



Y's Men International YMI WORLD

"To acknowledge the duty that accompanies every right"

Only for private distribution to members



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Editor's Page

Dear readers

The first quarter of the current activity year witnessed two very important events: the ICM meeting in the last week of July in Nairobi, and the opening of the new IHQ office in Geneva in late September. Both are landmark events in many ways, especially the latter, a milestone in the history of the movement.



Why a milestone? It is mainly because, for the first time in 50 years, YMI has a place to call its own. History reveals that we shifted our IHQ to Geneva from the USA to be truly international, at least logistically, it being placed midway between east and west. The appointment of Ingvar Wallin from Sweden as Associate Secretary General then helped. And it is only befitting that Ingvar Wallin was present at the opening of the new office in Geneva.


This issue carries some details of the new office, mainly in pictures, although you can find a lot of historical material in some of the earlier issues of *YMI World* and in the ISG's write-up in the October issue of *IP News*.

We remain indebted to our International Historian Debbie Redmond who is always willing to connect the dots, such as her submission published in the current issue. But we must recall the contribution of the leadership of the past six years or so. Let us place on record the initiative taken by PIP Moon Sang-bong, back in 2018, when he decided that YMI deserves to celebrate its centenary year in a grand manner and laid the foundation for several centenary projects, including purchasing this new office space.

Sad as it is, we have lost five Past International Presidents in the past one year or so. In this issue we pay our respectful homage to PIP Lasse Bergstedt and through the words of PIP Henry Grindheim.

COVER: IP Ulrik Lauridsen cutting the ribbon to enter the new IHQ office in Geneva on 27 September 2023 watched by IPE Charming Shen, PIP Jacob Kristensen, ITE Erik Breum, YMCA International Secretary General Carlos Sanvee, ISG Jose Varghese and others. More pictures on page 4.

Y's Men International
Y Service Clubs International



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This issue is a motley collection of essays and perspectives, which include an experiential sharing by the iGo intern Oskars Muceniks, two borrowed pieces, one from a national daily on Healing the World, rather "repairing the world," and the other from the bulletin of the Bendigo club on scams and scamsters. Both, we feel, are relevant to our current situation in the movement and in the society around us. And then we have our ICM Sandra Hamilton, a transformational therapist challenging us to live our dreams today.

And, as usual we carry news from our Areas, albeit fewer than usual. We earnestly request our leaders in the Areas and Regions to send us news and notes of events, especially of activities carried out for the benefit of the local communities.

We hope you enjoy reading this issue.

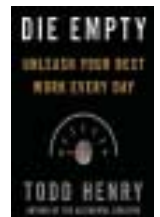
Y'sly

Koshy Mathew

FROM MY BOOKSHELF

Die Empty: Unleash Your Best Work Every Day by Todd Henry

Most of us live with the stubborn idea that we'll always have tomorrow to do our most important and valuable work. We fill our days with frantic activity, bouncing from task to task, scrambling to make deadlines and chase the next promotion. But by the end of each day we're often left asking ourselves "did the work I do today really matter?" We feel the ticking of the clock, but we're stuck in first gear, unsure of the path forward and without a road map to guide us.



Here's the hard truth: sooner or later all of our tomorrows will run out, so how we choose to spend today is significant. Each day that we postpone difficult tasks and succumb to the clutter that chokes creativity, discipline, and innovation results in a net deficit to the world, our organizations, and ourselves.

Die Empty is a tool for people who aren't willing to put off their most important work for another day. Todd Henry explains the forces that keep us in stagnation, and introduces a process for instilling consistent practices into your life that will keep you on a true and steady course.

It's not about slaving over a project or living on a whim—it's about embracing the idea that time is finite and making the unique contribution to the world that only you can make. Henry shows how to cultivate the mindset and the methods you need to sustain your enthusiasm, push through mental barriers, and unleash your best work each day.

Sure to bring a newfound clarity and a sense of urgency to how you approach your work every day, *Die Empty* will help you reach for and achieve your goals.

"Don't go to your grave with your best work inside of you. Choose to die empty."

(An independent review)

HOMAGE



PIP Lasse Bergstedt

82nd International President – 2007/08

27 April 1945 – 24 July 2023 (78 years)

The International Association of Y's Men's Clubs is mourning the loss of Past International President Mr Lasse Bergstedt, who died on Monday 24 July 2023. He was 78 years old.

The funeral took place at Gunderup Church in Gunderup, Denmark on Tuesday 1 August 2023.

Lasse joined the YMI movement as a charter member of the Y's Men's Club of Østhimmerlands in 1981. He served as the club's charter president, which was decided by the toss of a coin when his good friend, and now PIP, Jacob Kristensen was also considered for the position.

He was a deeply committed club member and there was hardly a job that he didn't fill over the years. He lived up to the Y's Men's motto in every way, never shying away from any call to take on a new responsibility, and there were many of them over the passage of time. Among numerous other positions, he served as District Governor (1984-85), Regional Director (1990-91), Area President (1995-96), International Council Member (1994-97), and International President 2007-08.

One of Lasse's great passions and achievements was the creation of new clubs and membership recruitment. Together with his good friend and eventual fellow International President, Poul V. Thomsen, he was entrusted with a new project to investigate opportunities to take the Y's Men's movement back to Eastern Europe. They set about starting new clubs in those countries, often in cooperation with

the YMCA. Their legacy can be seen in the numerous clubs active today across Albania, Bulgaria, Hungary, Kosovo, Moldova, Poland, Romania, and Slovakia.

In 2006, shortly before Lasse's inauguration as the International President, he experienced a profound tragedy when his beloved wife, Birgit, passed away. Despite this immense personal loss, Lasse exemplified resilience and courage. He assumed his new role with a vision of steadfast leadership, leading the organisation with strength and unwavering commitment, a testament to his formidable character.

Despite firm opinions, Lasse was a quiet and calm personality, modest and straightforward. He willingly took part in the training of future leaders both regionally and internationally. In 2021, Lasse received special recognition for his outstanding leadership to the movement and service to humanity with the International President's Award.

Lasse leaves behind 2 children, his children-in-law, and 5 grandchildren.

Rest in peace, PIP Lasse Bergstedt.

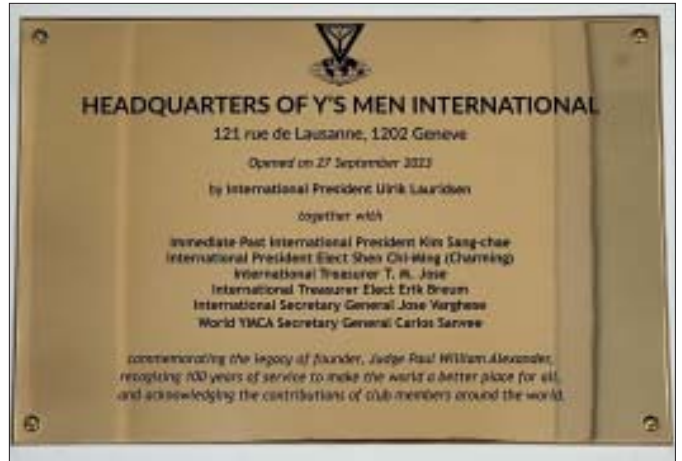


"Lasse was one of the cornerstones of the movement in Denmark and we are proud of his role in reconstructing Y's Men's Clubs in Eastern Europe. His active efforts together with Poul Thomsen has been laudable.

"On behalf of the officers and the movement as a whole, I bring our heartfelt condolences to the bereaved family."

Ulrik Lauridsen
YMI International President

YMI Moves into its Own New IHQ Office



YMI's new IHQ office was opened in Geneva on 27 September 2023 by YMI International President Ulrik Lauridsen in the presence of World YMCA Secretary General Carlos Sanvee, ISG Jose Varghese, ITE Erik Breum, IPE Charming, EF Trustees chair Knud, IT T M Jose, PIP Jacob Kristensen, PISG Ingvar Wallin, IHQ staff and former staff members and guests

International Council Meeting held in Nairobi

The 53rd International Council was held in hybrid mode 22–25 July and attended in person by 12 International Council Members (ICMs) and three International Executive Officers, the International Secretary General and various invited guests. Those unable to travel to Nairobi had the opportunity to join using Zoom. The three ICMs not present in Nairobi

participated virtually, so that entire legislative body was present.

General Secretary of the YMCA African Alliance, Lantonirina Rakotomalala, attended in place of WAL Ronald Yam.

For details, please refer to the August issue of *IP News* and the Official Minutes of the ICM published by IHQ.



Session in progress



Group discussion

Sustainable Development Goals (SDGs): Global Healing through Peace & Prosperity



Ulrik Lauridsen
International President
Y's Men International

The 2030 Agenda for Sustainable Development, adopted by all United Nations Member States in 2015, provides a shared blueprint for peace and prosperity for people and the planet, now and into the future. At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.
(Source: The 17 Goals)

We can conclude that YMI is working towards many of the Global Goals, particularly through Heal the World and Time of Fast initiatives and our long-running support of malaria interventions through our Roll Back Malaria (RBM) project. I would also like you to think about Goal 13, “Climate Action” – **“Take urgent action to combat climate change and its impacts.”**

Take urgent action to combat climate change and its impacts. Y's Men International is committed to being an environmentally responsible organisation and it accepts its responsibility to reduce its environmental ‘footprint’. This is a duty that accompanies the right to be involved in YMI activities. YMI invests in projects to offset CO2 emissions resulting from the travel of our leaders. Clubs and YMCAs may apply for funding for projects that reduce or eliminate greenhouse gas emissions.

The website has more information on applying for funds and how to support our work with a donation.

Adding to our work to heal our environment, the “Week4Waste” project has been a great success in many places and many clubs are still following up, collecting garbage in the streets, beaches, in parks, and along rivers. Our active participation in W4W can really make a difference and in line with the July Emphasis, it is an excellent opportunity for developing YMI public relations. Go out in your vests and motivate your friends, neighbours, and other clubs to take action!

Another project to contribute to environmental healing is tree planting. If you have a place in your area which is just lying for nothing then ask your local government leaders if you can donate some trees. In Denmark Region, two clubs planted trees 20 years ago and today it is a forest where people walk their dog, go for a run, or just enjoy a walk in nature. A big sign tells visitors that this forest was planted by the Y's Men. In Kosovo, Y's Men from Denmark planted a tree at a project for YMCA and YMI.

A project like this combines healing and fellowship, cultivating not only nature but also club life, which is our strength and defining character. Strong clubs preserve and increase membership and enjoy fellowship. I would be happy to hear from all clubs that take up these environmental activities.

In the spirit of Jesus Christ, our personal responsibility is personal to take care of our neighbour. Let us search for healing opportunities in our communities, our clubs, and our families and be beacons of support to those around us.

MOVEMENT NEWS

Celebrating Champions of Change: Community Service Awards 2022-23

In the heart of every club lies the spirit of service. Every year, numerous applications for our Community Service Awards are reviewed and the commitment, energy, and passion of our club members worldwide is deeply moving. It is with immense pride and gratitude that this year's award recipients are announced.

Independent Community Service Award



The honor for the independent category goes to Y's Men's Club of RAHA Philippines for their inspiring 10-year endeavor that has brought a sparkling smile to the faces of many. Their commitment to dental health and hygiene has illuminated the lives of over 100 underprivileged residents in Manila. With bi-annual dental camps, in collaboration with a

Japanese NGO consisting of dedicated dentists and aspiring dentistry students, they have made significant strides in oral care. Their unwavering dedication reminds us that persistent efforts can bring about long-term change.

Collective Community Service Award

In the collective category, the Kenya District is awarded for their laudable Kavisi Primary School project. Executed with the combined efforts of the Y Service Club of Kitui and backed by four other enthusiastic clubs in Kenya, this initiative has proven that unity indeed leads to monumental accomplishments. Providing textbooks, desks, ensuring that school fees are covered, introducing a nourishing school lunch program, and fostering a literacy and student mentorship drive, this endeavor has touched the lives of more than 80 young souls in Kitui County. This project shines as a beacon of hope and determination,



demonstrating the power of collective effort.

IP Special Recognition – Community Service Youth Initiative

In a heartening display of the enthusiasm of the younger generation, the Mid West India Region has bagged the IP Special Recognition Award. Their remarkable initiative of setting up 12 special libraries, generously donating 12,000 books, and touching the lives of approximately 5,000 eager students



in the region is truly commendable. The torchbearers of this project, the spirited Indian Y's Youth and the children of YMI club members, exemplify that age is just a number when it comes to making a difference.

Warmest congratulations are extended to all the award recipients! Your endeavors are a testament to the fact that with dedication, unity, and purpose, bridges of hope and transformation can indeed be built.

To all the clubs and members globally, let these stories inspire you to dream bigger, act bolder, and serve with all your heart. Here's to another year of making a difference, one community at a time!



A TRIBUTE

PIP Lasse Bergstedt – a Personal Tribute

It is with great sadness that I received the message informing me that PIP Lasse Bergstedt, Denmark (IP 2007/08), passed away on 24 July at the age of 78.

Lasse was one of the charter members of Østhimmerlands Y's Men's Club, a club in Jutland, Denmark, which was chartered in 1981.

About Lasse one can say that he lived up to the Y's Men's motto: *To acknowledge the duty that accompanies every right.* He was always willing to say "yes", when he was called upon for new tasks, and there were many of these challenges over the years.

In our movement he served as DG (1984/85), RLM (1988/89), RD Region Denmark (1990/91), AP Area Europe (1995/96), ICM (1994-97) and as International President (2007/08). Besides, over the years he also covered various Service Director jobs. The position as IP required numerous visits and worldwide travel, and Lasse really enjoyed those trips.

Lasse was deeply involved in extension, the establishment of new clubs and membership recruitment. Together with



his good and close friend, PIP Poul V. Thomsen from Kjellerup YMC in Denmark, they were eagerly looking for opportunities to bring the Y's Men's movement back to the former Eastern European countries. Lasse and Poul established new clubs in several countries. Often this work was done in close cooperation with the local YMCA to find whether there was fertile ground for new clubs.

For many years both Lasse and Poul

packed their cars twice a year (spring and autumn) and drove around Eastern Europe to the new clubs, sometimes together with their families. Lasse also gladly took part and responsibility in the training of future managers, both on national and international levels.

Lasse was not a man of many words. He was known as a quiet and calm person, but with his opinions which he clearly expressed, when necessary.

Lasse faced a great loss in 2006, when his dear wife Birgit died, shortly before he was to take over as International President.

Lasse leaves behind two children, children-in-law and five grandchildren.

Personally, I met him several times, especially in the years when I was a member of the Regional board and later as RD of Region Norway. It was always a pleasure meeting him and learning from his numerous experiences which he gladly shared with us.

On behalf of the PIP club, I thank him for his longtime service and dedication to our movement, Y's Men International.

Henry J Grindheim (IP 2017/18)
and chair of the PIP club

MOVEMENT NEWS

TOF Project – Thika YMCA Community Hall Inaugurated



The Thika YMCA Community Hall was officially opened by IP Ulrik Lauridsen and Ms Lantonirina (Nirina) Rakotomalala, General Secretary of the Africa Alliance of YMCAs.

On 22 July, International Council Meeting delegates witnessed the official opening of the YMCA Thika Community Hall, a Time of Fast project with YMCA Kenya. Guests were honoured to be joined by Mrs Mary Wabule, the wife of the late PIP Benson Wabule, and her children. PIP Wabule had laid the foundation stone of this project some three years earlier. Despite the challenges of COVID-19, the hall is now ready to welcome hundreds of young people from the Thika community. The moment was also marked by the planting of several trees on the YMCA grounds.

Who was the First Employee of YMI?

by International Historian Debbie Redmond

If we held a trivia contest about YMI, a question that should be asked would be about the very first employee of our Y's Men International. For indeed up until about six months ago, I would have said, Henry Grimes. While he was the first paid International Secretary General for our movement, he was not the first paid employee. Henry Grimes held the elected position of International Secretary/Treasurer (re-elected for the annual position 30 times). He assumed the position in 1925 and it was not until 1955 that he became a full-time employee.



The answer regarding the first paid employee of YMI is a person by the name of **Mrs Irene Student**. While Henry and Agnes Grimes managed the office and the cost of the office was paid by Y's Men International, they did not receive any pay until 1955 (and then it was only Henry that received pay, Agnes did not receive a salary although she obviously worked more than 40 hours a week from 1925 until 1963 after Henry's death).



Irene Student is seen second from right in the front row with other members of the staff at 25 Quincy Street. Mrs and Mr Grimes are in the back row.

Irene was the daughter of German immigrants by the name of Oswin and Martha Queck. She married an Austrian who came to the U.S. by the last name of Edwin Studencki. After their marriage, the last name was changed to make it more "American" by becoming Student. Born in 1909 and died in 1980, Irene had finished high school (rare at that time) and even had one year of college. She was a trained stenographer and typist and since both her husband and her father worked for the woollen textile mill, she worked there on and off. The other person that worked for that company was Henry Grimes

(who was a chemist).

As YMI grew, the demands of the International Secretary/Treasurer grew. For indeed, that position was responsible for correspondence, collection of dues, selling supplies, tabulating points for awards for each of the clubs and Districts, providing a newsletter for club presidents, and issuing charters (to name a few things).



The former hub of Y'sdom – 25 Quincy Street, Mass., USA

The Grimes attended International Conventions, multiple Regional Conventions, some District Conventions, local chartering ceremonies, as well as local, state, American, Canadian, and international YMCA meetings. To keep the consistency of the position, a young, married woman was hired to assist the Grimes in 1930. During the time of her employment, Irene had a son and helped care for her parents for the remainder of their lives. So how long did the first employee work for YMI? Over 33 years. Upon the death of her boss, Henry Grimes, Irene Student and Agnes Grimes maintained the office until decisions could be made on the structure of the office, the location, and until a new International Secretary General was hired. Irene managed the office with a variety of part-time staff members working from 4 to 6 hours per day for 1 to 4 days per week and some of the staff assisting by doing their paperwork from home (such as typing form letters). In 1963, Agnes Grimes was appointed Assistant Treasurer (since the Treasurer position had become an elected position in 1960, separating it from the Secretarial position) so that she could maintain the books and write the checks. Irene Student managed the entire office and ensured its smooth operations.

When a new International Headquarters was established outside of Chicago, it was Irene Student that packed the items from the office, trained the new staff, and supervised the move. For all of her work through the years, Irene probably knew more about Y's Men than anybody else in the organisation yet received little if any recognition for her knowledge or her work. Thirty-three years with one company is a pretty good track record.

My iGo story

My name is Oskars Mucenieks from Latvia. What have my last three months been? What did I do from 16 January to 15 April? These questions are really interesting and I would like to share my experience.



I can say that I made a life-changing decision at the end of last year. I decided to accept the recommendation proposed by friends in the Y's Men Clubs in Latvia to intern at the Raeküla Vanakooli Keskus (Raeküla Old School Centre) in Estonia.

I didn't know at first what to expect, because it was my first experience living outside Latvia for such a long time. But I was prepared and wanted to do it because I knew it would give me unprecedented opportunities that I have not had in Latvia.

On 16 January, my adventure at the school centre began. I knew very well that my everyday life would be interesting and valuable because the community centre works actively. We decided together that during my internship I would work creatively with youngsters and help implement the ideas of Raeküla Vanakooli Keskus.

What have I gained? What have I achieved?

I think these questions are important and together with partners, I can conclude the results of the internship. I previously knew nothing about the YMI iGo programme and what it can do for a

young person. Looking back on my three months and realising what this programme has provided for me, I have a lot to say. I certainly can't narrate all the emotions and practical things I've gained, but I'll try to tell you some salient points that will definitely be part of my memory.

Culture

Estonia, like Latvia, is a Baltic country, which may give you the impression that our cultures are similar. Yes and no! Our traditions and how we celebrate different events are similar, but the traditional symbols and moments of celebration are different. You have emotions that cannot be described, you just have to experience them. I participated in different cultural events and enjoyed



the Estonian culture. Through Estonian music, dance, and people's emotions, I got to know the small cultural differences. The biggest difference is definitely the language. A difficult language indeed! But because I wanted to communicate with youngsters in Estonian I learned the basics of that language. Language helps one to get to know the country's culture better.

Knowledge

Some time in 2018, while in Latvia, I decided to immerse myself in volunteer work. During the internship, I learned a different set of

facts that allowed me to understand how voluntary work in Latvia differs from volunteer work in Estonia. I got to know the different organisations and institutions that support each other in the field of youth work. Cooperation between organisations, partners, people, and friends are important. I got to know how it was to organise and manage a community centre because in Latvia I worked with young people and other target groups on a daily basis, but it was in a different atmosphere. Personally, I like the way Estonia works because one meets the same people and youngsters every day. This way, one gets to know them more and begin to understand their opinions, interests and wishes. Based on this, it was possible to develop new and interesting non-formal education methods.

Skills

I had a great opportunity to implement different creative activities and apply non-formal education methods, which I had already learned while working with youngsters. I gave the youngsters the opportunity to get to know these methods and through this, the youngsters were able to get to know each other more and work better in a team. During the planning and organising stages of the activity, I learned about the traditional activities which are carried out every year. By organising such activities, I discovered even more of my inner creative skills

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Tikkun Olam / Healing the World

Tikkun Olam — Hebrew for "repairing the world" — is ubiquitous. Many Jews consider it a cornerstone of their Jewish identity, a key reason they're committed to making the world a better place. In the YMI too, we acknowledge that the world is broken, so human beings must repair it by committing to social justice, political activism, or, in the broadest sense, ethical behaviour.

In Jewish teachings, the Hebrew phrase Tikkun Olam refers to any activity that improves the state of the world to bring it into harmony. Tikkun roughly translates as 'repair,' while Olam connotes the world'.

Repairing the world need not be a monumental task, such as starting a non-profit organisation to help alleviate poverty. It can be a simple act of picking up the litter in the park, switching off the electrical gadgets when not in use, teaching children to avoid waste, emphasising the value of recycling, or any act of kindness like giving medical attention to a sick mongrel, and so on.

Tikkun Olam started as a rabbinic concept of amending ancient laws to improve living conditions. Since the 1950s, it has been reinterpreted to mean that the people inhabiting this earth have the responsibility to maintain a healthy balance in the world. Thus,

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"repairing the world" has become synonymous with various social action and social justice activities.

Our accomplishments on this earth are utterly dependent on the gift of natural resources, such as the Sun, soil, and water. The notion of God's ownership of the Earth reminds us that we are all dependent on gifts that are not of our own making. Tikkun Olam implies that we have an obligation to care for the earth. We should care for it as if it were a precious gift on loan to us

from God.

Our ancestors never imagined the advent of human ability to radically alter the face of the planet with nuclear weapons and climate-changing pollution. Thus, keeping the world habitable for future generations has become the literal focus of Tikkun Olam. Yet, Tikkun Olam is not for political activists and environmentalists alone; it's the responsibility of everyone to fix any damage and improve upon it.

Our earth is the artistic expression of our creator. But unlike Ravi Varma or Van Gogh, our Creator's name is not revealed explicitly. But with each 'Tikkun,' when a meaning is created out of confusion or harmony from noise, the creator is no longer hidden but shines through in magnificent beauty, and a universal symphony is born in praise of the Creator. The Israelite Prophet Isaiah declares, "Not for desolation did He create the world; He formed it to be settled".

Jayanthi Chandrasekaran

Continued from previous page

at Raeküla Vanakooli Keskus. Also, by participating in the activities, I gained new creative skills. I can definitely say that I learned new digital skills by working with programmes to create different visual materials and ideas.



Teamwork

My favorite benefit! The teamwork and new skills that can be gained by working together have always been my favourite benefit. Working on a daily basis with a creative team and colleagues – Piia, Marina, Liina, and Ave – improved my knowledge and skills about successful teamwork and its importance to achieve targets. The work we do every day is our lifestyle, and probably that is why our teamwork is so successful. At Raeküla Vanakooli Keskus all colleagues are like family!

Conclusion and Advice

When choosing the YMI iGo programme, youngsters must be aware that their own finances will be needed for living expenses during those three months. My personal recommendation is that YMI should consider small but significant improvements in the future implementation of the iGo programme in order to encourage young people's participation. Knowing that this is a new programme in YMI, it is necessary to promote it vigorously to gain visibility.



Beware! Of Scams and Scamsters

by Peter Searle, Bendigo, Australia

Not a week goes by without another



report of people suffering financial loss at the hands of scammers. The Macquarie dictionary defines a scam as being ‘an illegal business

operation”, which seems somewhat inadequate as it doesn’t convey the immense harm it can cause to the people affected. A better definition is (provided by the National Anti-Scam Centre): “When someone deceives you into providing personal or financial information so they can steal from you.”

Scams mainly occur online or via telephone calls. The Australian Competition and Consumer Commission (ACCC) reported that Australians lost AUD 3.1 billion to scams in 2022 – an increase of 80% from 2021. Many victims do not report their losses, so the true figure is likely to be higher. Most of the money was lost to fake investment scams, and older Australians lost more than any other group with people aged 65 and older falling victim more frequently and losing more money. Welcome to the 21st century!!

A recent example: Doris spent her whole life working hard to support herself. When the 75-year old saw Singapore-based bank DBS offering a good return she decided to transfer her life savings of AUD 260,000 across to help secure her retirement. Six weeks later when she needed to make a withdrawal she realised she had been conned. The scammers had pretended

to represent the bank and tricked her into transferring the money.

In a common phone scam (known as the ‘grandparent’ scam), a scammer will call an older person along the lines of: “Hi Grandma, do you know who this is?” When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without any background research. The fake grandchild will usually ask for money to



Image used for representative purpose only

solve some unexpected financial problem (car repairs, overdue rent, etc.). At the same time the scam artist will beg the grandparent, “please don’t tell my parents, they will kill me.”

There are too many examples of scams to list here, so it is more important and useful to look at the ways of detecting them. Here is a list provided by the Australian National Anti-Scam Centre.

Ingenious Ways

It’s an amazing opportunity to make or save money: Scammers trick you into believing you’re getting an incredible deal or offer. They pressure you to act quickly so you don’t miss out. Remember, deals that seem too good to be true, usually are.

Someone you haven’t met needs your help – and money: Scammers try to use your good nature against you. They tell heartbreaking or tragic stories to convince you to help them and give them money. Always be wary of any appeal for money and never give more

money than you are willing to lose if you can’t independently confirm that the story is true.

An email message contains links or attachments: Never automatically click a link or attachment you receive via email or text. Scammers try to catch you off guard and send you to scam websites designed to steal your information and money. Always make sure that the sender is who they say are and that you know what you are opening. It’s safest to find the information yourself by browsing to the website or app rather than clicking on a link.

You feel pressured to act quickly: Scammers don’t want you to take your time to think things through. They use techniques designed to catch you off guard and rush you, either saying if you don’t you’ll miss out or threatening that something bad will happen.

They ask you to pay in unusual or specific ways: If a person asks you to pay with preloaded debit cards, iTunes cards, or virtual currency like Bitcoin, chances are it’s a scam. Once this money is spent, you can’t get it back

They ask you to set up new accounts or ‘PayID’s: If someone asks you to set up a new bank account or ‘PayID’ in order to pay them (or be paid by them), this is a clear sign you should be suspicious. It could be a scam, or money laundering. Your bank will never ask you to open new accounts to keep your money safe. Stop and check who you are dealing with.

As I write this a new scam has arrived. An email message headed ‘Your new bill is attached’ from a sender called “My Tell Bill.” A very amateurish effort I thought. It must have come from a ‘Scammer-in-Training’. If I could find Bill I would Tell him what I thought. Which brings up another issue: How many times have we heard about scammers being arrested and jailed?

Creating Effective PR

by George M. Ambat, International Service Director - Public Relations

The role of PR is to target well defined objectives of YMI and develop communication channels between the organisation and beneficiaries and win public acceptance for organisations' mission. We thereby spread our message and create a positive publicity.



The five qualities for a successful PR are - honesty, relationship building, imparting knowledge, clarity and relevance and creativity. RACE is an effective process to follow while developing a strategic PR plan to build a strong and mutually beneficial relationship with the public.

The RACE process encompasses four phases: viz

- ◆ Research
- ◆ Action Plan
- ◆ Communication
- ◆ Evaluation after relationship building

These have to be developed based on locational preferences/choices. Some of areas in which we can accelerate PR are given below:

1. Well designed vehicle stickers carrying Ys Men logo.
2. Honouring public servants, defence personnel, senior teachers, health care professional etc, in recognition for their valuable services to the society and nation.
3. Fixing of hoardings in public places depicting the services of YMI among the society.
4. Support to orphanages, old age homes, palliative care centres and creches by providing utensils, electrical and electronic equipments, study aids, setting up of libraries etc.
5. Releasing bulletins and newsletters through print and electronic media.
6. Celebration of special days like anti- tobacco day, women's day, children's day, Christmas and local festivals involving Y's family members and general public including prominent leaders in the society.

Random Thoughts on Community Service

Community service refers to volunteer work that is usually organised by a group within a specific community. While community service is part of public administration, one does not need a public administration degree to organise a community service initiative. Participants can come from all sectors, such as employees of a company, military personnel, healthcare professionals, church volunteers, or students.



corporate social responsibility, while for others it can be something related to a cause that matters to them, such as animal welfare, the environment, or the elderly in their neighborhood. Community service projects for students, on the other hand, is often part of a school project or requirement. For public policy majors,

Although community service and volunteerism can sometimes be used interchangeably, they differ in such a way that the former can also refer to compulsory work. For example, a court judge can order an offender to do several hours of community service as punishment for a crime he or she committed. Usually, the punishment or type of community service has something to do with the offense committed and will ultimately benefit the community.

they offer a glimpse of the strength of community dialogues and collaboration. Community service activities can also be organised because of a local event or a natural disaster that struck a particular area.

There can be many reasons why people participate in community service. For some, it can be part of their company's

There is not one way you can describe a good community service, as there are many types of community service activities. The top national volunteer activities [in USA] are food collection and distribution at 24.2% followed by fundraising at 23.9%, engaging in general labour or providing transportation at 18.8%, and tutoring or teaching at 17.9% ("The Ultimate List Of Charitable Giving," 2018).

Source: *NonProfitsSource.com*

Keeping Ukrainians Warm



Many Ukrainian refugees arrived in St. Petersburg in summer. They say that its citizens are kind and warm but the weather is not. That is why St. Petersburg Y's Men started gathering warm clothes, linen, and other necessary things for them. Today the first package has been delivered to the warehouse - a volunteers' centre, our partner in this work.

Marina Makarova, Russia

Helping Clear the Debris



In a resounding display of compassion and community spirit, Korea Area stepped up to provide vital flood relief assistance in Cheongyang County, South Korea. The two-day endeavour, held from 5-6 August saw an impressive turnout of about 200 dedicated volunteers who rallied together to support residents in the aftermath of torrential rains in late July.

Intercontinental Outreach

Just one hour by air from Nairobi where I attended the ICM a few days ago, I am in Uganda. Thank you so much IPRD Moses H. Kyemba for picking me up and taking me to try local food .



APE/ICM Joan Wong IPRD Moses H. Kyemba

I have had much pleasure to attend the Uganda District Fundraising Dinner for the Girl Child Education Programme. I am grateful and appreciate that many of my home club members (Y's Men's Club of Island East, Hong Kong) are supporting this overseas charity programme by making a donation of USD 1,100.

I also appreciate IPRD Moses H. Kyemba for his great effort in fundraising. I wish the programme every success.

Joan Wong, APE and ICM, Area Asia Pacific



With the school children who benefited from this outreach

For the Record



International Council Members, special invitees, and staff

A Second Life for “Garbage”



Y’s Men from Kirovsk (Barents District) collected 450 kg of wastepaper. They delivered it to a specialised plant in the city of Apatity. There they had a chance to watch how their “garbage” was getting a second life, turning into new paper.

New ID for Y’s Menettes



Mrs. Leela Gopeekrishna has been named as the International Director (ID) Elect 2023-24 for Y’s Menettes. She will assume a two-year term as on 1 July 2024. She is an educationist, writer, and performing artiste in music. She has served as President of both Y’s Menettes’ and Men’s clubs of Kottayam in Central Travancore Region, India Area.

Charity Wrapped in Dignity

Why do we always need to show that we have power when we buy from the needy? And why are we generous to those who don’t need our generosity?

I once read this somewhere, that a father used to buy goods from poor people at high prices, even though he didn’t need the things. Sometimes he paid more for them.

I was amazed. One day his son asked him, “Why are you doing this Dad?” His father replied: “It’s charity wrapped in dignity, son.”

I want to challenge each one of us to do better. We can do that.

Anonymous

Five Beliefs That Keep You from Fulfilling Your Dreams



ICM Dr Sandra R. Hamilton
Confidence Builder &
Rapid Transformational
Therapist

What is your dream? Or as one person told me at a workshop I lead the other day, “I DO NOT DREAM.” She said it as if dreaming was for losers.

But we all dream, consciously or unconsciously, we all dream. In the same way, we all make a decision whether to follow those dreams, put them on the back burner or cancel them altogether.

May I ask you, “**Why haven’t you followed your dreams?**”

In order to achieve your dream, you’ll have to create a plan to move the needle from sleep to fully engaged. But even as you try to move, thoughts arise like, “How am I going to get it done when I am so busy?” or “I am not talented enough to achieve my dream.” What about, “I don’t deserve my dream?” And an even more subtle dream killer is, “After I do X then I will pursue my dream.” That’s not going to happen. Either X never gets done, gets prolonged or is followed by Y and then Z and then you go back to the beginning of the alphabet.

Do you ever have the thought, “I’m not good enough?”

Yes?

My question to you is, how do you measure that? Who or what is your measuring stick? Is it realistic? What objective evidence do you have that they are doing better than you are or have it easier than you do? ‘Cause I know that you are not in their brain.

You’d probably be surprised to know that your measuring stick has self doubts too. *(By the way, I hope what you’re seeing on social media is not the measure. If it is, you and I need to have a serious talk.)*

Everyone has dreams. May I invite you to take those dreams out of sleep mode, take them out of your brain, and put them on paper. Physically write them out. Be as graphic as you can.

In addition to writing the dreams out, think really deeply about:

1. How do you want to feel when you achieve the dream?
2. How will you feel as you’re on the journey towards the dream?
Be real! There will be frustration; there will be obstacles in your path.
3. What does your dream taste like?
4. What does your dream smell like?
5. What will it enable you to do that you can’t do right now?
6. What opportunities will your dream create for yourself and for others?

Why wait? Begin to live your dreams today!

Discover the African Paradise!



A World of Wonder

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Safari Park Hotel & Casino combines tasteful African architecture with 203 lavish rooms, creating an oasis of serenity, sparkling water gardens, complete with an inland beach and landscaped gardens. It boasts a multitude of indigenous trees with an astonishing diversity of birds and butterflies.

Set in 40 acres, the Safari Park Hotel & Casino is THE LARGEST conference & events venue in Nairobi, and a household of international conferences in Africa. It has over 20 conference and meeting facilities, each with pre-function space and break-out areas. Indulge in the utmost luxury as you explore our various specialty restaurants, each promising an unforgettable diversified culinary experience.



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