



Energetic fast tempo Brazilian samba drumbeats, loud cheers and resounding applause. The Mega Sports Park on Woodlands Drive was transformed into a sports arena on 7 July.

To The Max (TTM) is back. It's bigger, better and bolder! The New Life youth event had grown from 250 participants, when it was first introduced in July 2011 to more than 1,000 this year.

There was a wider offer of activities ranging from sports such as Street Soccer and Tchoukball, to LAN-gaming and dance performances.

Describing the greater offering of the event, Ms Diana Ooi, New Life Director, shared that the well-rounded approach resulted to greater participation of the youths.

"It allows the young to unleash their potentials and channel their energies into arenas such

“ The atmosphere was charged with enthusiasm, excitement and high energy. This is exactly what To the Max is all about! ”

Ms Diana Ooi,
New Life Director

as sports, digital arts and performing arts," she said. "The atmosphere was charged with enthusiasm, excitement and high energy. This is exactly what To the Max is all about!"

BIGGER Participation

"I am impressed to see how big-scale the event is and overwhelmed by the selfless volunteers who have stepped up to serve the community," said Ms Denis Ang.

Denis was one of the 250 volunteers present at the 1,000-strong event. For every four participants, there was one volunteer. More than just the success of the event, volunteers' contributions had touched the hearts of youths.

Ari, one of the Tchoukball winners said of the event and its people, "The organisers are very friendly and helped us to be motivated. The

In this Issue

- To The Max!
- Dads for Life
- Camp Season

Chief Editor

Diana Ooi

Editorial Team

Albert Go

Amy Tan

Victor Yeo

Lei Kabigting

Serene Koh

The New Life News is published quarterly by New Life Community Services.



10 Jelapang Road,
Singapore 677740
Mainline : 6892 7191

Fax : 6892 7181

Website : www.newlife.org.sg

Email : email@newlife.org.sg

Copyright is held by the publisher. All rights reserved. Production in whole or in part without permission is prohibited.

MICA (P) 233//02/2012

New Life Community Services is affiliated to Covenant Evangelical Free Church and a member of the National Council of Social Service (NCSS).



tournament was fun and I've made a lot of new friends. I learnt its importance because friends help and support us."

BETTER Areas of Interest

Riding on the success of the first event, TTM 2012 aimed to engage more than just the athletic youths, but also the tech-savvy and even the groovy ones.

Futsal and Tchoukball remained a favourite among the highly-energised youths. The event also featured LAN-gaming and photography for the first time.

LAN gamers participated in the tag team event, which witnessed fierce battles on the cyberspace. LAN-gaming was introduced to TTM due to its popularity among youths, explained Mr Roy Wong, TTM Chairman. "Contrary to popular beliefs, LAN-gaming could actually teach players about teamwork & strategic planning," Roy added.

Another first was the photography competition which exhibited the best shots of young shutterbugs in various themes ranging from teamwork to emotions.

There was yet another new and hot activity on offer — dance. Youths of various group sizes took to the stage, displaying their impressive footwork, agility and groovy body language to the beat of fast tempo, upbeat hiphop tunes.



"I think activities like To The Max bring the youths out of their homes. To The Max is a good platform for them to break out and do holistic activities and even learn to contribute back."

- Mr Vikram Nair

"New Life is doing a wonderful job. It's not easy for any organisation to rally the youths to do what New Life wants them to do which is to enjoy themselves uninhibited and to show their potential."

- Ms Ellen Lee

"I'm very impressed with To The Max and how the community's youths were involved. I hope New Life can continue to hold such events for the whole (Sembawang) GRC."

- Mr Ong Teng Koon

BOLDER Collaboration

With so much on offer, so many youths to engage, New Life partnered various organisations for the event.

Organisations and partners such as the Neighbourhood Police Post, ITE College and Care Corner Family Service Centre (Admiralty) set up booths and exhibition displays at the sports park.

"It gives us a platform to showcase the activities and interest groups we have for the youths," said Jia Yun from Woodlands Youth Executive Committee.

Ms Kelly Yeo from Youth Guidance Outreach Services was also impressed. She said, "It is a very good platform by New Life, and really gathers everybody together."

Rallying youths for the success of the event was also made possible by the unwavering support of Grassroots Advisers – MP for Sembawang GRC Ms Ellen Lee, PBM (Woodlands), Mr Ong Teng Koon (Woodgrove), and Mr Vikram Nair (Admiralty).

TTM opens doors for opportunities for our next generation to be more engaged, competitive and more aware of their great talents. And that's bringing youth community events to greater heights!





In line with the mission to nurture children in partnership with parents, New Life Childcare held its inaugural *Dads for Life* workshop on 14 April. *Dads for Life* is a national fathers' movement initiated and supported by Ministry of Community Development, Youth and Sports (MCYS) with a purpose to inspire, mobilise and involve fathers to become good influencers in their children's lives.



Children and their fathers had a taste of a great and unforgettable bonding experience through sandwich making!

for Life

Dads engaged and connected with their children as they excitedly and carefully selected ingredients in the supermarket for the sandwich making competition.

Teamwork was highly featured as the father and child teams eagerly prepared and designed their creative sandwiches. As they cut the tomatoes and onions, carefully arranged hotdogs and cookies for their masterpiece, they not only have fun but also appreciated the importance and value of doing things together.

"Opportunities like these seek to further tighten and build strong parent-child relationship, parental presence as well as encourage emotional connection during their children's crucial formative years," said Ms Yvonne Lee, New Life Childcare Supervisor.

"The workshop emphasises the impact of fatherhood and to empower and support them in their role as parents. We believe

open communication and involvement in their children's lives will lay the foundation of good and active fathering," she added.

Equipping dads with the knowledge and skills to build stronger bonds with their children was also encouraged through the educational talks of author Ms Alice Tok on "Your Child's Successful Learning" and Mr Vincent Chia on "Know Your Food Labels". Moms were not left out as a demonstration on Muar Chee-making for them was also a highlight of the programme.

"The talk was very informative, and we had a great bonding when we had to make a sandwich together. Setting a good example as a father is the most important and number one rule in building the character of your child. I definitely recommend that New Life will hold another one because it's very encouraging," Mr Poh Seng Leong, a participating dad said.

Following the success of the workshop, New Life Childcare plans to hold similar workshops of Dads for Life at least twice a year according to Ms Lee.



It's CAMP Season!

School's out, Camp's in!

In New Life's Camp Season during the June holidays, the youngsters were treated to a rolling good time. More than just having fun, they also learnt important skills to cope in school.

Camping for Teamwork:

Facing the G. I. A. 'n' T. S. Together

Can you poke a potato using a straw? Or walk blind-folded without stepping on obstacles by merely listening to instructions? How about twisting your body to pass through a web of tangled ropes?

These "Giants" or challenges appeared insurmountable. At New Life Children Pre-Teen's Camp for 11-12 year old adolescents, a "Giant" is not a huge creature or even a challenge, but it stands for Grades, Influence, Attitudes, Transitions and Self-Esteem.

Pre-teens nowadays face different challenges ranging from school work, peer pressure, coping with growing up transitions, or distractions to name a few. The camp, held at Camp Challenge Sembawang on 23 June,



aimed to impart essential life skills to pre-adolescents to help them overcome the life's "Giants".

"The pre-teens not only enjoyed the camp but also discovered their attitudes and perceptions about themselves," said Ms Faith Wong, Pre-Teens Club Programme Coordinator.

"Being an overcomer with a "can-do attitude" is what we highly encourage. Enjoyable plus experiential learning gives them a holistic and purposeful educational experience," she added.

"I enjoyed the laser tag combat a lot! Through this camp, I realized the importance of helping one another because it's quite challenging to deal with things alone. With the help of others, I can do more," said Edith Goh Lixuan, 11.

Camping for Environment: Nature's Keeper

When it comes to learning, Mother Nature sure has a lot to share.

Children aged 7-10 of Kids Champ Club were treated to an eye-opening experience





at the Dairy Farm Nature Park on 8 June. These kids from highly sanitised concrete jungle marveled at majestic towering trees, forest fauna and learnt first-hand about various habitats in the forests.

Aside from cultivating the appreciation of nature, they also discovered the country's natural heritage through interesting games and hands-on activities such as creating origami of mammals at the Wallace Environmental Learning Lab (WELL). They learnt the importance of preserving the forest and the wildlife.

"The kids were so eager to learn about the environment through visually stimulating activities and video watching," said Ms Li Yingyi, New Life Children Programme Coordinator. "This certainly sparked a sense of wonder in them. It was also a good bonding experience with their parents."



Camping for Sports: Discover the Power Within

Winning is not everything, goes the familiar saying. Indeed, teamwork and building resilience were the highlights of the energy packed and thrilling New Life Youth Sports Camp held from 12 to 14 June.

After battling it out in games of Tchoukball, soccer, Captain's Ball, and ice-skating, the youths had some reflection time and workshops where they learnt that having a "never give-up attitude" and seeing challenges as opportunities rather than obstacles would serve them well in life.

While the youngsters enjoyed themselves and made new friends, the camps also fostered a sense of togetherness, improved their social skills, and helped them discover more about themselves, building their confidence and motivation in life.



For.Your.Interest.



Sports Spree in YOG!

Children from K1 & K2 enjoyably explored Youth Olympics Games (YOG) Gallery of Singapore Sports Museum on 12 March. Former Olympian and Sports Hall of Famer Mr C. Kunalan toured the children around the gallery and in Athletic Fun Station wherein they learned about speed, agility and co-ordination. They also created their own medals during the art and craft sessions.

Youth Hub Blitz

Bukit Panjang Youth Hub hypes up the community's awareness of its offerings and benefits as well as to encourage new members last 14 May. Flyers were distributed in nearby areas and the Youth Hub Open House was held from afternoon until evening where non-members enjoyed free access. Forty five new youths have successfully visited while 15 have signed up.



To The Max inspires New Members of Woodlands Youth Hub

The success of New Life's To The Max 2012 held on 2 July brought about a total of 53 new members to New Life Youth Hub through signing up on the day of the event and referrals. They will be entitled to a free six month membership where they can access the various well-equipped facilities such as the dance studio, music room, video game room, and computer room.

New Life Children Family Day Outing

Children and their parents visited Jacob Ballas Garden Singapore Botanic Garden, Asia's first children's garden on 7 April for an afternoon delight of fun and interactive games in celebration of New Life Family Day. Through play and exploration, the children had a unique discovery and learning experience in a garden setting while bonding with their parents.



UPCOMING EVENTS

14 October 2012

Children's Fest 2012

Brace yourselves for this year's Olympic inspired New Life Children's Fest with more fun on sports gizmos, exciting games, and performances in Bukit Panjang and Woodlands. For inquiries on how to join, please call Li Yingyi at 6892 8020.

28 October & 4 November 2012

New Life Day

New Life will celebrate New Life Day together with its staff, donors and volunteers to highlight this year's key accomplishments of its various services. Please email volunteer@newlife.org.sg to get involved in any of the programmes.

OUR SERVICES

New Life Childcare (Bukit Panjang)

Nurturing Wholesome Children in Partnership with Parents

New Life Children (Bukit Panjang)

Love Children by Mentoring them to become Character Champions

New Life Children & Student Care (Bukit Panjang)

Mentor Children to become Disciplined and Confident Individuals

New Life Youth (Bukit Panjang & Woodlands)

Building Character & Developing Resilience

New Life Name Changed!

Our name, "New Life Community Services Centre" has been changed to "**New Life Community Services**" since July 2011. This change reflects the growing work of New Life as no longer a single centre but a multi-locale, multi-services agency. Kindly make your cheques payable to "**New Life Community Services**" henceforth.

All donations received are 2.5 time tax deductible. IRAS no longer accepts tax deduction claims for donations based on donation receipts. Thus all donors need to provide a tax reference number (NRIC, CRN, FIN) to qualify for tax deduction.

Make a difference today by supporting New Life!

For more information, call **6892 4366** or email to donate@newlife.org.sg

By Cheque: Payable to

New Life Community Services.

Please furnish your name, NRIC/FIN no., address and contact no. on the back of the cheque.

By Credit Card: Please go to

<http://www.newlife.org.sg/donate.htm>

By Interbank Transfer: Kindly contact us at

6892 4366 or email donate@newlife.org.sg

By Interbank GIRO: Please download a GIRO

form from our website or call 6892 4366.

Please furnish your full name and NRIC/FIN number in order to enjoy tax deduction.