

THE MESSENGER

YMCA

OFFICIAL NEWSLETTER OF THE PENANG YMCA

JULY TO DECEMBER 2016
KDN NO: PP 4831/01/2013 (031661)

Tel : 04 - 228 8211 (4 Lines)
Tel : 012 - 478 8411 (Hostel)
Tel : 012 - 483 8411 (Programme)

Fax : 04-2295869
Webpage : www.ymcapg.com
E-mail : hostel@ymcapg.com



The Messenger is published by the YMCA of Penang, 211 Jalan Macalister, 10450 Pulau Pinang and printed at Syarikat Percetakan Irian Sdn Bhd (217993-U) 288 Gat Lebu Macallum, 10300 Penang



CONTENTS

- 3 President's Message
- 3 General Secretary's Message
- 4 The Message: Christmas
- 5 5th Christmas Party for The Underprivileged Children and Adults 2016
- 6 Christmas Party for Directors and Staff
- 7 YMCA Penang 57th Anniversary Message
- 8-9 57th Anniversary Dinner
- 10 Giving Thanks Forever – 57th Anniversary Celebration of YMCA Penang
- 11 Visit to Trigona Bee Farm, Baling
- 12 YMCA Health Talk: BACK PAIN
- 13 Health Talk: Good Vision and Beautiful Eyes
- 14 World Vision DIY Camp
- 15 YMCA Penang Monthly Christian Fellowship
- 16 - 17 A mini GATN for our Japanese friend
- 18 - 22 Sustainable tourism and Nature Conservation
- 23 Experience Asia @ Penang
- 23 - 24 Board Governance Workshop
- 26 - 27 Executive Leadership Program for Management, Senior and Supervisory Staff 2016
- 28 The 26th YMCA - CCM Bible Quiz 2016
- 29 BeYOUtiful
- 30 Karaoke Competition 2017
- 31 Photography Club
- 32 - 35 Merchants List`

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



This year, 2016, with all its turbulence, is finally drawing to a close. Christmas is just around the corner. It is time to ponder on what we have accomplished or failed to do, and above all to thank, praise and glorify God for the blessings we have received during the year, 2016.

Our Penang YMCA has a lot to thank God for. In spite of trials and difficulties, we have managed to maintain some form of equilibrium and for that we must be very thankful.

Although the economic forecast for the New Year, 2017, seems gloomy and bleak, we must have faith in our Lord to see us successfully through again as He has faithfully done so in the past. Let us all resolve to work harder to overcome any possible troubles and difficulties.

We want to thank all our Directors, Staff and Volunteers for all their dedication and sacrifice to ensure a successful year. We look forward to your continued support again in year 2017.

Have a blessed Merry Christmas and a great New Year everyone, with blessings from God for good health, success, love and joy.

To God Be The Glory!

*Geh Cheng Lok, DJN, PJK
President
YMCA of Penang*

General Secretary's Reflection

As we move into 2017, it is like moving into another challenge, waiting for what this New Year might bring for the Y.

There is one thing we can challenge ourselves to drive us positively into 2017 i.e. to look forward towards the development of our Y Campsite and building a sustainable Social Enterprise for the Deaf.

I am also being reminded to be weary of the prevailing economic situation something everyone is also very concerned about. I pray that as a Y family we will overcome any obstacles that may creep into our path of progress.

I really look forward to another good year by the grace of God.

On behalf of the YMCA of Penang and staff, I wish to thank our Directors, volunteers and members for their support and contributions.

Finally, to all my colleagues for your dedication, support and team work, I say THANK YOU to each and everyone.

Blessed Christmas & A Happy New Year!

*By Ong Sooi Gaik
General Secretary*

THE MESSAGE: CHRISTMAS



Joy to the world, the Lord is come! Let earth receive her King

“Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp”. (Psalms 149:3)

Jesus Christ is the real reason for joy in this Christmas season. His birth has indeed brought much joy to everyone. Even before Jesus was born, He had brought joy to Mary (*Luke 1:47*). And when He was born, the angels told the shepherds “Do not be afraid. I bring you good news that will cause great joy for all people” (*Luke 2:10*). The gospel of Luke tells us that God sent an angel to ordinary shepherds to deliver an extraordinary birth announcement. The angel made the surprising proclamation that the newborn baby “will cause great joy for all the people”, which indeed He did. For Jesus came to save the world; He has come to bring joy to the world.

Indeed, since the birth of Jesus Christ, there had been great reason to dance. Death lost all its power, and eternity was opened to all who would choose it. There is reason to dance and sing. Christ came among us, and He is with us to this day. He has given us eternal life and has offered us everything we need to live happy and full lives on earth. Rejoice! Christ has come this day. And He will never leave us alone.

As we celebrate the birth of Christ, we worship Christ the King, who gives the perfect joy and peace to all those who come to Him in repentance and faith. The story of Christmas is the ultimate story of life, of hope, and of freedom. The beautiful and mysterious intersection of humanity’s depravity and Divinity’s provision. A complex invasion of darkness by light. And by a love that breathes life and brings beauty.

Christmas is about Jesus who came down to earth some 2000 years ago to die for man’s sins. Jesus is God but He

stooped low to take the form of man, born in a manger (designed to feed cattle) on that quiet night in Bethlehem. The lowing cows, the sweet-smelling hay, and the dark sky illumined by a magnificent star provided the setting. Humble shepherds joined the carpenter husband to witness the miracle and praise God.

Christmas is not about the Saviour’s infancy; it is about His deity. The humble birth of Jesus Christ was never intended to conceal the reality that God was being born into the world. Furthermore, He willingly subjected Himself to flogging, and the humiliation and excruciating pain of being hung on the cross. In so doing, He opened up the way for man to be forgiven and be reconciled with God. Now those who believe in His sacrificial death on the cross can enter into a personal relationship with God. Mission accomplished. To Jesus, this is what gives Him the greatest joy and fulfillment. Never mind the shame, pain and agony (*Hebrews 12:2*).

This Christmas, we need to rediscover that the greatest joy comes when we yield ourselves to God. If we are believers, it means acknowledging that His will is best for our lives. However, sometimes our “inner voice” (what if... am I making the right decision?) counsels us why we should retain some control over our lives. But true joy comes when we learn to let go. Trust and obey God.

Putting our confidence in God will bring greater joy than ever before to our lives. It may not always be comfortable or convenient; neither does it promise to bring material blessing. The reward is maturity and character coupled with the promise of His presence, peace, protection and provision.

As we wait for this new Christmas morning, how will we wait? Will our waiting to celebrate the wonders of our God in Christ has done, be buried beneath crowded shopping malls or the Christmas tree; family recipes, feasting and partying? Will the pure joy of knowing that we are loved just as we are be lost in the frenzy of the futile search for that ‘perfect Christmas’?

THE BEST GIFT WAS FOUND IN A MANGER. JESUS PUTS THE JOY INTO CHRISTMAS.

Here’s wishing all our members and friends a Blessed Christmas and a Joyous New Year 2017

*By Dr. Mallise Tong,
Director/Chairperson
Christian Care Committee*

5th Christmas Party for The Underprivileged Children and Adults 2016

Once again, it's time to bring Christmas cheer and glee to the underprivileged children and adults. The 5th Christmas Party for 220 Underprivileged Children and Adults was organized on the 11th of December 2016 at the beautiful grand ballroom of Vistana Hotel.

The purpose for the Christmas Party is to extend the joy of Sharing and Giving during this blessed Yuletide Season, to bring home a simple message of 'LOVE' during the Christmas season and also to raise funds for our chosen organisations as they continue to help the needy in their respective community

This year, we have invited:

1. ESDA-Persatuan Perkhidmatan Komuniti Taiping,
2. Chrystal Home - Pertubuhan Kebajikan Anak-anak Yatim LMSTP, Taiping
3. Persatuan Kebajikan Rumah Penyayang Ren Ai (Home of Love)
4. NTA Home School for Refugee Children (Rohingya Children's Work)
5. Penang Shan Children's Home Association
6. The Boys Brigade of Penang

This time, we had more help with us as Vistana Hotel and Equator College of Arts joined hands in partnership



Ukulele performance



Cute dancers

with us in organising this event. Vistana Hotel had sponsored us the use of their ballroom while we had allot of volunteer help from Equator College's bright students. Apart from that, we also had enthusiastic volunteers from SeGi, KDU, SEEDs and even Vistana staff – which rounds up about 60 over volunteer participants. Sony Malaysia also sponsored us camera gears which helped in the photography documentation of the event.

There was live music, exciting games, creative drama and performances from each home and even a magician act that amazed the participants! Everyone was treated with a delicious meal from our sponsor McDonalds and also some yummys in between.

This year, we manage to raise RM41,000.00 through sponsors and also the Christmas tree project. Uniforms would be given to homes who have children and a donation will be given to homes who have adults. We would like to thank everybody who had put in so much hard work and dedication to make this event a success.

*By Michael Cheong
YMCA Staff*



Balloons are raining down



The team that made everything happen

Christmas Party for Directors and Staff

It was a night when YMCA Directors and Staff came together on 18 December 2017 to celebrate the joy of Christmas. This year, we also invited a few members who have been actively volunteering their services during the year. The event started with Mr. Siew Hoong Hoon, chairperson for the Program and Coordinating Committee, giving a short opening speech. He thanked everyone for coming and promised a fantastic night ahead. Mrs. Grace Choo who is the Chairperson of the Human & Resource Committee also gave a short speech. She thanked and encouraged all staff members to work together for the betterment of the YMCA.

After a short prayer by Mr. Jerry Choo (Hon. Treasurer of YMCA Penang), food was served. This year's food highlight was the "boxing chicken" and the roast lamb. After dinner, we had an enjoyable time singing Christmas carols - Karaoke style! We had directors, staff, and even volunteers coming to the front to sing their hearts out. After all, it is a closed door event, an event in which we can truly be ourselves but also enjoy the fellowship of members, colleagues, and directors. YMCA Penang's staff had a jolly good time when their names were called to receive prizes via a lucky draw. These prizes are given out annually to staff to appreciate their hard work and their efforts for the YMCA.

Attendees then enjoyed watching a video recording of the Christmas Party for underprivileged children and adults. This video was produced by our program staff. The Party ended at 10.15pm. We left with joyful hearts and looked forward to the next party in 2017.

By Michael Cheong
YMCA Staff

The President and General Secretary sharing a song



We had fun singing karaoke



Dancing the night away



Attendees wishing each other a Merry Christmas



Mr Siew Hoong Hoon giving the opening speech



Directors enjoying Karaoke time

YMCA PENANG 57th ANNIVERSARY MESSAGE

Good evening and Happy Anniversary!

The title of my message is “The Young at Heart.”

Why? Because “Young” is YMCA’s first name!

The text of my sharing is taken from Psalm 92.

I believe Psalm 92 was written by King David during his sunset years.

But praise God, in Christ, we are the SUNRISE People, not the SUNSET Bunch!

We are the Young at Heart and will flourish like the Palm Tree & Cedar of Lebanon (verse 12).

The PALM TREE can often grow to 70 feet or more and lived to a 100 years.

It has a marvelous root system that enables it to withstand the harsh desert conditions.

The CEDARS OF LEBANON are strong & evergreen. They stand majestic in storm and snow.

In verse 13, the word, “planted” is actually from the Hebrew word meaning “transplanted.” The Apostle Paul in Romans 11:17 reminds believers not to boast because they were grafted into the House of God.

The “courts” of the Lord is a special place - a sheltered place where we can continue to grow and mature and bear much fruit to glorify God our Father (see also John 14:2).

In Psalm 92:14, King David declares his confidence that our latter years can be as glorious and gracious as our former years! This

key verse promises a great future for believers in the silver haired generation. Age need not impede or reverse a flourishing and fruitful life! Consider the many “F” letters in this verse – flourishing, forever green, fresh, fruitful, fertile (from different Bible translations).

A productive and effective life at any AGE is about your EDGE! The competitive advantage of believers in Christ is the activity of the Holy Spirit in and through them.

How to Stay Young in the Lord?

1. Get RIGHT with God - Allow God to enrol you into the ranks of “The Righteous”
2. RELOCATE our address to the House of God - Location3 that’s the secret!

Psalm 1 reveals that fruitfulness in all season hinges upon our life environment viz. who do we mix with mostly? Where do We spend the bulk of our time?

3. REGARD HIGHLY our place in the House of God. It cost Jesus his life to redeem us from sin and Satan. We need to appreciate and treasure this awesome privilege and position secured for us by our Saviour, Jesus Christ (Read 2 Corinthians 6:1).

4. Stay ROOTED in the Lord. Ensure your root system is working actively.

As faithful disciples of Christ, we need to be diligent to let the Word of God dwell richly in us in order to be fruitful (John 15:7, Colossians 3:16).

5. Learn to REST in the Lord! The famous pioneer missionary to China, Dr. Hudson Taylor finally

found the secret of winning when he discovered the “one spiritual jewel” in John 15 to work from a place of rest!

Again - Location3 - that’s the secret!

*By Abraham Gan
YMCA Chaplain*



Pastor Abraham Gan delivering his message



General Secretary giving her induction speech



President Mr. Geh presenting a love gift to Pastor Gan



Mr. Geh congratulating and welcoming Asher as a new member of the board of directors



Greetings and fellowship

57th Anniversary Dinner

The evening started with the usual speeches, polite conversations and courteous “how do you dos.” The food was superb. Hau Hau Yu Restaurant surpassed itself with the cuisine served. The 3-member Band rendered songs that, to me, were not in sync with my generation. I settled down to an evening of the “run of the mill” and “more of the same” type of celebrations.

However, without fanfare, YMCA Chaplain, Pastor Abraham Gan, took over the microphone and started to belt out the evergreen song, “You Are My Sunshine.” This immediately pep up the evening; the tempo of the function quickened, simultaneous singing, enthusiastic hand-clapping and synchronized body swaying to the song began. One can feel the instantaneous re-charging of the atmosphere. The entire mood of the evening was immediately transformed.

I noticed that the younger people in the room were just waiting for the seniors to set the tone for the evening. There they were with their pent-up energy waiting for the word “go”. They were waiting for “It’s okay, do your thing, let it go.”

Our present crop of programme staff are quite knowledgeable and capable to know what the Penang community needs. Give them a free hand to realize their plans for the youth of Penang. Their programmes may not jive with what we perceive they should be. Let them implement their programmes. Let us sit back and observe what will eventually transpire.

Penang YMCA will be assured of continuity if the present group of staffers and Directors are true to themselves and strive to serve only for the betterment of the Organisation.

A word of caution though, the YMCA dictum of Mind, Body, Spirit should always be the ultimate guiding beacon. Whatever they plan should always be to realise the equilibrium development of the physical Body, the Mental health and the ultimate Soul.

*By Lim Seong Hoon (Director)
YMCA Penang*



Pastor Gan singing “You are my sunshine”



57th Anniversary Cake



Mr and Mrs Saw Chong Kah giving the crowd a song



Directors cutting the anniversary cake



Happy Smiles and faces of dinner attendees



Giving Thanks Forever – 57th Anniversary Celebration of YMCA Penang

*Shout for joy to the Lord, all the earth.
Worship the Lord with gladness;
come before Him with joyful songs.
Know that the Lord is God.
It is He who made us, and we are His;
we are His people, the sheep of His pasture.
Enter His gates with thanksgiving
and His courts with praise;
give thanks to Him and praise His name.
For the Lord is good and His love endures forever;
His faithfulness continues all generations.
(Psalms 100)*

As we look back these past 57 years, we cannot help but praise God for His faithfulness, His divine guidance and providence in YMCA Penang. From a small and humble beginning, YMCA Penang has grown and expanded and plays an instrumental role in the many contextual issues facing our society.

And as we gathered on the evening on 24th September 2016 for YMCA Penang Thanksgiving Service to celebrate all that God has done over these 57 years, we truly rejoice for what He has done and look forward to what He is going to do through us in the coming years!

Pastor Abraham Gan Kok Eang, current Chaplain of YMCA Penang was the speaker for the Thanksgiving Service. He shared the message on “The Young At Heart” based on the scripture text of Psalms 92: 12-15 “The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, “The LORD is upright; he is my Rock, and there is no wickedness in him.”

The program continued with the installation of our new director, Mr. Asher Leo.

The Thanksgiving Service was attended by our Board of Directors, members, friends and staff of YMCA Penang.

Let us **continue** to give thanks and rejoice! And let us pray for God’s continued Hand to guide, direct, use us, and grow this wonderful work in YMCA Penang!

*By Dr. Mallise Tong
Director/Chairperson
Christian Care Committee, YMCA Penang*

VISIT TO TRIGONA BEE FARM, BALING.

What is Trigona bee?

It is a family of honey bees, smaller than the regular bees, but they do not sting. It is also known as **stingless bee**, and its honey is slightly sour in taste.

Unlike most bees, Trigona (kelulut) are not harmful to humans and the honey produced is useful in medicine and healthcare as it contains many vitamins and minerals.

Among the important nutrients produced by Trigona (kelulut) is propolis. Propolis is produced by the **bees** through their saliva mixed with food such as pollen, tree bark, shoots and flowers.

MARDI (Malaysian Agricultural Research and Development Institute) has conducted research on these species and found that in Malaysia there are over 30 species of Trigona bees.

Together with our member (Saw Chong Kah), volunteer (Pauline Chew) and staff (Ms. Ong and Mike), the group visited a farm in Baling on 14th August 2016.

It was an exploration trip to learn how the bees were kept and maintained in a farm-like situation. It is our hope to introduce this project into the Y campsite as its environment can possibly sustain it.

*By Ong Sooi Gaik
General Secretary*

My Experience...

It was an eye-opening trip for me as it was the first time I have ever heard of Trigona bees. The farm was located deep inside a kampong. We were attacked by mosquitoes immediately upon arrival at the farm and not by the stingless bees. We could see swarms of bees buzzing inside boxes or hollow tree trunks. The owner offered us some honey directly from the source. Pure organic honey! The taste was a bit sourish, but we were told that trigona honey was more nutritious than normal honey. It is regarded as a super food as it has many health benefits. It boosts the human immune system; it is rich in anti-oxidants; it boosts one's energy level and it reduces blood cholesterol.

It is not easy to find Kelulut honey in town as supply is limited. With such great nutritious benefits, I hope the stingless bee project in Y campsite can materialize soon.

*By Pauline Chew
YMCA Volunteer*



Opening the hive



Caretaker showing us the bee nest



"This is what the nest looks like"



Inside the hive box



There are a few bee's nest here

YMCA Health Talk: BACK PAIN

On 17th August 2016, a Consultant Orthopaedic, Traumatology & Spine Surgeon from Adventist Medical Centre, Dr Tan Chun Ee, delivered a very interesting Health Talk on “Back Pain” at YMCA, Penang.

Dr. Tan said Back Pain, which is common among many people, has a tendency to increase with age. The pain is caused by degeneration, instability and nerve impingement, and in most cases, it may be due to mechanical, slipped disc, lumber spondylosis and spinal stenosis. Symptoms include back pain, muscle spasms, radiating pain to the legs, weakness and

numbness. The majority of the patients are successfully treated conservatively. Surgery is reserved for patients with severe symptoms and when conservative treatment has proved to be futile.

This Health Talk attracted a record crowd of well over a hundred people. At the end of the talk, a Q & A session was held to which Dr Tan gave very satisfying answers.

*By Robert Moses (Director)
YMCA Penang*



Dr. Tan Chun Ee giving his sharing



Mr Robert presenting a love gift to the speaker



Participants registering before the event



Attendees of the night

Health Talk: Good Vision and Beautiful Eyes

On 26th October 2016, a Health Talk was held at Penang YMCA. It was given by Dr. Vanessa Naseem Neoh, an Ophthalmologist and Eye Plastic Surgeon at Island Hospital Penang. She spoke on the topic, "Good Vision and Beautiful Eyes."

Dr. Vanessa spoke on the symptoms of various eye problems such as cataract, glaucoma, dry eyes and diabetic eye disease. She mentioned that some eye diseases, such as glaucoma and diabetic eye disease might not have any symptoms in the earlier more treatable stages. Hence, a regular eye checkup would help in detecting them. Good tips were given on eye care such as eating a balanced diet and wearing protective sunglasses during exposure to the sun's rays. She also mentioned that excessive light from smartphones might be harmful to the eyes and not to use them in a dark environment. Other eye problems like droopy eyelids, dry eyes, tear duct disorders and their management were also covered in her talk.

All in all, it was a very interesting talk that attracted an audience of about 70 people. And, at the end a short Q and A session was held during which the Doctor gave very satisfying answers.

Light refreshments were served for all.

*By Robert Moses (Director)
YMCA Penang*



Mr Robert presenting a love gift to the speaker



Dr Vanessa giving her sharing



Participants paying attention to the speaker

World Vision DIY Camp

Once again, YMCA Penang partners with SEEDs for the 30-Hour Famine camp! The event was held from 16th to 17th of July 2016.

“SEEDs, (previously known as 30-Hour Famine Warriors Penang) was founded in 2013. It all began with a group of youth’s who participated in a 30-Hour Famine program as campers and volunteers. Participants were divided into various 30-Hour Famine camps. This event is held yearly. Through the years of getting-together, regular participants finally formed a team and organized their very own 30-Hour Famine DIY-Camp in 2013.

The new camp named “SEEDs” was selected to represent them growing from DIY Campers and Volunteers to organizing a DIY Camp; representing themselves just like small seeds growing bigger and stronger. SEEDs is one of the few DIY-Camps in Penang that joined other DIY-Camps throughout Malaysia for a good cause. It is also one of the most fun fundraising events in the world.

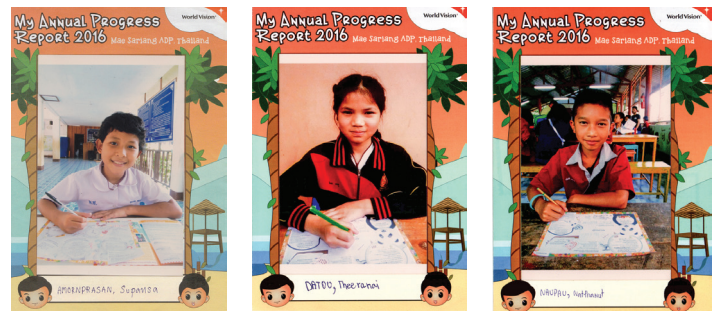
Participants have the opportunity to get a first-hand simulated experience of living life in dire conditions through various Famine Challenges and experiential activities. At the end of the fasting period, participants will break-fast together in the DIY Camp venues or in the 30-Hour Famine Centralized Countdown HQ.”

YMCA Penang had the opportunity to share with fellow camp participants about the YMCA movement and also interact with the youths who are so passionate about fundraising for the hungry. The event ended successfully and meaningfully as participants now have a change of heart and want to contribute more to society in their own ways.

Through World Vision, YMCA Penang has adopted 5 Karen children from Mae Sariang (Mae Hong Song province – one of the poorest provinces in Thailand). Their names are:

1. DATOO, Theerana, 10 years old (female)
2. KITMANATJINDA, Janthane, 12 years old (female)
3. AMORNPRASAN, Supansa, 9 years old (female)
4. NAUPAU, Natthawut, 10 years old (male)
5. CHANITARUNG ARUN, Chokchai, 11 years old (male)

*By Michael Cheong
YMCA Staff*



YMCA Adoptees – Amornprasan , Datto , Naupau



YMCA representatives and World Vision committee members having a discussion before the presentation



Michael from YMCA Penang receiving a love gift from Mr Jererd who the event Chairperson



Group photo of all participants



Participants and committee members

YMCA Penang MONTHLY CHRISTIAN FELLOWSHIP

28 July 2016

Sister Carmelita Xavier shared on the message: “**I am HIS sheep**” from the Scripture text, (*John 10: 1 - 18*) (..... ¹⁴I am the good shepherd; I know my sheep and my sheep know me-- ¹⁵just as the Father knows me and I know the Father--and I lay down my life for the sheep. ¹⁶ I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd.....)

25 August 2016

Bishop Andrew Phang shared the sermon on “**Partnership with GOD**” from the Scripture passage taken from (*Amos 3: 1 – 8*) (¹Hear this word the LORD has spoken against you, O people of Israel - against the whole family I brought up out of Egypt: ² “You only have I chosen of all the families of the earth; therefore I will punish you for all your sins.” ³ Do two walk together unless they have agreed to do so?.....)

27 October 2016

Pastor Steven Chin shared on the topic “**Fear and Faith Cannot Meet**” from the Scripture text: “¹²Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³for it is God who works in you to will and to act according to his good purpose....” (*Philippians 2: 12 -18*)

We are thankful to all our speakers, the Pastors and leaders of churches who shared the Word of God at our monthly Christian Fellowships.

Our Fellowship meets on the last Thursday of the month, at 8.00 pm in the YMCA Chapel.

Please contact our Program Office at 04-2288211 for more details of up-coming monthly Christian Fellowships and events.

*By Dr. Mallise Tong
Director /Chairperson
Christian Care Committee, YMCA Penang*



Worship team



Ms Carmelita receiving a love gift from Mr Geh



Bishop Andrew receiving a love gift from Mr Geh



Participating in prayer

A mini GATN for our Japanese friend

Atsuyosan from Tochigi YMCA, Japan, made a short trip to Penang to experience a mini GATN from the 9th to the 13th of October 2016. We were acquainted at APAY Korea back in 2015. She was very keen to experience our GATN program. She wanted to experience life in a multi-cultural society.

We took her for a walk along the famous Streets of Harmony in the heritage part of George Town. I've learnt from Atsuyosan that many Japanese people are not used to other cultures. It has opened her eyes to this beautiful aspect of life in Malaysia and how unique Penang was in the past and still is.

Everywhere we went, Atsuyosan was impressed by our distinctive values. She especially enjoyed Penang food. We must say she was very brave to try all the unfamiliar and different tastes and flavours of food we ordered for her. We marvelled at her great appetite! We were honoured to see her loving our local food.

*By Janice Chong
YMCA Staff*



Adventitious hiking at Penang Forest Reserve



A group photo at Peranakan Mansion



Monkey beach is so fun



Chew Jetty



With Penang's oldest Nonya



"Wow, first time in a mosque!"



Oh that's how they make Roti Canai



At the local market

Sustainable tourism and Nature Conservation

Enjoyable, Exciting and Educational. These were the elements that all 18 participants from the Uni Y of Chinese YMCA of Hong Kong looked forward to when attending the GATN program. The program ran from the 4th to the 11th of August 2016.

So, what does sustainable tourism have to do with this tour program? Everything! Our mission was to connect our participants with what we are doing in Penang, especially at our heritage zones. Since receiving the award of heritage city from UNESCO in 2008, the government has been doing its best to protect and preserve the traditional and cultural history of the City of Georgetown. We also feature the green lungs of the City. Participants learned about collaborative conservation efforts between the authorities and the community.

Participants started their first day with a rather invigorating hike up Penang Hill. The group managed to see the stupas, the farmers at work and the beautiful scenic landscapes (which was the highlight of the journey).

Participants were kept very busy after this. Our YMCA Penang team took the participants to a tour around the heritage enclave. We walked along the narrow streets of Georgetown where participants viewed life in a multi-cultural city. They saw different style of houses as well as mosques, temples and churches all within a small area. The group also had the opportunity to visit Balik Pulau where the surroundings are very different from the city. They went cycling amongst the rice fields. They visited a farm where they learned about local species of birds and livestock. Participants had the opportunity to try out their art skills by painting their personalised Batik and also an opportunity to play some traditional games. Later that night, YMCA's hall was transformed into a cultural centre where all participants were happy and excited trying out local wedding costumes. They had their hands painted with henna as well. They also learned our local dialects. They were taught to sing traditional songs by our youth volunteers.

We arranged a hike into the rainforest for an overnight camp at Teluk Kampi. Along the way, the participants learned about the flora and fauna of Penang's tropical rainforest. It was quite a journey, but everyone was having fun. The highlight of the evening was the night safari where participants had to walk into the heart of the forest in total darkness and train their eyes and

ears to adapt to the nightlife of the jungle.

Participants also had a good time kayaking around the sheltered cove of upper Tanjung Bungah before departing home the following day.

The most enjoyable part of the journey is the sharing of experiences by participants, volunteers and staff at every debriefing meeting. Visitors and locals alike had the opportunity to learn from each other and take back lessons, memories, connections and friendship that is simply priceless. These are the treasures that one can expect from the GATN.

*By Michael Cheong
YMCA Staff*



Boat ride



Let's play some foosball



Trying on local Malay wedding dresses



Participants introducing themselves



WOW, check out these interesting info!



Experimenting with traditional Batik



Cycling along calm scenic padi fields



"Yes, thats the correct way to Batik"



Happy memorable cycling moments



Henna Art



Bonding with the locals

Sustainable tourism and Nature Conservation *continued*



Street Art time



Fellowship night



Participants interacting with local volunteers during culture night



Delicious local ice tea on a sunny day



Delicious local food!



Setting up camp in the jungle (Teluk Kampi)



Ready for some sea kayaking



Check this out!



Enjoying local Malay food



Activity: Learning local languages



At the Peranakan Mansion



Activity: Learning local languages



A group photo from culture night



Time for some games



Kapitan and his followers

Sustainable tourism and Nature Conservation *continued*



A group photo after the Penang Hill hike



Enjoying the Georgetown tour



Let's take a jump shot!



Checking out Chew Jetty



Good bye and see you soon!

Experience Asia @ Penang

Penang Island is not a new place for me. I have been there three times in connection to my YMCA work. But this is my impression of Penang during a recent holiday visit for a week.

Penang is not just a tourist spot, but a place to have meaningful experiences! I am fascinated by the fusion of the east and the west, as well as, modernity and traditions. These are reflected in its harmonious multiracial populace and well-preserved heritage buildings. It is truly the food capital of Malaysia with scrumptious local food!

Penang YMCA is one of the most vibrant and unique YMCAs in Asia delivering meaningful service to the community over the last 5 decades. Penang YMCA hostel is located close to the city of George Town. The recent renovation of the hostel rooms provides modern facilities for visitors.

As part of the YMCA Global Alternative Tourism Network, Penang YMCA provides opportunities for YMCA members, friends and families around the world to experience authentic Penang. I have the privilege to experience some part of this YMCA Alternative Tour in Penang during my vacation. I really appreciate and congratulate Penang YMCA for their vision and passion for providing an alternative experience for visitors in Penang. Penang YMCA has purchased a piece of land located at a very exotic natural setting to develop a YMCA Eco Camp. I have the privilege of visiting the site with Ms Sooi Gaik, the General Secretary, and other members of the Executive Staff. This project will add much attraction to the existing YMCA programs for the local community as well as groups across the world. I also enjoyed the interactions with the office bearers, Board Members and senior management staff on the global perspectives of the YMCA.

Highlights of my 6 days visit include a Heritage Walk showcasing the history and culture of Malaysia; Street of Harmony, Street of Arts and Crafts, and the Peranakan Mansion. It is true that visit to Penang will not be complete without visiting Penang Hill. A visit to Penang Hill gives the visitor a panoramic view of the Island and opportunity to learn about nature conservation. But a day trek to Monkey Beach provides



Jose has arrived in Penang



Balik Pulau sight seeing



At the temple of the goddess of mercy



Tasting Penang's delicacy - the Ice-Kacang

a refreshing experience. A visit to the War Museum was a highlight though it was a painful reminder of the dark history of war. But, the most amazing fact about Penang is its FOOD! I have never seen such a wide variety of food. "Everywhere and at any time food is available! And the taste of Street Food is Awesome!

It is one of the best places to witness Alternative Tourism, Volunteer service, Study Tours, Eco-Cultural Camps with YMCA. Truly, Penang is a unique place to Experience Asia!

By Jose Varghese
Executive Secretary
World YMCA

BOARD GOVERNANCE WORKSHOP

As the YMCA of Penang believes in better Governance for a Stronger YMCA, a workshop was held on 31st August 2016 at 9.00 a.m. at the Y. The in-house workshop was conducted by Mr. Jerry Choo, our Honorary Treasurer.

We would like to make it an annual affair to remind ourselves, board members & staff alike about the importance of Governance, and, at the same time provide new board members and staff better insight into the governance of a non-governmental organization.

A total of 22 persons comprising board members, chaplain and senior staff attended this workshop.

Objective of the Workshop

Working towards better Governance for A Stronger YMCA

Mr. Jerry Choo, the Resource Person, outlined the workshop along the following topics :-

1. Lessons from failures and abuses
2. Understand Governance – What is Governance
3. Duties and responsibilities of Board Members
4. Governance Best Practices
5. Understanding the YMCA of Penang's Financial Manual

The focus of this workshop was to help Board members and staff to understand governance best practices for a non-profit organization like the YMCA of Penang.

To stimulate interest among the participants, 4 case studies on failures and abuses of NGOs were presented to start the workshop.

The case studies and discussion on the 4 NGOs namely Paralympic Council Malaysia, National Kidney Fund Singapore, Ren Zi Hospital, Singapore and City Harvest Church, Singapore served as an eye-opener for participants to see how so called successful NGOs without good governance practices particularly those lacking accountability, transparency, integrity, and those that indulge in matters where conflict of interest

arises, would in time succumb to their own wrong doings.

Be it principles, theories, common sense or knowledge that we have heard and seen from time to time, we cannot escape the fact that the duties/responsibilities of the Board of Directors and staff should encompass these; Duty of Care, Duty of Loyalty and Duty of Obedience, as rightly pointed out during the workshop by Mr. Jerry Choo.

There were many good governance practices that were highlighted for our attention during the workshop. Therefore as an organization working in a community where we seek support from the public, sponsors and donors, finance or intellectual skills, it is important to remind ourselves to adopt best practices to stay strong and healthy. This will give confidence to our sponsors, donors and volunteers that we are worthy of their support.

It is imperative that the Board must learn to GOVERN and not Manage. Manage involves day to day routine affairs. Govern involves setting the Mission and Vision tone of the organization with workable strategies to steer the organization forward but, at the same time, to be fully participative and responsive in their Governance.

The final part of the workshop closed with the presentation of the YMCA Penang's financial manual to ensure transparency, integrity and good governance for the proper stewardship of the financial resources of Penang Y.

During the financial manual presentation, the General Secretary raised a number of issues and items that needed attention to make them current -

- Standard Operating Procedure on Governance for Board and Staff
- To set guidelines on Board's attendance for Strategic meetings/seminars affecting the Y
- To set an evaluation and monitoring system before an event to compare outcome in between and at the

end of the event

- To set a time frame to review the YMCA Financial Manual to keep it current
- To conduct a workshop for new Board Members on the Understanding the YMCA as a Local Movement, a Regional Movement, and, a World Movement.

Overall, considering the few hours given to Mr. Jerry Choo, the workshop was informative. There were many learning lessons, and, for some first timers among the staff, it was a good experience.

On behalf of the YMCA of Penang, Board and Staff, I wish to thank Mr. Jerry Choo for conducting this workshop and tailoring it to our needs and understanding.

*By Ong Sooi Gaik
General Secretary*



Mr Choo giving an introduction of the workshop



Time for some Q&A



Staff and Directors participants

EXECUTIVE LEADERSHIP PROGRAM FOR MANAGEMENT, SENIOR AND SUPERVISORY STAFF 2016

The 1st in-house training program for management, senior and supervisory staff was undertaken on a need to basis with the following objectives:

- to help staff to be effective in their jobs and responsibilities as managers
- to help staff improve themselves in their respective responsibilities at the Y
- to encourage staff to work as a team and to be prepared for CHANGE to stay effective, efficient and current.

The workshop was specially designed to address the current work situation at the Y so that WEAKNESSES could be identified for CHANGE, and, STRENGTH could be AMPLIFIED and CAPITALIZED to improve and grow the Y.

Thus, it was a practical hands-on program with lots of interaction and discussions among the staff so that they will not be working in isolation in their respective departments but be willing to work with others and be engaged in multi-tasking as and when needed.

The training started with the General Secretary giving a general overview of YMCA activities.

She identified income generating sectors as well as sectors that do not generate income. The latter sectors needed to be subsidized and sustained because they are the reasons why the YMCA of Penang came into being. They are part of YMCA's MISSION and VISION and WHY we do WHAT we are doing to stay relevant.

The General Secretary also spoke about the multiple responsibilities and challenging roles that the management, senior and supervisory staff have been entrusted with, thus the need to –

- Work as a TEAM
- SUPPORT one another
- be POSITIVE in our work attitude and relationship
- continuously find ways and means to IMPROVE ourselves in our workplace
- set REALISTIC and ACHIEVABLE GOALS in our jobs and for ourselves that will lead to high performance.

Mr Jerry Choo, our Consultant, graciously volunteered his service to walk with the staff in this leadership program. The program was divided into 5 sessions, the first 3 sessions for staff and last 2 sessions included board members. He called the training “Effective Leadership for High Performance”.

The objectives were –

- To improve management and leadership skills
- To be effective as a manager in leading your team to High Performance
- To uncover the potential, you have for leadership responsibilities

A total of 12 senior staff and 3 board members attended the training.

With these, I leave it to my colleagues to share what they have learned in this training and what topics impacted them most and why.....

*By Ong Sooi Gaik
YMCA General Secretary*



General Secretary (Ms Ong Sooi Gaik) giving her opening remarks



Mr Jerry Choo passionately conducting the training



Sharing from some of the participants:-

“ It was a great learning experience and I am looking forward to more training! ‘
Thank you very much!! “

*Winnie Lim
Manager*



“From my experience on the Executive Leadership Training 2016. I understand the critical responsibilities of our role as a Leader.

The training helped me and my colleagues gain new insights in our work, and we learned essential skills & techniques necessary to build an engaged team.”

*Catherine Ooi
Accounts Officer*



“It was a really good eye-opener! It was really interesting and I like the style of the trainer. From this workshop, we can not only know our own strengths and weakness but others as well. We got to know each other better and that was a good moment.”

*Rahela Ibramsah
Senior Program Coordinator*



“I have learned from this training program what I have been trying to learn for many years. This training is not just a normal executive leadership training program, but it’s also a “self-development” program where one can discover one’s leadership potential. One main lesson/topic which impacted me the most was when Mr Jerry Choo shared on the subject of “anger management because Mr Jerry gave us some tips/ ways to overcome/manage/control over our anger.” Anger management is not only for staff like us in our working life, but also whenever we are with our love ones e.g. boyfriend/girlfriend, husband/wife, siblings, or anyone.

*Daniel Wong
Program Coordinator*



“It was a good self-evaluating session! From this training, I begin to better understand the work system at the Y; I also learned how to manage my emotions at work. This is especially important as we are in the service industry.”

*Michael Cheong
Program Executive*



THE 26TH YMCA – CCM BIBLE QUIZ 2016

“THY WORD IS A LAMP UNTO MY FEET, AND A LIGHT UNTO MY PATH” (PSALM 119:105)

It was just wonderful to see so many children and youths with the Word of God in their hands studying hard for a Bible Quiz. This was the scenario early Saturday morning, 19th November 2016 at YMCA Penang. They had come from various churches and School Christian Fellowships from several schools.

The Bible Quiz was held from 8.30 a.m. to 6.00 p.m. at Dewan Tan Sri Lee Kong Chian, YMCA Penang. A total of twenty-four teams registered in this year’s Bible Quiz. This year also saw more churches and schools’ Christian Fellowships participating in the Bible Quiz. Hallelujah!!!

The Quiz for this year was based on the Book of Exodus for the Children’s section, and, for the Youth section, it was taken from the Gospel of John. The aim of the Bible Quiz was to encourage the study of God’s Word; to promote the knowledge of the Bible and to gather children and youth for fellowship. The Bible Quiz is a student-friendly and fun event. It is not an exam. The Quiz consists of four parts: Objective Questions, Draw Swords, Memory Verses (given in advance) and oral comprehension from the set books in the Bible.

Attractive prizes were given to the winners as well as consolation prizes to all other participants. Everyone was rewarded for participation. Excellence awards were also presented.

Results of the 26th Bible Quiz 2016:

Children’s section

Champion Team: Excel Point Community Church

1st Runner Up: Excel Point Community Church

2nd Runner Up: The Boys’ Brigade, Penang 1st Company

3rd Runner Up: Hillside Baptist Church

Youth section

Champion Team: Excel Point Community Church

1st Runner Up: Excel Point Community Church

2nd Runner Up: Excel Point Community Church

3rd Runner Up: Trinity Methodist Church

The top scorer for the Children’s section was Master Khoo Jarreh from The Boys’ Brigade, Penang 1st Company. The top scorer for the Youth section was Miss Kam Hoween from Excel Point Community Church.

The fun and excitement felt by the participants, parents and supporters gave us much encouragement, and we look forward to next year’s Bible Quiz.

My sincere appreciation and a big “Thank You” to the Staff and Directors of YMCA Penang, Committee Members, volunteers and friends who have helped in organizing this event. The committee is also grateful to the Pastors, parents and leaders of various churches and fellowships for encouraging their young protégés to participate in this event. Our sincere thanks also to Pastor Gan Kok Eang, Chaplain, YMCA Penang and to Rev. Christopher Tan, Chairman of Christian Federation of Malaysia, Penang Liaison Committee and Council of Churches of Malaysia, Penang Regional Committee.

Praise be to our Almighty God for a smooth and successful “Bible Quiz 2016”.

*By Dr. Mallise Tong
Director/Chairperson
Christian Care Committee, YMCA Penang*



“Hmm...I can ace this!”



Presenting the youth participants

BeYOUtiful

YMCA Penang was invited to USM to celebrate with them the 'BeYoutiful' event at Dewan Budaya, USM on the 22nd November 2016. BeYoutiful 2016 is a year-end project by the School of Communication USM in collaboration with SIMA Handicapped Center Berhad, Penang. The program 'BeYoutiful' aimed to create awareness among the young on the importance of being beautiful. It celebrates individual talents, regardless of race, gender and social status. 'BeYoutiful' also went into partnership with the NGOs of Penang. This gave participants the opportunity to showcase their creative and artistic talents.

The program 'BeYoutiful' was especially dedicated to the disabled. It gave the disabled the opportunity to show their unique talents. Many talented handicapped youths performed live on stage. Among those who performed were Ernest Teoh who played the violin, Giany Meiranti Filemon who sang. Andrea Pui Jia Hui played the piano, followed by Felicia Pui whose selection was, Mariage D'Armour. Lai Yi Xuan performed Teayeon 'Rain'. The program came to a close with performance by invited guests, Sada Borneo and Andy Siti. Both of them reached the semifinals of a reality show, 'You've got Talent'.

*By Janice Chong
YMCA Staff*



Karaoke Competition 2017

YMCA Penang held its annual Karaoke competition on the 20th November 2016 at the YMCA Hall. This time, the organising chairman Mr Alpha Lim decided to spice the close contest to make it more enjoyable. There were two categories that members can participate in. They were the solo and the duet categories.

The solo event attracted 19 participants, and, four pairs entered the duet event. We had a panel of well qualified judges. Participants were very excited and waited eagerly for their turn. When their turn came, they tried their best to wow the crowd and the judges.

During the interval, Mr Alpha Lim took the opportunity to conduct a quick auction. All proceeds collected would go towards a Christmas Party for underprivileged children and adults.

At the end of the contest, judges made their decisions, and the winners were announced. Everyone went home happy and looked forward to the next karaoke.

*By Michael Cheong
YMCA Staff*

SOLO CATEGORY

| NAME | REMARK |
|-----------------------|---------------|
| TANG YAU HIE | Consolation 1 |
| IVY YEOH | Consolation 2 |
| GRACE WONG | 2nd Runner Up |
| LEE MENG CHOO | 1st Runner Up |
| JEFFREY PEH YING WENG | Champion |

DUET CATEGORY

| NAME | REMARK |
|-----------------------|---------------|
| LEE SHEE WENG | Consolation |
| TEOH LANG HING | |
| GRACE WONG | 2nd Runner Up |
| ANN CHIANG | |
| LEE MENG CHOO | 1st Runner Up |
| LEE SHEE WENG | |
| JEFFREY PEH YING WENG | Champion |
| YVONNE LEE MENG CHOO | |



Photography Club

What is a good way to grow your photography skills? Join the Y Photography group and learn how to sharpen your skills better! During the second half of the year, there were numerous events that provide interesting opportunities for photography and fellowship.

Lately, our activities became known to Sony Malaysia. We have made contact with Sony and as a result Sony has agreed to organize workshops exclusively for YMCA Photography Club members.

Sony then co-organised with our Club, 2 portrait workshops which were well attended by members. The Club used this opportunity to recruit new members. We look forward to a more exciting year in 2017!

*By Michael Cheong
YMCA Staff*



Group photo with Pathelyn, Sherwynd, Michael and Titus



A group photo from the second outing



A group photo from the first outing



"Let me teach you the secret to shooting good photos"



Model of the day



Pasar Malam Photoshoot



Pasar Malam Photoshoot - lifestyle of the locals

YMCA Merchants List

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



Your destination is our goal
www.airpak-express.com

Airpak Express (Pg) Sdn. Bhd.
13, Lebuhr Gereja, 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
432, Penang Road, 10000 Penang
Tel: 04- 226 3821
Tel / Fax: 04-226 1902

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



Bestech Sports Enterprise
2nd 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
Tel/Fax: 04-227 0631

Audiology
5% discount for purchase of hearing aid, exclude any accessories
and others promotion packages.



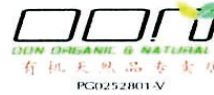
New D'Arts Color Photo Lab
52A, Macalister Road, 10400
Penang
Tel: 04- 226 4767

Photo Shop
20% - 25% discount on Photo Shop's product
15% - 25% discount on Photo Printing
5% discount on Studio Photo service



All For One Enterprise
(All 4 One)
320 P, Jalan Perak
11600 Georgetown Penang
Tel / Fax: 04- 282 1277

Bakery – Cake House
10 % discount on all cakes, 5% discount on all pastries



Oon Organics & Natural Centre
27, Jalan Pasar, Pulau Tikus, 10350 Penang
Tel: 04- 228 0028 Fax: 04-226 0028
sales@oorganic.com.my
www.oorganic.com.my
Business Hours 8.00am – 6.30pm,
Closed on MON

10% discount (Except discounted items)
Fresh & Dried Organic Products



SBC Pen Book Distributors Sdn.Bhd
45, Lintang Angsana, Bandar Baru,
11500 Ayer Itam, Penang
Tel: 04-828 2626 Fax: 04-829 3296

Discount Given:
10% for every purchase of stationery more than RM10.00
10% for every purchase of revision book less than RM15.00;
Purchase more than RM15.00 less 15%, 10% DISCOUNT
FOR Selected dictionary & story book



Hong Giap Handicrafts Arts & Novelties
Dealers
308-312, Penang Road, 1000 Penang
Tel: 04-262 5092 Fax: 262 2948

Wholesale/Retail/Souvenir Centre of Malaysian Pewters Wares
Batiks, Local & Foreign Arts & Crafts, Gifts & Souvenirs, Novelties
& Curios, Decorative Ornaments, Feng Shui Articles, Jewelleries,
Duty-Free Goods & etc Discount given – 10% on-wards



Image Flowers & Gifts
No 1 Gottlieb Road,
10350 Penang
Tel: 04-228 0884 Fax: 04-228 2528
H/P: 016- 470 4600 / 012- 422 6800

Florist
10% discount for every purchase of RM100 & above for Fresh /
Artificial Floral Arrangements



益商印務
SYARIKAT PERCETAKAN IRISAN SDN BHD
288 Gat Lebuhr Macallister, 10300 Penang
Tel: 04-262 6421 Fax: 04-262 4128
Email: irisan.oon@gmail.com

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

Discount Merchants for ALL YMCA Members


continue ...



Doubledged
The Complete Curtain Shop

Doubledged Sdn. Bhd. (204778-P)
11-A Jalan C. O. Lim, 10250 Penang, Malaysia.
Tel: 04-226 1212 Fax: 04-227 1212
www.doubledged.com.my
doubledged@time.net.my

10% discount on curtain purchase (depends on material)



Hei Yeong Seng Chinese Restaurant
Lot 207- 221 & Lot 231 - 245, 2nd Floor ,
Penang Plaza, No. 126 Jalan Burmah,
10050 Penang
Tel: 04-229 1623

10% discount privilege off its ala-carte menu and cannot be used with any other offers or promotions.



Hau Hau Yu Restaurant

YMCA Penang
211, Jalan Macalister, 10450 Penang
Tel: 04-2261843

10% discount for all YMCA members



Y Café
Level 2, YMCA Penang
211, Jalan Macalister, 10450 Penang
Tel: 04-261 6731

Restaurant (Non -Pork)
10% discount for all YMCA members



SS Image Beauty & Make up Academy
D'Piazza (HQ) -> 04-6411669 / 012-4951521
Prima Tanjung -> 04-8992669 / 012-4851521
Bukit Minyak -> 04-5070669 / 012-4751521
Image Prai -> 04-3981521 / 012-4841521
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
6, Jalan Pantai Jerjak 15,
11900 Penang
Tel: 012-429 8613 / 04-6567366
email: visionworldoptical@yahoo.com

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
68-1, 1st Floor, Persiaran Bayan Indah
Bayan Bay, 11900 Penang
Tel/Fax: 04-644 8928
H/P: 016-484 1262

Digital Signage System
10 % discount for ALL DSS Solution Products



Forever Travel Service Sdn. Bhd.
148, Lorong Abu Siti, 10400 Penang
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 for the discount



McWheels & Tyres Sdn Bhd
394 & 396 Jalan Burma, 10350 Penang.
Tel / Fax: 04-228 8150

Car Tyre service, Car service, Vehicle checkup & maintenance
Service Items Discount / Free Labour charge / Cash Discount
* for specific items



A bite of Taiwan,
4 Jalan Moulmien,
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.



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

10% discount on all beverages



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.

Discount Merchants for ALL YMCA Members

continue ...



Tok-Tok Cuisine
2-G-5, Bangunan Lip Sin, Lebu Per-
kaka 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



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



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

Discount for all Milkshake Factor outlets nationwide
20% discount on total bill for YMCA Members
* Please flash YMCA cards to staff when orders are made



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



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



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



Santorini Café
94, Burma Road
Georgetown, 10050, Penang
016-4416039

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.



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



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



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, 4th 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


Discount Merchants for ALL YMCA Members

continue ...



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



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


the people's university

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



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

10% discount for all YMCA members



SUPER STAR MOTOR
225, Jalan Utara,
Bukit Gelugor,
11700 Gelugor, Penang.
Tel/Fax: 04-6569917

-10% Discount for YMCA member



Tai Dental Surgery
5-02-4, Huaza Complex, Jalan
Gangsa, 11600, Pulau Pinang,
Malaysia
Tel: 04-656 1116

-10% discount off for every merchandise
*Not including dental products and tooth whitening offers.



THE OWL MUSEUM
Level B3, Astaka Bukit Bendera,
Jalan Tunku Yahaya Petra,
Bukit Bendera, 10000 Penang Hill,
Penang.
Tel: 04-8265704
Email: purrfectcatcafe@gmail.com

-10% discount off for every merchandise



OSEL CLINIC
213, Macalister Road,
10400 Penang.
Tel: 04-2283005 Fax: 04-2283006
Email: www.oselclinic.com

-10% Discount for YMCA member
-Free personalize consultation
-NO GST



DOUBLE EXPOSURE CAFE
49, Muntri Street,
10200 Penang.
H/P: 012-3644661
Email: doubleexposurecafe49@gmail.com

-10% discount off for every merchandise



PURRFECT CAT CAFE
No.53, Lebuh Muntri,
10200 Penang.
Tel: 04-2611197
Email: purrfectcatcafe@gmail.com

-With every purchase of RM20 and above in a single receipt are entitled to a glass of signature drink.
-10% discount off for every merchandise



PENANG CAMERA MUSEUM
49, Muntri Street,
10200 Penang.
Tel: 04-2613649
Email: www.penangcameramuseum.com

-10% Discount for Ticket Entry



“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
- Luggage room
- Hot and cold shower
- Safe deposit box
- Television
- Telephone
- Free wifi

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

Website: 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.

