



# APAY NEWS

Monthly e-Newsletter of the Asia and Pacific Alliance of YMCAs No. 06 / 09 ~ October-November 2009

## 1. Launching in December: S2S Campaign

On December 12, 2009, APAY will launch S2S ~ **Skip a meal to Save for youth**, a fund raising campaign for youth participation and leadership development programmes within the region. This 1<sup>st</sup> APAY S2S Day hopes to involve all YMCA members to skip a meal and the money saved will go to the youths.

A special video clip has been prepared and you can watch it on youtube ~ search for apayS2S09 or URL:

<http://www.youtube.com/user/apayS2S09#p/a/u/0/p5Eho7-6vus> (English)

<http://www.youtube.com/user/apayS2S09#p/u/3/v0MsKfmPtpA> (Chinese subtitles)

<http://www.youtube.com/user/apayS2S09#p/a/u/2/aLtaXEXOnAM> (Japanese subtitles)

<http://www.youtube.com/user/apayS2S09#p/a/u/1/4Sq-lyid7fQ> (Korean subtitles)

It has been circulated that 50% of the amount raised be used exclusively for youths in your country and 50% shall be for APAY's youth programmes.

We are happy to know that YMCAs in the region have started promoting this campaign and drawing support as shared through their e-mails. In Sri Lanka YMCA, the Youth Committee is taking the responsibility of doing this campaign, which will commence during its Youth for Change gathering (*see related story*) by skipping 2 refreshments this November 18-22, 2009. In New Zealand, they are holding a Design a Poster Competition with judging to be done by their YMCA senior managers and the winning poster shall be used for their S2S campaign. Nepal YMCA has started mobilising their membership to launch the campaign on December 12. Other YMCAs have posted it on their website, newsletters and presented at their annual or general meetings.

We thank all movements supporting our campaign and we encourage all YMCA members to join. The Y's Men International has also been requested to participate and support... Together we can do much for the youths!

## 2. Workshop on Gender Concerns and Migration

With the objective of pursuing our commitment to gender equity and raising the importance on the impact of migration issues on women and their families, we are holding the regional workshop on Gender Concerns and Migration this 14-17 December hosted by Metro YMCA Singapore. [We are reminding all movements to send in their registration forms before 25 November 2009.](#)

## 3. Advanced Studies Programme (ASP) ~ Update

On its 5<sup>th</sup> week, the eleven participants of this year's Advanced Studies Programme (ASP) continue to be engaged in participatory learning, sharing experiences and valuable inputs from

resource persons ~ facilitators and interactive work groups. Several exposure programmes were likewise arranged to have a deeper understanding of the current issues and concerns to carry out the YMCA's social transformation role in today's context.

We share with you some of the participants' reflections:

*I deeply appreciate this ASP. I have gained more knowledge about contemporary theological perspectives, the current disparity of wealth in society, the unjust and inequality in the undeveloped countries of the global integration, how the rich oppresses the poor. As the YMCA, how can we do and what can we do to make our world reign with justice and peace?* (Kelly of Hang Zhou YMCA, China)

*I really enjoy the sharing with all the participants who come from different countries. To think globally and to act locally. To learn globally and to reflect locally!* (Key of Chinese YMCA of Hong Kong)

*ASP gave YMCA workers a venue to reflect on the world's realities and how the diversity of perspectives is interconnected with faith and the people. It is the coming together of Asia and the Pacific Region to promote life and take part in the process of transforming lives and the communities.* (Tintin of Albay YMCA, Philippines)

*It builds up my capacity and enhances my knowledge that makes me a better YMCA staff. In ASP, we can learn each other from our own life experiences in relation to our YMCA work. It provided me wider perspectives. Being more aware of global issues, we act more responsibly in promoting and building a peaceful world* (Daisy of NCY Myanmar)

*The various exposure programmes particularly on youth issues motivated me to think more about the youths in my country and do something for them, with them. ASP provided me a new creative way of thinking and analyzing to act accordingly. The sharing of the participants' life moments was very interesting for me. Thank you so much.* (Thet Htar of Mandalay YMCA, Myanmar)

We express our sincere gratitude to all our partners and member movements ~ YMCA of Australia, the Council of YMCAs of Hong Kong, Metro YMCA Singapore, Hong Kong YMCA and the IHQ of Y's Men International (ASF) for their support to participants from the YMCAs of Bangladesh, China, India, Myanmar, Philippines and Sri Lanka.

The Closing Ceremony will be held on 26 November 2009 at the Cityview. Dr. Cecil Chan, President of Chinese YMCA of Hong Kong will be the Graduation Speaker.

#### **4. Forum on Global Warming ~ January 18-22, 2010, New Zealand**

APAY Forum on Global Warming will be held on 18-22 January 2010 at YMCA Camp Wainui Park, Christchurch, New Zealand. The forum will be concerned with positioning YMCA's stance on Global Warming and strategize its involvements in addressing this issue. It will have space and opportunity for sharing realities, responses and will also discuss the outcomes of the Climate Change Conference in Copenhagen. It will work towards developing framework for environmentally sound and socially responsible concepts, practices and strategies by YMCAs that will contribute towards sustainability of life. The forum will provide the opportunity for the YMCAs and organizations to share their projects / programs combating climate change and global warming, and learning's from their involvements and experience on

mitigation for sustainable environment. (*Details are sent to the National Movements. The Registration will close on 31 December 2009*).

## **5. Our Appreciation ~ Emergency Response Appeal**

We thank the following movements from the region and outside the region that have responded (as at 20 November) to support the Emergency Relief Appeal for the affected communities/families by the earthquake in Indonesia and the typhoons in Philippines, Taiwan and Vietnam:

**For Indonesia** ~ Japan YMCA, Metro YMCA Singapore, Singapore YMCA, Taiwan YMCA (Total – USD8800)

**For Philippines** ~ Japan YMCA, Metro YMCA Singapore, Singapore YMCA, Taiwan YMCA, Germany YMCA, US YMCA – World Service (Total – USD15600)

**For Vietnam** ~ Australia YMCA, Canada YMCA, Japan YMCA, Metro YMCA Singapore, Taiwan YMCA, US YMCA – World Service (Total – USD6880)

**For Taiwan** ~ Japan YMCA, Metro YMCA Singapore, Singapore YMCA (Total – USD2600)

The initial progress report on the emergency relief operations of the YMCA Philippines can be downloaded from our website.

## **6. Youth in Focus...**

### ***YMCA Raon Atti Prepares for 2010***

Another group of young people are expected to be engaged in some local YMCAs' community projects and volunteer work from March 2010. As shared by Mr. Song Jin Ho, Senior Executive Director of the National Council of YMCAs of Korea, 6 host YMCAs have already been identified ~ Chiang Mai (Thailand), Kuala Lumpur (Malaysia), Vietnam, Philippines, Sri Lanka and Cambodia (NGO). Piloted in 2008, *Raon Atti* is a 5-month long international youth volunteer service programme that focuses on strengthening the works of the YMCAs and promotes global citizenship education. A planning meeting for international coordinators is set sometime January next year. *Raon Atti* is a joint project of Kook Min Bank (KB) and NCY Korea.

### ***Sri Lanka YMCA Youth for Change Gathers Youth Leaders Towards Peace Building and Reconciliation***

The National Council of the YMCAs of Sri Lanka through its Youth Committee is organizing an international gathering ~ *Youth for Change* for 100 youth from 18 to 22 November 2009 at the YMCA International Center (YIC) Kurana, Katunayake with the support of the YMCA/YWCA of Norway.

The gathering aims to strengthen active participation of young people in peace building process and equip them to take responsibilities in peace and reconciliation. Youths need to be given opportunities to promote peace and justice, through their expressions of hopes in an innovative and creative ways by using their talents/skills within the Y environment. The programme also intends to examine how YMCA youth can play a meaningful role in deciding and building on actions that promote peace within their own localities.

Youth members from YMCAs of India, Korea, Nepal, Philippines and Thailand were invited to participate.

#### ***400 Youth Support 51 Charities – Singapore YMCA***

With a seed funding of \$1,600 each, the 100 teams of the 2009 Citibank-YMCA Youth For Causes programme have raised \$672,525 for 51 voluntary welfare organizations. In the process, the teams' mobilized 6,000 volunteers to support their social entrepreneurship projects and reached out to 1.3 million people across Singapore. An Awards Celebration will be held on 21 November 2009 to celebrate the successful completion of all the projects. Various awards will be presented during the event, including Best Team, Best Mentor and Most Supportive Voluntary Welfare Organisation among others. His Excellency S R Nathan, President of the Republic of Singapore and Patron-in-Chief of the YMCA of Singapore, will grace the event as the Guest-of-Honour. (*Singapore Y eNews, November 2009*)

#### ***5<sup>th</sup> National Youth Assembly 2009, India***

Ninety delegates representing 6 regions of the National Council of YMCAs of India attended the 5<sup>th</sup> National Youth Assembly in Bokaro Steel City organised by the Bokaro YMCA under the aegis of the National Youth Work Department last November 6-8, 2009. Rev. Dr. D.N. Prasad, Director of the Pentecostal Assembly School and Evangelist inaugurated the Assembly and challenged the youth to be a good witness in the society especially in the background of violence, economic upheaval and unemployment. The theme was focused on "*One Body Many Parts: Called to Witness*". At the end of the assembly, a five-point Resolution was passed to be forwarded to the National Council of YMCAs of India, since it is in the process of amending its constitution. (*Report by Mr. Rajiv John, Youth Work Secretary, NCY India*)

#### ***37th Student YMCA National Summer Seminar, Japan***

The 37<sup>th</sup> Student YMCA National Summer Seminar of Japan YMCAs was held from 10-13 September 2009 in Tozanso, Shizuoka. This is an annual gathering of Student YMCAs in Japan with the purpose of movement building, awareness raising, and leadership training. There were about 70 participants ~ student Y members, senior friends and representatives from churches and local YMCAs. This year's theme was "We look down when we walk" focused on two main topics, Capital Punishment System and Poverty. To get a new perspective on the problem of economic gap, a bible study reflecting on Matthew 20:1-16, the Parable on laborer in vineyard was used.

Prior to the seminar, all women participants who attended this programme since 2006 had a meeting and jointly conducted "Assertive Training". We all had a deep discussion on the theme and students experienced a "living" network in national Student YMCA movement. (*Report by Mr. Wataru Arizumi, Student Work, NCY Japan*)

#### ***YMCA Youth Internship Programme***

Youth volunteer Mr. Kohei Tsukamoto of Tokyo YMCA was in Davao Del Norte YMCA, Philippines for a 6-week internship programme from 6 August to 22 September. During his stay, he worked with various YMCA community projects and had the opportunity to interact with the villagers. His learning experience provided him an opportunity to understand more about YMCA as a community based organization responding to local people's needs, knowing cultural diversity and local social issues in the Philippines. He was on homestay and learnt about family cultures and traditions.

These internship/inter-movement exchanges are good avenues for our young people for their capacity building and leadership development. We highly encourage and will be happy to assist in facilitating more of such programmes.

### **7. Santha Fernando Released on Bail**

11 November 2009 ~ Sri Lanka YMCA thru its National President, Mr. Aruna Nonis was happy to share and announce that Mr. Santha Fernando was released on bail. It can be recalled that Santha was taken into custody a few months ago and kept at Welikada Remand Prison, where his case has been heard at the Fort Magistrate Courts. Prior to his release, all YMCA movements along with churches were requested to set a date of prayer for him on 8 November coinciding with the World YMCA/YWCA Week of Prayer and World Fellowship. Santha is the past General Secretary of Colombo YMCA/Executive Secretary of NCYSL and APAY and presently serving as the Executive Secretary of the Commission of Justice & Peace at the National Christian Council.

### **8. YMCA PSGs Meet to Strengthen Cambodia and East Timor YMCAs**

The Partners Support Group (PSG) of Cambodia YMCA (CYMCA) and ANJUJCTIL (East Timor YMCA) met in different venues to strengthen the development of 2 emerging YMCAs.

On 15-17 November, East Timor ~ PSG members from the YMCAs of Australia, Japan and Korea gathered at YMCA Wu Kwai Sha Youth Village, Hong Kong. The first solidarity visit and meeting of CYMCA ~ PSG took place in Cambodia on 20-22 November. CYMCA ~ PSG is composed of YMCAs of Perth (Australia), Himeji (Japan), Hong Kong, Singapore, Chinese YMCA of Hong Kong and Y Care International. Both PSGs are under the coordination of APAY.

### **9. National Presidents Re-Elected**

Our Congratulations to National Presidents who were re-elected at their recently concluded National Meetings:

- Bangladesh YMCA Mr. Symon P. Adhikary
- Philippines YMCA Judge Edilberto Claravall

### **10. APAY Partnership Project (APP) ~ Opportunity for Partnership in Mission**

16 Proposals from 7 National Movements have been received for the APAY Partnership Project (APP). The APP is intended to provide opportunities for the YMCAs in the developing countries to initiate local action programs in line with the regional thrust and to build partnership with these YMCAs and share resources as an expression of our Global solidarity.

APP No.	Proposing YMCA	Programme
1	Kaligram YMCA/ Bangladesh	Training on Livestock for the poor women
2	Trivandrum/ India	Production and marketing of Mushroom, vermin compost and organic vegetables
3	Madurai/ India	Empowerment of underprivileged women towards sustainable development
4	Gaya/ India	Livelihood Center
5	Bareilly/ India	Children In Crisis Project
6	Patna / India	Empowering the marginalized community & Dalits through building the capacities of PRI's
7	Jamshedpur/ India	Strengthen Marginalized Community towards sustainable life
8	Nepal	Pre- primary school for children in slums
9	Nepal / Student YMCA	Income Generating programme for the internally displaced people

10	San Pablo City/ Philippines	YMCA Aral Teknikal Sa San Pablo ( Technical Studies )
11	Albay / Philippines	Harong Nin Pag- La-Om( Centre of Hope )
12	Makati / Philippines	YMCA Bahay Aralan (Vocational Training programme)
13	Morotuwa / Sri Lanka	Building Community and a Culture of Peace
14	Valachchenai/ Sri Lanka	Livelihood sustenance at Vinagapuram
15	Jakarta/Indonesia	Peace Programme for Teenagers
16	Jakarta/Indonesia	HIV/AIDS Education

## 11. News and Updates from our Movements...

### ***YMCA Career Development Program (CDP)***

For the whole month of September 2009, the YMCA of the Philippines conducted its Career Development Programme, a basic YMCA Executive Training for YMCA professional staff. Eleven staff and young professionals from local YMCAs who opted to follow a YMCA career attended this training programme that provided platforms to discover the roles and responsibilities of YMCA professionals in re-affirming the YMCA as people's movement.

The training module included experiential learning process with three major components focusing on understanding the YMCA growth, its philosophy and mission, management skills and program development and, planning and writing of contextual responses. The CDP was held in Cebu YMCA, which co-sponsored the program and served as the home of the trainees. This training shall be held every two years. *(Report by Pablito A. Tabucol, Asst. Program Secretary for Movement Strengthening)*

## 12. Ecumenical News...Our Partners...and Networks

### ***ACPP-HL Regional Training Workshop on "Responding to Injustices"***

The *Asian Center for the Progress of Peoples (ACPP)* conducted its regional *Training Workshop* on 10-13 October 2009 at St. Gabriel, Bangkok, with the participation of 21 justice and peace workers from Burma/Myanmar, Cambodia, Hong Kong, India, Mongolia, Pakistan, Philippines, Sri Lanka, Taiwan and Thailand with each as a resource person sharing their experiences, challenges, analyses, and plans on "*Responding to Injustices*" in their respective countries. Topics included sharing and categorizing expectations, actions and challenges, reviewing sequence of actions, refining goals and identifying driving force and restraining forces through the Force Field Analysis, effective international solidarity, and actual networking. The design of the *Workshop* required all participants to be responsible for their own learning, while facilitators only helped in facilitated the sharing process, analysis and reflection on experiences through exercises, group work and various tools.

Ms. Phanomwan Yoodee of Chiangmai YMCA participated in this training and shared her issues on gender injustice in the Buddhist system, which gave a new perspective to the majority Catholic group. Participants also benefited from her many years of experience in YMCA through her active participation in the workshop. *(Report by Ms. Linda Noche, ACCP ~ Hotline Asia)*

### ***EASyNet Week 2009***

The **Hong Kong Ecumenical Team** celebrated the EASY Net Week participated in by the youth members of Student Christian Movement (SCM), YMCA of Hong Kong, International Movement of Catholic Students (IMCS) and Anglican Youth last 14 – 16 October 2009

We organised a workshop focused on the relationship between teens and their society. Invited speakers gave a brief history about ecumenism. The young people were stimulated to share actively about their experience of joining social movements. We were also challenged to be mindful about the other and how to act responsibly. This workshop enabled us to rethink our values and view social issues with different perspectives. Our celebration ended with a “Taizé Worship” that focused on the poor. *(Report by Ms. Lee Mee Sin, Fiona, YMCA of Hong Kong Youth Volunteer-Leader)*

On October 17, the **Malaysia Ecumenical Team** organised an EASYNet Fellowship Day in YMCA of Kuala Lumpur. Our simple celebration included sharing of member organisations, introduction on EASYNet, session on “One Malaysia” and concluded with candle vigil. Representatives from Malaysia Catholic Student Council (MCSC), International Young Christian Students (IYCS) and Kuala Lumpur YMCA Uni-Y members participated in the celebration. Our fellow youth participants travelled as far as Malacca and Penang to join us. *(Report by Ms. Debbie Leow, KL YMCA Uni-Y Leader)*

### **Reminder ~ Regional NGOs/Ecumenical Networks Meeting on 29 January 2010**

### **13. Special Feature ~ An Interesting Lecture on Slowing Down Your Aging Process**

During the Ageing forum held in Penang, we had a half-day exposure trip to the nearby hospital where we had a lecture of “How to slow down our ageing process” by a doctor of the Penang Adventist Hospital. This was simple but interesting lecture for all of us. I share a summary of it.

There are 7 important ways to slow down our aging process. All of them are equally important.

1. *Weight Control:* This is a major cause of chronic diseases.
2. *Faith:* It is interesting to hear that someone is protecting and watching us is important to human beings regardless of their faith
3. *Water:* When we feel thirsty our body is drying. We should take water often and should go to the toilet every two hours. Many of us don't drink much because we are afraid of going to the toilet often. We have to change our thinking on this
4. *Social life:* It is also important to have friends someone to share joy and sorrow with us
5. *Humor:* A sense of humor and laughing helps to strengthen our anti virus power within our bodies
6. *Antioxidant foods:* These help to reduce blood pressure and slow the effects of ageing. The top ten Antioxidant foods includes Berries, Broccoli, Tomatoes, Garlic, Spinach, Tea, Red Grapes, Carrots, Soy, and Whole Grains.(from Google library)
7. *Vitamins:* There are many vitamins that are necessary for our bodies but Vitamin A, C and E helps to slow down aging". Vitamin A can be found in many yellow vegetables, C in many fruits and E in nuts which are also good for psychological depression.

*(Sharing by APAY GS K.Yamada)*

### **14. YMCAs in China Celebrate 100 Years! Congratulations!**

November 11 ~ Guangzhou YMCA

November 13 ~ Beijing YMCA

### **15. Workshop on Global Citizenship Developed Framework for GC Education**

The Workshop on Global Citizenship organized by the World Alliance of YMCAs in Coventry brought together representatives from those YMCAs that sponsored the resolution and also invited representatives from Oxfam and UNICEF. The Right Reverend Dr. Brian Castle, Bishop of Tonbridge in Kent, England was invited to lead a theological reflection on global citizenship. The Workshop developed a global framework and perspective on global citizenship, taking into account the diverse experiences of YMCAs in implementing global citizenship programmes. An important part of the workshop was the sharing of experiences and good practices on global citizenship programmes from the national movements, APAY, Y Care International, Oxfam and UNICEF. The sharing brought to light both the diversity as well as the commonalities in the approaches, the focus in terms of issues and themes as well as the values underpinning the work and programmes on global citizenship. This highlighted the importance of a contextual approach rooted in specific needs, realities and cultures, the need to focus on young people and strengthening their engagement to their communities as well as a transformational approach, consistent with Challenge 21, the YMCAs contemporary mission statement. Dr. Park Jai Chang, President of the APAY and Jose Varghese, ES of APAY participated. Ms. Yokohama Yuria (Japan), Mr. Karl Lau (Hong Kong), Mr. K. John Cherian, Dr. Philip John, Mr. Solomon Paul Benjamin (India) also participated from Asia Pacific Region.

### **16. YMCA Canada Appoints New President & CEO**

Mr. Scott Haldane was appointed as the New President and Chief Executive Officer (CEO) of YMCA of Canada effective 1 January 2010. He takes on the leadership of YMCA Canada following the conclusion of their national conference, Portage 2009, at which there was a call to action to dramatically improve the health of children and youth. Mr. Haldane served as President and CEO of the YMCA of Greater Toronto since 2003. Our warmest congratulations!

### **17. World Council 2010 Updates ~ Video Competition at the International Youth Forum**

Invitations to participate in the Video Competition at the International Youth Forum on 16-19 July 2010 have been sent out to National Movements. The theme will focus on Global Citizenship and the Millennium Development Goals and to depict this in the unique context of Hong Kong. This is open to young people who'd like to give filmmaking a try and work with a team of other young people from other countries. Application forms must be sent to [iyf2010@ymca.int](mailto:iyf2010@ymca.int) on or before 10 December 2009. Those who send in their applications within the deadline will have priority while giving due consideration to regional and gender balance. *(Please visit [www.ymca.int](http://www.ymca.int) for more information and updates)*

### **18. Let's Stay Connected ~ Share News and Information**

National Movements are invited to share programme stories, news and information. Please send us your articles/news reports by the 3<sup>rd</sup> week of every month. *(Attn: Cristina Dalope)*

## 19. Forthcoming Events/Meetings

DATES	EVENTS	VENUE
26 Oct – 28 Nov	27 <sup>th</sup> Advanced Studies Programme	Wu Kwai Sha, Hong Kong
14-17 December	Regional Workshop: Gender Concerns and Migration	Metro YMCA Singapore
18-22 January	Global Warming Workshop	YMCA Camp Wainui Park, Christchurch, New Zealand
9 March 2010	National General Secretaries Meeting	Hong Kong
10-11 March 2010	Resource Mobilisation Workshop	Hong Kong
11-13 March 2010	Executive Committee Meeting	Hong Kong
14-18 March 2010	Global Citizenship Education for Youth	Macau

## 20. From the Desk of the General Secretary...Ageing and the YMCA

Ageing forum was held in Penang, Malaysia from September 27 to October 1, 2009. 48 members from 10 countries participated. This forum was probably the first international gathering on Ageing held by the YMCA.

Ageing population in the world has been increasing very rapidly in the last 50 years. In Asia it consists 52% of the world now and it is expected to become 58% in 2050. We will have to be observing carefully the imprecation of the new phenomena that human have never experienced before. The phenomena of increasing number of the aged 80s and above; more chronic diseases expected that requires more medical cost; more elderly will have to live independently from family as well as financially. In many Asian counties, this trend has been growing at high speed. In some countries, the aged population will grow double in 20 years or so, which require a big shift in government, medical system, market and labor forces.

The YMCA has been providing various programs depending on the needs of each community. Through the forum we realized the importance of program development for the older persons, information gathering, and sharing and networking with the other organizations. In the forum, we acknowledged the YMCA's strength as enhancing positive and active aging through the volunteer recruitment and training them as the supporters to the elderly in need. The second point of YMCA's strength is in its educational background. The aging population needs to prepare them for healthy lives, active minds and spirituality through learning, fellowships and self-management of their own lives. For example, spiritual approach to death and dying may be the important subject that can be learnt in the YMCA life long education academy.

We realized the importance of the above two areas, volunteer trainings and life long education may be developed across the YMCAs in Asia. Along with these activities many programs and services can be created. The final recommendation would be information sharing. We realized that there are many good programs have been already provided by many YMCAs. We can introduce some of the model programs, good practices, in our web page with all kinds of information regarding programs, challenges and staff training, exchange programs, etc.

Finally I would like to share our resource person's comments on YMCA and aging programs. *"With older people, we are sure, the activities will grow and become a strong aspect of YMCA's activities in the region. It also has the potential to become a global movement for YMCA. With the changing demographics, this change will happen. The important thing is to*

*ensure that the enthusiasm of those who were in Penang is maintained and they follow up on the recommendations.* “ by Godfred from Help Age International, October 2009.

The Lord bless us all....as we continue responding to issues impacting our work and the society.

**Kohei Yamada**  
*General Secretary*

**Cristina A. Dalope & Jose Varghese**  
*Executive Secretaries*

---

**Asia and Pacific Alliance of YMCAs**  
23 Waterloo Road, 6<sup>th</sup> floor, Kowloon, Hong Kong  
tel. 852-2780 8347, 2770 3168, 2783 3058; fax 852- 2385 4692  
e-mail ~ office@asiapacificymca

---