

# THE MESSENGER

OFFICIAL NEWSLETTER OF THE PENANG YMCA



JANUARY TO JUNE 2018  
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](http://www.ymcapg.com)  
E-mail : [hostel@ymcapg.com](mailto:hostel@ymcapg.com)



**Social Media class for Senior Citizens**







## Contents

JANUARY - JUNE 2018



**03**  
President's Message

**14**  
How to start a small  
business seminar

**26**  
Y Hangout



**04**  
General Secretary's  
Message

**15**  
Easter Sunrise Service

**27**  
English Class for YMCA  
Staff



**06**  
Social Media Class for  
Senior Citizens

**17**  
Christian Fellowship  
Meetings

**28**  
World Vision



**08**  
CNY Staff Pot Bless

**19**  
Executive Committee  
Meeting

**30**  
Ballroom Dance  
Activities

**09**  
World Challenge  
– Marathon Run

**22**  
Participatory Workshop  
for YMCA Staff

**31**  
Health Talk: Human  
Papilloma Virus and  
Related Cancer

**11**  
PMY  
Chinese New Year  
Celebration 2018

**23**  
Friends from Chinese  
YMCA of Hong Kong  
visit Penang

**32**  
Merchants List

**12**  
Sport's day of Federation  
School for the Deaf

**25**  
Farewell Party for Nayen

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

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

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





## President's Message



The long-awaited GE14 has at last been successfully and, by the grace of God, peacefully concluded. We thank and praise our Lord for answering our prayers for a peaceful GE14.

Our campsite land in Balik Pulau is expected to be operational in the not too distant future. Pray that our Lord will bless us in our plans to successfully serve the needs of not only our youth but also our community and society at large.

Meanwhile let us press on with our planning and preparation for our forth coming 60th Anniversary Celebration next year 2019. It is only about a year away and it is therefore imperative that all efforts be stepped up now. To this end we will need to call on each and everyone to come forward and volunteer in one form or other to help and ensure a meaningful and successful 60th Anniversary Celebration!

Leadership training for successful continuation in worthy committed leaders is demanded to keep our YMCA constantly upgraded and relevant. We need to be on the lookout and engage in talent spotting so as to bring in promising potential leaders who can and will continue to build on what we have already accomplished. This is an on-going mission and we must not give in to the temptation of resting on our laurel.

The recently concluded sessions on "Computer Lessons for Beginners" were a success, if the good attendance is anything to go by. Heartiest congratulations to the Chairman Mr Asher Leo and members of our Youth & Sports Committee for their efforts in organizing the sessions with the co-operation and invaluable help of youth/young adults from KDU College, Penang. Special mention should also be made to acknowledge and appreciate the contribution of our supporting staff in the persons Mr Michael Cheong and Ms Rona who worked tirelessly to ensure the sessions were running smoothly. The response and feedback could not have been better. Thank you all for a thoroughly

enjoyable learning experience for us "Dinosaurs"! In our on-going effort to cater to the needs of our youth and members, we have recently set up a "HANGOUT" next to our Y café on Level 2. This is to provide a convivial place for the development of meaningful fellowship and interaction to strengthen the bonds of friendship and camaraderie. Students may also want to use it as a convenient place to read and study. It is there for your use and enjoyment. Make YMCA your preferred place to meet and have fun. We want you to feel comfortable and at home!

The National Council of YMCAs in Malaysia held its AGM on 14th April 2018 at KL YMCA. We congratulate all those successfully elected into office and pray for our Lord's guiding influence to enable them to carry out their respective functional duties and responsibilities with deep commitment and self-sacrifice!

### **NATIONAL COUNCIL OF YMCAs, MALAYSIA BOARD LINE-UP 2018-2019 AGM held on 14th April 2018 at YMCA Kuala Lumpur**

**PRESIDENT:**

Dato' Daniel Tay (YMCA Ipoh)

**VICE PRESIDENTS:**

Temenggong Vincent Lau (YMCA Sibul)  
Rev. Philip Thomas (YMCA Kuala Lumpur)  
Mr. Jerry Choo (YMCA Penang)

**HONORARY SECRETARY:**

Mrs. Grace Choo (YMCA Penang)

**CHAIR, NYDC:**

Mr. Asher Leo (YMCA Penang)

**CHAIR, GENDER EQUITY:**

Ms. Priscilla Kong (YMCA Kuala Lumpur)

**EXCO MEMBERS:**

Mr. Ng Yee Khai (YMCA Ipoh)  
Mr. Michael Thong (YMCA Ipoh)  
Mr. Teh Meng Chye (YMCA Kedah)  
Ms. Terrie Loo (YMCA Penang)

**National Coordinator**

Ms. Ong Sooi Gaik (General Secretary, YMCA Penang)

To God Be The Glory



## *General Secretary's Message*

I am energized as I look forward to attend the 19th World Council from 8th to 14th July 2018 in Chiangmai which is less than a month as I sit down to write this message for THE MESSENGER.

As much as I look forward to attend my first World Council meeting I could still remember the last delegation that was sent by the Penang YMCA to attend this meeting which was held once every 4 years.

The delegation from Penang YMCA in 1994 comprised Mr. Tan Chooi Lye, Mr. Siew Hon Hoong, Mr. Anthony Dass, Mr. Khoo Gim Teik, Mr. Gerald Malayapillay and Ms. Anne Chua Ai Lian.

Mr. Tan Chooi Lye and Mr. Siew Hon Hoong are currently serving as Trustees of Penang YMCA. Mr. Anthony Dass, Mr. Khoo Gim Teik, Mr. Gerald Malayapillay and Ms. Anne Chua Ai Lian have since retired from the Board.

As I went through the report from Mr. Tan Chooi Lye, I extracted some information of the meeting and how it benefitted our Penang YMCA directors.

The 13th World Council meeting was held at Warwick University, Coventry, England from 26th July to 2nd August 1994 with the theme "That they all may be one".

The World meeting was also to commemorate the 150th Anniversary of the founding of YMCA in London and the celebration was held on 28th July 1994 another historic occasion graced by Her Majesty the Queen of England accompanied by the Duke of Edinburgh.

From Mr. Tan's report the meeting was truly an experience the Penang YMCA delegation would remember as he described how the YMCA Flag flew high at the tower of Westminster Abbey on the celebration day, a Thanksgiving Service at Westminster Abbey one of the oldest places

of Christian worship in the world and one of the stained glass windows dedicated to George William and the YMCA.

Finally, Mr. Tan penned that the exposure at the World Council benefitted the directors and enabled them to have a better understanding of the mission and purpose of the YMCA and what the YMCA is and should be.

He said that with the exposure and the experience gained, the directors would be able to continue to serve the Penang YMCA with greater vigour and commitment.

For the 19th World Council meeting, Penang YMCA is represented with 4 directors, 1 change agent cum director and 4 full time staff.

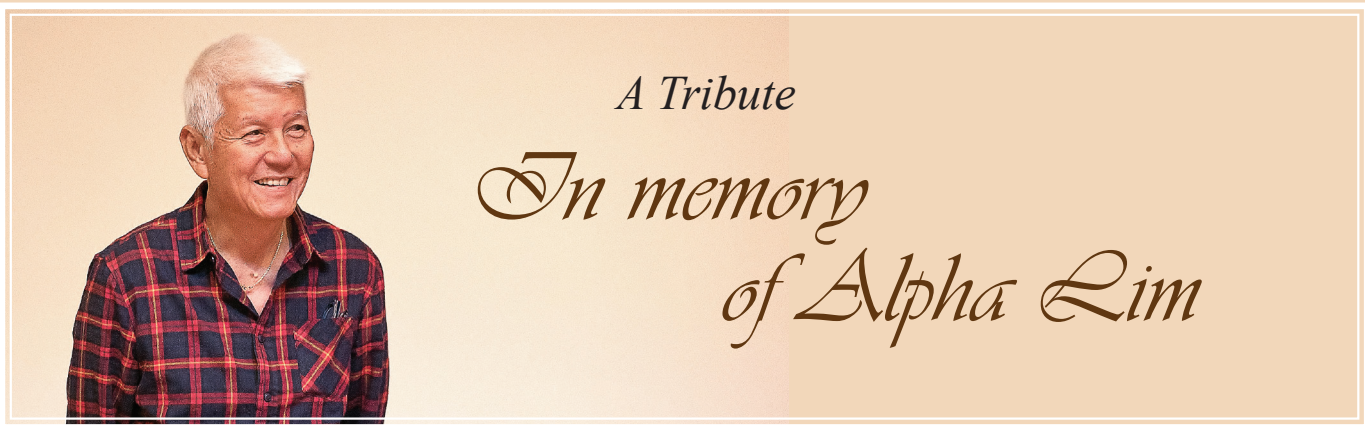
Through the support of the Penang YMCA and board members we were able to participate in the 19th World Council meeting after our last delegation in 1994.

It is already 24 years since 1994, therefore as a delegation I urged our directors and staff to make it a truly unforgettable experience to bring back what we learn to give back to the Penang YMCA and the community we serve.

Let us use our time wisely during the Council Meeting to participate and make new friends so that we can bring back new ideas, new programs and activities to move our Penang YMCA forward.

*Ong Sooi Gaik  
General Secretary*





*A Tribute*

*In memory  
of Alpha Lim*



I am sad to bear this news to our fellow Y members who may not be aware that our Director, Chairman of Senior Citizens Club and friend passed away peacefully on 7th June 2018 at 1.30 a.m.

On behalf of the Penang YMCA Board and staff, I wish to express again my deepest condolences and sympathy to Mrs. Grace Lim and her family.

Mr. Alpha was a member of the Penang YMCA since 6th July 1994. He was in the Y family fellowship for around 23 years plus.

Mr. Alpha joined the Y as an Associate member until 9th December 2012 when he converted his membership to Full membership after he became a Christian.

An avid ballroom dancer and karaoke singer, Mr. Alpha was also very active with the YMCA Senior Citizens Club. He was the Club's Chairman in the early 2000 until his demise.

On 9th April 2015 at the 56th Annual General Meeting, Mr. Alpha was appointed a YMCA Board member. The following year on 7th April 2016, Mr. Alpha was elected Chairman, Membership Committee. Mr. Alpha served on the Board and Chair of the Membership Committee until his demise.

Mr. Alpha's presence would be missed at our Board meeting likewise the fellowship he shared and spent with his Club's members and friends at the Penang YMCA.

REST IN PEACE - ALPHA

Ong Sooi Gaik  
General Secretary







*Madam Phaik Choo determined to better her smartphone skills*



*Even the President of YMCA, Mr Geh and his wife didn't want to miss this opportunity to learn*



*Mr Lim was very satisfied with the assistance from Dini (KDU student)*



*Mrs Ho learning how to browse through online news*

## *Social Media Class for Senior Citizens*

This year, the Youth and Sports committee had their first program in teaching senior citizens about Social Media. The classes were divided into three sessions (12th, 19th and 26th May 2018) on Saturdays. Each session lasted from 10.00am to 12.00pm.

The classes were facilitated by Mass Communication students from KDU University College in the YMCA Love room. Unexpectedly, the response was good. We had about 30 senior citizens who signed up for the class.



*Crystal going through the steps on using Google*

The topics that were covered in the Social Media class was “How to use G-Mail”, “Surfing the internet”, “How to use instant messaging, social networking and accessing YouTube and phone-cameras”.

The participants were delighted with the classes because they had the opportunity to learn the internet using their own I-pads and hand phones. Some of them express the hope to have more courses like this in the future. Their feedback encouraged us to hold more IT-savvy programs.



*Learning never stops even during the senior years*

YMCA staff  
Rona Clarenie





*First group to teach the senior students*



*The second group happy with the class!*



*The last group for the I.T class!*





*Everyone is happy when there's food*

## ***CNY Staff Pot Bless***

There's nothing more meaningful than gathering for a fellowship meal to celebrate the joyous Chinese New Year!

On 2nd of March 2018, YMCA staff from different departments gathered at the Y-Hangout for a pot bless lunch. Delicious food prepared were: stirred fried springy noodles, mouth-watering spicy curry chicken, crispy spring rolls, moist chocolate cake and many more. Of course, toasting the Yee Sang gained the most attention. We made the traditional toast with the utterance of bountiful blessings toward ourselves and YMCA.

During lunch, we fellowshiped and got to know one another better. It was a short but yet meaningful opportunity for us to know more about one another besides just being colleagues.

Wishing great fortune to the YMCA in this cheerful Golden Dog year!

*PL Koon*  
*YMCA Staff*



*Yee Sang time!*





*One of the top 20 participants to reach within 2 hours*



*Determined to reach the finish line – Girl power!*



*The event saw international participants too*

## ***World Challenge – Marathon Run***

As this year’s World Challenge theme is “Run the YMCA World,” YMCA Penang challenged our local community to run 5KM a day between May 16th to 2nd June 2018 for fitness and also mental health awareness.

The participants will then have to snap their track record from their digital devices (smartwatch, smartphone or pedometer) and submit it to the YMCA as an official submission to this campaign.

The Youth and Sports have also decided to award an e-certificate to those who successfully run 5KM as an encouragement to them and also to promote the spirit of being part of the YMCA.

Participants of the challenge consisted of students from local colleges such as Segi, INTI and Equator, regular joggers, marathon runners and even couch potatoes took up the challenge to run the distance.

Other than that, YMCA Penang partnered with the local triathlon event held on 27th May 2018 that was organized by the Penang Swimming Club and Chinese Recreational Club. Some 400 participants (from 8 to 40 years of age) attended the event. Everyone had a fantastic time!

*Rona Clarenie  
YMCA staff*







YMCA partnered with the Penang Coast Triathlon for the World Challenge



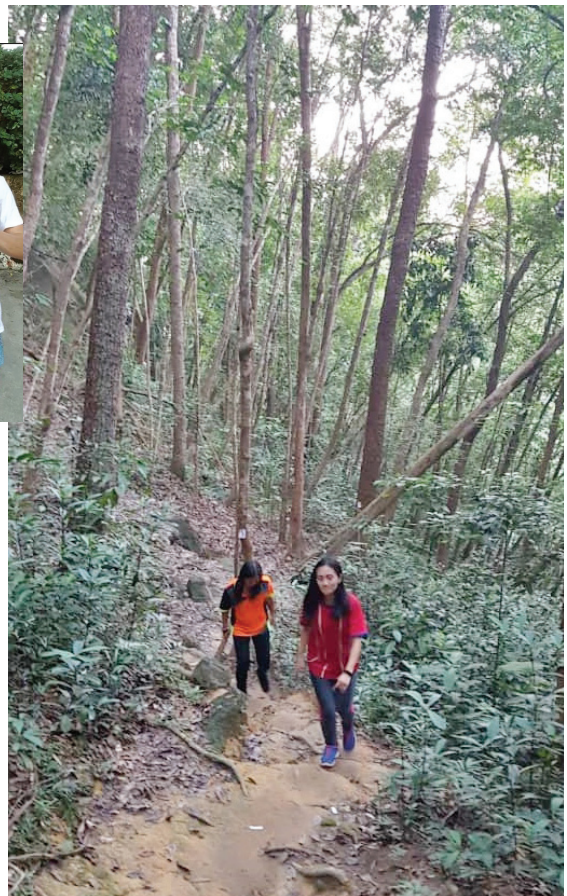
Muniss from SeGi college ran 5km in his college gym



Suzan from INTI College participated too!



Reached gate No. 5, a 3KM uphill climb in Botanical Garden



Rona and Suzie's journey up the hill



Even Mike and Kim Meng joined in the climb





Everyone is excited to start the Chinese new year's meal



We did not forget the customary Yee Sang toasting



Ms. Terrie Loo, PMY Chairman fellowshiped with the Deaf participants

# PMY Chinese New Year Celebration 2018

Pusat Majudiri Y organised the Happy Chinese New Year celebration on 3rd March 2018. 21 deaf and hearing participants and some volunteers joined our CNY celebration. It was great sharing a potluck meal with the deaf community!

We wish everyone a blessed new year of prosperity, joy, success, health and peace.

We posted a video on the YMCA Penang Deaf Club's Facebook page with us wishing a Happy Chinese New Year 2018 to everyone! May you and your family rejoice with bountiful blessings this Lunar New Year!

Kelvin Suy  
YMCA Staff



Icebreaker time - storytelling using body language



Our volunteer from Equator joined the fellowship with the Deaf



# Sport's day of Federation School for the Deaf



Ms Goh the Penolong Pengetua expressed her gratitude to IHSM and YMCA for conducting the event



Talented designer!



Scrabble – a good way to challenge the mind

On 5th May 2018, IHS Market collaborated with YMCA Penang to organize an event for the students from Federation School for the Deaf (FSD).

I was one of the YMCA volunteers who participated in this event which was led by YMCA staff Michael and Kelvin Suy.

We gathered at FSD at 8:30 am, where IHS staff and Kelvin had already begun prepping for the event. We were then briefed about the program by one of the IHS staff. This was a new experience for me and I was very eager and excited.

The program started with us dividing into groups to help facilitate the activities and station games held. Ms. Goh, the school representative and Ms Ong Sooi Gaik, General Secretary of YMCA Penang - welcomed us in their

speech. We then proceeded with the first activity – Shoe Designing.

Students were each given a pair of shoes and were allowed to draw and design them as they wish. This activity was fun! I was impressed with all of the students' creativity. This activity was very enjoyable as we had a good time helping the students with their designing.

The event then followed with station games like – Kick the Can, Scrabble Word Finder, Ping Pong, Guess the Word, Basketball and Hula Hoop. The students as well as the IHS staff and YMCA volunteers had such a great time and everyone was in such energetic spirit.

Towards the end of this activity, winners were announced, and prizes were given. However, no one was left behind as all students

received gifts as well. This was very thoughtful as we saw smiles on all of their faces. We had a photo session before lunch. Sadly, the day had to come to an end. This event was very meaningful and close to my heart as I had the opportunity to be close to these wonderful students.

I did not only enjoy myself, but I learned many new things from them. I look forward to participate in more programs involving FSD students as this is an opportunity for all of us to learn.

“Not all of us can do great things, but we can do small things with great love” – Mother Theresa.

Daisy  
PMY Volunteer





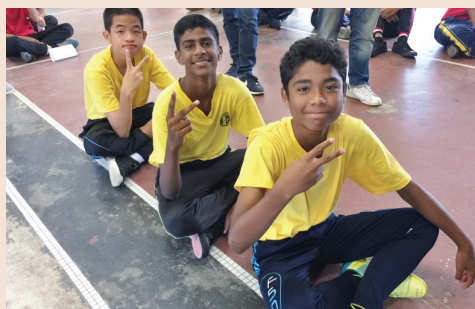
*Thank you IHS-Markit for making the children happy!*



*Our Y-volunteer excited to be part of today's program*



*Design the shoe- the children received a plain white shoes to design with colour pens*



*Thrilled to start the activities*



*Mr Kelvin and IHSM gave their opening speeches*



*Ms Daisy (Y-volunteer) leading the group*



*So proud with their designs <3*



*Everyone did a great job in designing!*





*Ms. Jennie, the first Malaysian deaf blogger sharing her experience in this field*



*Everyone is happy to receive new knowledge and insights on how deaf people work as a social media influencer*

## *How to start a small business seminar*

On 28th April 2018, Jeannie Tan who is deaf gave a very interesting business talk on the topic 'How to start a small business at the Penang YMCA.

She runs her own business in graphics and marketing. The workshop attracted nine participants including the deaf and the hearing.

In Malaysia, the government encourages the hearing-impaired community to start their own businesses. Most hearing people have a lot of companies, but she does not see the deaf using their talents and management skills for their own businesses.

She dreams and wishes that



*YMCA appreciates our speaker's time and effort in making this workshop a success!*



*Not to forget Mr. Samuel Chew, for interpreting the whole workshop for both hearing and deaf participants*



*Participant Mr. Rajesh gave a brilliant question on being confident when managing own business*

the deaf community will start new businesses and stand out independently in the future.

She shared about the possibility for more Deaf businesses in Malaysia as a form of advancing Deaf Awareness. She also prepared some samples to illustrate what she meant.

I felt amazed that she built up her company in 7 years. It was

awesome! After the session, we had some time for questions and answers. I believe that she has a lot of experience during her seven years and that she will be building a bigger company soon.

We would like to thank Samuel Chew as well for interpreting for the hearing participants. The hearing participants had fun and also learned from her experiences in Malaysian businesses.

They are now aware that the deaf can also start their own business. We hope that this workshop will bring significant benefits and new chances for the deaf community one day.

*Ben Liew  
Participant*





*Mr Jerry Choo shared on the importance of Jesus' resurrection*



*It is wonderful to serve the Lord (Ms Jolene and Ms Rona faithfully serve even in early morning)*

## *Easter Sunrise Service*

Close to a hundred members and friends turned up for this year's Easter Sunrise Service. The service was held on Easter Sunday, 1st April 2018 at 7.00 a.m. at the YMCA Hall.

The service began with singing of hymns and worship songs. The scripture reading was from the Book of Romans 6: 3-11. The Easter message "Because He lives, we live also" was delivered by Mr. Jerry Choo, Vice President of the National Council of YMCA Malaysia and Director of YMCA Penang.

The earth shook with the news. "He is not here. He is risen!" And in that moment, joy replaced despair and life conquered death not just that day, but for eternity.

Just three days after the death of Christ, a group of women went to the tomb, preparing to anoint His body with spices. But instead of a body, they found an empty tomb and the assurance that their Lord had risen, just as He promised.

On Easter, we celebrate a God who turns deepest mourning into the most triumphant joy. He is risen, indeed! Easter is, at its heart, the Christian commemoration of Christ's death, and, three days later, His emergence from the tomb, and all of the freedom and victory that those events entail. The resurrection is the historical marker that lies at the centre of everything we believe, and within it, is found the promise of eternal life for believers in Jesus Christ.

*"Our Hope is anchored in the past:  
**Jesus Rose!**  
 Our Hope remains in the present:  
**Jesus Lives!**  
 Our Hope is completed in the future:  
**Jesus is Coming! ,,***

Breakfast was served after the service, followed by more catching up and fellowship among friends and members.

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



**HE HAS  
RISEN!  
CHRIST OUR  
PRECIOUS  
HOPE**

*“Why do you look for  
the living among the  
dead? He is not here;  
he has risen!” Luke  
24:5-6*

**PENANG  
YMCA**

**WELCOME TO OUR EASTER SUNRISE SERVICE**

*because*  
**HE LIVES**

An Easter Sermon About  
Why the Resurrection Matters

**Because Jesus Lives  
I Can Face Tomorrow**



*Celebrating Easter with songs of praise*



*Enjoying breakfast after the service*



*Listening to the sharing diligently*



*Pastor Wallace joined the service with his family*



*Madam Mary Ling looking all bright to celebrate this special day*




# Christian Fellowship Meetings

Our monthly Christian Fellowship Services are held on the last Thursday of the month, at 8.00 p.m. in the Chapel. For more information of our Fellowship services and events, kindly contact our Program office at 04-2288211

Our heartfelt thanks to all our speakers, Pastors and church leaders who shared the Word of God at our monthly services.

**PENANG** The Young Men's Christian Association of Penang  
**YMCA** **CHRISTIAN FELLOWSHIP**



**Speaker :** Pastor Wallace Tan  
**Date :** 22<sup>nd</sup> February 2018, Thursday  
**Time :** 8.00pm  
**Venue :** YMCA Penang, Chapel (Level 2)

Pastor Wallace Tan from the Apostolic Community Church, Penang was our guest speaker. He shared on "The Greatest Commandment in the Bible" (Matthew 22: 34-40)


**PENANG** The Young Men's Christian Association of Penang  
**YMCA** **Welcome to our Christian Fellowship**



**Speaker :** Pastor Samuel Teh  
**Date :** 26<sup>th</sup> April 2018 (Thursday)  
**Time :** 8.00 p.m.  
**Venue :** YMCA Penang, Chapel (Level 2)

Sharing by Pr Samuel Teh from Vineyard Community Church, Penang. Sermon entitled: "Expect To Be 'Surprised' By God" (scripture text- 1John 5:14-15). Besides sharing the message, he also shared some of his personal life testimonies.

**PENANG** The Young Men's Christian Association of Penang  
**YMCA** **Welcome to our Christian Fellowship**



**Speaker :** Sister Carmelita Xavier  
**Date :** 31<sup>st</sup> May 2018 (Thursday)  
**Time :** 8.00 p.m.  
**Venue :** YMCA Penang, Chapel (Level 2)

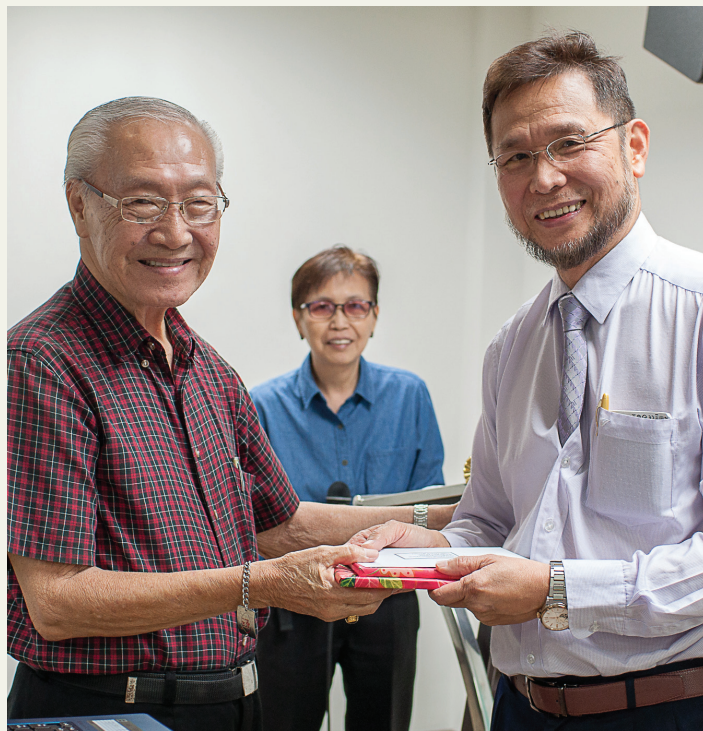


Sis Carmelita Xavier, who worships at the Church of Divine Mercy, Penang shared the exciting message titled " I AM SORRY" from the Gospel of Matthew 6: 9-15

Dr. Mallise Tong  
Director/Chairperson  
Christian Care Committee



Pastor Wallace sharing the message of love



Pastor Samuel receiving a love gift from Mr Geh



Worship led by Mr Albert Chuang



Ms Carmelita gave a wonderful message on forgiveness



Congregation gathering to praise the Lord



Fellowship time after service





*Ms Ong Sooi Gaik (General Secretary, YMCA Penang) received a token on behalf of YMCA Penang from Mr. Babu Markus Gomes (President APAY) and Mr. Nam Boo Won (General Secretary, APAY) for being part of the GATN site sampling program*

## ***Executive Committee Meeting***

**14–18 March 2018, Hong Kong**



*The meeting of the leaders of APAY*

This year we had the opportunity to represent Malaysia as an attendees at the Executive Committee Meeting held by The Asia and Pacific Alliance of YMCAs (APAY) on 14 to 18 March 2018 in Hong Kong. 149 delegates from 21 movements including the Organizing Committee of Luang Prabang YMCA, Laos in the Asia-Pacific region attended the meeting.

Special guests included former APAY Presidents Philip

Kwok, Chim Hou Yan and Park Jai Chang; partners from YMCAs of Canada and USA. There were also representatives of Y's Men International, including its International President-Elect, Moon Sang-Bong and International Secretary General, Takao Nishimura. They were there to have a Y's-Y joint partnership meeting during the ECM.

In APAY's Feb-March 2018 newsletter, Mr Chan Beng Seng wrote "The ECM is meeting at a very crucial time in the Asia Pacific. Despite seemingly significant economic developments that have taken place in many countries, poverty, conflicts, human rights abuses, and geopolitical tensions continue to remain as serious challenges for the people." This is indeed a serious issue and we at YMCA must stand between the gaps.



*The new YPLD committee of 2018-2019*





*The team behind the scene*



*YMCA People*

We also attended the YPLD (Youth Participation and Leadership Development Committee), where we spoke about the importance of sharing national/local programs among members.

We were able to learn more about the various engagements and actions within the region with regards to youth empowerment. We also expressed the hope that the ECM could be made more youth-friendly by providing opportunities for youth-led sessions and facilitations.



*Group discussions in progress*



*Asher sharing his experience as Malaysia's Change Agent*

Apart from official meetings, I also had the opportunity to meet new and familiar faces. Most of all, I had a chance to meet my dear Hong Kong friends whom I met during my YMCA journey. From participants and teammates to genuine friends – this is the bond that YMCA connects.

I look forward to the execution of actions from all the discussions and planning. Unity and friendship constitute a strong movement.

*Michael Cheong*  
YMCA Staff



*Daniel, a YMCA Penang volunteer was present at the YPLD meeting*





*ECM participants of 2018*



*Youths unite*



*Youths of APAY*



*From YMCA participants to life buddies*



# Participatory Workshop for YMCA Staff



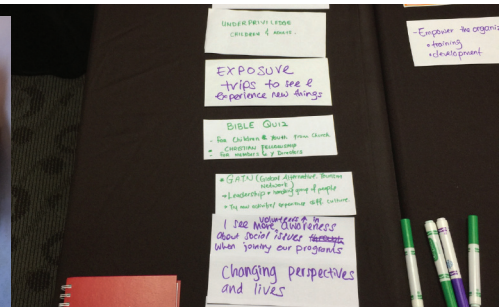
Mr David guiding the activity



Shaping ideas into future growth



Overall, this workshop has benefited the staff in strategic planning for our future programs!



Brainstorming on what staff gain with the YMCA

The staff of YMCA Penang were invited to participate in an exciting short Participatory Workshop conducted by Dr Sue Hasselbring and team on 3 and 4 May 2018. Dr Sue is a Participatory Approach Consultant and also Sociolinguistic Consultant from LEAD Asia - SIL International - a faith-based non-profit organisation committed to serving language communities worldwide.

We had separate sessions for both program and hostel staff. The sessions were refreshing and exciting as the facilitators encouraged participants to voice out our answers and thoughts on the individual topics that were related to the different departments.

For the program department, it was more about shaping

our desired workplace culture, strategy towards planning programs that are orientated to our YMCA mission and vision and also on building stronger teamwork. As for the hostel department, it was more about the betterment of our guest experiences, cooperation and understanding between colleagues and the working culture as well.

This short program encouraged us to brainstorm, think deeply and share honestly in our discussion. Overall, everyone was happy to be able to share, contribute and have a better understanding of one another. We look forward to more of such empowering future sessions.

Michael Cheong  
YMCA Staff



Everyone chips in



The hostel department had a separate workshop session



Mr David further explain on the importance of taking execution steps carefully





*A visit to the famous Pagoda*

## *Friends from Chinese YMCA of Hong Kong visit Penang*



*Let's take a selfie*



*Visiting YMCA Penang's Campsite*



*We had an enjoyable meal together and celebrated Manie's birthday!*

On 19-22 May 2018, we welcomed 11 of our friends from Hong Kong who visited Penang once again for a short getaway to feast on delicious Penang food coupled with tropical island activities and relaxation!

They are professional staff from the Chinese YMCA of Hong Kong whom we have worked with on some GATN alternative tourism programs.

We were thrilled to show them our campsite and chauffeured them to the site using our new 14-seater van. Upon reaching the place, a durian feast awaited them! Some were very excited while some chose

to abstain. Next, Ms. Ong Sooi Gaik, the General Secretary of YMCA Penang took everyone for a quick tour of the site – explaining the exciting plans that are to come.

Then we departed from the site to enjoy the breathtaking sunset view from Sungai Burung. Lots of photos were taken and then, it was time for dinner! Everyone had a scrumptious meal and we managed to surprise Manie who just celebrated her birthday, with a belated birthday cake.

All in all, everyone had a wonderful time. Our guests





*Together we soar higher*

exchanged humorous stories and photographs about their recent adventure at ESCAPE park and also the knowledge gained during their Georgetown heritage explorations. We hope that we can meet again soon and work together on more educational exchange programs.

Michael Cheong  
YMCA Staff



*Our Hong Kong friends enjoying the King of fruits!*



*Mr Chin Seng helping us to open the durians*



*Durians are best enjoyed with friends*



*An amazing view from the Pagoda*



*Ms Ong Sooi Gaik sharing the future plans of the campsite to Frankie and Carmen*





*Thank you Nayand for your 15 years of service in YMCA!*

*All the best to your future.*



## *Farewell Party for Nayen*

I met Nayen, a Bangladeshi, when I joined YMCA in January 2018. Though I had known him for only four months, I could get through to him on what was expected of him. Communication was no issue as he had picked up Bahasa Malaysia and even impressed me with some Mandarin greetings!

Nayen is from WnJ, our provider for housekeeping services. He joined Penang YMCA in 2010 giving us eight good years. He was a diligent worker and well liked by everyone.

He always has a smiling disposition. The guests staying on his floor always had praises for him and many left

him little gifts, which he did not hesitate to declare.

The gifts were mostly biscuits and sweets which he readily shared with his colleagues. On one occasion, he was so happy to show us lovely 'Origami' birds attached with RM4 and a Thank You Note left by one satisfied Japanese guest. He was honest and never hesitated to hand over all Lost & Found Items to the Front Desk.

He left us to return home to Dhaka, Bangladesh as he has been away from his family for eleven years. He had saved enough to start his own business back home. We really miss him and we wish him well in his future endeavors.

Good Luck Nayen!

Jessie Chung  
YMCA Staff



# Y Hangout



*A convenient snack station by the Hangout*

## Why hangout?

The goal of the YMCA is to be a platform for the community to serve the community. We also hope to be a soft presence to the community that gathers here for meetings, visits, duties or even for work.

After much thought and input from the youths, the directors have decided to turn a small space in the YMCA as a special hangout place. The idea is to surround the hangout with automated vending machines that sell instant beverages and yummy food.

Since our soft launch in early 2018, we have seen people “hanging out” especially youths after their karate classes, badminton sessions, business meetings and even parents while waiting to pick up their loved ones.

We hope to improve our hangout even more. It can serve as a haven for fruitful discussions or even as a quiet place to reflect or have a meal or two.

*Michael Cheong*  
YMCA Staff



*Open 24/7 – it's for everyone!*





*The classes were fun and interactive*

## *English Class for YMCA Staff*

From January to February 2018, YMCA Penang's staff attended an English language improvement class to better our command of the language. The course was conducted by Cheryl Frankhauser, an Australian teacher who also teaches English classes at the YMCA regularly. 14 YMCA staff attended. Here are some feedback from our staffers:

**Sanita (Hostel Receptionist):**

This class has helped me better my e-mail communications.

**Shanti (Program Receptionist):**

The class has helped me improve my communication skills with guests and customers.

**Lai Lean (Administration):**

Thank you, YMCA Penang, for giving staff an opportunity to learn the English Language so that we can write better minutes/ reports.

**Prema (Administration, Hostel):**

Thank you, YMCA, for organizing this class for us! It has helped me to write proper minutes and reports.

**Eng Kee (Building Services Executive):**

I'm grateful for the opportunity to be able to attend



*Ending our class with good fellowship*

this class to improve my writing skills and brush up my English language.

**Rona Clarenie (Assistant Program Executive):**

This class helped me improve in my report writings and how to write proper minutes and reports concisely.

**Ms. Koon (Assistant Manager):**

The lessons were practical and useful. I can now prepare better work proposals.

**Michael Cheong (Assistant General Secretary):**

It was a good revision for me. I loved studying together with my teammates! I was able to change my mindset and re-learn different methods of writing and speaking.

To end the class, we had a fellowship dinner at Tsunami Village. Everyone, of course, spoke in English and had a good chat sharing our experiences and improvements on the usage of the language.

YMCA Staff



# World Vision



SEEDs 30 Hours Famine participants 2018



Proud to be part of the World Vision movement



Michael sharing about the spirit of Volunteerism



Rona sharing about the YMCA

The SEEDs 30-Hour Famine camp is here once again! The event was held from 9th to 10th of June 2018, with a total of 60 youths.

This event is held yearly where youths participate in a 30-Hour Famine challenge program as campers and volunteers. Through this program, they will experience living life in dire conditions through various activities.

YMCA Penang had the opportunity to share with the participants about the YMCA movement and mingle

with the youths who have the initiative to fundraise for the hungry.

The event ended meaningfully as the participants have experienced 30 hours of hunger and now possess the desire to aid more underprivileged communities! YMCA Penang is proud to be the program venue sponsor. We, too, have adopted 5 World Vision Karen Children from Chiang Mai, Thailand for whom we are raising funds as well.

By Rona Clarenie  
YMCA Staff





*There was even a musical performance to uplift the crowd*



*Fun group activities*



*It's game time!*



*Team work makes the dream work*



*Kim Meng encouraging participants to follow YMCA's social media to know more about Y activities*



# Ballroom Dance Activities



Overwhelming response for Samba class

The Ballroom Dance Club first activity for the year started off with a Rumba Dance Class conducted by Mr Lim Poh Hu, a very experienced Latin dance instructor. The module of 8 lessons stretched from 3.1.2018 to 28.2.2018 and attendance was very encouraging with a total of 64 students.

After all the Chinese New Year fuss and family reunions were over, the Ballroom Dance Club had a special belated CNY dinner party subsidised by the Club for its members. About 77 members and guests attended the simple gathering on 04.03.18 at UNI Musical Restaurant, Penang Road. It was an evening of dancing and karaoke singing and not to mention some Lucky Draws for participants to take home.

The second dance class of the year was Tango, conducted by Mr & Mrs Lok Kok Meng who are also our Club Members. This ballroom class attracted some 52 students and was held from 7.3.2018 to 25.4.2018.

The Ballroom Dance Club Annual General Meeting was held on 18.3.2018, and the meeting was conducted in an orderly manner. Nomination and Election of office bearers for the post of Chairman, Vice Chairman, Secretary and Treasurer were unopposed.

As at this point of writing, we are conducting a Samba Dance Class with Mr Khor Kin Ho, more popularly known as “Ah Ho” as mentor. Response to this class was most encouraging as not only is Mr Khor an established Latin Dance Instructor but known for his lively and energetic personality and the classes he conducted are always enjoyable.

To keep our members updated with the latest dance trend, the Club initiated a workshop on 23.05.18 for members to have an insight of a famous dance in America – the “American Smooth”. It was well conducted by a young professional couple from China and participants were enthusiastic and did not hesitate to take to the floor the graceful combination of Latin and Ballroom movements they acquired during the 90 minutes workshop.

To wrap up our activities for the first half of 2018, the Committee is pleased to say that through our on-going dance classes and social events within the YMCA premise has attracted new members to join both YMCA and BDC and we foresee enrolment to increase steadily.

Susie Cheah  
Hon.Secretary,  
YMCA Ballroom Dance Club



Dancing the night away



# Health Talk: Human Papilloma Virus and Related Cancer



Learning about HPV related diseases



Mr. Robert Moses welcoming participants and speakers

Dr Chew Ghee Kheng, a Consultant Gynaecologist, specialising in Gynaecological Oncology Surgery gave an interesting Health Talk on “Human Papilloma Virus and Related Cancer” on 25th April 2018 in YMCA Penang.

Her talk covered various aspects of Cervical Cancer affecting mainly females aged between 25 to 59 years of age. She said HPV infection is the cause of Cervical Cancer and it takes about 10 to 12 years from infection to development of Cancer.

However, HPV infection is very common and 80% of women who are sexually active will have HPV infection in their lifetime. Most women who have HPV infection can clear the infection and have no lasting problems.

The oncoming of Cancer can be prevented by screening where cells from the Cervix is collected for analysis using HPV test. To further prevent Cancer, young girls



Dr. Chew, a specialist from Adventist Hospital sharing on HPV disease



Participants registering their attendance

who have not been exposed to HPV can be vaccinated to give them the immunity against Cervical Cancer.

There are two groups of vaccine, one being able to protect against 2 main types of HPV16 and 18 and the newer vaccine that protects against 7 types of high-risk HPV.

However though vaccinated these women will still have to continue with cervical screening. HPV also causes cancer in the vulva, vagina and anus. Awareness of the disease hopefully will encourage women to seek help earlier to get better outcomes.

This talk attracted about 62 people, and there was also a 10 min Q&A session where the Doctor answered all the queries put forward to her by some of the people present.

At the end of the talk, light refreshments were served to all for attending the talk.

Robert S Moses  
YMCA Director





## YMCA Merchants List

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



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

Your destination is our goal  
[www.airpak-express.com](http://www.airpak-express.com)

**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**  
130, Jalan Perak, Jelutong, 11600,  
George Town, Pulau Pinang  
Tel: 04- 226 3821  
Tel / Fax: 04-226 1902

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



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

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



**Gnosis Professional Hearing Services**  
368-2-14, Bellisa Row, Jalan Burma,  
Pulau Tikus, 10350 Penang  
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**  
17, Jalan Pasar, Pulau Tikus, 10350 Penang  
Tel: 04- 228 0028 Fax: 04-226 0028  
[ales@oorganic.com.my](mailto:ales@oorganic.com.my) / [www.oorganic.com.my](http://www.oorganic.com.my)  
business Hours 8.00am – 6.30pm, Closed on MON

**10% discount (Except discounted items)**  
**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




**SYARIKAT PERCETAKAN IRISAN SDN BHD**  
288 Gat Lebuhraya Macallum , 10300 Penang  
Tel: 04-262 6421 Fax: 04-262 4128  
Email: [irisan.oon@gmail.com](mailto:irisan.oon@gmail.com)

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



**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](http://www.doubledged.com.my)  
[doubledged@time.net.my](mailto: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](mailto: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



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



**Broadband Vision Enterprise**  
68-1, 1<sup>st</sup> Floor, Persiaran Bayan Indah  
Bayan Bay, 11900 Penang  
Tel/Fax: 04-644 8928

Digital Signage System  
10 % discount for ALL DSS Solution Products



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



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

Special privileges and rebates for YMCA Members available



**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.



**Hike Enterprise**  
Folding Bike and Accessories  
9, Jalan Zainal Abidin,  
George Town, 10400 George  
Town, Pulau Pinang  
Tel: 012-4825688  
04-2293710 (Tel + Fax)

Discount for YMCA Members available



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

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



**DOUBLE EXPOSURE CAFE**  
49, Muntri Street,  
10200 Penang.  
H/P: 012-3644661  
Email:  
[doubleexposurecafe49@gmail.co](mailto:doubleexposurecafe49@gmail.co)

-10% discount off for every merchandise





**PURRFECT CAT CAFE**  
 No.53, Lebu Muntri,  
 10200 Penang.  
 Tel: 04-2611197  
 Email: purrrfectcatcafe@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



**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



**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



**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



**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



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

10% discount on total bill for YMCA Members worldwide  
 \* Please flash YMCA cards to staff when orders are made  
 \* \*Discounts are not valid for promotions, set meals and additional "add-on" items.



**DS Control Systems**  
 1F, Jalan Nipah, 11900 Bayan  
 Lepas, Penang.  
 Tel: 016-4160171

Alarm, CCTV specialist, door access, car park barrier system. Dedicated service and maintenance team.  
 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



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

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



**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



**MAGIC WORLD PHANTAMANIA**  
 193, Lebu Victoria,  
 10300, Penang, Malaysia  
 Tel: 04-263 3193  
 Email:  
 phantamania.info@gmail.com

-20% Discount for Ticket Entry



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

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



**COOL GHOST MUSEUM**  
 57, Lebu Melayu,  
 10300, George Town, Malaysia  
 Tel: 04-261 2352  
 Email:  
 ghostmuseum15@gmail.com

-20% Discount for Ticket Entry





**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.

**SUPER  
STAR  
MOTOR**

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

-10% Discount for YMCA member



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

-10% Discount for Ticket Entry



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

-10% discount off for every merchandise



**PRECIOUS PAGES RESOURCES**  
56, Lorong Selamat,  
10400, Penang, Malaysia  
Tel: 04-2297678  
Email: preciouspages@gmail.com

-10% Discount



**PRECIOUS PAGES COLLECTIONS**  
56, Lorong Selamat,  
10400, Penang, Malaysia  
Tel: 012-4785678  
Email: preciousones7@gmail.com

-10% Discount



## YMCA PROGRAMME COUNTER

*BADMINTON COURT RENTAL RATES (w.e.f 1/4/15)*

DAY / TIME	MEMBER RATE	NON - MEMBER RATE
<b>Monday to Friday</b>		
9.00am - 5.00 pm (off - peak)	RM 6.00 / Hour	RM 6.00 / Hour
5.00pm - 11.00 pm (peak)	RM 11.00 / Hour	RM 12.00 / Hour
<b>Saturday &amp; Sunday Public Holiday</b>		
9.00 am - 11.00 pm	RM 11.00 / Hour	RM 12.00 / Hour

**All enquiries, payment, bookings & registration**

*Monday to Sunday / 9.00am - 11.00pm (Court activity hours)*



For more information (office operations) Tel: 04 2288211 E-mail: ymcaprogcounter@gmail.com  
**YMCA Penang** No. 211, Jalan Macalister, 10450 Pulau Pinang, Malaysia www.ymcapg.com





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

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

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

### Other Facilities:

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



### Penang YMCA International Hostel

211, Jalan Macalister, 10450 Pulau Pinang, Malaysia

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

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

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



### WiFi Upgrade

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

