

THE MESSENGER

YMCA

OFFICIAL NEWSLETTER OF THE PENANG YMCA

JANUARY TO JUNE 2017

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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.



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President's Message



This year 2017 is predicted to be the pivotal year for our country and nation. It is generally expected that the current ruling UMNO/BN government will hold the 14th General Election this year.

In support of Justice, Freedom, Love & Peace, we are urged to pray for the genuine well-being of all our people and also for those charged with duty and responsibility to ensure safety, stability and continuing progress of our beloved country and nation.

As committed Christians, it is also our duty to uphold the spirit and sanctity of our Lord's teaching and be guided by the precious messages in The Holy Bible. We are reminded in 2 Chronicles 7:14 that:-

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their evil ways,
I will hear from heaven
and will forgive their sins
and restore their lands."

YMCA needs to spearhead this revival to return to our Lord. It is imperative to heed the holy words of our Almighty, Eternal and Sovereign God, The True and Living God Most High!

Dear Brothers and Sisters-In-Christ, are we ready to answer the call to stand up and be counted? Let me close by reminding ourselves from this quote:-

"Lord help me heed your every word,
Commands that I have read and heard;
As you reveal your Will each day,
Help me to follow and obey!"

TO GOD BE THE GLORY!

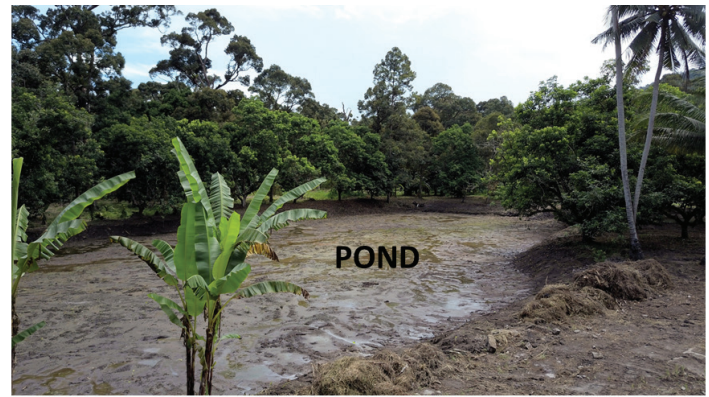
*Geh Cheng Lok, DJN, PJK
President
YMCA of Penang*

General Secretary's Reflection

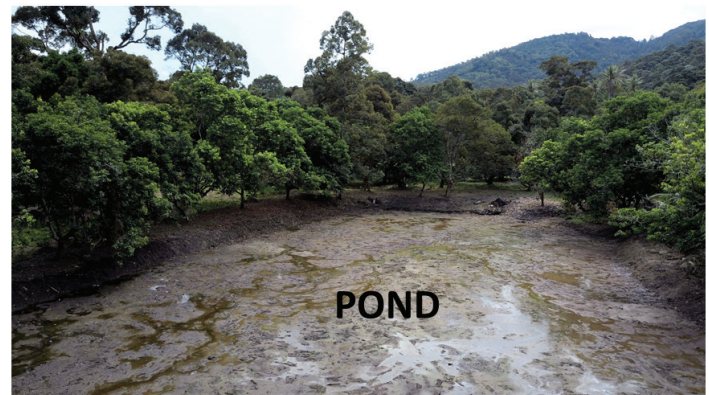
In the last July-December 2016 issue of the Messenger, I remembered mentioning that moving into 2017 is like moving into another challenge i.e. to look forward towards the development of our Y campsite and building a sustainable Social Enterprise to keep to our Mission.

The time has come and it is going to be a long process both in planning and financial commitment. The Social Enterprise project is still very close to our heart as we continue to search for suitable and sustainable activities that could use our Y Café from afternoon until evening. We are exploring all avenues to engage youth, physically challenged youth etc. who are interested to be our partners as this is our community project and our social contribution toward the community.

We have made some headway with the Y campsite. We cleared the campsite in late March this year to get a good visual view of the land and its terrain. Equipped with photo shots of the land and tentative layout plan we were able to talk to our Architect and seek advice from the related Consultants.

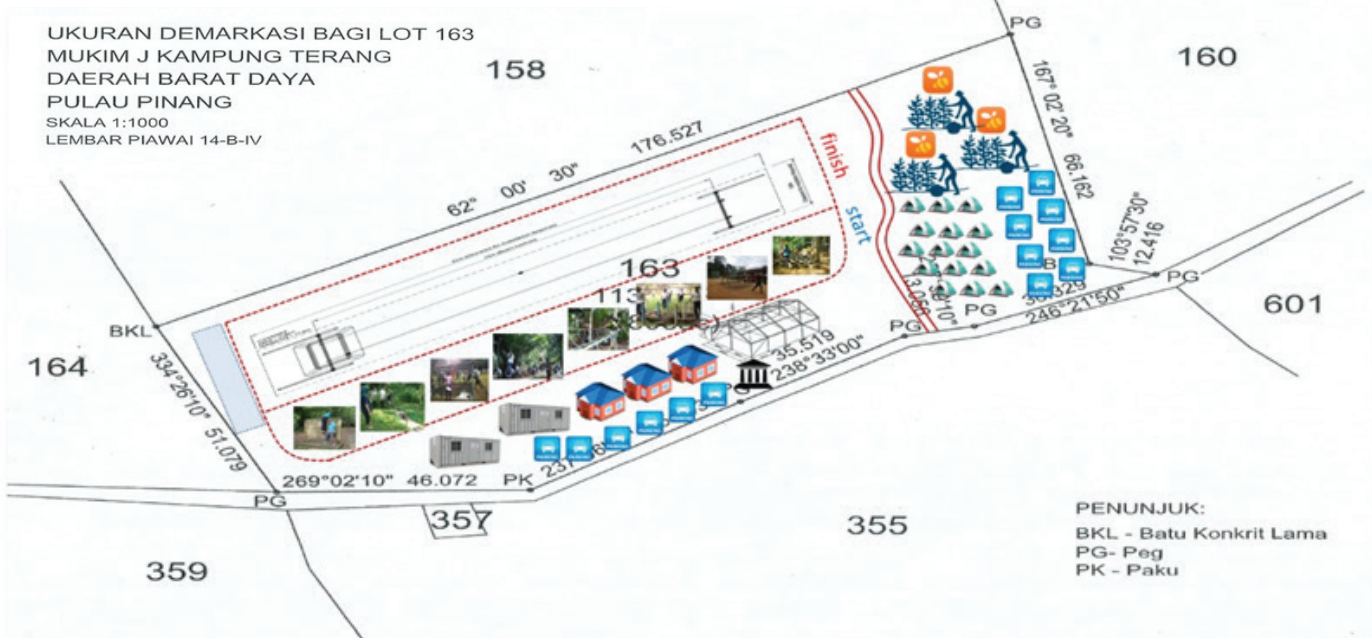


A section of the pond after total clearing



A closer view of the pond – ¼ photo shot

PROPOSED LAYOUT PLAN



In view of space shortage, the pond size will be minimized to 42' x 68' (2,856 sq. feet) so that team building activities could be carried out by the side of the pond

ARIAL VIEW



Arial view on the approximate size of the pond and land



The water from the cleared pandan pond is being channelled into the main pond



Other areas cleared

Our initial plan and focus on how we want to use the Y campsite remain the same –

1. to provide an outdoor recreational space with an education center hosting activities for children, youth, seniors and families
2. to deliver inspirational environmental programs and activities that enhance the total development of mind, body and spirit using GREEN concepts and principles
3. to be environmentally friendly in all ways possible in the operation of the campsite and maintain it in its natural state without damaging its eco-system

The campsite will be an alternative venue for Penang Y to expand its activities due to shortage of space in its present premises. With this I would like to share some photographs and the “tentative” layout plan.

We look forward to any support that can be extended to us from our sponsors, members and volunteers.

*By Ong Sooi Gaik
General Secretary*

Gotong-royong – “My first time”



An early morning briefing



A lot of youths turned up to volunteer



YMCA Team working hard



WOW, at how much we have collected



More rounds to be made

The ‘Gotong-royong’ (Spring Cleaning) was my first experience volunteering with Penang State Government. It was held on the 22 January 2017 and I participated with my colleagues and other volunteers to help clean up the old flats at Rifle Range, Air Itam that was built sometime after the “Second World War”.

It was a very good and meaningful activity.

I felt the spirit of volunteerism among my colleagues, students, youngsters as they worked together on a common cause to benefit the surroundings and to build a healthier and safer environment.

I think the Penang State Government gave us the opportunity to encourage the community to keep watch over our environment and to make sure that the community who stay there are healthy. Through the cleaning process, the community would be able to observe and learn how to live in a clean environment. This also helps them to “GO GREEN”!

I would like to thank the Penang State Government for encouraging us to volunteer and to help the community. It is a good and healthy challenge for us as this can benefit all of us!

I am so happy to receive a certificate for volunteering. It was my first effort. Cheers!

By Kevin Su
YMCA Staff



Friendly conversations & appreciative residents



Everybody helps out



“look at what I got”



“Let’s clean the roads and the drains!”



“We got our certs!!”
- YMCA Team with YB Cheah Kah Peng & team

Hovering with the crowd

On 17th March 2017, the Penang Roller Blades Club invited YMCA to be part of their Roller Blade's Park inauguration. Michael, Janice, Kelvin and I had the privilege to join it. The event was officialised by YB Lim Siew Khim; ADUN of Sungai Pinang and supported by ZEON Properties, Rapid Penang, JKPP and Sri Cahaya which is an Orphanage. For the convenience of the public, the Club decided to move the location of their park from Karpal Singh Drive to BSP Waterfront Food Court & Market. The new venue is more strategic as it is placed right next to a food court where the members are able to have their meals and rehydrate themselves easily. Parking is no longer a hassle thanks to the huge parking lot right in front of the Food court.

The event was literally kicked off when YB Lim Siew Khim kicked a football symbolising the inauguration of the Roller Blade's Park.

The crowd really enjoyed the whole event as there was a lot of extreme performances like the Fire Show, BMX (Bicycle Motocross) demonstration, street magicians and few other station games, eg. Hover Board, Roller blade and Archery. A registration booth was set up at the entrance of the park where the public can register for the event and receive a complimentary coupon to try out the station games for free. The YMCA team had the chance to ride on the Hover Board for the first time. It was quite an intimidating experience at first because it was challenging to balance the board and hover in the right direction. It reminded me of the time when I was learning to ride a bicycle. Thank God there were trainers who guided me on how to hover correctly. After getting the hang of it, I immediately fell in love with it. This is definitely my new favourite sport. The normal fee to rent the Hover Board is RM 40 per hour. The YMCA team really had a fun time together.

It was really great to see people of different races, age groups and walks of life coming together and having a good time. Truly unity and harmony can be birthed from activities like this. With that, kudos to Penang Roller Blades Club for having the passion to form such a club in Penang and to bring the community together to live a healthy lifestyle!

*By Rona Clarenie
Program Coordinator*



YB Lim Siew Khim and organizers kicking off the opening ceremony



An amazing fire show!

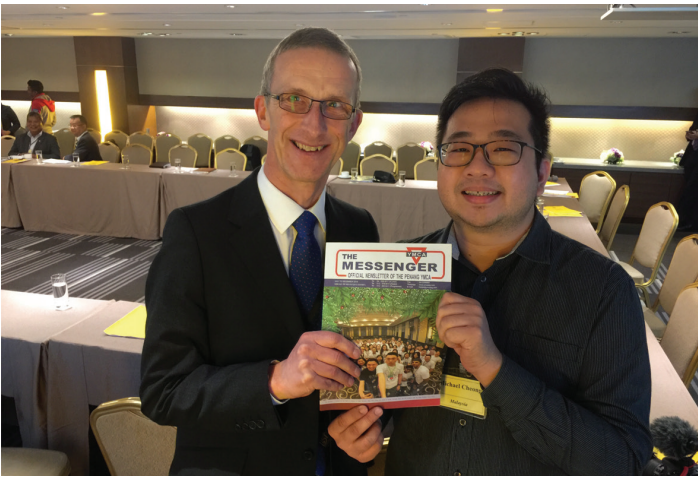


YB was given a spinning soccer ball on a pen



Extreme BMX anyone?

Asia and Pacific Alliance of YMCAs Executive Committee & Related Meetings at Hong Kong March 7 – 10, 2017



Presenting YMCA World President a copy of the Messenger

This year over 100 delegates from 22 movements in the Asia-Pacific region attended the Asia and Pacific Alliance of YMCAs Executive Committee and Related Meetings of 2017. Special guests included Peter Posner, President of the World Alliance of YMCAs (WAY); Antonio Merino, general secretary of the Latin American and Caribbean Alliance of YMCAs (LACA Y); former APAY presidents Philip Kwok, Chim Hou Yan, Park Jai Chang and Yau Chung Wan; Boon Chin Tan, Senior Associate Director of YMCA USA; two representatives of Y's Men International, including its immediate past International President, Wichian Boonmapajorn from Thailand; and ecumenical guest Sunita Suna, Regional Secretary of the World Student Christian Federation–Asia-Pacific (WSCF–AP). This year, Ms. Ong Sooi Gaik, Mr. Asher Leo and Mr. Michael Cheong were in attendance to represent YMCA Malaysia.



We met up with previous participants of Y Penang's GATN!

It was an empowering gathering because top leaders from Asia Pacific came together to discuss, reflect and strategize a stronger, more relevant future for the YMCAs in the context of APAY.

During the first day, we were all gathered for the first devotion and recited this beautiful prayer to rekindle our commitment and focus towards empowering young people.



A group photo of participants who attended the Gender Equality meeting.

“.... Thank you God, for the privilege of being entrusted with so many young people in the YMCA. We humbly and with integrity accept the challenge for the physical, emotional and spiritual care. Thank you for the honor of being part of their development and empowerment....”

There were various committees like Gender Equality, YPLD, Finance & Adminstrating, Y's Men and Mission and Response. There was also a movement



A customary group photo of the attendees of the YPLD meeting



YPLD #Ystory filming in progress



Dr. Judy Chan share a very good message on the importance and the role of women in the world on the theme "Be Bold for Change".



Mr Asher participated in the devotional prayer.

strengthening meeting on the last day where a few YMCAs pitched their story in the hope of gaining support and partnership from other YMCAs.

Amongst the interesting things that the YPLD Committee discussed, YMCA Malaysia delegates Mr. Michael and Mr. Asher proposed to the committee to take on a video project entitled "Y Story." This project is a sequel to the initial "Youth Journal" program where youths were encouraged to write about their YMCA involvement and the impact it had on their lives.

The "#Ystory" is a project where YMCA people (especially young people) show the world a short video clip of their Y story. Participants just have to record their story via video and share their inspiring YMCA journey and how the YMCA has changed their life. They can use any camera and it does not need a good setup. All they have to do is to share their inspiring #Ystory

To see some of these stories, check out the YPLD's youtube page <https://goo.gl/LWG7aO> or facebook page <https://www.facebook.com/ypldapay/>.

We also took the opportunity to celebrate International Woman's Day. There was an engaging devotion about the roles of women followed by mini-group discussions about women empowerment and gender equality in the context of individual countries.

Everybody left the meeting in high spirits and renewed dedication towards building better YMCAs and empowering young people.



*By Michael Cheong Zhi Xian
Program Executive, Staff*



Mr Peter Posner (President of the World YMCA) giving a sharing on World YMCA's Global Operating Plan



It's time to wefie again



We met good friends (past GATN participants) who introduced us to yummy local food!

Asia and Pacific Alliance of YMCAs Executive Committee & Related Meetings at Hong Kong continued



A short visit to the program office of Chinese YMCA of Hong Kong together with Mr Franky Foong, Ms Daphne Mok, Ms Abby Li, Ms Ong Soi Gaik, Mr Michael and Mr Asher



Young people listening attentively to Mr Peter's sharing



Young people enjoying themselves during the farewell dinner



Fun times for the youth

I felt that this meeting really gave me a lot of input, good knowledge and better understanding about Gender Equity and the importance to have a Good Governance in the YMCA. Good Governance is to ensure that the YMCA runs smoothly and Gender Equity is to strengthen both male and female voices in the YMCAs and the world.

I hope that our presence and contribution in the discussions and programs would strengthen our voice as Malaysians in the APAY. I would also like to encourage our local movements to send Board members, active volunteers (youth etc.) to learn and network with other local movements participating in this meeting. This would help us grow further and be part of the regional body.

Asher Leo
YMCA Director
NCYM – Youth Representative



Dr. Park Jai Chang (former president of APAY) giving an interesting sharing



Exploring the streets of Macau



A classic scene from the Harbour



We did a short detour to Macau. A must photo when visiting here



Macau is rich with heritage



From colleagues to very good friends! That's what the YMCA is!



A gathering of friends from all over

GATN – Tochigi Japan meets Penang

There were 5 adults and 2 children participants, including our good friend and professional staff, Atsuyosan from YMCA Tochigi, Japan. They paid a visit to experience our culture and also to learn English from 27th March to 31st March 2017.

Participants started their first day by hiking in the National Park towards Monkey Beach. They enjoyed the banana boat ride and had a hearty meal, while relaxing by the beach.

Our YMCA team took the participants for a trishaw ride from the Esplanade to the heritage heartland of George Town. They were captivated as we shared many interesting stories about the history of Penang. We walked along the bustling street of Harmony, letting them experience the different cultures of different races. The participants had the opportunity to taste various Baba Nyonya food too. We also stopped by Little India to taste the local Indian delicacies. They were intrigued by its unique taste. After a hot sunny day, we took a funicular train ride up Penang Hill to have a beautiful panoramic view of Penang.

The children had the chance to interact with local students during the exchange English program. They had fun playing interactive games and practical lessons - learning from one another.

We also visited a traditional Malay village; where they were welcome with a traditional Malay procession. They experienced eating food with their hands, drawing of henna and making Malay handicrafts.

They were very impressed by Penang's rich and cross-culture experiences; especially the local culinary cuisine. All participants were happy to take back these experiences and memories to Tochigi Japan.

*By Janice Chong
YMCA Staff*



Unforgettable English lessons, made precious friends!



Feeding live worms to the chickens



"This fruit taste funny haha!"



Buddies for life!



"we have a new buddy"



"My foster family! Thanks for treating us so well!"



"hmmm, it gets easier when you get the hang of it"



Makan time!



At the local kids centre



Lets learn some traditional handicraft



"Hello, Hello! Nice to see you!"



Were on top of the world!!



"Let's take a closer look at the beautiful mosque"



"Check out the beautiful 'sea'-nery"



A short learning experience about Islam in Penang and the mosque



Nonya Food is so "oishi"!



Trishaw Rides - One of Penang's traditional mode of transportation



A group photo taken during the "village life" experience



A walk around the heritage area



Swinging around



"wow, are those baby turtles?"



A hiking we will go!



Playing by the beach



Yummy local food at the hawkers centre



mmmmm..yummy food!



At the Jetty



An enjoyable boat ride to Monkey Beach

GATN: Experience Penang

‘Experience Penang’ is one of the Global Alternative Tourism programmes organised by the Global YMCA in conjunction with their local partners and in this case, it was with Penang YMCA.

I spent seven days being immersed in the Penang culture. I experienced flora, fauna, food, sights and sounds of a truly wonderful place with quite wonderful hosts.

On my arrival at Penang airport I was met by two super people, Michael Cheong, Programme Executive and Rona from the programme department who took me to Penang YMCA where I would be staying for the next seven nights. On arrival I was quickly checked into my very comfortable room, got the free Wi Fi codes for the week and was then taken to a local venue where we had some wine. A very welcome rest after some eighteen hours travel.

Although this was a holiday for me I want to share one person’s experience of the tourism opportunities available through YMCA that at the same time supports the work of local YMCAs. In this blog, I don’t want to list everything we did on the holiday but maybe just illustrate some of the highlights.

The Food was abundant. I don’t think I have been offered so much variety of food. Mainly eating from street vendors, in local cafes and restaurants.



Nonya food set! “Mmmmmmm”



All these food for me?

My hosts were really keen to offer me as much of a food experience as I could handle. Their kindness was incredible, especially as I am on a mission to lose weight. They were really very patient with me considering the number of times I had to say no.

Even though we mainly ate food from street vendors I did not experience and tummy upsets at all.

In terms of highlights, next to the food was the day spent on Penang Hill. Here we took a vernacular railway up through the clouds and spent the day taking photos of flora and fauna.



At the skywalk bridge at Penang Hill

We ended up watching the moon rise and capturing the Cityscape with an incredible range of colours in the sky.



Enjoying the mesmerizing sunset

On our first full day there were two major religious festivals taking place and in the morning we went to the places where preparations and floats for a procession were being prepared. Later in the evening we watched a cacophony of colour and light pass just outside the YMCA.



During the day and on many of the other days we visited countless temples and museums which really gave me a wonderful exposure to the diversity of cultures and faiths that make up the community that is Penang.



Finally found the famous "Sister's curry mee"



In love with the serene landscapes of Tanjung Bungah



There is always a "photograph" awaiting to be taken in Penang



At the famous "Kek Lok Si"



My host: Michael Cheong



Trishaw ride along beautiful Georgetown

The benefit of being hosted by young people from local YMCAs is you get a first-hand authentic experience from people who live in the communities and whose only agenda is to give you a wonderful experience of their home country. They are not in it for commercial gain.

They are not restricted by regulations that don't allow them to take you to certain places or where there is commercial gain if they take you to certain places like restaurants or bars.

It also gives the opportunity to share some of one another's culture. Michael introduced me to a wonderful little wine bar and I was able to treat him to 'Afternoon Tea' at the top of Penang Hill.

We had seven full days of visits at a very easy pace. It truly enabled me to 'Experience Penang'.

On the last evening, we joined a group of volunteers who, every week, feed homeless people on the streets of Penang. I felt privileged to be given the opportunity to participate.

Finally, it was time to depart. I have been involved in YMCA almost all my life, certainly for more than forty years. I should know by now that YMCA attracts wonderful people to work and serve at all levels. Penang was no different. We were hosted to a special dinner by the Board of Penang YMCA. The CEO gave up an enormous amount of time to ensure I had a great experience and sampled the culture and life of Penang, Janice and Rhona from the Programme department also contributed to the experience I had.

The gem in the whole experience was Michael Cheong, the Programme Executive with Penang YMCA. This is a young man who has been with YMCA in a professional capacity for just three years and personifies everything I have grown to know and love in the people I have met in YMCAs across the Globe.

He was there to pick me up at the airport, he was with me every day of my visit, he greeted me every day with the same bright welcoming smile, he introduced me Penang in a way were I felt safe and relaxed and it was very enjoyable. He gave me a number of tutorials on photography and made sure I never ran out of wine. And then bid me farewell at the airport as I was leaving. #standingontheshouldersofgiants

It is people like Michael Cheong, Mrs Ong, the CEO, Janice Chong that, together with thousands of others around the world that make YMCA probably the greatest movement that exists today.

The Global YMCA runs a series of Global Alternative Tourism experiences each year. Why not jump on board and check these out for yourself. They are open to anyone and not just 'YMCA' people.

You will not be disappointed and at the same time you will be supporting the work of local YMCAs. You can get more information here <http://www.ymca.org.uk/global-alternative-tourism>

Finally, during my visit I went to the War Museum and was reminded of some of the wicked things people do to others. We even see that happening on a daily basis across the world. Within the YMCA I have found people with good human values who share love and respect for others. I witnessed this in the Penang YMCA. It is people like my hosts on 'Experience Penang' who work to make the world a better place.

Thank You!

*By Ken Montgomery
Head of International Affairs
YMCA England & Wales*



Ms Ong showing Mr Ken around the YMCA Campsite



Visiting the beautiful Temples



A unique group photo here



A photo at the paddy field of Balik Pulau



Pesta Gawai – A colourful celebration especially for East Malaysians



Delicious hawker food



Local market scene



Wesak Day procession celebration



A lovely evening with the EXCO of YMCA Penang

“How do Deaf students learn? - What teachers need to know.”

On April 22nd, 2017, the Pusat Majudiri Y committee conducted a “How Do Deaf Students Learn? - What teachers need to know” workshop. Participants who were present were the deaf / hearing teachers, lecturers, parents of deaf children and friends.

Our guest speaker, Mr Lee Tur Chung came all the way from Kuala Lumpur to help conduct the workshop. He has been especially invited as a guest speaker for seminars and workshops around Malaysia to share his experience on how to teach deaf students from an early age and also to build teachers’ confidence in understanding the Deaf Culture through Malaysia Sign Language (BIM). He holds a Bachelor and Master’s certification in special education from Universiti Kebangsaan Malaysia (UKM)

We are also very grateful to Ms Anita Wong for being our sign language interpreter and assisting us in the seminar. She was happy to volunteer as she loves to help the Deaf Community in Malaysia.

We hope that through this seminar, the participants will learn more about the methods to impart knowledge to deaf students. We hope to see more participants in our future workshops in YMCA Penang!

We will give our best for the deaf community and hope to touch many lives!

*By Kelvin Suy
YMCA Staff*



Mr Kevin giving a sharing about the PMY



Participants listening attentively



Mr Lee giving a sharing about BIM



“Yes, do you have a question?”



A group photo of all attendees of the workshop

Volunteers for Deaf Community Project

The Pusat Majudiri Y (PMY) has recently launched a community service project to teach young deaf children to better their education. PMY has successfully recruited 10 volunteers who were also joined by committee members and staff for this program. The BIM class consists of 10 lessons which were held on Tuesdays from 7th February 2017 to 11th April 2017.

They were taught to understand Malaysian Sign Language (BIM) and to learn sign language and deaf culture. The volunteers were required to give tuition to Form-1 Deaf students after completing their training. The teaching was lead by Kevin, who is a YMCA staff and a deaf person as well.

They learned about Visual Gesture Communicate (VGC), Facial Expression with Body Language and Malaysian Sign Language (BIM) as both are equally important. They really enjoyed learning the basic sign language through many practices and quizzes.

They also enjoyed the fellowship with deaf friends by communicating through sign language. We had ice-breaking games to learn basic Sign Language. It was such an enjoyable and educational event as they were able to experience sign language communication in a practical way.

The volunteers also had the opportunity to visit Sekolah Menengah Kebangsaan Pendidikan Khas Persekutuan (Federation School for the Deaf) and met with some of the teachers and students. They managed to discuss the planning of the tuition program for English and Maths with the school's management.

The volunteers are excited to tutor the students! It will be such an incredible experience for them. The students will have the tuition classes from 17 July 2017 onwards.

Those who are interested in giving tuition to deaf students are welcome to contact us at 012-6318211 or email asstprogexec@ymcapg.com for more info.

By Kelvin Suy
YMCA Staff



We had a visit to the Deaf School to observe a class and talk to the teachers



Ms Janice and Mr Kevin with students from the deaf school



A group photo with enthusiastic students



Volunteers learning Sign Language to equip themselves for teaching

Volunteers for Deaf Community Project *continued*



Fellowship night for hearing and deaf volunteers



A game of charades



A deaf volunteer giving his sharing



Sign Language games



Hearing volunteers introducing themselves using BIM



A group photo of attendees of fellowship night



Yay! All volunteers got their certs

Photography Club



Hot Air Balloon by Xun Jie



Y Photography Club group photo at the Hot Air Balloon Festival 2017



Burning Sunset by Asher



Rising Up by Xun Jie



Sundown by Michael Cheong



Mother Earth at Penang Hill by Asher

Christian Fellowship Meetings



The Young Men's Christian Association of Penang Christian Fellowship



Speaker: Rev. Hwa Jen
Date : 30th March 2017, Thursday
Time : 8.00 p.m.
Venue : Faith Room (ground floor)

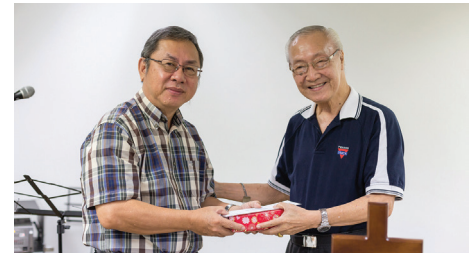
March Poster

PENANG THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF PENANG CHRISTIAN FELLOWSHIP

"Will You At This Time Restore Your Kingdom?"
Acts 1: 4 - 11

Speaker : Pastor Albert Tan
Date : 25th May 2017, Thursday
Time : 8.00 p.m.
Venue : YMCA Chapel (Level 2)

May Poster



Mr Jerry Choo giving his sharing on "Does God Still Heal Today"

Does God still heal today?

James 5:13-16

PENANG YMCA

Penang YMCA
 23rd February 2017
 Speaker: Mr. Jerry Choo

February Poster



Pastor Albert Tan receiving a gift from Mr Geh, President of YMCA Penang



Mr Jerry Choo receiving a gift from Mr Geh, President of YMCA Penang



Participants discussing reflection questions from the speaker



Fellowship time

'Fellowship in Grace Harmony'

On 17th May 2017, the Christian Care committee had a lunch gathering in Grace Harmony Home located in Glugor Penang (also known as Penang Senior Citizen Carers' Association (PSCCA)). The home's primary mission is to minister, support and care for the elderly.

Pastor Steven was given the honour to lead the worship session and share the word of God in Hokkien. Although, I do not understand Hokkien, it was clear to see that the folks had a good time listening and participating in the sharing. We even celebrated the birthday of an uncle and aunty. Though it's a small and simple celebration, they were really touched and happy. We brought them a Wonton Mee dish for lunch plus some snacks and cakes.

I had the opportunity to talk to a few aunties after our lunch. They were super friendly and excited to see us and they even asked us to visit them more often. All of them really expressed their heart-felt gratitude to us not just for the food and cakes we bought but also for the time we spent with them. The short fellowship we had with them was what they appreciated most.

*By Rona Clarenie
YMCA Staff*



Let's blow the candles together!



Pastor Steven giving the sharing



A joyful birthday celebration



Participants singing along



Dr Mallise (Chairperson of Christian Care committee) and YMCA Staffs Ms Rona and Mr Kevin serving lunch to hungry but happy participants



A group photo of the Christian Care committee and management of Grace Harmony Home

Easter Sunrise Service

It has been a tradition with the YMCA Christian Fellowship that Easter is usually celebrated with a sunrise service as early as 7.00am. This year it was on 17th April 2017. The event took place in the YMCA Hall. Approximately 70 guests joined the service including the president of YMCA, Mr. Geh Cheng Lok, the Salvation Army as well as the members of the Christian Fellowship.

Easter is a celebration where Christians gather to celebrate the resurrection of Jesus from the dead. The event started with an opening prayer by Dr Mallise. Brother Elbert lead the congregation in worship. Although it was very early in the morning, the congregation seemed so lively during the worship session.

Afterwards, we had the sharing of God's word by a man who is no stranger to YMCA, Mr. Jerry Choo. The title of the sermon is "Why Do People Find it Hard to Believe in the Resurrection?" from Acts 26: 8-23. He spoke about the miracles of Jesus' when He rose from the dead.

The service ended with a hearty breakfast and fellowship among the attendees.

*By Rona Clarenie
YMCA Staff*



Fellowship time



Directors Mr Siew Hon Hoong and Mr Lim Seong Hoon were among the attendees



Youths from the Salvation Army joining in the celebration service



Mr Geh Cheng Lok (President of YMCA Penang) giving Mr Jerry Choo a love gift



Mr Jerry Choo sharing to a captivated audience



A collection was made during the celebration

Homestay Carnival at Lahar Yooi



A group photo with Organizers, YB Danny Law (Penang State Minister for Tourism Development), Mr Jonathan Freddy (Director, MoTEC) and YMCA Penang's representative Michael Cheong.



Cheerful dancers dancing to classical tunes



Traditional wear and dance show



A Silat demonstration "wowed" the crowd



Getting ready for the official opening ceremony

The Penang YMCA was invited to the Homestay Carnival program at Lahar Yooi on 15 April 2017. It was hosted by the homestay of Lahar Yooi with the endorsement of the Penang State Government, Ministry of Tourism and Culture Malaysia, JKKK Lahar Yooi and many others. The VIP in attendance was YB Danny Law Heng Kiang and Mr Jonathan Freddy P. Bangang.

Homestays in Malaysia have become very popular because of its unique ability to give visitors a genuine and authentic experience of "kampung" life. The homestay of Lahar Yooi led by Encik Azahar has also become very familiar with YMCA Penang as we had work together in many cross-culture programs.

The program started as early as 7.30am in the morning with some healthy aerobics, leading to a game of futsal amongst youth groups. There were also friendly competitive cooking activities amongst the women of the village as well as "who can scrape coconut the fastest" contest which was done in a traditional way that I had never seen before! They also had a competition for towel arrangements as well as a coloring contest for the kids.

I was amazed with the demonstration of "Silat" which is a traditional martial art form but was totally blown away with the dance performances by the youths of the village. It was vibrant, colorful and I could certainly see the amount of effort that was put in to make this enjoyable show.



Traditional way to scrape coconuts for "santan"



"this is how you make a ketupat"



Creative towel arrangement competition



A participant working hard in the cooking competition



Vroom Vroom, the games are about to start

The event ended after formal speeches and prizes were given away. I hope that homestays will continue to flourish because it preserves the cultures, practices and root values that makes us stronger as Malaysians.

By Michael Cheong
YMCA Staff

Health Talk – Depression



Mr Robert Moses giving his welcoming note to all participants



Dr. Ng Yin Ping giving her sharing to attentive participants



Mr Robert presenting a love gift to Dr Ng

Dr. Ng Yin Ping, (Senior Lecturer in Psychiatry at Penang Medical College and visiting Psychiatrist at Penang Adventist Hospital) gave a very informative Health Talk on “Depression” on 24th May 2017 at YMCA Penang. She kept an audience of about 90 people glued to their seats when she expounded on the topic that evening.

According to her, most people understand depression as consisting of feelings of low mood, social withdrawal and negative thoughts including thoughts of self-harm or suicide. However, some people may possess atypical symptoms of depression such as pain, insomnia, forgetfulness and poor concentration. Some may even continue smiling (the smiling depressive).

She also explained the diagnostic criteria for Major Depression, the importance of depression being the leading cause of disability worldwide resulting in an increased risk for suicide. Depression is common, with a prevalence rate of between 8 to 12% of the Malaysian population. Causes of depression are multifactorial and involve a complex interplay of both biological and environmental factors.

However, she emphasized that depression is not a choice or phase that one can easily snap out of; and neither is it a form of mental weakness. It should not be considered to be a curse as reflected in some cultures. Depression is not a result of being too free with nothing to do or thinking too much. It is also not true that depression is associated only with women or equated with the state of madness. These myths can worsen the stigma already associated with depression and make it harder for people to seek help.

The good news is that depression can be treated. This includes medication, psychological therapies, lifestyle changes and addressing social issues that both contribute and aggravate the illness.

Dr. Ng also provided some tips on how people can look after themselves and also help others who may be depressed. A fact sheet on depression and suicide prevention by I-Life Suicide Prevention Campaign (<https://www.facebook.com/SPC.Penang/>); which contained details of NGO helplines was distributed to all the participants of the talk.

The talk concluded with a 10mins Q &A session where Dr. Ng answered questions asked by some members of the audience. Light refreshments were served after the talk.

By Robert Moses
YMCA Director

USM Interviews Pusat Majudiri Y



Camera ladies in focus

YMCA Pusat Majudiri Y (PMY) was approached by a group of Communication students from 'Universiti Sains Malaysia' (USM) for an interview. They did this interview as part of their TV Production assignment. They were assigned by their lecturer, Dr. Lee Yuen Beng to help an NGO in Penang to create a corporate video.

The purpose is to help the PMY to promote the recruiting of volunteer teachers who may be interested in giving voluntary tuition to deaf students.

Ms. Janice Chong (the related staff for PMY) gathered the volunteers, two deaf persons and the Chairman of PMY, Ms Terrie Loo for the interview. The USM students worked tirelessly in producing the video clip – but not forgetting the fun of learning Sign Language along the way as well.

The corporate video features those who participated in the interview, general information on the PMY and YMCA. The corporate video would also promote PMY's cause of action, spreading awareness of the Deaf Community and to encourage the local community in the spirit of volunteerism.

Those interested in signing up (volunteering and giving tuition to the Deaf community), please contact YMCA's office at 012-6318211 for more info or email us at asstprogexec@ymcapg.com You can check out the video on our YouTube channel at <https://www.youtube.com/user/YMCAPG>

By Janice Chong
YMCA Staff



"let's check the camera"



Volunteers preparing to be interviewed

USM Interviews Pusat Majudiri Y



Ms Terrie Loo giving her sharing on PMY during the interview



Reviewing the scripts



YMCA Volunteer, Ms Felix being interviewed



USM Students gathering to gather info about PMY



YMCA team with the cheerful USM Students

AJ & Family visits Penang YMCA



AJ & family having an enjoyable course dinner with the EXCO of YMCA Penang



"Yay! We got gifts too!"



"Let's take a group photo"



"Check out my new YMCA T-shirt!"



Mr Jerry Choo (Treasurer of YMCA Penang) gets a gift from Mr Andy



Mr Andy presenting a gift to Mr Geh, President of YMCA Penang



Mr Jerry Choo (Treasurer of YMCA Penang) gets a gift from Mr Andy



Ms Ong Sooi Gaik gets a gift too!



Ms Joanne presents a gift for all EXCO members

The Y Dream Team!



This year the YMCA celebrated the 125th anniversary of Basketball invention which falls on the 3rd of June with the theme “YMCA Dream Team”! YMCA World Challenge is the highlight of the year for many YMCAs internationally. The Y World Challenge is all about empowering young people and the theme this year is about empowering young people through basketball.



How did we conduct our challenge?
We took beautiful photo shots of various young people with a basketball – symbolising their advocacy towards healthy activities. A total of 90 students from different colleges such as Inti, Equatorial, Segi and Sentral College participated in the program to support the celebration.

It was a golden opportunity for us to touch base with students and the administration of each college. We met students from different courses and each has their own unique way in portraying their advocacy.

The Y Dream Team!



We also took the opportunity to share about the YMCA and our activities. YMCA has held a lot of programs for young people such as sports, networking, leadership, personal empowerment and green programs. This way, the youth will have the awareness of the activities of the YMCA.

We left the colleges with great connection and hope to meet them again in our next program.

*Rona Clarenie
YMCA Staff*



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Mr. Nga Hock Bing

Mr. Siew Hon Hoong

Introduction Of New Directors Of The YMCA Penang

TITUS LIM

Titus joined the Y in 2015 and is actively involved in the activities of the Penang Y for the past 2 years.

He is a member of the Youth & Sports Committee and also serves in the sub-committee for the annual Children's Christmas Party for the Underprivileged before being co-opted into the Board.

He is also the treasurer for the Y Photography Club. In July 2015, Titus was assigned as one of the official photographers for the YMCA of Singapore "Y Proms @ The Park at Gardens by the Bay"

Since joining the Y family he had supported and participated in numerous youth development training workshops organized by the National Council of YMCAs, Malaysia and YMCA Penang.

We welcome Titus to the Board and look forward to his support and contribution to the Y.



SHERWYND RYLAN KESSLER

Sherwynd joined the Y in 2015. A freelance photographer by profession, he is the Chairman of the Penang Y Photography Club which was formed on 18th November 2015.

As the Chairman of the Y Photography Club, Sherwynd led and volunteered his services for numerous Y programs including activities via invitation through the Penang Y such as:-

- GATN (Global Alternative Tourism Network)
- Photography Club's – photo exhibition
- Official photographer for Malaysian Invasion Mix Martial Arts (MIMMA), YMCA of Singapore "Y Proms @ The Park at Gardens by the Bay"
- Camp leader for YMCA of Bangkok "Banchang Children English Camp"

Sherwynd also participated in the Y's youth development training workshop organized by the National Council of YMCAs, Malaysia and YMCA Penang.

We welcome Sherwynd to the Board and look forward to his support and contribution to the Y.

World Vision



Ms Ong Sooi Gaik, Mr Andy and Mr Yin Liang taking a photo together.



A group photo with the Calhouns and the General Secretary of YMCA Penang



Ms Janice giving a sharing about the YMCA



Ms Janice Chong with the handsome organizers



Mr Andy brought warm greetings from YMCA of the USA



Ms Janice giving a sharing about the YMCA



World Vision presented YMCA Penang with a token of appreciation



A photo with the SEEDS 2017 participants.



Mr Michael representing YMCA Penang in giving the welcome speech



The Calhouns got VIP front row seats

Ballroom Dance Club (BDC)

– Members Night – Sunday 11 June 2017

The ballroom dance club hosted it's "Members Nite" on Sunday, 11 June 2017 in appreciation of the support of its members. The response was overwhelming with 92 members signing up for the event that comes with a simple Chinese Style buffet dinner followed by an evening of non-stop dancing.

Enthusiastic members took to the floor and sway to the beat of the lively "chili cha cha" music even before the Chairman come on stage to give his 'welcome speech.'

It was also time for those have been attending our ongoing dance classes to 'show off' their dancing skill be it Waltz, Cha Cha or Jive.... and, as the saying goes... "NOW EVERYONE CAN DANCE!!!"

Overall, it was definitely a memorial evening where everyone enjoyed themselves – truly a display of our member's appreciation and enjoyment of dancing!!

*By Susie Cheah
Ballroom Dance Club*

CHA CHA CHA LESSON
Starting 6th July 2016
every Wednesday 8.30 pm to 9.30 pm

venue: **YMCA Hall**

Fees per month (4 lessons) :
BDC Members - RM 10
Other YMCA Members - RM 15
Non Members - RM 20

instructor: John Ow & Michelle
contact John : 012-4518837
or treasurer Irene : 012-5620837

**Y.M.C.A.
Ballroom Dance Club**



SWING WALTZ

every Wednesday 8.30pm to 9.30pm

(4-Jan-2017 to 22-Feb-2017)
venue: **Penang YMCA hall**

BDC members...RM 10
Other YMCA members.RM 15
non-members.....RM 20
(fee for 4 lessons)

instructors: **Stanley & Maggie Fong**
contact: **Stanley 012-4946362**
or treasurer Irene 012-5620837

**Penang Y.M.C.A
Ballroom Dance Club**



BASIC WALTZ
(revision & additional sequence)
Starting 8th March 2017
Every Wednesday 8.30pm to 9.30pm

Venue: **YMCA Hall**

FEES PER MONTH (4 LESSONS)
BDC Members – RM10.00
Other YMCA Members – RM15.00
Non Members – RM20.00

Instructor: **Anna Koay**
IDTA Associate of the Ballroom Faculty
NATD Associate – Teacher of Dancing
Member of Malaysia Ballroom Dance Council

Tel: Anna Koay 019-4469046
Tel: Irene Ow Yeng 012-5620837

* Module complete within : 8 Lessons

Y.M.C.A. BALLROOM DANCE CLUB




Let's dance
CUBAN RUMBA


every WEDNESDAY 8.30pm to 9.30pm

(02-Nov-2016 to 21-Dec-2016)
venue: **YMCA hall**

(fees for 4 lessons)
BDC members.....RM 10
Other YMCA members.....RM 15
Non-members.....RM 20

instructors....John Ow & Michelle
contact John : 012-4518837
or treasurer Irene : 012-5620837

**YMCA
Ballroom Dance Club**




Dancing the night away



Let's sway



Group photos of some of the attendees

YMCA Merchants List

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



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Style Photo Sdn. Bhd
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Tel: 04- 226 3821
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Bestech Sports Enterprise
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Sports equipment & Accessories
10 % discount for sport equipment's & accessories
(Excluding shuttlecock & promotional items)



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and others promotion packages.



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5% discount on Studio Photo service



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www.oorganic.com.my
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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
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*A minimum of RM35 on bill to be eligible for discount.
This discount does not apply to any corporate or private functions.



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Discount Merchants for ALL YMCA Members

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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.

