

THE

MESSENGER

OFFICIAL NEWSLETTER OF THE PENANG YMCA

YMCA

JANURARY - JUNE 2019

KDN NO: PP 4831/01/2013 (031661)

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

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

Celebrating

60

**PENANG
YMCA**

GROWING

STRONGER • DEEPER • FURTHER • HIGHER

CONTENTS

- | | | | |
|---|--|---|--|
| 03
President's Message | 13
Make I.T. Simple
for Senior Citizens | 24
Board of Directors,
EXCO & Staff | 36
Senior Citizens' Club
Ballroom Dance Club |
| 04
General Secretary's
Message | 14
Volunteers'
Appreciation Night | 26
Mental Health 2.0 | 38
Toastmasters' Club |
| 05
Message from the
Organising Chairman | 15
YMCA Photography
Club Phattalung Trip | 28
Youth Sports Day | 40
YMCA Penang
Strategic Planning |
| 06
Mental Health Camp | 17
Pusat Majudiri Y | 30
Easter Sunrise Service | 43
Cont'... from page 20
Faith in Action |
| 10
Soft Launching of
Music School of
Hard Rock | 20
Yesterday,
Today &
Tomorrow | 31
Christian Care | 45
Acknowledgements |
| 11
World Challenge 2019 | | 33
Health Talk | |
| | | 34
Membership New
Members Gathering &
Best Recruiter Award | |

We are also going paperless!

Our future Messengers would now be in digital format for easy viewing on any smart devices via our website.



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 time has come for us to keep up with current trends. Our “Messenger” which has hitherto been published in “hard copies” for distribution, will soon be in “digital” form enabling our members and all interested in reading and following our activities to do so “online”. Trusting that this switch-over from “hard” to “soft” copies will be what our younger members desire, we encourage even “dinosaur” members like me to learn to adapt to the necessary change-over!

Our YMCA is always on the look-out for young talents. These are our next generation of leaders who will eventually take over from the present generation of “dinosaur” leaders! Currently we have an encouraging set of younger and rather promising Directors and youth leaders. Our Programme Staff are also young and dedicated. They can relate well with the Directors. Together they are a dynamic team which augurs well. We can look forward to and expect spectacular results and accomplishments in the not too distant future.

In welcoming the younger set of Directors and Staff Members, we are not forgetting the immense sacrifices and contributions by the Seniors (“Dinosaurs”) in the past bringing our YMCA Penang proudly to where we are today! Outstanding among the Staff are Mr. Nga Hock Bing (retired, now serving as Property Trustee) and Ms Ong Sooi Gaik (also retired, but gracefully consenting to continue serving on a year-to-year basis). These two amazing persons committed their entire working life to serving the Penang YMCA. May Almighty God continue to bless and sustain them during their retirement years! Among the Directors, there are many outstanding in service

and dedication, such as the late Mr Chan Yik King (President 1970-1978) and the late Mr Ng Kam Sooi who almost single-handedly planned, designed, and supervised the building of our “West Wing” with its superb Badminton Hall! We salute all of them as we commemorate and celebrate our 60th Anniversary!

Come 29th September 2019, we will be celebrating and commemorating the 60th Anniversary of our Penang YMCA. This is a milestone event but due to temporary constraints in our financial position, we have decided to scale down on expenses. Nevertheless, we should have a great Thanksgiving Service and Dinner at a leading Hotel.

For this event to be successful, we expect everyone (Directors, Committee Members, Supporters and all) to give their unstinting support. Kindly respond positively to take up dinner tables and tickets when approached to show solidarity and support for this milestone event of your very own YMCA. We have to thank our Lord for blessing us all these 60 years! Your YMCA can only be as good as what you are willing to put into it. Do not ask what YMCA can do for you. Ask what you can do for your YMCA!

I thank you all in advance for your strong support and wish Penang YMCA “Happy Blessed 60th Anniversary” with more to come!

TO GOD BE THE GLORY!

GEH CHENG LOK, DJN, PJK
President
YMCA OF PENANG

General Secretary's Message



The celebration of the YMCA Penang's 60th Anniversary on 29th September 2019 will be remembered not only for our 60 years' journey but also an announcement to our members that this will be the last publication of THE MESSENGER. From our next issue onwards, you can read all about us and follow our ongoing programs and activities on our Facebook, Instagram, Twitter and YouTube.

This issue of the The Messenger, beside the usual reports on our programs and activities, will cover the history of the Penang Y and our 60 years serving the community. The Anniversary theme is the inspiration taken from Isaiah 40:31 "but they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary,

they shall walk and not faint". The 60th Anniversary Committee came up with the theme "Growing Stronger, Deeper, Further, Higher"

We have to give credit to the Organizing Chairman, Mr. Jerry Choo for choosing this passage and explained its meaning that not only inspired us but remind us the journey HIGHER is just beginning from the 60th birthday of YMCA Penang.

The beautifully designed Logo to fit the theme is contributed by Ms. Janice Chong, Program Executive and supported by Mr. Asher Leo, Director.

The 60th Anniversary collection is from Mrs. Grace Choo and Mr. Michael Cheong to make this issue of our MESSENGER a memorable one.

As we move HIGHER we are reminded and challenged to review and be our own critic to provide services, programs and activities that are relevant, impactful and sustainable. Finally, to keep reminding ourselves that all GLORY should be given to the LORD for his grace and guidance for the last 60 years and more to come.

To commemorate the 60th Anniversary Celebration here is a brief run for the information of our members. We have a series of programs that were carried out during the 1st half of June 2019 i.e. 2 workshops each on Youth Mental Health and CODA (Children of Deaf Adult). Other activities are the Camp for the Handicapped in Hearing from 3rd to 8th August 2019 held at YMCAs Kuala Lumpur and Penang. This is a regional activity held once every 2 years by YMCAs in the Asia & Pacific region and the International Deaf Day celebration with our members and students from the Federation School of the Deaf on 28th September 2019.

Finally, I wish to thank members from our Ballroom Dance Club, Senior Citizen and Toastmaster for their support and assistance towards the 60th Anniversary Celebration. Not forgetting our own Board Members and Staff – THANK YOU.

Ong Sooi Gaik, General Secretary



The highest I have soared come with good memories - EBC (Everest Base Camp) with fellow Y's comrades Alan Goh (Pg Y Director), Yee Khai (NCY Malaysia) & Boon Chin Tan (NCY USA)

Message from the Organising Chairman

It is with humble joy that the YMCA of Penang is able to celebrate 60 years of service to the community. As we look back over the years, we see years full of God's grace, for He has blessed us with a strong sense of community to make the Penang YMCA a neighbourhood friend to all people irrespective of race or religion.

Our theme for this year, "Growing Stronger, Deeper, Further & Higher" is based on Isaiah 40:31. It reflects God's faithfulness that those who hope in the Lord will be strengthened, soaring on wings like eagles, running and not grow weary, walking and not be faint. What this verse means is that those who put their faith, hope and trust in the Lord will succeed and be strengthened to overcome all difficulties.

As a Christian organization that seeks to show the love of Christ through its activities, Penang YMCA bears testimony to God's grace. What we are today, what we have achieved is because God has watched over us and has brought us thus far. So as we celebrate our 60th anniversary, it is with humble gratitude that we give praise and thanks to Almighty God.



**BUT THOSE WHO WAIT ON THE LORD
SHALL RENEW THEIR STRENGTH;
THEY SHALL MOUNT UP WITH WINGS LIKE EAGLES,
THEY SHALL RUN AND NOT BE WEARY,
THEY SHALL WALK AND NOT FAINT**
ISAIAH 40:31 (NKJV).

We are also thankful and praise the Lord for the help and generosity of all donors, volunteers and friends for supporting all our community programs.

It is also with heartfelt appreciation that we recognize the sacrifice and tireless efforts of all committee members, directors and staff to make this celebration a success.

May the Lord continue to bless and strengthen us for stewardship, to look outward to the needs of the community, to serve with open hearts, to see with fresh eyes the needs of others and to see Jesus in every cry for help.

To God be all glory.

Jerry Choo Soon Haw
60th Organising Chairman,
1st Vice President, Penang YMCA

REMININD

25-27 MARCH 2019

NATIONAL COUNCIL YMCA MALAYSIA MENTAL HEALTH CAMP

Penang YMCA hosted a 3 days 2 nights camp on Mental Health Awareness on 25th to 27th March 2019. This program is under the National YMCAs of Malaysia (NCYM) and open to all YMCAs in Malaysia.

We had a total of 41 youths and adults who registered for the camp. We had a significant number from the House of Hope, Salvation Army, Chrystal Home, and also staff from YMCA KL. We also invited three speakers for the camp. The first speaker is Mr. Lau Heng Loon, who is a counselor and runs a counseling center called NTL Counselling and Care Centre. He shared on understanding mental health issues and the ways to have a healthy mind. The second speaker is Mr. Jason



Jay, who is a motivational speaker. He shared on identifying our personalities and character and how to use our character to help build up ourselves. Finally, we have our very own in-house speaker, Mr. Daniel Cheong who shared on his personal experience in character-building and touched on having a healthy mind and keeping ourselves in a healthy environment and surrounding.



Everyone sharing their input during group session with Mr. Daniel Cheong.



Dr. Lau Heng Loon was the first speaker for the Mental Health Camp



Thank You to Mr. Jason for giving a very inspiring session with us

If you experience mental health problems, help is available. Please contact the following at:

Life Journey Centre Sdn Bhd
2P, 2nd Floor, Jalan Lembah Permai,
Tanjung Bungah, 11200 Penang, Malaysia
+6016-420-3517 (mobile)
Email: admin@lifejourneycentre.com





Safe Space for everyone to share their feelings.



Thank You Maxxis for supporting and sponsoring this event.



Good anticipation from everyone

Eight of our volunteers also helped to conduct a session on the last night of the camp. The participants sharing their personal thoughts were quite open to one another. The session created a deeper connection and provided a “safe space” for the participants to speak freely without the fear of being judged. The night ended well as everyone got to know one another better and bonded.



Ms Hui Ling, one of the facilitators.

We also have a special platform for the participants to write encouraging messages to their new friends so that they can take back meaningful memories in addition to awareness on mental health.

YMCA staff,
Rona Clarenie



Team Brook on what they have learnt through the topic of the day



NATIONAL COUNCIL YMCA MALAYSIA MENTAL HEALTH CAMP



They are trying lift her up with 1 finger only with team work!

REMINDE ME

POSITIVE VIBES



A group picture is always a must!

Soft launching of Music School of Hard Rock



Thank You Hard Rock Heals for granting YMCA Penang the USD5,000 grand to launch the Music Room!

It was a memorable day when we finally had the soft launch for the Music School of Hard Rock on the 25 March 2019 during the “Remind me” a mental health awareness program for youths.

It all started when Penang YMCA and Hard Rock Hotel Penang under the Hard Rock Heals Foundation first collaborated in December 2018 in a charitable Christmas party that successfully raised RM13,000 to provide schooling aid for 200 underprivileged children and physically challenged young adults.

After this event, we were contacted by Mr Thomas Chng (Director of HR, Hard Rock Hotel, Penang) who informed us of a grant of USD5,000 under the Hard Rock Heals Foundation that we could apply to empower our community. We always wanted to establish a music studio at the YMCA for youth empowerment, so we excitedly

submitted our proposal in faith that our wish of “changing lives through the power of music” could come true.



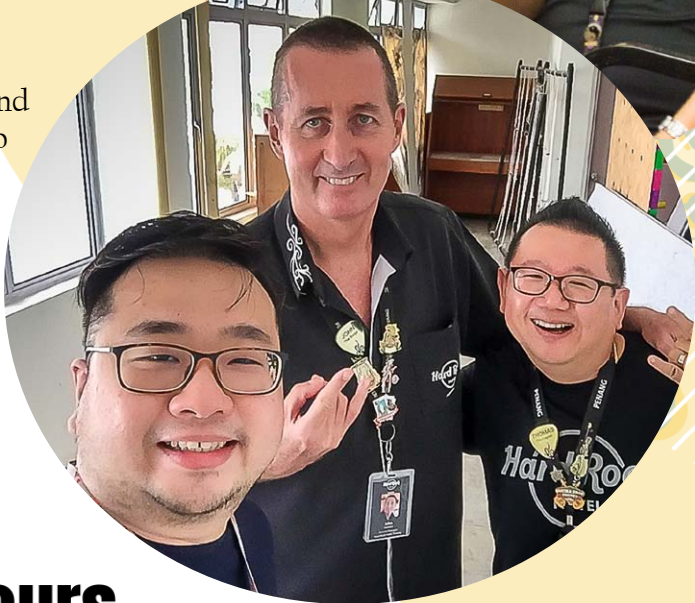
Our prayers were answered when we had a reply that we had been chosen as one of the 50 grant recipients around the world which receive this as part of the brand’s commitment to improving the lives and resiliency of local communities.

This is a corporate social responsibility (CSR) project by Hard Rock Hotel Penang and YMCA Penang that aims to develop young talents among musically-inclined children & youths from targeted charitable homes (e.g. The House of Hope and The Salvation Army Penang Children’s Home) by providing access to music lessons, musical instruments and performance opportunities through the Music School of Hard Rock programme.

“We are honoured to join forces with YMCA Penang as our trusted partner that share our belief in the universal healing power of music,” said John Primmer, the general manager of Hard Rock Hotel Penang. “The ‘Music School of Hard Rock’ programme is a joint effort to improve lives through the power of music, and we are fortunate to receive a generous donation from the Hard Rock Heals Foundation to help support these musically-inclined children & youths to discover the power of music and to inspire their love for music.”

The school would be opening soon and we are looking for teachers or volunteers to help us empower our community through the power of music. Should you be interested, please contact Ms. Rona at 012-499 3411.

By Michael Cheong
Penang YMCA, Staff



World Challenge: 175 volunteering hours

World Challenge is yet again here!

2019 marks the 175th anniversary of the founding of the first YMCA in London, England in 1844 by young men who came together to address the social challenges that impacted their communities.

This year, the World Alliance YMCA challenged all the YMCAs in the world to volunteer for 175 hours and to submit a 2-minute video of their activities to be shared with other Ys all around the world.

It will be posted on 8th June, which is the YMCA's birthday!

Hence, on the night of 27th May 2019, the Youth and Sport's committee decided to partner with Kechara Kitchen to reach out and distribute food to the homeless community in Penang.





Happy 175th Birthday to the YMCA

Nine of us from the Youth and Sports committee and Y staff participated in the event. We were divided into two groups to distribute the food in 2 different locations (Penang Road and Little India).

It was an eye-opening moment for me when I saw many homeless people approaching us when they saw us. Some of the regulars even know when there will be a food distribution session. They were very excited and grateful when receiving food from us. However, I was surprised to find out that some of them were not really homeless, and they were taking advantage of receiving free food. It was heart-breaking to know such people exist.

There are so many things we took for granted in this life. That night has taught me to be grateful and appreciate all the little things that we have in this life.

YMCA staff,
Rona Clarenie



Make I.T. Simple for Senior Citizen



Thank you KDU University College for teaching us!

The Youth and Sport's Committee held the 2nd IT program for senior citizens. This year's theme was "Make I.T Simple." Four sessions of classes were held on Fridays and Saturdays (26th, 27th April and 3rd, 4th May 2019).

The classes were facilitated by Mass Communication students from KDU University College. 7 senior citizens registered for it. The topic that was covered in the Social Media class was "Exploring Your Gadget", "Google Drives You Everywhere", "Beyond the Screen" (where they learned about ordering a GRAB car), tracking postage, "Between Us" (having a social media account), "Hold the Moment"- (editing photos, video calls and sending photographs, online shopping and using Touch "N" Go).

Not only the senior citizens learned new things but even the KDU facilitators as well. They learned how to better communicate with older people. One lady was so happy that she bought a YMCA t-shirt as a gift for her favorite facilitator. The feedback from the seniors was very encouraging, and they hope there will be another class like this.

YMCA staff,
Rona Clarenie



Volunteer's Appreciation Night



On the 23rd of February 2019, the Youth and Sport's committee held a dinner night to appreciate all the volunteers who have participated in YMCA programs the previous year. A total of 22 volunteers attended the dinner. There were a few directors, including YMCA President, Mr. Geh Cheng Lok, and his beloved wife.

It was a night of fun and fellowship for the volunteers. We played games and reminisce past programs to thank all the sincere contributions that the volunteers have given to the YMCA. It was an important night for the YMCA, as our core mission is to empower communities. Our mission will not succeed without the help of these volunteers.

A BIG thank you to every volunteer for your time and effort in all our programs!

YMCA staff,
Rona Clarenie



***to serve and
not to be served***

YMCA PHOTOGRAPHY CLUB PHATTALUNG TRIP

The YMCA Photography club made its first international photography trip this year, and our destination was none other than the beautiful quiet fishing village in Phattalung, Thailand. The trip was on 5th to 7th May 2019 and attended by 11 shutterbugs. It was led by Sherwynd Rylan Kessler who is also the chairperson of the club.

Our first stop was Wat Laem Pho at Songkla to take a snapshot of the beautiful golden sleeping Buddha and then we headed over to Koh Yo for lunch.



YMCA PHOTOGRAPHY CLUB

PHATTALUNG TRIP

It was a hot afternoon, and we hurried to our hotel to rest. After that, we took an adventurous boat trip at Thale Noi Water Fowl Lake and saw many different colorful birds along the way. Next, we watched the beautiful sunset at Ekkachai Bridge (Thale Noi) – there were many buffaloes there. After a hearty dinner with delicious Thai food and excited chit-chats, we then headed out again to capture the Milky Way on our cameras and – it was a success!

Next morning, we woke up early to catch the colourful sunrise with the iconic Wooden nets. Many fishermen's and tourist boats were already on the scene. What a picturesque view. After that, we walked over to Pak Pra lagoon to capture the water horseman bathing and playing with his horse. It was just a short leisurely walk towards the lagoon. After sunrise, we headed over to Thale Noi Waterfowl Park and took an adventurous boat ride to see the beautiful sea of water lilies and lotus. They were in full bloom in the soft morning sun. There were also many native and seasonal migratory birds. Flowers. Later on, we also visited Tham Malai Cave, Wat Khuha Sawan (Temple) and even had the opportunity to capture a beautiful Manora Dancer on a boat!

We then had some leisure shopping and sightseeing time in Hatyai before ending our fruitful trip. Everyone was happy and looking forward to the next session.

By Michael Cheong
Penang YMCA, Staff



by sherrynd kessler

PMY Volunteer Tutors at FSD

I was very excited when I arrived at the Federation School for the Deaf (FSD) on 18th May. It was my first ever experience giving tuition to secondary school students. There were students from Form 1 and 2. I, as a volunteer, was responsible for teaching maths and English. I taught a student how to spell the words in English. She taught me sign language. It was indeed a very memorable moment as we taught each other.

It was a meaningful Saturday for me as I had learned many things. Likewise, I would like to immerse myself in more volunteering activities so that I can spend more time with the kids. Volunteering itself had given a great impact on my life, especially spending time teaching underprivileged kids. I feel it's a very noble thing to do, and I'm extremely happy about it because it gives me a kind of satisfaction and indirectly it is a blessing in disguise.

Agnes
YMCA Volunteer

I could say, communicating with the deaf is my longtime wish. It is like an old love story of many years but with the same ending. I am learning Sign Language at the YMCA to achieve that mission. I want to be able to reach out beyond the spoken and written word to overcome communication barriers. It's beautiful to use sign language, facial expression & body gesture. Every exchange is so animated and exciting.

Now I have the opportunity not only to learn but to practise and help through various programs. Thank you, YMCA, for making my dream come true.
Sue, YMCA Volunteer



Volunteering for YMCA's FSD tuition program felt really good because I was able to connect with those students at a deeper level. Sure, there was still some communication gap because my BIM wasn't that fluent, but those students and I really tried and made an effort to understand one another. Perhaps working with fifty deaf students wasn't such a terrifying thought, after all.

I would like to give a big shout-out to my fellow volunteers for doing such a great job and encouraging me to interact with those students when I was too nervous to do so.

I am glad that I had decided to learn BIM because accessibility is essential, not just for them, but for me as well.

Dickson
YMCA Volunteer

3

4

PUSAT MAJUDIRI y PMY CODA WORKSHOP



Ms Jinivier conducted a soap workshop for the CODA kids.

We had a wonderful time at our first Child of Deaf Adult Workshop (CODA) of 2019.

The Deaf parents held a meeting and discussion on K/CODA at Penang YMCA on 5th May 19. Besides making new friends and having fun, we did something different this time. For the first time, we learned how to make soap.

It's a great workshop! I loved the look on their happy adorable faces when they had finished creating their own DIY soap! Deaf parents shared on their CODA experiences. It touched hearts and made our bond stronger in the area of our relationship and communication.

We hope that Penang YMCA provides more CODA projects and promote more deaf culture activities soon!

YMCA volunteers,
Juliet Yong



Turscany's family conducted the KODA session. They shared what they've experienced staying in USA.



The participants were having a fun time after their CODA workshop.



We had a deaf fellowship held at YMCA on 23rd February 2019. Our purpose was to help build a stable and active deaf community. It is a time when we can interact with one another and share our setbacks in our daily lives.

The gathering also encouraged us to support one another and work towards bringing awareness to the hearing people of our plight and challenges. We also learned how we could seize opportunities in the workforce to learn, explore and interact in society.

Such interactions allow deaf people to share and interact with hearing people thus creating a strong sense of identity and a voice to be heard.

Working together improves and forms good relationships with the hearing people in our lives

We take this opportunity to thank all the deaf people for attending the deaf fellowship.

Sharon Ong, YMCA Staff

Deaf Fellowship



YESTERDAY, TODAY & TOMORROW

1905 – 1ST YMCA Penang. Founded by Rev. G.F. Pykett who served at the Penang Wesley Methodist Church and Principal of the Anglo Chinese School (now Methodist Boys' School)

1958 – Mr Geh Hun Kheng, Founding Secretary and Hon. Secretary. He resuscitated the YMCA of Penang. Initiated 1st Meeting at Wesley Methodist Church on 22 Oct 1958. He was the Principal of the Pykett Methodist School and arranged for all YMCA Club activities to be held at the school.

1960 - Mr G.H. Goh, JMN, MBE, a lawyer by profession and 1st Mayor of Penang became the 1st President of Penang YMCA. Mr Goh made it a priority to lease and converted a bungalow at 211 Macalister Road for its Headquarters and Club House. Together with his wife, they worked tirelessly to raise funds for Penang YMCA.

1961 – Mr Ng Kam Sooi who served as a Director and various portfolios, became the Technical Advisor and Trustee. He diligently supervised the construction of the 5 storey Programme and Recreational Complex

1969 – 2nd President, Mr Saravanamuthu, JP an Editor with the Straits Echo and despite his ill health, helped to recall all YMCA Penang's records lost during the Japanese Occupation.

1970 – 3rd President, Mr Chan Yik King, an Educationist served at the helm for many years till he retired. Before being called home, he was blessed for 100 glorious years. He was also a Patron and generously donated and raised funds towards the construction of the New Wing.

Mr Chan always reminded us that the success of the YMCA is due to God's providence and important for future generations to learn to "rely on God".

1970 – The founding of the YMCA Penang Deaf Club.

1978 – Members initiated a Ballroom Dance Club



Mr Geh Hun Kheng,
Founding Secretary, 1958



Mr G.H. Goh, JMN, MBE,
1st President of Penang YMCA



Mr M. Saravanamuttu, JP
2nd President of Penang YMCA



Mr Chan Yik King, PJK
3rd President of Penang YMCA



Mr Dr. Khoo Eng Poh, PJK
4th President of Penang YMCA



Mr. Geh Cheng Lok
5th President of Penang YMCA

1978 – 4th President, Dr Khoo Eng Poh, PJK, who focused on boosting income and new Programs and Activities, resulted in the expansion of the East Wing.

1979 – Mr Tye Poh Sun, 1st Patron donated generously towards the New Wing and loaned a substantial sum towards Penang YMCA's new building without any interest and zero instalments.

1983 – The 'Y' Self-reliance Centre (PMY) was established to provide a vocational training centre for the Deaf.

1983 – Mr Geh Cheng Lok, a solicitor and son of the Founding Secretary Geh Hun Kheng, became the 5th President and continues to lead the Penang YMCA until today. Mr Geh embarked on the new building project – the 5 storey Programme & Recreational Complex and launched the successful 3.5 million ringgit building fund campaign.

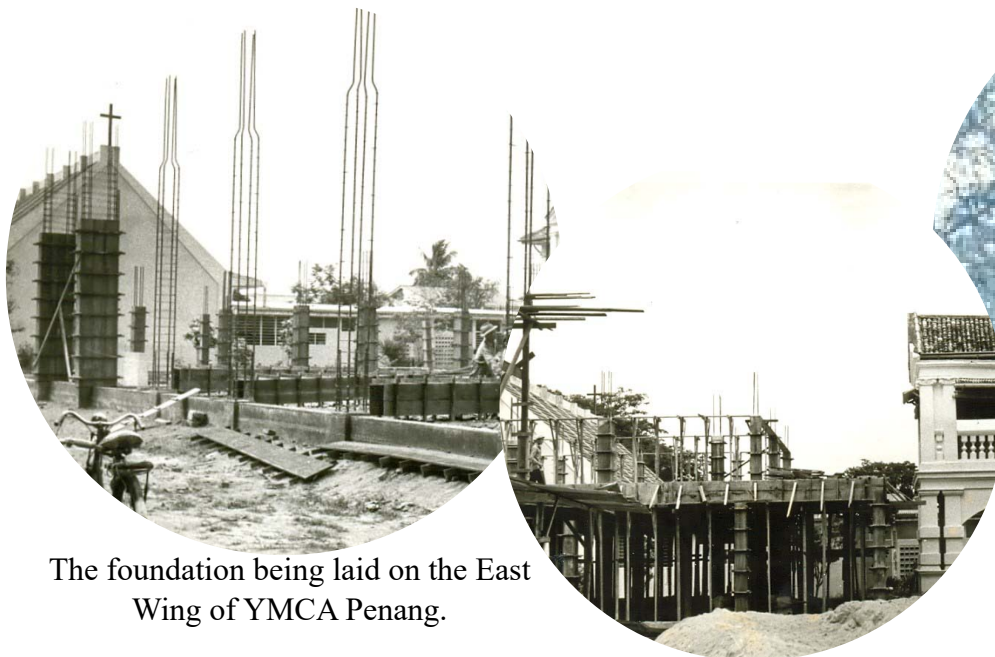


[L to R] – Mr. M. Saravanamuttu, JP, 2nd President, Mrs. Lim Chong Eu, the Hon'ble Dr. Lim Chong Eu, Chief Minister of Penang and Mr. Chan Yik King, PJK, 3rd President at the 10th Anniversary of YMCA Penang

Mr Geh was elected as President at the National Council of YMCAs Malaysia in 1998 and also served as an Executive Member of the Council of the Asia and Pacific Alliance of YMCAs for numerous years until he recently retired at National level.

1984 – Mr Stephen Lim Lee Chay, a director spearheaded the formation of YMCA Toastmasters Club and was Pro tem Chairman. He was actively involved in training its members to become effective communicators.

1985 – The Senior Citizens' Club was formed.



The foundation being laid on the East Wing of YMCA Penang.



YMCA Club House, 1960

journey 60 years together

1992 –Mr Nga Hock Bing (Property Trustee), an unassuming God fearing man, became the General Secretary and served at the Penang YMCA from 1967 till he retired in 1992. When Penang Y experienced financial constrain, Mr Nga sacrificed, denied himself and saved an estimated sum of RM46,000-00 for the Penang YMCA. We thank Mr and Mrs Nga for their magnanimous contribution. In 2003 Mr Nga was appointed a Property Trustee of the Penang YMCA until today.

In 1999, Ms Ong Sooi Gaik replaced Mr Nga as General Secretary and we are grateful Ms Ong is still serving joyfully at the Penang YMCA.

2001- Mr Anthony Dass (former director) was approached to start a youth outreach project at Mak Mandin Industrial Estate to help children of poor families.

2005-2007- Late Rev. Frederick Malayapillay, a former Chaplain of Penang YMCA was actively involved in the Mak Mandin Outreach until he was called home.

Dr D. Edward Samuel, former Director was then tasked to led this program until the project ceased as the land was sold by the owner and squatter families were re-located.

2009 – PMY Penang organized the YMCA International Deaf Youth Camp in the Pacific Region.

2011 - 18th APAY General Assembly and Youth Assembly We are proud to have hosted the 18th APAY General Assembly and 2nd Youth Assembly with 305 delegates back in 2011. Themed “Breaking Barriers, Transforming Lives”, this assembly served as a milestone in supporting and advancing the YMCA and youth work among YMCAs in the region.

2017 – Penang YMCA became proud owner of a land at Balik Pulau to be developed into a campsite.

2019 - Birth of the Music School of Hard Rock funded by Hard Rock Heals Foundation Inc.

We are proud to have collaborated with Hard Rock Heals International on a platform that could change the lives of the young through music. The very first Hard Rock collaborated Y Studio in the world. Our vision is to use this musical platform as an avenue to raise young leaders to be better citizens in the world.

SEPTEMBER 2019 – We thank God for all the Ladies and Gentlemen who served and are still serving as Chaplains, Advisers, Directors, Volunteers and Staff.



Mr Nga Hock Bing



1978, The Deaf activities at YMCA.



1970, Ballroom Dance Club

*Our tomorrows
together*



Mak Mandin Youth Outreach, with volunteer teacher and students



Future development of Campsite at Balik Pulau



Sign Language Training Programme with the Deaf



APAY YA/GA 2011
"Breaking Barriers, Transforming Lives"



The before and after of the Music School of Hard Rock



BOARD OF DIRECTORS



**EXCO
COMMITTEE**

voices from
YMCA staff



WE ARE
YMCA
FAMILY

Winnie Lim

Meeting together at the Penang YMCA is the Beginning,
Staying together as a strong team is Progress,
Working together towards our goal is Success.
Happy 60th Anniversary YMCA of Penang!

Jessie Chung

Congratulations YMCA 60th Anniversary!
I am blessed & happy to be part of the team to put oil in this YMCA lamp to keep it burning brightly.

Lim Lai Lean

I joined YMCA since 1996 and I have seen YMCA grown tremendously. Well done YMCA. Happy 60th Anniversary!

Prema

I joined YMCA since 2007 and have been faithfully serving until today. I am proud to be part of YMCA family. Wishing YMCA Penang, a Happy 60th Anniversary!

Mahesh

Happy Birthday to you, YMCA Penang. What a joyous occasion to be celebrating the 60th Anniversary as one. I am so happy and wishing YMCA Penang all the best in the future.

Sin Eng Huat (Uncle Sai)

Wishing YMCA 60th Anniversary and all the Board of Directors and the Committees a happy day.

Michael Cheong

I would like to wish YMCA Penang a Happy 60th Anniversary! I have enjoyed my journey at the Y and continue to look forward to her good future. I believe the YMCA can go further, higher, deeper and stronger. With the passion and dedication of the team of directors, volunteers and staff, indeed we can do it!

Shanti

Wishing YMCA many more years of success, good luck and joy! On this blissful and charming day of the 60th Anniversary, may YMCA continue the journey of success with pride. I am proud to serve YMCA.

Rahela

I would like to wish YMCA 60th Anniversary Celebration with the theme "further, higher, deeper and stronger". I believe Penang YMCA will grow tremendously with the continuous support from the directors, volunteers and staff.

Rona Clarenie

I've learnt and grew so much from this humble yet great organization for the past 3 years! I wish YMCA Penang a blessed 60th Anniversary! May God's grace and favour bless the work of YMCA Penang and our community works.

Dhrista

Happy Birthday to you, YMCA Penang!

Helal

Blessings to YMCA Penang!

Sharon Ong

Heartfelt thanks as YMCA has given us a platform for Deaf community to mingle and work together with the hearing people. Happy 60th Anniversary to YMCA Penang!

Tan Kee Hoon

I'm glad to be able to join YMCA and honoured to be accepted as part of the team. I hope YMCA will continue to prosper in the future. Happy 60th Anniversary YMCA!

Khairun

Since I joined and till date, YMCA had given a very good impressions such as :-

1. Great Environment
 2. Chill
 3. Great TEAM.
 4. Never ending knowledge sharing between the TEAM.
- Well Done and wishing YMCA a 60th Anniversary. Thank you.

Janice Chong

It is a great pleasure to be serving alongside YMCA Penang in 2015 as a volunteer and a staff (I have since joined the YMCA Penang team officially in 2016). May this year's theme 'Growing stronger, higher, deeper and stronger' resonate in the heart of YMCA Penang as to many years to come. May it be a Beacon of light shining brightly in the next 50 years to come!

Mental Health 2.0 "Hold On – Finding the strength to keep going"



Mr. Brian John Dorai was very good at engaging and delivering on the Mental Health topic to the audience



The participants filling up their mood assessment sheet to evaluate their mental health.



In an effort to enhance awareness and understanding of mental health among the general public, the Youth and Sports committee of YMCA Penang organized a mental health talk centered on depression and suicide prevention.

Held on June 14 2019, at the Grace 1 and 2 rooms in YMCA Penang, the talk was conducted by Brian John Dorai, a registered counsellor with the Board of Counsellors Malaysia. He also volunteers his services at BeFriends Penang. Along with Brian, Dr. Mahes from the Neurology department at Penang General Hospital arranged for 3 health-related booths for the benefit of the attendees, namely meditation, blood pressure screening and depression survey screening. 42 members of the general public attended the event.

Brian's talk provided a wealth of takeaways for the attendees to choose from. It could be about differentiating between someone who is feeling sad and someone who is going through depression. It could also be about the recent statistics on depression and suicide attempts. For some, it may have been learning about self-care to

protect ourselves from the more harmful effects of depression and suicide ideation. As for me, my favourite part of the event was when Brian shared his own personal encounters with relatives and friends who have gone through depression and suicide attempts themselves. Having the experiences he has had firsthand, his sharing made him accessible and relatable to the audience, which created an open and stimulating avenue to expand on two relatively weighty topics.

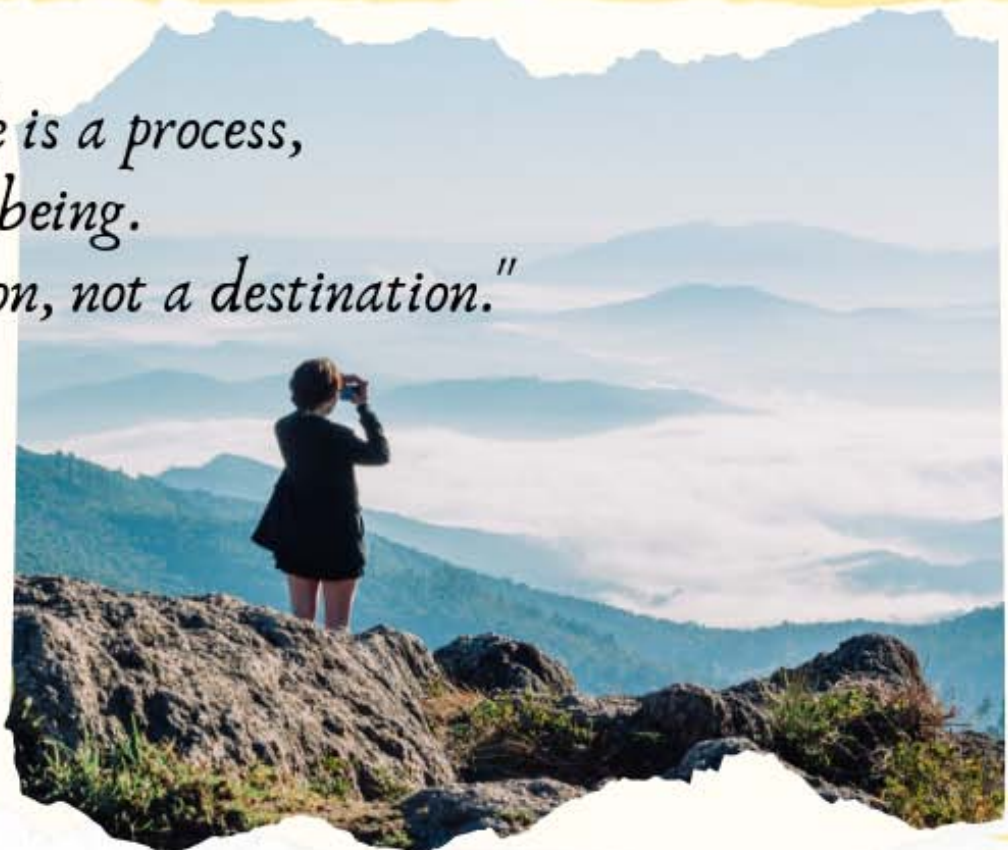
Although depression and its effects receive greater attention now than it did before, it remains a silent and dangerous threat to our general wellbeing. As a psychology graduate myself, it is heartening to see the turnout that we had on the night, as this indicates the growing shift towards bridging the knowledge gap some may have on mental health. It may also be an encouraging sign towards combating the stigma and negative stereotypes surrounding depression and suicide. I hope that this event provides the impetus needed to run more events, workshops and camps with an emphasis on mental health.

Justin Ong
YMCA Volunteer



*"The good life is a process,
not a state of being.
It is a direction, not a destination."*

Carl Rogers



YOUTH SPORTS DAY



This year's Labour Day (1st May 2019) has been nothing but fun and sweat for the Youth and Sport's (Y&S) committee and all the participants from the former mental health camp!

Together with 25 children, we gathered at Strait's Quay Green Park to have a one-day sports day event. This event was held as a follow-up with past





participants who help us build connection and bonding.

The participants had so much fun playing teambuilding games. Some of the games we had were the human knot, SWAP, team jumping-rope and “between us.”

At the end of the day, everyone went back home happily.

YMCA staff,
Rona Clarenie



EASTER SUNRISE SERVICE

On 21st April of 2019, Pastor Khor Kheng Hoon shared a sermon entitled “The Road to Emmaus” during our annual Easter Sunrise Service.

The service was held in the YMCA Hall at 7.00am with a total of 95 memberships. Fellow YMCA Directors and regular Christian Fellowship attendees joined in the service. Local charity homes such as the Salvation Army and House of Hope attended the service too.

It was a pleasant morning to celebrate the risen Lord Jesus Christ with our fellow brothers and sisters in Christ.

YMCA Staff,
Rona Clarenie



CHRISTIAN FELLOWSHIP MEETINGS

YMCA PENANG MONTHLY CHRISTIAN FELLOWSHIP SERVICES

Our monthly Christian Fellowship Services are held on the last Thursday of the month, at 8.00 p.m. in the Chapel.

We are indeed very grateful and thankful to our speakers, the Pastors and leaders from the different churches who shared the Word of God at our monthly Christian Fellowship Services.

1) Mr. Jerry Choo, from Penang Wesley Methodist Church and also the Vice President from the National Council of YMCAs and Penang YMCA shared the message "WORSHIP: HAVE WE MISUNDERSTOOD IT?" on 24th January 2019. (Scripture text taken from Matthew 15: 8-9 and John 4:23-24)

2) On 28th February 2019, Sister Carmelita Xavier who worships at Church of Divine Mercy, Sungei Ara, Penang shared her message "A HARDENED HEART" taken from Scripture passage Mark 6:45-52

3) Pastor Wallace Tan from the Apostolic Community Church, Penang was our guest speaker on 28th March 2019. He preached on "A HEART AT PEACE," taken from Proverbs 14:30 & 1 Peter 5:5-10

4) Sharing by Pastor Samuel Teh from Vineyard Community Church, Penang on 23rd May 2019. His sermon was "THE MOTHER'S FAITH THAT BROKE THE SILENCE OF GOD"

5) Rev Hwa Jen from Penang Wesley Methodist Church preached from Bible text- 1 Timothy 2: 8-15. His sermon was "INSTRUCTIONS FOR WORSHIP AND CHURCH ORDER." based on Scripture text Matthew 15: 21-28. Besides sharing the message, he also shared his personal life testimonies.



CHRISTIAN CARE VISIT TO GRACE HARMONY HOME

Every year, the Christian Care committee has been visiting Grace Harmony Home to keep the warm bonding they had built with the community over the years.

We had another visitation on 17th January 2019. Pastor Steven Chin was invited to lead the worship and the sharing of God's word in Hokkien. The aunties and uncles enjoyed the get-together. Our director, Mr. Lim Seong Hoon, was also in attendance.

This year's visit was a bit different as we celebrated the birthday of our beloved Christian Care's Chairman, Dr. Mallise Tong. We were glad to celebrate this day with her as she has been a faithful long-serving member of the community. The entire afternoon was filled with laughter and joy! We'll be looking forward to another visit to the Grace Harmony Home soon.

YMCA Staff,
Rona Clarenie



FRIENDLY VISIT TO DIRECTOR'S HOME



What is more heart-warming than meeting our friends and family in the comfort of their home?

On 15th February, some members from the Christian Care committee as well as YMCA staff had the privilege to visit one of YMCA's long-serving directors, Mr. and Mrs. Steven Looi.

We received a warm welcome from Mr. Steven and also his daughter who was there for a short break from America. They were touched that we took our time to pay them a visit and had the opportunity to catch up with the latest happenings at the Y.

It was indeed so good to reconnect and support those who have contributed much to our organization.

YMCA Staff,
Rona Clarenie

HEALTH TALK



Health Talk: Heart Burn and Gastro-Esophageal Disease

Prof. Dr. Thameem Ansari, Consultant Pediatric Surgeon from Adventist Hospital Penang, delivered a fascinating Health Talk on 24th April 2019 at Penang YMCA. He spoke on the topic “Heart Burn and Gastro-Esophageal Disease,” better known as “GERD.”

In his talk, he mentioned that many people today have this health problem. The sufferers are likely to have symptoms like, sour taste in the mouth, feeling of fullness in the throat, recurrent sinusitis, recurrent chest infection, and dental erosions. However, having good eating habits and improving lifestyle changes will contribute to overcoming these health problems.

This disease is not a threat to life expectancy, so with good dietary advice, alcohol avoidance, and “no smoking” habits will help a lot. Eating fruits and not consuming “Fast Foods” will also contribute to better living.

Treatment, for patients with” GERD,” is giving acid blockers to neutralize the stomach acid contents. Patients should also try reducing weight and avoid certain medications. They should not carry heavy loads and shouldn’t strain while passing stools. All these factors will help a lot in curing the “Gerd” problem.

By Robert Moses
Chairman of Community Education

**“A HEALTHY
OUTSIDE STARTS
FROM THE INSIDE.”
ROBERT URICH**



MEMBERSHIP NEW MEMBERS GATHERING & BEST RECRUITER AWARD

Membership - New Members Gathering and Best Recruiter Award

The Penang YMCA Membership Committee welcomed 43 new members and held a gathering for them on 4th of May 2019 at the Love room.

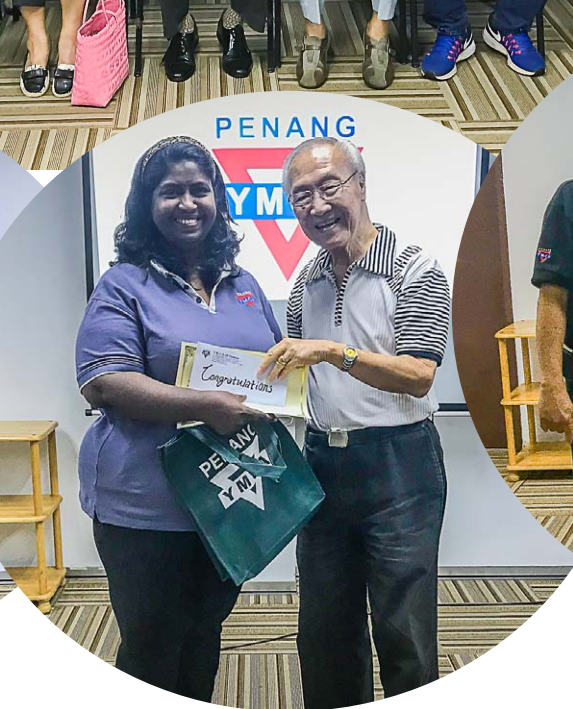
Mr Lim Seong Hoon, the past chairman and organizer of the membership drive, gave the opening speech and welcomed everyone. The new members had an informative and exciting orientation about the YMCA movement. They were also briefed on the foundational information of Penang YMCA and membership privileges. Some of them were amazed and surprised about the rich history and roles that the Y plays in our community.

Before the event ended, Mr Lim Seong Hoon and Mr Ho Yih Tuck (current Membership Committee chairman) gave out YMCA woven bags to all new members as part of our campaign privileges. Amongst the treasures in our goodie bags are our official YMCA t-shirt, The Messenger (our newsletter), brochures and a special welcome letter that contains discount vouchers for our in-house restaurant, facilities and programs.

Ms Vasanti Buminathan emerged as the top recruiter and was given a special certificate of recognition. The event ended with a group photo and some “makan”.

YMCA Staff
Michael Cheong







SENIOR CITIZEN'S CLUB

It gives me great pleasure to write a congratulatory message for the YMCA Penang 60th Anniversary Celebration special Messenger commemorating the 60th Anniversary.

As the Chairman of the YMCA Penang Senior Citizens' Club, and on behalf of my Committees, Club members, I would like to congratulate the YMCA of Penang on its 60th birthday. This celebration is indeed a milestone in the history of the Association.

60 years is not a short period. YMCA Penang is able to maintain its vigor and dynamism through these sixty years is a testimony of the quality and dedication of its leaders, the commitment of its staffs and volunteers and the relevance and acceptability of its mission and vision.

I wish the YMCA of Penang an enjoyable and successful 60th Anniversary celebration and hope that you will have more continued success in the years ahead.

Wong Chun Kit
(Chairman, YMCA-SCC)

BALLROOM DANCE CLUB

Once again it is the time for celebrations. On behalf of the Ballroom Dance Club, I would like to convey our heartiest congratulations to the Penang YMCA on their forthcoming 60th Anniversary Celebrations. YMCA has indeed come a long way growing to what they are today. This, I must say, is through the combined effort of the Committee and the staff and they truly deserved to be commended for that.

As one of the clubs in YMCA, BDC is always on membership recruitment mode so as to contribute to the growth of YMCA. In this aspect our introduction of a dance class session among our other activities has been the best platform to attract new members into the YMCA. Likewise, our Social Night Event and our Annual Dinner & Dance Function have also contributed to our campaign to attract more members. Our dancing activities have brought people with the same passion for dancing together. We pledge to continue with our efforts to attract more members into the Ballroom Dance Club of YMCA.

BDC welcome everyone out there to join us. BDC membership is open to YMCA members and the Annual Subscription is only RM15.

Finally I wish to thank YMCA for granting us the facilities to carry out our activities and we wish them even greater success in the future.

Alan Aw
Chairman, Ballroom Dance Club



Tango Class in Session.



The Rock n' Roll session - The first dance class for the year 2019



BDC Happenings

From January to June 2019, the Ballroom Dance Club conducted classes such as Rock n' Roll, Tango and Rumba. The club's dance class fee is 'affordable' to encourage novice dancers of all ages to learn the very basic of Ballroom and Latin dances conducted by qualified and reputable Instructor. We believe these have attribute to the growing interest from the public joining the dance classes and some in turn has enlisted for YMCA and BDC membership. Besides dance classes, we organize dinner & dance events for our members to showcase their dancing skills.



Group photo of Rumba class participants



Food taste yummy.....guests enjoying the buffet



Dancing is a great way to get exercise and stay in shape.

TANGO
STARTING 3RD APRIL 2019
EVERY WEDNESDAY 8.30PM TO 9.30PM

Venue: YMCA Hall
Fees Per Month (4 Lessons)

BDC Members - RM15.00
YMCA Members - RM20.00
Non Members - RM25.00
PLUS RM15 per student for air-cond usage (8 Lessons)

Instructor: KENJI OOI
Module complete within: 8 Lessons

For registration:-
Tel: Irene 016-4691487
Tel: Anna 019-4469046

YMCA BALLROOM DANCE CLUB

RUMBA
STARTING 19TH JUNE 2019
EVERY WEDNESDAY 8.30PM TO 9.30PM

VENUE: YMCA HALL
FEES PER MONTH (4 LESSONS)

BDC MEMBERS : RM15
YMCA MEMBERS : RM20
NON MEMBERS : RM25
PLUS RM15 PER STUDENT FOR AIR-COND USAGE (8 LESSONS)

DANCE INSTRUCTOR: COLIN TEN
MODULE COMPLETE WITHIN 8 LESSONS

FOR REGISTRATION:-
TEL. IRENE : 016-4691687
TEL. CONNIE : 016-4063431
TEL. ANNA : 019-4469046

YMCA BALLROOM DANCE CLUB

Toastmasters Club

Congratulations YMCA Penang on celebrating its 60th Anniversary!

YMCA Penang has been the reason for many to have life changing experiences, including all of us at YMCA Toastmasters Club of Penang. As the 3rd oldest Toastmasters Club in Penang, we are proud to be part of YMCA Penang family since 1985.

It's here where we have built and continue to build confidence, communication skills and leadership skills in thousands of people through public speaking. It is the birth place of many public speaking champions, leaders and successful people in many aspects of life. Along the way, beautiful friendships have been built.



Just like YMCA Toastmasters Club of Penang, YMCA Penang has housed other organizations and other meaningful activities that has helped many to grow as an individual and empower them to serve the community.

We wish that you will continue to empower people to make a difference in the community. Keep going. A big Congratulations from your family at YMCA Toastmasters Club of Penang. Cheers for many more years of success!

Yours sincerely,
Sivarenuka Devi C (Renu)
President
YMCA Toastmasters Club of Penang



The journey of thousand miles begins with one step.

Thank you, YMCA for giving us this golden opportunity to look back on how far we have come since our birth, 34 years ago. As one of the oldest Toastmasters Clubs in the country, we have opened our doors to hundreds of members who joined for various reasons - to build self-confidence, better communication skills and leadership skills.

“You don’t have to see the whole stairs, just take the first step”

Martin Luther King



We witnessed magical transformation in individuals, the emergence of public speaking champions and leaders. We never knew what we could possibly achieve until we did and we didn't want the journey to end there. We sponsored and chartered many other clubs around Penang so that more individuals could benefit and more lives can be changed. Meanwhile, we keep our standards high, receiving the President Distinguished Club award – the highest Toastmasters award for outstanding clubs, every single year for the past 34 years.

We constantly organize creative themes to keep the momentum going. As said by Ralph Smedley, the founder of Toastmasters International, “We learn the best in the moments of enjoyment” - we have fun, we learn. Little did we know that we were setting examples to other Toastmasters clubs to follow.

In the 2018/2019 term alone, we witnessed 3 of our members receiving Distinguished Toastmasters award – the highest Toastmasters award to recognize an individual's superior level of achievement in both communication and leadership. Another of our member fought all her way through and emerged as 2nd Runner Up in the District 51 Evaluation Contest, an annual national level championship.

With strings of achievements under our belt, the bar is set higher for YMCA Toastmasters Club of Penang. We strive to continue to serve more members and help more individuals achieve their goals.

YMCA Toastmasters Club of Penang meetings are held once every fortnight, on the first and third Thursday of each month, 8pm – 10.30pm at YMCA Love room (Level 2). Guests are welcome.



YMCA PENANG STRATEGIC PLANNING



The Strategic Planning with its theme “Partnering towards Excellence” involved the active participation with 19 Board members and staff. The 3-day session held from 28th to 30th April 2019 at the Haven Resort, Ipoh was lead and conducted by Mr. Jerry Choo, 1st Vice President YMCA Penang together with Mrs. Grace Choo, Human Resources Chair, YMCA Penang.

The objective for this exercise is to focus on the Hostel Business and explore areas to develop new business to sustain the overall operations of the Y and its community services.



For the first time, Executive staff were guided into preparing their presentation in their respective area of work to share at the planning sessions which was followed by group discussions, reports, and recommendations.

The main goal of the Strategic Planning session was to bring back recommendations for the Board’s approval and have it implemented as soon as possible. To date it has seen positive movements in some crucial areas that are gearing towards its implementation.

The focus areas were –

- (1) Hostel Business
- (2) IT/Website
- (3) New Business Development
- (4) Other Business covers meeting facilities, badminton courts, office space, courses, and GATN
- (5) Human Resources
- (6) Management Practice
- (7) Financial Performance



The SWOT analysis on the focus areas gave a clearer picture of the challenges we were facing and how we could improve or change. As this planning focuses mainly on business to understand the concern we were having in the hostel business, the financial presentation was an eye-opener on our





productivity and what we have to do to sustain this challenging and competitive room supply chain industry.

The other area that we have to pay attention to was the programs and activities that have to be heavily subsidized. Although these were not dealt in details, it led the group to ponder whether we should run the YMCA under 2 arms, i.e. the business arm and the community arm so that clear needs and recognition could be properly accorded.

Once again I wish to thank Mr. & Mrs. Jerry Choo for their time and preparation to make this planning a successful one. I also wish to thank our President, Mr. Geh Cheng Lok and all Board members for journeying with us during the 3-days.

Finally, I leave room for my other colleagues and Board members to share from their perspective and how we can move together as PARTNERS.

Ong Sooi Gaik, General Secretary

Thoughts from our participants

Titus Lim, Director

This is a very good session for all the directors, committee, and staff of YMCA. We had the space to share our views of internal problems, suggestions, solutions, and proposals for improvement to better plan for the future of the Penang YMCA.

Jolene Kok, Director

It was a very good session as sometimes we may not be aware of what needs upgrading and what is trending in the Hostel business. We need to be abreast with the market so that we are competitive in the market and improve ourselves. Through the exercise, I hope that we will improve our customer service to give our best to our customers.





I think it was a good move to house staff and Directors to motivate and brainstorm on improving the conditions at YMCA Penang, especially when faced with our current financial situation. The relaxed atmosphere and good food were a contributory factor. When away from work pressure, we could think further on profitable ideas. Should these excellent plans be implemented, we will continue to be a thriving business centre in this competitive world.

Robert Moses, Director

The strategic planning has brought everyone to the same page. Everyone had the chance to present their work as the stakeholders of YMCA Penang. We became the think-tank to plan step-by-step solutions to progress forward strategically. It also gave us hope and recognition as all ideas and aspiration were put together to plan out the success of the Y as we envisioned it to be.

Michael Cheong, Asst General Secretary

I found the whole program to be an enriching experience of learning and sharing. At the end of the strategy planning, everyone had the same views and objective on improving YMCA Penang. I hope that things that were discussed in the strategic planning will be put in action as soon as possible.



I look forward to the next strategy planning and perhaps to also include a session for reflection to review how much we had completed since the last planning.

Winnie Lim, Operations Manager

This session gave me an insight and understanding of the current financial situation of the YMCA. I could feel the bonding with and the active participation of our staff members with our Directors, focusing on managing the current situation and sharing positive ideas to progress. A time of getting to know each other better, fostering team spirit, be involved in and be responsible for financial goals. I am pleased and feel important to be part of the team involved to push forward to better times for YMCA Penang.

Jessie Chung, Housekeeping Executive






Through this Strategic Planning, I've learned an in-depth history of YMCA Penang, and it amazes me with the previous programs and activities that YMCA held that had outreached many communities – even back then. It encourages me to know that the YMCA has so much history in Penang.

Rona Clarenie, Assistant Program Executive

Faith in Action

To revive Faith in Action Committee at Penang YMCA to spearhead expansion and greater involvement in community services, in line with Penang State Government's Vision 2030 of "A Family-Focused, Green and Smart State". On the table are plans to expand our outreach to help the vulnerable and those in need through new initiatives and partnerships with professionals, volunteers and the business community.

Our focus are:

-  *Empowering youth to be responsible global citizens*
-  *Promote healthy lifestyle choices and recreation opportunities*
-  *Promote green environmentally friendly activities*
-  *Empowering our deaf community and promote more deaf culture activities, training and classes*
-  *Support and strengthen families, the underprivileged, migrant workers and reaching out to single parents*

Transitioning to 5G Technology and Industry 4.0

To serve our customers better, we are upgrading our ICT system in stages to accommodate the changes that digital 4.0 will bring.

Development of Campsite

Plans have been initiated to develop our campsite; to impact lives for the community at large and encourage youth participation back to nature kind of lives.

Empowered Employees

A motivated and well trained team advances the organization – the Penang YMCA is committed to continue building a high performance Team to develop the Mind, Body and Spirit of Staff Members, Directors and Volunteers alike.

60th Anniversary Celebration Organising Committee

Chairman :
Mr Jerry Choo Soon Haw

Deputy Chairman :
Mr Asher Leo Sanm Yerng

Members :
Mr Peter Lee
Mrs Grace Choo
Dr Mallise Thong
Mr Robert Moses
Mr Titus Lim

Ms Terrie Loo
Mr Ho Yik Tuck
Mr Lim Seong Hoon
Mr Sherwynd Kessler

Ballroom Dance Club :
Mr Alan Aw
Ms Anna Koay
Ms Suzie Cheah

Senior Citizens Club :
Mr Wong Chun Kit
Ms Susan Tan

Ex-Officio :
Mr Geh Cheng Lok, President
Mr Alan Goh, Hon. Secretary
Ms Ong Sooi Gaik, General Secretary

Staff :
Mr Michael Cheong
Ms Janice Chong
Ms Rahela bt Ibramsah
Ms Rona Clarenie Navron

Editorial Team :
Mrs Grace Choo
Mr Lim Seong Hoon
Ms Ong Sooi Gaik
Mr Michael Cheong
Ms Janice Chong

Acknowledgements

The Organising Committee of the 60th Anniversary Celebrations wish to thank Everyone for your kind support and contribution.

And to All who rendered valuable services towards:

60th Anniversary Thanksgiving Service
60th Anniversary Celebrations

Ballroom Dance Club
Senior Citizens Club
Toastmasters Club

Dance Performers

Dorman Soon & Karina Kang (Students of Ho Dance Sport Studio)
Eric Chan & Lisa Chong (YMCA Ballroom Dance Club)

Emcees: *Daniel Cheong & Sabina Schöni*

YMCA Vocalist - *Winnie Lim*

Directors, Members

Volunteers & Penang YMCA Staff



MISSION

**TO BUILD OUR YOUNG PEOPLE FOR THE
FUTURE BY EMPOWERING THEM TO MAKE
A DIFFERENCE IN BUILDING JUST AND
PEACEFUL COMMUNITIES AS GLOBAL
CITIZENS**

VISION

**WE SEE PENANG Y AS A CHRISTIAN
CENTER WHERE YOUNG PEOPLE TAKE THE
LEAD IN SOCIAL RESPONSIBILITY AS
GLOBAL CITIZENS**



YMCA PROGRAMME COUNTER

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

DAY / TIME	MEMBER RATE	NON - MEMBER RATE
Monday to Friday		
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
Saturday & Sunday Public Holiday		
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

THANK YOU

YOU'RE THE GREATEST.



Our heartfelt thanks

*for journeying with us through
60 years of serving with love*

To many more years to come!



“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

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.



PENANG



**GROWING
STRONGER**

DEEPER

FURTHER

HIGHER



YMCA Penang

LIKE & FOLLOW US ON:

