opportunity not only to see how the Atlanta YMCA serve the Atlanta community and make a difference in the lives of hundreds of people but also to participate in them through 7 Philanthropy Live Projects.

Delegates could choose to join a culinary team of chefs to prepare food and package meals or meal delivery to homebound individuals who cannot do their grocery shopping or prepare their own meals; or make furniture, build, assemble and paint tables and chairs for storage in

a furniture bank to be distributed later to individuals and families moving out of homelessness, battling HIV/AIDS and fleeing domestic violence; or it could be sorting surplus medical supplies collected from hospitals and medical companies for later distribution to needy hospitals in other regions or work with neighbourhood seniors and youth on an Earth Day project to build garden beds, replenish soil and plant vegetables in one of the community urban gardens that are addressing the neighbourhood's need for healthy and affordable fresh produce.

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On top of that the two keynote speakers were nationally recognized professionals who entertained and inspired the delegates with their messages. Dan Pallotta, Founder/President of Advertising for Humanity/Charity Defence Council who spoke during the luncheon on Thursday is a William J Clinton Distinguished Lecturer and a featured weekly contributor to Harvard Business Review. He challenged delegates to think differently and to make a difference in the way we view and manage nonprofits.

The keynote speaker at the banquet, Manny Scott is the Founder of Ink and one of the original Freedom Writers. He is a highly sought charismatic speaker who has transformed his own life and has devoted his career to helping others transform theirs. Manny touched the hearts of delegates and brought many to tears with his inspiring speech about reaching out and transforming lives.

Professionalism and use of technology was seen at its best in the conference. It was near paperless. Although program schedule and information were available in hard copy, all information are accessed through downloading a mobile app into iphone, ipad or notebook. It was easy to use, convenient and allowed delegates the opportunity to create customized schedule, bookmark activities, evaluate workshops, and check out floor plan as well as connect with other delegates through social media.

On display in the exhibit hall were the latest in techniques, ideas and innovations that had helped many YMCAs operate successfully in their philanthropic initiatives. There were more than 60 sponsors and exhibitors who



had helped to underwrite the NAYDO Conference.

I would like to mention that the size of the conference could easily threaten to get out of hand but it was successfully managed with the many volunteers and helpers who were stationed to help delegates move from one venue to another with ease and without any confusion.

It was an enriching experience that was inspiring and gave me the opportunity to meet, share and learn with delegates from different countries. The camaraderie and sense of connection helped renew and invigorate my interest and excitement in the YMCA mission of community service.

From the discussions I realized that the dilemmas that we face in our individual YMCAs, is not unique but similar across communities and borders globally.

If our desire to serve the community and to help the less fortunate is restricted by resources, then this conference

provides insight to help us overcome the restrictions. The conference offers immense educational resources that will expand our knowledge, fine tuning and learning new skills in fund raising. It is basically about putting professionalism in fund raising. It teaches you how to plan organize, strategize target and boldly learn how to ask in fund raising. And the success of YMCAs in US is proof that what NAYDO teaches works.



In addition, NAYDO also seeks to answer the questions that can help individual YMCAs grow to become more responsive and responsible institutions such as, what can we do to inspire more people with our mission? How to get more support? How to find more donors and volunteers who are willing to give their time and money for our mission? These answers not only help to clarify our cause but also strengthens community support for the work we do.

I also had the opportunity to visit the national office of Y-USA in Chicago and see the great work they are doing. Boon Chin showed me around and I was impressed to see how effective and efficient the national office was in serving 2,700 YMCAs throughout the USA with a staff force of 300.

In conclusion I would like to express sincere appreciation and thanks to Ms Boon Chin Tan, Senior Associate Director, Int. Group and Y-USA for sponsoring my trip to USA and my participation in the NAYDO conference. Thanks to all the kind people who took good care of me, especially to Boon Chin and her husband Warren, who gave me a room to stay in their beautiful home and with whom I enjoyed interesting sightseeing and delicious meals, and to Guat Har Chan, Coordinator Int. Group who made all the arrangements for my trip and also to Renata Ferrari, Senior Director for Global Advancement, Int. Group and Mary Tikalsky, Director YMCA World Service, Int. Group for their valuable advice to make my NAYDO experience memorable. I am so thankful to the Lord for this experience as it has enriched my life.

It is my sincere wish that one of our senior staff will have an opportunity to attend one of NAYDO's conference.

*By Jerry Choo*

# Resource Mobilization Workshop



The National Council of YMCA's Malaysia had organized a resource mobilization retreat & training for all YMCAs of Malaysia. It was held on a weekend from the 6th - 8th March 2015 at the beautiful Hotel Taiping Perdana, Taiping, Perak.

There was a good turnout in participants from all over Malaysia! Penang YMCA had sent a group of 13 people including directors, staffs and volunteers for the training. The topic was about the principles of "FUNraising" by special guest speaker Brother Dominic Yoh Koh from the Montfort Boys School. Also in attendance was Ms Tan Boon Chin from YUSA.

With his charismatic personality and in-depth knowledge, Brother Dominic easily drew the participants into the flow of his topics. Participants were encouraged to dialogue and discuss amongst other members to further discover other possibilities and ideas for a successful fund raising programme. The participants were also privileged to learn on the many experiences shared by Brother Dominic on his personal experiences when organizing fundraising events for the Montfort School in Singapore.

On the last day, participants were

treated to a live fundraising event! This program was led by Ms Boon Chin and her cause was to raise funds for the Training of Trainers programme that will be held in Malacca. The program was fun and exciting, and the spirit of giving was high in the air! To everyone's amazement, she managed to raise more than RM6,000 with just a small group of people within half an hour! This really was a good eye opener to everyone and suddenly, fundraising seemed like such a possibility when the cause is right.



Here are some feedbacks from some participants from Penang who had attended the session:

**Mr Edison Choe:** "It was a really good eye-opener to learn how to organize a fundraising plan and also how to effectively keep track on progress. However, the best thing is about how to build relationship with donors from the corporate sectors, volunteers and our own members to another level"



**Mr Barry Teh:** "Putting the fun into fundraising. I found out that fundraising can actually be fun! All this while, I had the impression that fundraising was something hard to do and a tedious job. Now I know how to enjoy the process and build relationship with my donors."

**Ms Winnie:** "I have learned something on how to raise fund with a cause. It also gives me the courage to organize a fundraising event. With this workshop, I now have a good guideline on how to execute such programmes in future!"

**Mr Asher Leo:** "It was mind-blowing! I didn't know how fun fundraising can be. It was a really eye-opener to see how organizations can successfully build relationship with corporate organizations to be regular contributors to their cause."

**Mrs Choo:** "An interesting workshop and I like the style of Trainer, Mr Dominic Yoh Koh. He was able to challenge participants and stimulates them to a new way of thinking."

*By Michael Cheong*

# Training of Trainers Camp Reflections of a Participant

13th to 14 March 2015

Prior to attending the National YMCA's: Training of Trainers (TOT), I have to be honest in saying that I have very little knowledge of YMCA (besides the famed and well known YMCA song, of course!) Mention YMCA and my first impression was a Christian Youth Movement, that's all. The opportunity to participate in the TOT was indeed an eye-opening experience and exposure to what the YMCA is all about. It is not only about youth but something more than that. The session 'Introduction To The World of YMCA' was a well structured session and gave participants a more in-depth knowledge of YMCA, especially for someone like myself who is new to the YMCA.

It was indeed a blessed and meaningful event where different teams from the local YMCAs of Penang, Kuala Lumpur, Sungai Petani and Sibul came together as one Y team in sharing responsibilities, in ensuring the success of the various activities in store during the training sessions.

The sharing by Ms Kristy Sumague and Ms Samantha were very enlightening in, teaching, guiding participants on recruiting youths, training and preparing them to become better leaders equipped with the values, skills and knowledge to respond to the needs of the local communities to become future leaders and role models in their local YMCAs and communities. I



believe the sharing has also equipped the participants with the knowledge and skills to initiate and maintain a sustainable youth group or community programs such as program planning, its development and how to run effective community services.

During the 'Who Am I?' and 'What is my Mission in the World' sessions, one of the things that really strikes me was discovering what my values are, what motivates me, what are my challenges and what are the things I must do to achieve my goals. On



a personal note, I was inspired by Kristy Sumague from San Pablo YMCA of the Philippines when she

shared on the subject on impacting lives in the local community. I was indeed touched to see the resilience and determination of the local team in rebuilding their premises, their lives from the devastation of Typhoon Haiyan in 2013 that battered the Phillipines and caused massive destruction. I could see the



'never give up' spirit of the Y team at San Pablo which truly inspired me to never give up in life and to always be thankful for all things in life no matter big or small and in behind challenges or adversities, God will always lead us and mold us into a stronger person to be a blessing to others. I hope the sharing by Ms Kristy has also touched and inspired



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other participants as well.

It was also interesting to hear from YMCA Singapore on their Community Outreach work and how they manage the very successful Youth for Causes program in Singapore. I could see that it has



made positive differences in the local communities. In fact, I find it very informative and its guidelines were excellent in identifying the needs of the community, how the YMCA can help the community, what are the programs that YMCA has to offer to meet the needs of the local community, how to raise funds and to mobilize youths.

The highlight of the TOT that every participant looked forward to was the ‘YMCA World Challenge 2015 – Kicking goals for Youth Empowerment’. This year’s challenge was themed as such to make it a stand against injustices



towards young people in the world. It was indeed memorable and exciting to have coach Wong Kuw Fou (ex-international footballer of Malaysia) to grace the World Challenge and lead participants kick goals for Youth Empowerment. Of course, one may ask, why football or what is the relationship between football and YMCA? After all, it is a well known fact that football is a very popular game worldwide, but however, very few people know that the YMCA created the indoor version of football, Futsal at the YMCA in Uruguay through the effort of Mr

Juan Carlos Ceriani.

‘YMCA World Challenge 2015 – Kicking goals for Youth Empowerment’ was held to empower youths and to show the world that everyone can score their own goals. Sky’s the limit! The world challenge was held on 6th June to also coincide



and double up the celebrations in conjunction with the 171st birthday of the YMCA. In fact, by acting together globally, we make YMCA more visible at all levels, akin to ‘waking up a sleeping giant so that in time, the YMCA will be recognized as a leading organization for youths. What about my experience at the TOT? Fun and exciting! Just two words to sum it all. Fun as it was not a full classroom type sessions, but more to groups sessions, activities in groups such as community building activities, games and discussions. It



was also fun to meet and network with youths from other YMCAs, to hear and listen to their various experiences, expectations and how we can synergize for the benefit of our local communities. I was excited to discover on how I can equip myself to become an effective leader



and synergize with my local YMCA in order to serve our community better.

Upon completion of the training, I found myself very inspired by the sharing of Ms Kristy Sumague and Ms Samantha. They were very resourceful in teaching and guiding participants on recruiting youths, training and preparing them to become better leaders equipped with good values, skills and knowledge. They showed by example on responding to the needs of the local communities.

I believe the sharing has also equipped the participants with the knowledge and skills to initiate and maintain sustainable youth or community programs such as program planning, character development and how to running various community services according to their needs.

Here are some responses from participants who have attended the 3 days training programme:



**Titus Lim**

During this camp, I learn how to work as a team and the importance of teamwork. YMCA is beneficial to other youths because they would learn how to serve the needy, and not just helping mere donation of money I felt that this program was like a motivation camp to give others who have the heart to serve but have no idea how to do it. This camp really gave me lots of new ideas especially since we had the opportunity to consult and learn from Ys of other countries.



**Asher Leo**

This camp is so empowering and an eye opener to me. I found out that there are many other ways to volunteer ourselves and also learned how other Ys plan their programmes.



**Sherwynd Rylan**

It was a good chance for me to learn from other Y's. Apart from that, we also discovered how to stand up and be counted for and work with teams to achieve goals that we have set upon. It opens our eyes and minds to use our gifts and talents to help others who are in need of help.



**Gary Loh**

It was a time of fun and excitement to expose myself to the work and culture of Y, how Y operates and not to mention also the joy of meeting and getting to know new friends from other Y's. It was a good exposure and experience to hear from experienced Y leaders like Tina, Kristy and Samantha, to always set my goal and stay focus to achieve my goals.



**Janice Chong**

My experience at TOT was an eye opening and seeing for the first time the heart of YMCA, how Y operates and seeing other cultures and getting to know their experiences as well. Not forgetting meeting new friends and the ice breaker was fun!



**Gary Geh**

By attending this program, I felt so encouraged by the progress of other Y's in other counties. After listening to their stories, I hope that my local Y can do much more to achieve a better level of greatness.



**Adele Koh**

Making new friends and experiencing the joy of knowing that there are many others like me who are fighting for a

cause and willing to stand up for it. I was very impressed with the stories from Philippines Y. They really stand for what they believe in and fight for social injustices.



**Michael Cheong**

What really amazed me was the participants of the workshop were very attentive! The workshop created an environment where people could come together as one to fellowship and discuss about their desired future for the local community.

I was really impressed with Singapore Y's presentation because I could relate with what they were doing there and felt that Penang Y's nature is quite similar to their movement. Hoping to learn more from upcoming workshops soon!



**Edison Choe**

It was a successful event! I really enjoyed my time together with the other youths gathered there. I could

really see the bonding of closer relationship between participants. Youths from Penang are clearer now about organizing future programmes and their responsibilities too!



**Barry Teh**

It was definitely good to be part of the 1st TOT for Malaysia. It is always interesting when we have different YMCAs gathered together because it allows us to learn about the activities that is being carried out by them and how their expertise and knowledge will be a big hand for us. Apart from that, it was also a good time to make new friends and to strengthen the bond with those whom we already know.

Looking forward to further training and a better future. Well done YMCA Malaysia!

*By Gary Loh*

## Toastmasters' Club Activities 2014/2015

2014	Theme
July	- Fairy Tales - What's cooking?
August	- Power with Music - Toastmaster Speech Contest
September	- Moon Cake Festival - Malaysia Day
October	- Guests Night with the theme "Books" - Blue
November	- Halloween Night - Transportation
December	- Blue - Christmas Party
2015	Theme
January	- Resolutions - International Speech Contest
February	- Chinese New Year
March	- Women's Day - Seasons
April	- April Fool's Day - Earth Day
May	- Mother's Day - Celebration
June	- AGM - The End Is Just the Beginning

The new term President - Dexter Low.

# YMCA Photography Club



The YMCA Photography Club, also known infamously as “the Accringtons” has made it to its 2nd anniversary this year! It all started with a simple photography workshop that was organized by the YMCA during the early quarter of 2013. From there a small group who were keen to continue photography activities but didn't know to quite go about it was identified. In 2014, the Penang YMCA decided to bring together these individuals to form the YMCA Photography Club for group activities.

The group grew stronger and gained its core members. Members came from various backgrounds. Some were already very experienced in photography skills while some were still green horns and didn't even own a DSLR camera. However, because of their passion for capturing the beauty of precious moments and art, the group was ever willing to share their knowledge and gave their guidance in supporting one another. The goal was to improve individual photography skills and also to form a fellowship through common interest.

Programs and outings were organized to gain practical experiences together. The group traveled near and far to capture photographic assignments, but most



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importantly – they did it together. The group was also involved as official photographers for various YMCA and also external events. It is also the group’s interest to be involved in community empowerment programs and movements.

The club is currently working on a project entitled “the Colors of Penang”. Club members will be contributing some of their best shots of Penang to the YMCA Penang to replace the old photos around the building premises. The club will also hold an exhibition of this project during the upcoming fundraising food fair event on the 2nd of August 2015. Proceeds from photographs that are sold will be channelled into the club kitty and the

Y youth programmes to further fund workshops and trainings to empower young people to go further.

It’s another few months towards the end of 2015, looking forward to a brighter future for the club!

By Michael Cheong



## Classes & Courses 2015



### BASIC HOKKIEN LANGUAGE

12 Lessons  
(1.5 hours per week)  
Every Monday from 8.00pm to 9.30pm

### BASIC SIGN LANGUAGE

12 Lessons  
(1.5 hours per week)  
Every Monday from 8.00pm to 9.30pm

### BASIC THAI LANGUAGE

12 Lessons  
(1.5 hours per week)  
Every Thursday from 8.00pm to 9.30pm

### BASIC JAPANESE LANGUAGE

9 Lessons  
(2 hours per week)  
Every Thursday from 8.00pm to 10.00pm

### BASIC MANDARIN LANGUAGE

9 Lessons  
(1.5 hours per week)  
Every Wednesday from 8.00pm to 10.00pm

### KARATE

Tuesday & Thursday from 7.30pm to 9.00pm  
Saturday & Sunday from 4.30pm to 6.00pm

### LINE DANCE

1.5 hours per week  
Monday to Friday

### BASIC KOREAN LANGUAGE

12 Lessons  
(1.5 hours per week)  
Every Thursday from 8.00pm to 9.30pm

### Monthly Classes

Please contact our Programme Receptionist at 04-228 8211 ext 150 for further information



# Orang Asli Relief Work



On a bright early morning of 2nd January of 2015, Malaysians were greeted with the shocking news of the flood at the states of Kelantan and Terengganu. This flood was reported to be the worst ever that the country has ever faced. We were dismayed when we learned that the villagers, especially the Orang Asli are now homeless due to the rising flood waters that have caused them to leave their homes and belongings.

The leaders of YMCA Penang decided that something must be done to bring relief to these victims of natural disaster. An opportunity came when we received an appeal from Pastor Thoo, whose mission is to help the orang asli in Perak and the East Coast. Penang YMCA agreed to work with Pastor Thoo and co-operated with YMCA Kedah to visit and give aids to the orang asli settlement in Gerik on 11th April 2014. A quick round of charity donation was organized to gather monetary contributions to specifically purchase

1. 300 tents for Tasik Temenggor orang asli settlement
2. 300 tents for Kuala Betis orang asli settlement
3. Cost per tent – RM180/unit
4. Food stuffs and everyday needs

The villages were happy to see us and thanked us profusely for the supplies. The children were in good spirits and the elders were preparing food and going about attending to community works. Life here seemed simple and easy, away from the hustle and bustle of city life.

Overall, we were very happy because we had accomplished what we came here for and this experience will deepen our passion to reach out to the needful.

YMCA Penang would like to honor and thank those who have contributed:

- (1) Terrie & Gianni
- (2) Jessica Ooi
- (3) Nicole Tan
- (3) S.C. Ong

- (4) Toh Eng Kee
- (5) Davin Arul
- (6) Henry Quah
- (7) Henry Quah & Tang Siew Leng
- (8) Ming Seem
- (9) Agnes Chan (2 packets of 5kg rice)
- (10) via Loh Wai Eng  
Loh Anne

- Gooday Restaurant  
Melina Hong & family  
Angeline Chin Siew Cheen  
Tai Chi Class-Leader Garden  
Teoh Chin Chaeng  
Cheah Siew Keat  
Jessie Neoh  
LG Dancers - Leader Garden

*By Michael Cheong*



# YMCA Merchants List

Please show your YMCA Member Card when orders are made and enjoy discount privileges!



**Airpak Express (Pg) Sdn. Bhd.**  
13, Lebuhraya, 10200 Penang  
Tel: 04-2621922 / 263 7408  
Fax: 04- 263 1318

**Courier Services**  
10 % discount for local, domestic & international destination



**Ban Heang Trading**  
200, Jalan Macalister  
10400 Penang  
Tel: 04-229 5018 / 012- 455 3316

**Tau Shar Pheah, Tambun Biscuits & Local Products**  
10 % discount for every purchase of RM 10 & above



**Style Photo Sdn. Bhd**  
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Tel: 04- 226 3821  
Tel / Fax: 04-226 1902

**Audio & Visual Centre**  
EXTRA discount on Audio Products (Selected models) & Karaoke system



**Bestech Sports Enterprise**  
2<sup>nd</sup> Floor, YMCA Building  
211, Jalan Macalister,  
10450 Penang  
Tel: 04-228 2968 Fax: 04-229 3968

**Sports equipment & Accessories**  
10 % discount for sport equipment's & accessories  
(Excluding shuttlecock & promotional items)



**Gnosis Professional Hearing Services**  
368-2-14, Bellisa Row, Jalan Burma,  
Pulau Tikus, 10350 Penang  
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**Audiology**  
5% discount for purchase of hearing aid, exclude any accessories and others promotion packages.



**New D'Arts Color Photo Lab**  
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**Photo Shop**  
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15% - 25% discount on Photo Printing  
5% discount on Studio Photo service



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(All 4 One)  
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11600 Georgetown Penang  
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10 % discount on all cakes, 5% discount on all pastries



**Oon Organics & Natural Centre**  
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[sales@oorganic.com.my](mailto:sales@oorganic.com.my) / [www.oorganic.com.my](http://www.oorganic.com.my)  
Business Hours 8.00am – 6.30pm, Closed on MON

**10% discount (Except discounted items)**  
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10% for every purchase of stationery more than RM10.00  
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Purchase more than RM15.00 less 15%, 10% DISCOUNT FOR Selected dictionary & story book



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Special price for selected printing & paper products for ALL YMCA members



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10% discount on curtain purchase (depends on material)



**Hei Yeong Seng Chinese Restaurant**  
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10% discount privilege off its ala-carte menu and cannot be used with any other offers or promotions.

# Discount Merchants for ALL YMCA Members

continue ...



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10% discount for all YMCA members



**Y Café**  
 Level 2, YMCA Penang  
 211, Jalan Macalister, 10450 Penang  
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**Restaurant (Non -Pork)**  
 10% discount for all YMCA members



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 Website: <http://www.ssimage.my/>

- 10% discount on all Skin Care, Cosmetics Products and tools, Personal make up Courses & services.
- Special cash rebate (RM200) on Professional Make-up & beauty courses.
- 50% discount on 1st trial Facial Treatment
- Free RM10 Cash Voucher for redeem our products and Services when you show your YMCA member card.



**Vision World Optical Centre**  
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**Optical Shop**  
 Special discount for purchase of just frame only, Extra 10% - from package price, 30% - 50% - Sunglasses, Special Promotion- Buy 2 Boxes of contact lens, get extra 1 pair of lens + 1 bottle solution F.O.C



**Broadband Vision Enterprise**  
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 Tel: 04-226 6633 H/P: 012-422 8241

RM 38 discount privilege of normal tour package price.  
 Terms & Conditions

1. The discount is applicable for all normal tour packages
2. Payment must be made by cash, cheque or bank draft
3. YMCA Penang membership card must be produced to be eligible



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 10350, Pulau Tikus, Penang  
 Tel: 04-2273471

All YMCA members will receive 10% of their whole bill upon showing of YMCA membership card,  
 \*A minimum of RM35 on bill to be eligible for discount.  
 This discount does not apply to any corporate or private functions.



**Chocolate Passion**  
 3A-G-35, Straits Quay, Jalan Seri  
 Tanjung Pinang, Tanjung Tokong  
 Tel: 04-8906121  
 H/P: 016-4445953/ 012-4761952

10% discount on all handmade chocolates, dine-in items and chocolates beverages takeaway except our merchandised items and costumed made items upon showing of YMCA membership card,  
 Remark: T&C applied. This discount does not apply to any corporate or private functions.



**Nois Café**  
 97-G-5, the Plazaia, Jalan  
 Bukit Gambier, 11700,  
 Gelugor, Penang  
 Tel: 04-6577109

10% discount on all beverages



**Tok-Tok Cuisine**  
 2-G-5, Bangunan Lip Sin,  
 Lebu Perkaka Satu, 11700  
 Sg. Dua, Penang  
 Tel: 011-11100093  
 016-4146797

10% discount on total bill for all food and drinks. Liquor included.  
 Pre-booking of tables via telephone.  
 \* Please flash YMCA cards to staff when orders are made



**Blessing Beauty Training Centre**  
 Level 4, YMCA Building, 211  
 Jalan Macalister  
 10450, Penang  
 Tel: 012-4992777

Special privileges and rebates for YMCA Members available

# Discount Merchants for ALL YMCA Members

continue ...



**Hike Enterprise**  
Folding Bike and Accessories  
No 362, Penang Road 1000  
Penang, Malaysia  
Tel: 012-4825688  
04-2293710 (Tel + Fax)

Discount for YMCA Members available



**Maxim Cake House & Bakery**  
394, Penang Road, Penang  
10000 Penang  
Tel: 04-226 7020

Discount for all Maxim Cake House & Bakery outlets  
10% discount for birthday cakes only YMCA Members

\* Please flash YMCA cards to staff when orders are made



**Spectrum Music**  
396B, Level 2  
Wayton Commercial Building  
Jalan Burma, 10350, Penang  
Tel: 016-4559780

15% discount on total bill for YMCA Members worldwide  
\* Please flash YMCA cards to staff when orders are made



**Touch Mobile Services**  
12, Jalan Mahsuri, Bayan Baru,  
11900, Bayan Lepas, Penang  
Tel: 016-4160171

Web site design and developer specialist, Business Software design specialist. 10% discount for YMCA members worldwide



**DS Control Systems**  
Ground Floor, No 1, Jalan Batu  
Uban, Gelugor, 11700, Penang  
Tel: 016-4160171

Alarm, CCTV specialist, door access, car park barrier system.  
Dedicated service and maintenance team.  
10% discount for YMCA members worldwide



**Team PowerHouse Fitness**  
4-02&4-03, 4<sup>th</sup> Floor, Island Plaza.  
No.118, Jalan Tanjong Tokong,  
10470 Penang.  
Off Tel: 04-8900370 / 04-8900390

Just show your YMCA membership card when joining and enjoy the benefits of our superb fitness centre for a great price



**Wawasan Open University**  
(700364-W)  
54 Jalan Sultan Ahmad Shah,  
10050 Penang, Malaysia.  
Tel: 04-2289323 Fax: 04-2269323  
Email: enquiry@wou.edu.my

Rebates for tuition fees worth up to RM1, 100  
(To enroll with a minimum of 2 courses for 1<sup>st</sup> semester)  
Enjoy Monthly Study Allowance (COLA) and Fee Rebate up to 50% off tuition fee.



**Milkshake Factory**  
170-06-08, Gurney Plaza,  
Persiaran Gurney, 10250,  
Penang  
Tel: 016-6994586

Discount for all Milkshake Factory outlets nationwide  
20% discount on total bill for YMCA Members

\* Please flash YMCA cards to staff when orders are made



**Millennium AV Trading**  
49, Medan Sungkai  
10460, Penang

Discount for YMCA Members available

\* 20% discount for Penang YMCA members, other discounts for other YMCA Members (please call to enquire)

- Rental of LCD projectors, Sound System and AV equipment



**Santorini Café**  
94, Burma Road  
Georgetown, 10050,  
Penang

10% discount on total bill for YMCA Members worldwide

\* Please flash YMCA cards to staff when orders are made

\* \*Discounts are not valid for promotions, set meals and additional "add-on" items.



**UNICO Events Management**  
9, Solok Pierce, 10350,  
Georgetown, Penang  
Tel: 016-5550607 / 018-9898707

10% discount on total bill for YMCA Members worldwide

\* Please flash YMCA cards to staff when arrangements are made



**Pro Eyecare**  
4K-1, Tingkat Kenari, Desaria,  
Sg Ara, 11900, Bayan Lepas,  
Malaysia  
04-6462800  
22, Tingkat Tembaga, Island  
Park, 11600, Penang  
04-6573800

Promotion on Frame+ additional 10% discount on top of promotion price



**EU CUISINE**  
86 Rangan Road,  
10400 Penang, Malaysia.  
Tel: 04-2285128

10% discount for all YMCA members



**JUMP STREET PENANG SDN BHD**  
1109163P  
The Atrium @ D'Piazza Mall  
70-1-80 Jalan Mahsuri,  
11900 Bayan Baru, Penang.  
Tel: 04-6119248

-20% Corporate Discount for YMCA member for jumping session

-10% Discount on F&B (Jump Street Café)

-5% Discount on Merchandise



# “Come Stay With Us - Your Home Away From Home”

All our 70 air-conditioned guest rooms come with the following for added convenience and privacy.

- Wardrobe, dressing table
- Hot and cold shower
- Television
- Telephone
- Free wifi
- Luggage room
- Safe deposit box

#### Other Facilities:

- Tan Sri Lee Kong Chian Hall
- Upgraded Meeting & Conference Rooms
- YCafe
- Chinese Restaurant Hau Hau Yu
- Badminton Courts
- Sheltered Car Park with CCTV Surveillance



#### Penang YMCA International Hostel

211, Jalan Macalister, 10450 Pulau Pinang, Malaysia

Tel: 04-228 8211 Fax: 04-228 9094

Email: [hostel@ymcapg.com](mailto:hostel@ymcapg.com)

Website: [www.ymcapg.com](http://www.ymcapg.com)



#### WiFi Upgrade

The YMCA Penang is pleased to announce that we have upgraded our WiFi system to better serve our guests. Usage of WiFi is FREE for all YMCA Penang guests only. Password slips can be obtained from our friendly receptionists at our front desk.

