



handicaps digest

A Publication of Handicaps Welfare Association
MICA (P)192/01/2008

Jan - Mar 2008



A Wonderful Lunar New Year Get-Together Celebration

See page 13



Art Therapy by the Gardens

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DRIVING LESSONS FOR PERSON WITH DISABILITY

残疾人士驾驶指导课程



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HANDICAPS WELFARE ASSOCIATION
残疾人士福利协会
16 Whampoa Drive Singapore 327725
电话TEL. 6254-3006 传真FAX. 6253-7375
Website: www.hwa.org.sg

DRIVING INSTRUCTION RATES

Description	Fees	
	Member	'A' Member / Non-Member
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DIAL-A-RIDE



Call 6254-3006

The Dial-a-ride scheme provides a convenient and affordable door-to-door service using mini-buses equipped with wheelchair-lifts to carry passengers-in-wheelchairs. A key service of the Association, our special needs transport service operates with a fleet of wheelchair accessible mini-buses. These specially adapted vehicles provide the much needed transportation for people with mobility-related disabilities to go to work, school, vocational training, hospital/rehabilitation visits and recreational activities. For booking enquiries, call Grace or Guek Hwa at 6254-3006.

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The Handicaps Welfare Association was founded to encourage and foster the ideals of self-help and mutual assistance among the disabled and to promote their welfare. All the members of the Executive Committee are persons with disabilities.

EDITORIAL TEAM

Leslie Teo
Ranee Govindram
Pamela Chew

Hon. Medical Advisors

Prof Arthur S M Lim
Prof Peter H C Lim
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Dr Tan Seang Beng
Dr E B Menon
Dr Siow Woei Yun

Legal Advisor

Mr Wilfred Yeo

Building Advisor

Mr Lee Mun Hoe

Electrical Advisor

Mr Loh Kok Onn

Published by
Handicaps Welfare Association
16 Whampoa Drive
Singapore 327725
Tel: 6254 3006
Fax: 6253 7375
Email: hwa@hwa.org.sg

Design and Print by
Octogram Press Pte Ltd

Handicaps Digest is a quarterly publication of the Handicaps Welfare Association. The opinions and views expressed in this magazine by writers do not necessarily reflect the official view of THE HANDICAPS WELFARE ASSOCIATION.

Information is correct at time of printing.

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Director's Foreword

My warm greetings to all members, supporters, and colleagues of the Handicaps Welfare Association (HWA).

For those of you who have joined us for the heart-warming Lunar New Year dinner at Dragon Restaurant, I hope you have enjoyed yourselves with the line-up of exciting performances. I will like to thank the organising committee for their hard work in making this event a success.

Moving forward, it's going to be an exciting year 2008, both for HWA members and staff. Several groups have agreed to come onboard for the first time to support HWA's programmes and services. They include the National Skin Centre, the National Parks Board, and Comfort Delgro Engineering Pte Ltd. I will also like to take this opportunity to thank our past and current

supporters for their great support. No words can describe how grateful we are to all our supporters.

To ensure that we meet HWA's objectives and mission, a workplan will be presented to the Executive Committee members, to chart our directions for this year. Therefore, rest assured that we at HWA will stay relevant and do our very best for the Association and its members.

Last, I wish all members and readers a good year ahead!

Leslie Teo

执行理事长前言

衷心问候全体残疾人士福利协会会员，支持者和同事。

首先，对于出席了我们在祥龙酒家举办的农历新年聚餐的参与者表示感谢，希望你们喜欢那些精心安排的节目表演。同时也要感谢组委会为这次晚会的成功举办所付出的努力。

即将来临的2008年对于协会的全体会员和工作人员来说将会是振奋人心的一年。许多团体已经答应第一时间支持和参与协会的活动计划和服务。这其中包括国家皮肤中心，国家公园局，和康福德高工程公司。我也借次机会向那些曾

经和一直以来都在支持协会的热心人士和组织致以最真诚的谢意，感激之情无以言表。

为了确保达到协会的宗旨和使命，我们将会向执行委员会提呈一份工作计划作为指导全年的工作方针。确保我们遵循并尽力为协会和会员做到最好。

最后，祝福所有会员和读者在新的一年里幸福美满。

Leslie Teo

Executive Committee 2007/2009

President

Nancy Chia

Vice President

Desiree Lim Kok Liang

Honorary Secretary

Chua Kian Sheng

Honorary Assistant Secretary

Judy Tan Keng Ngoh

Honorary Treasurer

Lim Puay Tiak

Honorary Assistant Treasurer

Wendy Lau Wong Hing

Committee Members

Julie Chong Cheng Harn

Jack Lai Pak Lok

Sherena Loh Shook Han

Ringo Om Kim Chai

Shareen Ong Siew Hoon

Michelle Siew Teok See

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Pang Lan Mui
- Teo Khai Kim
- Goh Kim Leng
- Mohamed Yusop Bin Abdul Aziz
- Ng Chin Meng
- Goh Pin Yi Cindy
- Ang Thiam Wah
- Yong Shy Wah Alvin
- Lim Choon Heng
- Chua Thong Jiang Andrew
- Suppiah Thamathram
- Lai Wai Keong Eugene
- Teo Poh Chuan
- Koh Mui Ker Michael
- Tan Tai Yong
- Aidil Bin Jalil
- Chan Swee Yueh
- Lim Hon Lee Jeremy
- Gan Gek Choo
- Safaeh Bin Omar
- Azmi Bin Mahmad
- Teo Keng Chuan

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Tan Tian Siang
- Thia Siang Meng
- Suresh Kumar Sehgal
- Ong Bok Cheo
- Kwek Chan Huat
- Lip Kok Leong
- Ng Thiam Teng

HWA Members Keep a look out!



Fishing Experience

Love fishing but don't want to fish alone?
Come join this event to meet like-minded members.
20 seats are up for grabs!

Date: 24th April 2008 (Thursday)

Time: 8am to 11am

To register for the above event, please contact
Victor at 6254 3006. For more details on this event,
please refer to HWA circular.



PAG Programme

In the line-up of events for Year 2008 by the Performing Arts Group (PAG) is a **Chinese String Instrument Class** by Mr Yan Shi Rui. Mr Yan is an accomplished Chinese Musician who has groomed many students. He recently performed for us during the Lunar New Year Dinner at Dragon Restaurant. Mr Yan definitely left an impression on us with the 2 pieces he played using the Pipa.

If you are interested to learn Pipa or Gu Zhen, this is the chance to do so. Classes will be conducted every Friday, from 8 to 9.30pm. Members will be informed of the starting date.

Wheel, Walk or Jog With Us!

Come join us for this year's Wheel, Walk or Jog (WWJ) 2008 to be held on **6th July, Sunday**. The WWJ is HWA's biggest annual fundraising event that celebrates the strength of the human spirit. This year, besides Infineon Technologies, the National Skin Centre will join hands with HWA to bring you the 24th WWJ that promises even more fun and exciting performances. So mark this date on your calendar and we hope to see you there!



HWA All-Cash Donation Draw 2008

"A fund-raising project in support of our rehabilitation programmes aimed at enhancing the quality of life of people with physical disabilities"

As you may know, HWA has already started selling Donation Draw tickets for the All-Cash Donation Draw, which will be held on 19th July 2008. Members are strongly encouraged to take up some Donation booklets to sell. Each Donation ticket is priced at \$2 only. The first prize of the Draw is S\$18,888 and that's not all. There are a total of 50 prizes to be won!

\$2

HWA All-Cash Donation Draw 2008

Name: _____

Address: _____

NRIC No.: _____

Tel: _____

FREE COFFEE

* Present this portion of ticket to redeem offer. Limited to 1 cup of coffee per coupon. Not applicable to promotional menu items, set meals and discounted items. Available at all Bistro Délicrance outlets and selected Délicrance Cafés only. Not applicable at Délicrance Bake Offs, Délicrance Sentosa and Délicrance Express Corners at Fairprice Express and Cheers.

*** Valid till 19 July 2008**



HANDICAPS WELFARE ASSOCIATION
http://www.hwa.org.sg

HWA All-Cash Donation Draw 2008

Date of draw: 19 July 2008 (Saturday)
Time: 10.00 am
Venue: Handicaps Welfare Association

Rules and Regulations
Results will be published in the Straits Times and on HWA website: www.hwa.org.sg on 23 July 2008. Prizes must be claimed from HWA by 19 September 2008, after which disposal of prizes will be at the discretion of the organiser. This ticket is sold under the rules laid down by HWA, a copy of which can be inspected at the office of HWA, 16 Whampoa Drive Singapore 327725. Tel: 65433035.

No. 000000



1st Prize - S\$18,888
2nd Prize - S\$8,888
3rd Prize - S\$2,888
4th Prize - S\$888
5th Prize - S\$388
6th-15th Prizes - S\$188
16th-25th Prizes - S\$88
26th-50th Prizes - S\$38

This draw is supported by:




Ticket is issued by the Handicaps Welfare Association.

No. 000000

Free Coffee* (worth S\$3.10)
with a minimum of \$10 spent on à la carte menu items.
*Terms and conditions apply. (See back of ticket)



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DISABILITY ?

Author unknown

WorkLife Development Services

The UPS-HWA Internship Programme was initiated in September 2006 by United Parcel Service Singapore (UPS) and HWA WorkLife Development Services to help HWA members seek internship opportunities locally. This programme aims to identify internship positions by matching candidates to the participating companies.



Employer Mr David Law (right) with Kelvin (left)

With the support from 8 participating companies, 15 Persons with Disabilities (PWDs) have benefited from the internship scheme and out of which, 7 of them have gained full-time employment. On top of the 15 interns, there were a few more PWDs who initially registered with HWA WorkLife Development Services in the internship programme, and they were placed in direct job employment.

Here is the story of a member, Mr Kelvin Wee Chye Kim:

Last year, Kelvin approached HWA WorkLife Development Services to seek employment and HWA WorkLife Development Services managed to help him secure an internship with P T Jet Courier N Cargo Services as a Clerk in September 2007.

The company modified their squatting toilet, to sitting type with grab-bar.



During one of HWA's staff site visit, Kelvin's employer, Mr David Law, said that he is pleased with Kelvin's performance.

"Mr Kelvin Wee Chye Kim has been working with us for the past 5 months. He has proved to me that work-wise, he's certainly no handicap. He has good working attitude and is a very meticulous and conscientious worker."

SHAMANS Throw Year-end Party For HWA Members

SHAMANS - A group of young professionals from different walks of life believe that climbing the corporate ladder without contributing precious time to community service makes working life meaningless.

So, for the past few years this group of energetic young men and women, led by Zack Saravanan, has been putting aside time to lend a helping hand at Handicaps Welfare Association (HWA) events such as Wheel, Walk or Jog and Flag Day.

"Feeling that our youth, energy and enthusiasm for life can also be diverted towards charitable causes, we decided to put aside some time to serve the disabled and less fortunate people in our society," said Zack, Managing Director of a marine services company.

When they learnt that HWA was not having a Year-end Party for its members in 2007, the SHAMANS decided to go the extra mile for our members by organising a big party for them.

"As working professionals, SHAMANS still make it a point to meet up on the first Friday of every month for dinner to catch up with each other and

also use it as a platform to discuss about contribution to society. It was during one such dinner that we decided to organise a New Year Party for HWA members," said Zack.

With the support of their families, friends and business contacts, the SHAMANS managed to raise enough money to throw a party for over 200 HWA members on 29 December at the Ayer Rajah Community Centre. Of course, credit must also go to Ayer Rajah CC for kindly sponsoring its premises for the party.

Joining in the party spirit were about 40 SBS Transit bus captains and supervisors, many of whom have come to know some of HWA members who take the wheelchair-accessible buses operated by SBS Transit.

The evening entertainment was filled with dance and music, with members swaying to the music



Lucky Draw Prizes



Shamans giving a briefing



Krsna And Govin

of the Hidden Rhythms, a percussionist group that gave a rousing performance with drums rolling and whistle-stopping sounds.

And then there were the two Chinese brothers, Krsna and Govind, who mesmerized the audience with Indian classical music on the sitar and tabla respectively. Proving that race is no barrier to appreciation of music of any kind, the teenage brothers wowed the audience with their deft fingers on the Indian musical instruments.

With games galore and lucky draw prizes given away, there was no doubt that members had a great year-end party, thanks to the SHAMANS.

As if giving the party was not enough, when the party ended at about 11pm, SHAMANS donated the numerous potted plants which they had bought to decorate the stage area to HWA.



Lion Dance Performance

"Organising the party has been a very full-filling experience for us and we the SHAMANS are in the midst of roping in more friends to plan other charitable projects and events in support of HWA," said Zack.

"We also aim to be a role model for busy working people and mainly to the youths that to contribute to society is possible by anyone regardless of work, family and financial commitments," he added.

Art Therapy by the Gardens

Since December 2007, a 12-week Oil Painting programme was introduced as part of rehabilitation therapy and recreational activity. One of HWA's staff Mr Lee Teck Hock, together with Art Teacher Ms Tan Ai Ngin, led a group of 20 members in their artistic pursuit. Classes were held every Monday and Friday, from 10am to 12pm.

The aim of this programme, other than introducing oil painting to our members and improving their technique in oil painting, is for psychosocial and personal development of our members. More importantly, the long term goal is for the public to recognise the abilities of disabled people.

Recently, with the kind support from Youth for Causes and South East CDC, HWA was able to plan 3 outdoor painting sessions for our members.

The first outdoor session was held at the serene MacRitchie Reservoir.





Art therapy at Botanic Gardens



The Singapore Botanic Gardens was chosen as the 2nd outdoor venue. Below is an account of the enriching experience that our members enjoyed.

A group of oil painting class members set out for Botanic Gardens on the 22nd February, a Friday morning. They reached at 10am, and were greeted with a wonderful sight. There was lush greenery around, and the pleasant scent of fresh leaves abound. The Botanic Gardens was definitely a scenic spot for oil painting. Furthermore, the bright sunny day accompanied by an occasional

breeze set the perfect day for our members to whip out their paints and brushes.

While our members were taking some time to take the sights in, Mr Lee took the chance to comment on the captivating scenery. Speaking to our members, he said "Be grateful for the gift of sight. You may have lost much of your physical ability, but you still have your sight, which is a wonderful thing."

Art lesson in progress at HWA



At the end of the two hour session, our members had to pack up and leave. They enjoyed the session so much that all of them were keen to return and complete their half-painted works.

See what some members had to comment on their visit to the Botanic Gardens:

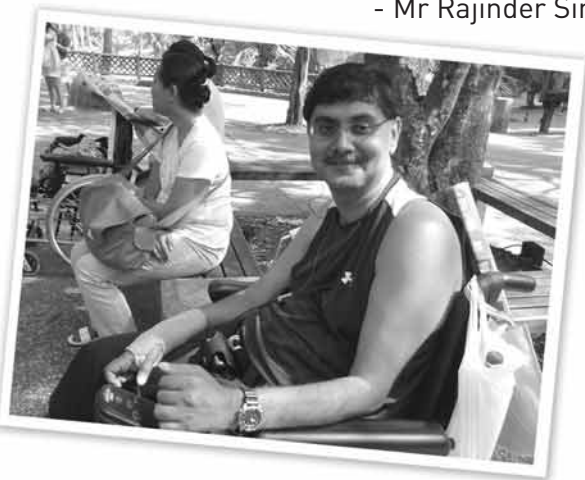
“Normally we do indoor painting and we look at photos for inspirations. But today, we have a chance to visit the Botanic Gardens and this experience is different. The colours that we see are rich, the breeze very refreshing, and seeing people jogging by, it all feels very alive.”

- Mr Rajinder Singh



“I like this outdoor painting session. I have an interest in Art, and wanted to do it all along. Last time, I had no time for Art because of household chores, but now that I have more time on my hands, I signed up for this Oil Painting class and I have a chance to paint again.”

- Mdm Daisy



Do look out for the next issue of Digest for more details and pictures of the 3rd outdoor session held at the National Museum!

A Wonderful Lunar New Year Get-Together Celebration

On 12 January 2008, HWA ushered in the Lunar New Year with a dinner at The Dragon Restaurant on Depot Road. We were served with an exquisite 9-course Chinese dinner, which included the appetising Lo Hei or Yu Sheng (Raw Fish Salad) for our Chinese members and Halal dishes for our Muslim members.





The rainy weather that evening did not dampen the spirits of the dinner guests. They started arriving in their Sunday best for as early as 5.45pm. I arrived early and had the opportunity to mingle and interact with some long-time members to reminisce happy days of yore at HWA. By 6.45pm, almost all the guests had arrived and the President of HWA, Ms Nancy Chia dressed in traditional Lunar New Year outfit, delivered a short speech which touched on the importance of fund-raising and transport service, both top priority of the Association.

Kelvin, the host of this event, gave his hilarious welcome speech in Malay and Mandarin with a smattering of Tami, to the amusement of the audience.

Dinner was served promptly at 7pm with the first dish of Yu Sheng or Lo Hei, meaning tossing up, for the New Year to come! With the President taking the lead, everyone participated in the tossing of the salad and said good wishes and shouts of “**Huat**” which means “**Prosperity**” in Hokkien.

The first entertainment item of the evening was a magic show by Jeremy Pei, a talented young magician who had bagged three awards in the past. He started learning magic when he was about two or three years old and follows in his father’s footsteps to become a magician. Some of the highlights of his show are captured in the photos.

The next entertainment item was by Mr Yan Shi Rui, an accomplished Chinese musician who hails from Tianjin, China. A Singapore Permanent Resident, he desires to spread his love for music to the people of Singapore. He played two pieces of Chinese music on the Pipa with such impressive finger dexterity, to the enjoyment of all.

There was also a Special Draw by the Hon Asst. Treasurer Ms Wendy Lau, for 10 induction cookers. This was followed by a Karaoke session. Guests sang their hearts out. One of the Association’s fund-raising staff, Richard Foo, started the ball rolling by singing a beautiful Mandarin love song “Ocean Deep”, followed by other karaoke



Emcee with Moses Lim



Belly Dancing by Corrine



"Ocean Deep" by Richard



1st Prize (Frederick Kang)

enthusiasts. Linda Ho sang a Hokien number. Jack Lai also rendered an English oldie, "Please Release Me" with such feelings and received thunderous applause from all. One Malay female member, Aisha, also sang a Mandarin song, "The Moon Represents My Heart" with such gusto! With these high-spirited "singers" taking the lead, more members and volunteers came forward to pitch their vocal chords.

The karaoke session made a brief exit to make way for the first lucky draw which was from the 28th (last prize) to the 16th prize. Lim Puay Tiak, the Hon Treasurer, did this draw. The Hon Asst. Secretary had the honour of doing the second draw, from the 15th to 6th prizes.

While everybody was enjoying the food, the witty Kelvin brought out a full-sized cut out picture of Moses Lim as a clue to introduce the next entertainment segment, a belly dance by volunteer Ms Corrine Koh. Her sexy hip and abdominal movements caused the audience to clap along and ended with a thunderous applause from the floor.

The grand finale of the night before bidding goodnight to each other was the draw for the first five top prizes by Executive Director, Mr. Leslie Teo.

It was a moment of excitement especially when the top three winning numbers were announced. The top three prizes were won as follows:

1st prize

HP Video Projector to Mr. Frederick Kang

2nd prize

Samsung Home Cinema System to Mrs Kwa Geok Choo

3rd prize

Digital Camera went to Ms Ivy Lam

Congratulations to all the winners!

All good things must come to an end and the three-hour fun-filled and entertaining evening ended at 10 pm. And, as we made our way out, every guest was presented with a door gift. Everyone definitely had fun as could be seen on all the happy faces. It was indeed a night for me to remember and I look forward to the next one in 2009.

By Judy Tan



美妙的农历新年 聚会庆祝

在2008年一月十二日，残疾人士福利协会在 Depot 路的龙餐馆共聚晚餐庆祝农历新年。我们的华人会员享用了一次精致的9道中式晚餐，包括美味可口的“捞起”或“鱼生”（生鱼沙拉），而回教徒会员则享用了Halal美食。

那天晚上的下雨天气阻挡不了参加晚餐的客人们的热情。他们最早在周日下午5:45开始抵达。我早早到达且有机会和一些长期成员往来和交流，一起追忆往昔在残疾人士福利协会的快乐时光。到下午6:45，几乎所有客人已到达。协会的会长，Nancy chia女士身着传统的华人新年服装，发表了一个关于筹款活动和运输服务的重要性的简短演讲，两者都是协会最优先考虑的事。

活动主持人Kelvin，用马来语和华语，以及一丁点儿的淡米尔语致欢迎词，轻松有趣逗乐了所有观众。

晚餐在下午7点准时开始。第一道菜是“捞起”或“鱼生”，意为在新的一年里步步高升！与会者一起，每个人都参与捞鱼生，说出好的祝愿和呼喊“Huat”，福建话里是“发/繁荣”的意思。

第一个娱乐项目是Jeremy Pei的魔术表演。他是一名年轻有才华魔术师，过去获得三个奖项。他两岁时就开始学魔术，跟随着他父亲的脚印成为一个魔术师。他的表演的一些精彩场面记录在相片中。



魔术表演



卡拉OK节目

来自中国天津的有造诣的华人音乐家。他现在是新加坡的永久居民，他希望把他对音乐的热爱传播给新加坡人。他演奏了两曲琵琶乐曲。他的灵巧的手指表演给人留下了深刻的印象,并给所有的人带来了欢乐。

当中穿插了由协会副财政Wendy Lau小姐抽出的特别抽奖,奖品是10个电磁炉。之后是卡拉OK节目。大家都唱出了他们心里的歌声。职

员之一, Richard Foo以一首美丽的华语歌“大海深处”开始了这轮歌唱,其他的歌唱爱好者紧跟在他后面。 Linda Ho演唱了一首福建歌曲。 Jack Lai也演唱了一首英文老歌“Please Release Me”。他深情歌声为他赢得了如雷的掌声。一位马来女会员, Aisha也兴致勃勃地唱了一首华文歌曲“月亮代表我的心”。在这些情绪高昂的“歌唱家”的带动下,更多的会员们和义工们上台一展歌喉。



Corrine Koh小姐的肚皮舞表演

Kwa女士的先生代她上台领奖

Ivy Lam小姐领奖

卡拉OK过后是第一轮的幸运抽奖，从第28奖(最后的奖)到第16奖。奖项是由财政Lim Puay Tiak抽出的。荣誉秘书长荣幸地抽出了从第15奖到第6奖的第二轮抽奖。

当每个人都正在享用食物时，诙谐的主持人Kelvin带来了一幅于真人大小尺寸的Moses Lim 林益民的照片，来当做介绍下一个娱乐片段的提示。Corrine Koh小姐义务地为大家带来了肚皮舞表演。她性感的臀部和腹部的表演赢得了观众们久久不息的如雷般掌声。

在互祝晚安之前是盛大的前五个奖的幸运抽奖活动，奖项由执行理事长Leslie Teo先生抽出。这是激动人心的片刻，特别是宣布前三名的中奖号码的时候。前三名获奖者依次是：

- 首奖 惠普录像投影机 Frederick Kang先生
- 二奖 三星家庭影院系统 Kwa Geok Choo女士
- 三奖 数码相 Ivy Lam小姐

衷心祝贺他们!

所有的好事总有结束的时候。那充满了乐趣的三个小时及愉快的夜晚终于在晚上10点结束了。并且每个客人在离开的时候都收到一份礼物。每个人一定玩得很开心，因为快乐写在了每一个人的脸上。这的确是一个令我难忘的夜晚，而且我期盼在2009年的下一个聚会。

Judy Tan撰写

Monetary Rewards for Disabled Athletes Who Win Medals

Article posted by Channel NewsAsia (14 Jan 2008)

Singapore's disabled athletes now have an added incentive to do well at the ASEAN Para Games next week.

A new financial reward scheme has been set up for disabled athletes who win medals at major international competitions.

The Athlete Achievement Awards are tagged at 10 per cent of what able bodied medallists receive. This is because fewer people participate in disability sports. So, gold medallists at the ASEAN Para Games will receive S\$1,000.

The Singapore Totalisator Board is co-funding 80 per cent of the cost of the total awards for three years.

Disabled Singapore swimmer Theresa Goh said it would be nice if the monetary reward is the same as what the able-bodied athletes get.

Still, she is glad that disabled athletes will get some reward for their achievements.

Theresa, who holds two world records, will be among 57 Singapore athletes and 35 officials attending the ASEAN Para Games, which will be held in Korat, Thailand from 20-26 January.



It will be Singapore's largest contingent to the Games.



HWA members excelling in various sports – Bowling, Wheel Chair Basketball and Lawn Bowling



Sports Superstars Awards

The annual Singapore Disability Sports Council's Sports (SDSC) Awards was held at the Intercontinental Hotel on 27th February 2008. This year, the SDSC celebrated it in a different style and called it the "Sports Superstars Awards".

Besides presenting awards to elite athletes, coaches and teams for their outstanding efforts, the SDSC also awarded trophies to the top three organisations for being participants in the 2007 Disability League. HWA's 54 sportsmen did well enough to win the 2nd position in overall standings and won \$2,000 for the Association.



PHOTO: SINGAPORE DISABILITY SPORTS COUNCIL

AIMING HIGH: Norsilawati is aiming to qualify for September's Paralympics in Beijing.

»DISABILITY SPORTS

Sila stands tall in wheelchair racing

She beats poster girl Goh to clinch her first Sportswoman of the Year award

BY CHRISTOPHER ONG

NORSILAWATI Sa'at will never forget that awful screech eight years ago.

She was in a car driven by a friend when the accident happened. She fractured her spine and was hospitalised for a month. She also lost the use of her legs and had to depend on others to carry out the simplest of tasks. Like bending to pick up her clothes.

She then went through seven months of painful rehabilitation. Now 31, the wheelchair-bound Norsilawati, or Sila to her friends, lives with her family.

Back then, the first few months after the accident was the lowest point of her life. She was upset that life had dealt her a cruel hand.

Even her supportive family members, comprising mum, dad, three younger sisters and a younger brother, were not spared her barbs.

She said: "I told them it was easy to say I could recover when they were not in my shoes.

"Eventually, I realised that they just wanted the best for me."

Towards the end of her rehabilitation, her physiotherapist Elaine Koh introduced her to wheelchair racing in a bid to boost her mobility and strength.

"When they put me in a racing chair for the first time, I couldn't even steer it straight," she recalled.

But she stuck at it, and mastered the racing chair after just five sessions.

She said: "That boosted my confidence. I realised, then, that I could still do sports."

Today, Norsilawati is one of Singapore's top wheelchair racers in the 100- and 200-metre events for the T52 category, which is meant for athletes who have limited finger movements and no trunk or leg function.

Her crowning moment came on Wednesday, when she beat Theresa Goh, the poster girl for disability sports, to win her first Sportswoman of the Year award at the Sports Superstar Awards organised by the Singapore Disability Sports Council.

Ironically, she was not aware of her victory until Goh, a swimmer and the award's recipient for the past three years, SMSed to congratulate her.

Said Norsilawati, who could not make it to the awards ceremony because of other commitments: "I didn't know who I was up against. When I found out that

Theresa was one of the nominees, I was like...wow!"

Despite her success, she is not about to blow her own trumpet. Her humility is inspired by fellow wheelchair racer Miki Yoda.

They first met in 2004 at a training and coaching clinic held by the Japan Association of Athletics Federation in Malaysia.

Said Norsilawati: "Despite being a top athlete, Miki was so humble. She even gave me some tips."

Yoda won a bronze in the 200m event of the T52 category at the 2000 Paralympics, and was fifth in the same event at the 2004 Paralympics.

For Norsilawati, the clinic was also the first time she saw competitive wheelchair racers in action.

She said: "It was a real eye-opener. Miki was racing in the same category as me and she was so fast. I thought to myself, 'If she can do it, why can't I?'"

Indeed, Norsilawati trains six days a week despite working full-time as a web designer at the Society for the Physically Disabled.

Currently, she is aiming to qualify for September's Paralympics in Beijing.

She was half-a-second away from qualifying for the event at the IWAS World Wheelchair and Amputee Games 2007 in Taipei.

She will have another chance to qualify at the Germany Open Championships in Berlin in June.

ongchris@sph.com.sg

Article posted by The Straits Times (1 Mar 2008)

Although we did not win the coveted first position, we are still very proud of their participation and performance in their respective arenas, i.e. Archery, badminton, bowling, lawn bowling, shooting, table tennis and wheelchair basketball. We thank each and every participant and hope other HWA members would emulate them; to try sports and lead an active lifestyle! After all, sports are not only meant for Superstars but for everyone!

Exco member Judy Tan (left) receives award on behalf of HWA from Mdm Karim, Honorary Secretary of SDSC (right)

If you do not know, HWA's Fun Hub is open on Saturdays from 2pm to 5pm for members to play American Pool. It's for free too! All equipment is provided so not to worry. This is a great chance for interaction with other members as well, so come on and head down to Fun Hub and hit some balls!

Play American Pool



Do You Know?

In New Zealand, there is an informal regulation or pub ritual known as the "down-trou" requirement. This happens when a player who loses the game without pocketing any of their own balls drops his pants by way of honouring the humiliation!

Reference site: http://en.wikipedia.org/wiki/American_pool

HWA members enjoying their Saturday playing Pool.



Hoops & Wheels



PAGE 57 Wednesday, 16 Jan 2008 THE NEW PAPER

By Arun Raj
rjpcorb@spk.com.sg

THE game of basketball is known for its pace, athleticism and the players' ball-handling skills.

It has been dominated by the taller, faster and stronger athlete, and is one of the biggest sports in the world, especially the United States.

Imagine having to dribble the ball with one hand while moving forward at full speed. At the same time, you are looking for an open team-mate, or hoping to find a little space to move into without running into an opponent whose sole purpose is to get the ball from you or block your path to the basket.

Finally, you have to get a shot at the basket within a 24-second window or you lose possession.

Now imagine having to do all that while propelling yourself forward - on a wheelchair.

This effectively leaves you with only one hand at any one time to bounce the ball while your other hand has to be used to move yourself forward, turn and change direction or stop.

Space on court is considerably smaller as well with all your team-mates and opponents using wheelchairs as well.

You need lots of skill to play the game and the members of the recently formed Wheelchair Basketball Association (WBA) make it look easy.

The team's captain is 51-year-old Edwin Khoo, a manager who believes the sport is extremely beneficial to the wheelchair bound.

TEAM GAME

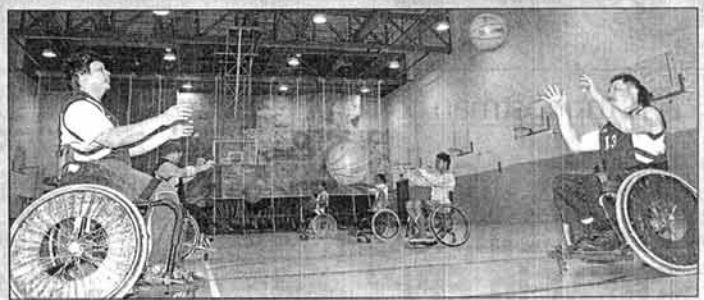
"It is a great team game and we all have fallen off the chair during the game and if you had noticed, we didn't help the person who fell to get up.

"We need to be able to pick ourselves up when we fall.

"You are able to get stronger and more independent playing the game as a result, and that is very important for us.

"We don't want to be irritants or a burden on our family and being independent is a big thing for us."

Indeed, there is much to be admired about these players.



◆ Above: The team is training for the Asian ParaGames. Right: Edwin Khoo poses with a bronze medal he won in the 400m wheelchair race at the Hong Kong Fespic Games in 1982.

Pictures: FRANCIS LEE, EDWIN KHOO



From their humble beginnings playing at Pek Kio Community Centre once a week, they decided to form the WBA in order to govern their sport without having to rely on other associations and rulings.

Dexter Goh, 43, is a polio survivor who is an integral part of the team.

"In the beginning, it is definitely difficult as you have to get your body and spirit up for the game," said the maintenance specialist.

"But as you get used to the routine, it really is good for us as it widens our social circle and we now have some players with different abilities and of different ages playing together, which is great."

Khoo used to be a wheelchair racer, but switched to basketball because he preferred being in a team.

"Wheelchair racing is a lonely sport and as I got older, I had to look for a game with more 'kick' and wheelchair basketball was it," said Khoo.

As they lined for photos in between shrill whistles from volunteer-coach Edric Liatw, you could see that these athletes mean business.

Though the team is largely made up of the wheelchair bound, they do play against the able-bodied who sit in wheelchairs and play by the same rules.

They thrive on the competition and would like to see their sport grow, which is one of the reasons they had formed their own association.

Khoo reminisces about his wheelchair racing days and his involvement in the Far East and South Pacific Games for the Disabled (Fespic).

"I remember taking part in my first competitive wheelchair race in the 1982 Hong Kong Fespic Games and I have won silver and bronze medals in my time in that sport."

"But the best thing I got out of the Games was meeting my wife of 20 years who was a volunteer at the event," said Khoo.

The wheelchair basketball team has played against teams from New Zealand, China, Australia and Japan and Khoo rates the Japanese and the Australians as the most difficult.

"Now I am very much into wheelchair basketball and have been involved in it since the 1990s and I hope that I can play in at least another international meet," Khoo said.

The team is currently training twice-a-week at the United World College's indoor court for the fourth Asian ParaGames this week in Thailand.

They are looking to do Singapore proud.

◆ To contact the WBA, email them at wbasingapore@gmail.com.

Driven by a strong desire to be independent, these wheelchair warriors get their kick out of basketball

Fa Cai Cup Golfers Auspicious Tee Off Raises \$50,000 for HWA

Teeing off for a good cause on the seventh day of the Lunar New Year has been a tradition for a group of golf enthusiasts named Fa Cai Cup golfers.

Considered an auspicious day in the Lunar New Year and celebrated as “everybody’s birthday”, 13 February 2008 therefore proved to be a wonderful “birthday” for HWA with a gift of \$50,000 from the Fa Cai Cup golfers.

Raising the sum of \$50,000 was no mean feat for the golfers who wanted to ensure that the sum raised in 2008 was higher than the previous year of over \$44,000 donated to HWA.

“Every year we try to set a higher target and am glad we have been able to achieve this,” said a beaming Mr Chiew Wah Hong, who has been the driving force in this charity golf competition now in its 12th year.

The money raised came not only from the golf competition on the greens of the Singapore Island Country Club (SICC) located off Upper Thomson Road but also from auction of some beautiful calligraphy paintings from China during a post-competition dinner at SICC which was attended by Ms Ranee Govindram, Manager (Fund-Raising/Public Relations), and HWA member Grace Ng.

In thanking the Fa Cai Cup golfers for their generous donation, Ranee wondered whether the stakes could be raised higher when “everybody’s birthday” comes round next year....



Auctions of paintings

Ms Ranee (left) thanking the Golfers, led by Mr Chiew Wah Hong (right) for their donation.

Done deal!



HWA Transport Gets a Boost From Alcoa

If you have read the previous issue of Digest, you would know that the Alcoa Foundation has donated US\$18,000 to HWA. Besides monetary contribution, staff from the Alcoa Singapore also came down to HWA. They interacted with our HWA members and helped spruce up the Rehabilitation Centre.



Thanks to the Alcoa Foundation, HWA is able to put this money into our transport services. The grant covers part of the high cost of operating a dedicated special needs community transport.

We at HWA would like to show our appreciation once again to the Alcoa Foundation for their tremendous support.

"Konnichiwa!" Greetings From Japan...

A 12-member delegation from the Fukuoka City, Council of Social Welfare in Japan visited the Handicaps Welfare Association on 1st February during the group's visit to Singapore recently.

Led by the President of the Council, Mr Shiiba Nobuyuki, the visit was to **"study and understand"** how voluntary welfare organisations worked in other countries and also to exchange ideas.

"We are constantly looking at ways to improve and revitalize our services and this study tour is to give our municipal members an opportunity to share experiences with other similar organizations," said Mr Nobuyuki.

During the visit, the delegates were briefed on HWA's history and the numerous

programmes and services aimed at improving the quality of life of the physically disabled.

The delegates were all praise on the holistic approach adopted by HWA in reaching out to the physically disabled through its rehabilitation, transportation and welfare programmes.

The tour ended with a \$500 donation from Nippon Express Travels, which had brought the delegation to HWA.



ACS(I) and Dunearn Secondary School Students Visit HWA



ACS(I) boys lend a helping hand by clearing dead leaves and sanding down wooden blocks for wheel- chokes.

Our shutterbug was on hand to capture students from Anglo Chinese School Independent ACS(I) and Dunearn Secondary who came down to HWA as part of their Community Involvement Programme. The students spent their afternoon learning more about people with disabilities through their interaction with some of our Rehab clients.

Kelvin teaches Dunearn students how to handle a wheelchair.



Dunearn students learn about Wheelchair Basketball from our HWA staff, Mr. Kelvin Lim.



Work Your Brain



Readers alert! Want to work your brain and win some prizes as well? Here is your chance in our Digest Quiz. Three prizes of \$20 vouchers will be given away to winners with all the correct answers. Remember, the answers to the quiz are to be found within the Digest, so keep on reading!

- Q1.** How many participating companies were there for the UPS-HWA Internship Programme?
- Q2.** What is the name of the restaurant where HWA's Lunar New Year dinner was held?
- Q3.** Name HWA's current President.
- Q4.** HWA's Fun Hub is open on Saturdays from 2pm to 5pm for members to play American Pool. True or False?
- Q5.** Name the group that organised the Year-End Party for HWA members.

HWA Digest Quiz Application Form	Answers:
Name: _____	Q1. _____
Contact Number: _____	Q2. _____
Email Address: _____	Q3. _____
Membership No.: _____	Q4. _____
	Q5. _____

Please send your completed application forms to:
Digest Quiz (Attn: Editor)
 Handicaps Welfare Association
 16 Whampoa Drive
 Singapore 327725

- Rules and Regulations**
1. Only HWA members are eligible to participate (staff, Exco members and editorial board are not eligible)
 2. Entries must be submitted using the application form on this page
 3. There will be a maximum of 3 winners per quiz
 4. In the event that there are more than 3 correct entries, the winners will be decided by ballot
 5. The judges' decision is final
 6. The closing date of the quiz is **15 April 2008**. All completed entries should reach HWA no later than this date
 7. The correct answers as well as the winners of the quiz will be announced in the next Digest issue

Congratulations!

These are the Winners of the Quiz in October - December 2007 issue of Digest:

Mr. Lum Kum Piew, Peter
I/C no: S****148H

Ms. S.Lilis Bte Abdul Hamid
I/C no: S****018B

Ms. Kagda Sakina Abbasbhai
I/C no: S****465H

Each of them has received a cash prize of \$20.

Do You Have a Story to Tell?

We are calling out to all HWA members for article contributions to Digest. If your article is published in the Digest, you will receive an incentive of \$40 per article.

Here's what you have to do:

1. Write an original article* of about 800 to 1000 words, either in English or Chinese. You can choose the topic of your article. For example, you can write about your holiday or life experiences, but your article has to be original and never-before published.
2. Send your article to us, either by email (editor@hwa.org.sg), fax (62537375) or mail to the Editor, Handicaps Welfare Association at 16 Whampoa Drive, S(327725)
3. Watch out for the next issue of Digest! If your article is published, we will contact you shortly for payment.

It's that easy. So start writing now!

* Your story/article should contain no false or unwarranted claims for any product or service and contain no defamatory statements. It should also not infringe the copyright or other right of any person. Published articles will become HWA's property (for both print and/or electronic media) upon payment. You will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.

你有故事要与人 分享吗?

我们诚邀所有残疾人士福利协会的会员们为本刊贡献文章。如果你的文章在文摘中出版,你将收到\$40的稿费。

以下是具体步骤:

1. 写一个大约800到1000个字的文章,英文或华文都可以。你可以选择你的文章的主题。举例来说,你能写有关你的假日或者生活经验的故事,但是你的文章必须是真实的并且以前从未出版过。
2. 发送你的文章给我们,可以用电子邮件(editor@hwa.org.sg),传真(62537375),或邮寄给编辑 Editor, Handicaps Welfare Association at 16 Whampoa Drive, S(327725)。
3. 留意下一期文摘的出版! 如果你的文章被刊登,我们将很快地联络你并且支付稿费。

就是那么容易。现在就开始写作吧!

* 你的故事/文章不应该包含针对任何的产品或者服务的错误的或者无根据的要求,而且没有包含破坏名誉的陈述。它也应该不破坏版权或任何人的其他权利。付款之后,出版文章版权将归残疾人士福利协会所有(印刷品及/或电子媒体)。如果违反以上规定,你必须赔偿残疾人士福利协会有关该出版物的所有主张,行动,诉讼,要求,损失、费用和开销。



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The Handicaps Welfare Association (HWA) was formed in Dec 1969. Since then, the Association has grown to over 1,700 members and its membership is increasing every month. As a self-help group, HWA raises funds on its own.

HWA has been serving the needs of people with disabilities from the low socio-economic group for 37 years. It has strenuously made every attempt to help meet their needs through its ever-expanding range of services, which is on-going. The HWA has been able to do this simply because the Singapore public has been more than generous and forthcoming in their monetary contribution.

HWA provides a range of programmes and services for its members and the community – from welfare assistance to education courses, a door-to-door

dedicated transport service, financial assistance and food rations to the needy, driving lessons for the disabled and a befriender service. It also runs Rehabilitation cum Independent Living Centre and Personal Care Service for the disabled people in the community.

Please help us to uplift the lives of the disabled people by making a donation to the Association. No donation is too small for charity. **Thank you for your generosity and kind support.**

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Our Mission

An organisation committed to enhance the quality of life of people with physical disabilities and integrate them into mainstream society.