

BETA BULLETIN



MCI(P) 130/11/2013

THE OFFICIAL PUBLICATION OF
THE INTERNATIONAL
Y'S MEN'S CLUB
OF SINGAPORE
BETA CHAPTER



Founded in 1958

Motto :

To Acknowledge the Duty that Accompanies Every Right.

Affiliated with :

Y's Men International & Metropolitan YMCA Singapore

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BETA BULLETIN

The Official Journal
of the
Y's Men's Club of
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Editor

Dr Paul Tan

Circulation Manager

Mr Norman Wee

Views expressed in the Bulletin
belong solely to the contributors
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that of the
Y's Men's Club of Singapore
Beta Chapter,
unless expressly stated.

In matters relating to this Bulletin
address all correspondence to

**The Editor
Y's Men's Club of Singapore
Beta Chapter
c/o MYMCA
60 Stevens Road
Singapore 257854**

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EDITORIAL

A New Beginning



For several years, Beta Chapter had been teetering between existence and oblivion. Dwindling membership, lack of enthusiasm amongst members, withdrawal of core members created an atmosphere of resignation. For close to two years, members had been talking about closing the club and the decision was to be finalized at our last AGM in May this year.

Alpha Chapter and the President of the MYMCA heard about this and turned up at the AGM to try to salvage the situation and to persuade the Board Members to reconsider their decision. They were very persuasive. Alpha Chapter which was revived with the help of Beta Chapter felt bad that we had come to this stage. Members of the SMIT at the last district meeting told club president, Y's Man Norman Wee and the Alpha Chapter to do all in their power not to let this happen. Alpha Chapter suggested the two clubs hold joint functions. The president of the MYMCA, Samuel Yeak, also expressed his dismay. Beta represented the MYMCA and over the years had lent support to the MYMCA. It would be a crying shame if Beta goes the way of the Orchid Chapter. He promised he will himself become a member of the club and used his influence to rope in more members.

With such support and with their persuasive powers, the Board of Directors felt we should give it a go at least for another year.

Thus far things have gone on very well. We had a joint Installation Dinner with the Alpha Chapter. Their members had attended our functions – such as Dining in the Dark and the fellowship gathering at Lady Y's Man Anna Loo's home. They also attended our Dinner meeting on November 25, 2013.

True to his word, Samuel Yeak signed up as a member and brought along one of his Board members, David Wong Wei Li. Both of them were inducted into the Club at Anna Loo's fellowship night.

Samuel has lined up a few more of his friends, including his audiologist, Pearl Pwee. He has asked the club to be involved in the weekly Christian meeting of the MYMCA Beta will be allowed to organize these functions with the help of MYMCA staff, Jonathan, another potential member. From this weekly meeting, we will be able to persuade some of them to become members of the club.

Things are looking very bright for Beta. This new beginning of the club has taken off smoothly and beautifully. We can now look forward to bringing Beta to greater heights and become the strong club, one respected regionally and internationally, as she once was.



Beta Bulletin will with this issue be done electronically. This way it can reach more Y's Men. Many exciting program has been lined up. All it requires is for members, old and new, to pull together and let Beta flourish again.

Image of Gardens-by-the-Bay at Sunrise by illuminate.sony.com.sg

JOINT INSTALLATION OF ALPHA & BETA CLUB OFFICERS



As part of the effort to revive the flagging spirits of Beta, a Joint Installation of both clubs was initiated by Alpha member and DG Y's Man Lee Liat Cheng. The joint event was held on July 20, 2013 at the YWCA Fort Canning Lodge Ballroom, with Past President of the Republic of Singapore, Mr S R Nathan, as Guest-of-Honour.

Officers from Alpha and Beta took our place on stage and renewed our pledge to serve as faithful Y's Men, acknowledging the duty that accompanies every right. For the Beta chapter members in our bright red blazers, it was an emotional moment – tinged with apprehension and hope, and a new resolve. Although it had been a proud tradition of Beta since its founding in 1958 never to “recycle” our Club Presidents more than two years (such that there would always be new inductees), current Club President Norman Wee bravely took office for another year in this critical time of revival. Alpha Chapter has Mr Peter Tay as newly elected Club President.

Lady Y's Man Anna Loo together with her church friends – the entire Ng family – presented beautiful song items on the violin and piano, as befitting the simple yet dignified ceremony. Daughter Augusta sang “Three Wishes of the Roses”, a Chinese classical piece, accompanied by Anna on the violin and Augusta's mother Christina on the piano.

Augusta's dad Thomas sang Ave Maria by Schubert, and Augusta followed with a Korean pop song.

President of MYMCA Dr Samuel Yeak although not formally inducted as a member, invited nine friends and guests from among MYMCA board members and his family, and was installed into the club. CP Norman had four guests. Beta Y's Man Prof PC Wong came with his wife. Lady Y's Man Phyllis and Lady Y's Man Maggie invited two staff from MYMCA. Y's Man Paul although absent, invited ex-Y's Man Eng Yau and family. Y's Men Loo Fook Sung and Lee Yut Khoon were also present. In all Beta took up three of about 20 tables in the Ballroom.



Y's Men Fook Sung, Yut Khoon, PC Wong with CP Norman's family and guests

MYMCA WELCOME DINNER FOR SMIT

Metropolitan YMCA hosted a welcome dinner for about 30 overseas guests and members from Alpha and Beta the day before, with a delightful spread of local fare catered by the Metro-Y Restaurant.



Y's Men Frederick Ng from HK, John Lim from Silver State, Dr Patcharawan from Chiangmai, Stephanie from Silver State & Alpha CP Peter Tay



DG Lee Liat Cheng giving a word of thanks to MYMCA

DINING IN THE DARK

Through the efforts of Club President Y's Man Norman Wee, this function – Fellowship-cum-Social Service: “Dining in the Dark” came to fruition. For several weeks and many emails and phone calls he liaised with Ms Joji Nana Sualan, a staff member of the Singapore Association for the Visually Handicapped. The event took place at 6.30pm on September 28, 2013 in the premises of the SAVH. This dinner was to give an insight on how to handle dinner being visually impaired. It was also a fund-raising event for the SAVH.

Norman had invited members of the Alpha Chapter to join us and they gave us great support. Present for the dinner were James Tan, Edward Ong, Bernard Sik and his wife, Daniel Ng and his wife, Shalom and Daniel Ng. Beta was represented by Norman Wee who brought along his maid, April Lorimer and her friend Heden Dayawon (in place of his wife who was in Australia visiting her seriously ill sister), Samuel Yeak who brought along five guests including his wife Elizabeth, Loo Fook Sung, Anna Loo and Paul and Daisy Tan.

Joji briefed us on what to expect and why this function is regularly organized for visitors. She introduced us to Rata, a visually handicapped staff of the SAVH who was to be our server for the night. Rata informed us that when seated our knife and spoon would be on our right, our fork on our left, our dessert spoon at 12 o'clock position and our drinking mug at 2 o'clock position. We were taken into the dining room in groups of four holding each other on the shoulder as we trooped into the room which was pitch-black. We were led to our seats and whilst seated felt around to find the positions of our eating utensils.



Y's Menette Daisy with Rata

Once we had settled down a jug of fruit punch and water was passed around. We had to hold on to the handle, slowly pouring our drinks feeling the top of our mug to ensure it was properly filled up. The jug was then passed on to the person seated to our right. We of course had to ensure he had a good hold of the jug before releasing our grip on the handle of the jug. Bread in a basket was similarly distributed. Rata then served us individually our bowl of soup. It was indeed an effort to dish out our soup with our soup spoon. Dinner was served in a big plate. The meat (chicken chop) was placed in the center, vegetables at 9 o'clock position and mashed potatoes at 7 o'clock position. Some of us were quite good handling the knife to cut the chicken. Others cheated by using their hand to eat their dinner. Dessert was strawberry ice-cream. Coffee was then served.

It was indeed a great experience eating as though we had lost our sight. There was a lot of advice floating through the room on how to tackle our dinner. We now began to appreciate what a visually impaired person has to go through in life. This was the primary reason why we had "Dining in the Dark"

After dinner the lights came on and we were amazed at the mess we had made on the dinner table. We could not help but laugh at ourselves. This was indeed an experience we will never forget.



Hilarity over the mess made after lights came back on

FELLOWSHIP NIGHT AT CHUAN PARK

Lady Y's Man Anna Loo hosted the club's fellowship night on October 19, 2013 at the club house in her condominium at Chuan Park.

She had invited the Alpha Chapter to join us. Members of the Alpha Chapter present were Lee Liat Cheng and his wife, Soo Ken, Edward Ong, Chan Soon Sim and her husband, Hung Kee, Daniel and his wife, Evelyn, Julie Lau, Patricia Lim and her husband, Victor and Freddie Lee. Members of the Beta Chapter at the function were Phyllis Tan, Maggie Mun, Loo Fook Sung, Lee Yut Khoon, Norman Wee and Ming, Paul and Daisy Tan, Ng Hak Hai and Ee Har and new members, Samuel Yeak with his wife Elizabeth, and David Wong and his wife Li Lian. Potential members invited by Samuel – his audiologist, Pearl Pwee and Tan Kwang Lam and his wife. Also present were former club member, Ong Eng Yau and his wife, Lynn and their three children, Jerome, Cyril and Terese.

A buffet spread catered by Orange Clove, was provided. The buffet included beef *rendang*, *kueh pie-ti*, wasabi prawns, sweet sour fish, *ngo-hiang*, braised mushrooms with cauliflower, fried bee hoon and fried rice. The ever popular *laksa* was also provided and home cooked *char siew*, prepared by Anna's sister. For dessert we had *bubor chacha* and *lopez*. It was the opinion of all present that the dinner was simply sumptuous.

After some fellowshiping with each other, it was time for more serious matter – the induction of our two new members. Never before in Beta's history have we ever inducted new members at a fellowship gathering. Club President Norman Wee conducted the induction ceremony. He even came prepared with the club's red jacket.

Induction by President Norman Wee,
of Dr Samuel Yeak and Mr David Wong Wei Li as
new Beta Chapter members



Our two new members then were given the opportunity to introduce themselves. David is a businessman. He runs three child care centers. In partnership with friends he has other business concerns. He also serves in the MYMCA Board of Directors. Samuel is an ENT specialist who has just started his own private practice. He is currently the President of the MYMCA Board of Directors. He is also involved with other social projects. Their induction into the club augurs well for the club with promise of recruiting more new members.

The fellowship gathering ended close to 10pm. Thank you Anna for being such a gracious host.

Guests from Alpha Chapter



Helping ourselves to the sumptuous spread



Lady Y's Man Anna Loo with Eng Yau and family



Beta members, with CP Norman in formal gear

CHRISTMAS CHEER FOR ST ANDREW'S HOME FOR THE AGED

Christmas came early for 24 residents in the St Andrew's Home for the Aged. Director for Community Services, Y's Man Ng Hak Hai organized a Christmas Party for the home on December 15, 2013. The Club usually hosts Christmas Parties at the Villa Francis Home for the Aged. We were unable to do so this year, as the Home had shifted to a new building in Yishun. Unfortunately, this new home has no hall big enough to accommodate their residents for a party. For this reason, we

decided to bring Christmas Cheer to the residents of St Andrew's Home for the Aged. We had hosted Christmas party for the Home several years ago. The home is located in Avenue 5, Clementi.



CP Norman giving out gifts to residents of SAHA, with Y's Man Hak Hai

As the residents usually have lunch at 11am, the party had to commence early. The residents were provided boneless chicken rice for their lunch. Whilst they were having their lunch, they were entertained by Y's Man Lee Yut Khoo on his saxophone and Lady Y's Man Anna Loo on her violin. After lunch they had an interactive game, Bingo. Club President, Y's Man Norman Wee was the caller and Y'sling Ng Wen Ru helped by putting up the numbers called. The rest of us assisted the residents marking their card. A vertical or horizontal completed line won them a prize. To the residents, it was great fun especially those that won prizes.

After the fun and games, it was time to tell them the Christmas Story through carolling. Y's Menette Elizabeth narrated the Christmas story in English and Y's Man Samuel Yeak in Mandarin. After each narration, a Christmas carol was sung, accompanied by Samuel on the guitar. It was indeed a novel way to tell the Christmas Story to the residents.

To the accompaniment of “We wish you a Merry Christmas” President Norman Wee distributed Christmas gifts to the residents. The party broke off at 1.30pm.

Present for the function were President Norman Wee, Ng Hak Hai, his Y’s Menette Ee Har and his Y’sling Wen Ru, Y’s man Samuel Yeak and Y’s Menette Elizabeth, Lady Y’s Man Anna Loo and Y’s man Paul Tan. Representing the Home was a volunteer, Ms Zhong Pei who is from China.



Y’s Man Yut Khoon on his sax, Lady Y’s Man Anna on her violin and Y’s Man Samuel with Y’s Menette Elizabeth telling the Christmas story in song



Y’s Man Hak Hai with Y’s Menette Ee Har and Y’sling joining in the Christmas caroling



Y’s Man Samuel having a chat with a resident

Lady Y’s Man Phyllis came after church service, and heard from the residents how tremendously they enjoyed the visit from the group of Y’s Men.

DINNER MEETING

November 24, 2013

Guest Speaker: Prof Tay Eng Hseon
Medical Director, Thomson Women Cancer Centre
Topic: Women's Cancers: Changing Society,
Changing Cancer Trends

After a long lapse, Beta Chapter held its first dinner meeting for the new service year. We had a very good turnout of 28 members, their families and friends. Tay Eng Hseon, an internationally renowned Gynaecologist, was our guest speaker.



The incidence of cancer has risen significantly over the last 40 years. There were over 11,500 new cases, of which 51.4% occurred in women. 14.6% are gynecological cancers. Only 7.2 % causes death. Breast cancer tops the list since 1958. Cervical cancer was second highest in 1968-1972. This has fallen over the years and in 2007-2010 it ranks 9 (but this is not the case in Indonesia, Malaysia, Philippines and Vietnam). The incidence of ovarian cancer is slowly increasing and so is uterine cancer, which today ranks fourth. Reports show there is a familial tendency in breast, ovarian and uterine cancers.

Prof Tay spoke on three common gynecological cancers:

- 1) Cervical Cancer: The incidence is 3.3% of all women cancers. It is the only cancer that is preventable. Exposure to the human papillo-virus, smoking and decreased immunity are some of the risk factors. Some of the signs and symptoms are bleeding per vagina, contact bleeding and foul smelling vaginal discharge. Cervical cancer is slow growing developing from CIN 1 to CIN 2 and CIN 3 before turning cancerous.

In 1950 PAP smears were introduced. Unfortunately, 3% turn out to be false negatives. In 1999, HPV was found to be the cause of cervical cancer. Today women can vaccinate themselves with either Gardasil or Cervarix. Since the introduction of PAP smears, the incidence of cervical cancer has steadily declined. Some women chose not to have a PAP smear as they are too shy. Today, they can self-sample using the Delphi Test. Once the PAP smear is positive, a colposcopy and a cone biopsy should be done.

- 2) Ovarian Cancer: It has climbed from 7th to 5th position. The increase in incidence is correlated with a fall in fertility. Unlike epithelial cancer, germ cell cancer is aggressive but is curable. Unfortunately, there is no screening test. Tumor markers are only a guide. With aggressive surgery and chemotherapy, there is a 50% survival rate.
- 3) Uterine Cancer: Endometrial hyperplasia can be precancerous. Risk factors are metabolic syndrome, long menstrual cycles and patients on Tamoxifen (which is used for breast cancer). Women on oral contraceptives, who have two or more children and who breast feed their babies have protection to uterine cancer. This cancer presents itself early with abnormal menstrual bleeding and uterine enlargement. It is a curable condition. A hysterectomy is the treatment of choice.



Prof Tay presented 10 steps women should take:

- Do not smoke
- Avoid the metabolic syndrome
- Avoid multiple sex partners
- Do regular PAP smear, mammogram
- Vaccinate against HPV
- Ensure regular menses
- Have two or more children
- Breast feed your babies
- Use oral contraceptives
- Do genetic testing (BRCA gene, CA 125).



Questions came fast and furious which Prof Tay dealt with.

Y's Man Paul Tan introduced our guest speaker, Lady Y's Man Phyllis Tan was the marshal for the day and President Norman Wee gave the vote of thanks.



LETTER TO THE EDITOR

Paul received a letter from the Prices encouraging Beta Chapter to continue the good work. We reproduce the letter as is. Thank you for your encouragement, Bruce & Rosalie!

PO BOX 421W
Ballarat West
Victoria 3350
Australia
14/10/13

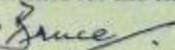
Dear Paul,

Received your Jan – June 2013 Bulletin yesterday and was immediately saddened to read your excellent editorial 'Farewell, My Beloved'. I then was cheered to read the Addendum. We wish you well on your 'difficult journey' realizing it may not achieve a revival. Our Ballarat Club is on a parallel path. From a vibrant, young club of 70 members in the 1960's we are now down to 15 committed, elderly members. We still enjoy fun and fellowship and still provide service to the YMCA but the prognosis suggests we will close in a few years. South Pacific has decreased from 1000 to 250. It is interesting to note that in the 1960's there were 30,000 members in Y's Men International. There are still 30,000 but USA has decreased from 17000 to 1500 !!! Now there are 10000 in India, 5500 in Korea, 2500 in Japan and 4000 in Denmark. Asia dominates !! Other service clubs such as Lions and Rotary are also becoming older particularly in the western world. It is hoped voluntarism will continue to be evident but in different forms.

Your club has a very proud history which you have succinctly described in your editorial. It contains many great projects and fine involvement at a District, Regional and International level. We particularly recall the happy and successful International Convention in 1994. Of special note has been the ongoing hosting of many, many international visitors which has been very much appreciated. This of course particularly applies to 'Hotel Chestnut'.

Thanks so much for our long personal friendship and our long admiration of the quality of your club operations, the Beta Bulletin and your club membership.

Best wishes for the challenging year ahead and to you and Daisy,

Y'sly, 

Bruce and Rosalie Price



BIRTHDAYS & ANNIVERSARIES

HAPPY BIRTHDAY

July	27	Y's Man David Wong Wei Li
Sept	02	Y's Man Samuel Yeak
	05	Y's Man Leslie Struys
Oct	02	Y's Man Ng Hak Hai
	09	Lady Y's Man Phyllis Tan
	22	Y's Man Raymond Tan
Nov	07	Y's Man Loo Fook Sung
Dec	07	Y's Man Norman Wee
	15	Y's Man Patrick Tan

The seven ages of man: spills, drills, thrills, bills, ills, pills and wills.

- Richard J. Needham

HAPPY ANNIVERSARY

Jul	14	Y's Man Paul Tan and Daisy
Sept	28	Y's Man Ng Hak Hai and Ee Har
Dec	12	Y's Man Loo Fook Sung and Lucy

True or False?

*A successful man is one who makes more money than his wife can spend.
A successful woman is one who can find such a man.*

*A man will pay \$2 for a \$1 item he wants.
A woman will pay \$1 for a \$2 item she doesn't need.*

*To be happy with a man, a woman must understand him a lot and love him a little.
To be happy with a woman, a man must love her a lot and not try to understand her at all.*

*A woman marries a man expecting he will change, but he doesn't.
A man marries a woman hoping that she won't change, but she does.*



The Metropolitan Y

MANAGED BY METROPOLITAN YMCA SINGAPORE



Located along Stevens Road in serene surroundings amidst lush greenery, the Metropolitan Y has 98 furnished guest rooms and 27 serviced apartments with close proximity to the Orchard shopping district and laundry facilities.

With more than 9,000 sq ft of meeting area, we also offer 10 meeting rooms which are perfect for corporate and social events. Our wide range of room set-ups, and various sizes allows us to cater to all your needs. Wireless internet is available throughout. Coupled with dedication and experience, our staff will ensure that your event is a success! Do check out our **Metro-Y Restaurant** where we serve a wide array of local delights!

Services & Facilities:

- Wireless internet access at our lounge, restaurant and accommodation rooms.
- Swimming pool (Subjected to training schedules).
- LCD television equipped with cable channels.
- Fitness centre.
- Business centre.
- In room coffee / tea making facility.
- Launderette with iron and ironing board.

For bookings or enquiries on our accommodations, conference facilities and/or restaurant, please visit or call us at:

T: +65 6839 3333 F: +65 6235 5528
60 Stevens Road, Singapore 257854
www.mymca.org.sg