



# handicaps digest

A Publication of Handicaps Welfare Association  
MICA (P) 022/01/2009

Jan - Mar 2009

## Handicaps Welfare Association



### *Year End Party*

See page 20

*40* years  
IMPACTING LIVES,  
BRIDGING  
COMMUNITIES

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Founded in 1974 and with more than three decades of impressive successful track records, Architects 61 remains one of most established corporate architectural practices in Singapore. Today Architects 61 has amassed a considerable portfolio of works under the umbrella of High-Grade, High-Rise and High-Density large developments (The **3H**) describing Architects 61's core competence focusing almost exclusively on highrise-highgrade Commercial Office, Commercial Retail, Hotel and Residential Apartment developments with increasing regional and international projects in the last 5 years. Architects 61 has been responsible for more than S\$12 Billion worth of completed projects entailing over 60 million square feet of Gross Floor Area in Singapore alone. Singularly, the practice has contributed to the unique Singapore CBD skyline more than any other practices.

Of particular relevance, Architects 61 also has been recognized as one of the premier local "collaborators", with an impressive successful history in collaborating with foreign design consultants, from the formation of the practice in 1974. Architects 61 has collaborated with Kenzo Tange Associates from Japan, Hugh Stubbins, KPF, Pelli Clarke Pelli Associates, Murphy Jahn, I.M.Pei Partners, Pei Cobb Freed and Partners, Pei Partnership Architects and Paul Rudolph Architects from the United States of America, Cox Group, Denton Corker Marshall Architecture and Urban Design, MGT Architects, Fjmt Architects and Woodhead from Australia, Norman Foster and Partners and Richard Rogers from the United Kingdom, Ingenhoven Architects from Germany and UnStudio from Netherlands amongst many others.

Some of the most notable projects in collaboration include the S\$738million Raffles City with I.M.Pei and Partners (1986), the S\$395million UOB Plaza (1995) and the S\$250million UE Square (1997) with Kenzo Tange Associates, the S\$190million Caltex and the Hitachi Towers with Murphy Jahn Associates (1993), and the S\$215million Singapore Exchange Centre (2001) and One Raffles Quay (2006) with KPF. Current notable collaborative developments includes the S\$450million Ocean Financial Centre with Pelli Clark Pelli, the S\$90million 71 Robinson Road and the S\$120million Harbourfront with Ingenhoven Architects, the S\$50million 7 Ardmore with UnStudio, the S\$800million Marina Business Financial Centre with KPF, the S\$90million Iconic pedestrian Marina Bayfront Bridge with Cox Group and the s\$465million Changi Airport Terminal 1 Upgrading with Woodhead.

Architects 61 has also successfully developed its very own design brand covering projects in Singapore and the region, similarly founded on the **3H** core competencies. Some of the more significant completed projects includes The Heeren, Capital Square, The Fullerton Hotel, Raffles Hotel, One Fullerton, The Four Seasons Condo, Scotts 28, Cuscaden Residence, Setia Residences, Newton Gem, The Tomlinson amongst others. Current projects includes the Cosmopolitan, Ardmore 2, Ardmore 3, Scotts Square, The Coast Sentosa, Marina Collection Sentosa, The Pinnacle Collection Sentosa, One Shenton, Soleil@Sinaran, Newton One, Tampines 1, Northpoint 2 amongst others.

In the region, Architects 61 focuses in providing Architectural Master Planning and Architectural Design Consultancy Services (the design phases). Amongst some of the destinations Architects 61 have been actively engaging in Architectural Design Services are, China, Malaysia, India, Pakistan, Sri Lanka, Cambodia, Vietnam, Thailand, Indonesia, Dubai, Abu Dhabi, Qatar. Projects include The Summit and Al Manara in Dubai, The Keppel Flagship in Doha, two residential developments in India, the Great Grand Eastern Hotel in Kolkata and several projects in Ho Chi Minh City, Vietnam.

Architects 61 have won more than 60 Local and International Design Awards including the first Singapore President's Design Award in 2006. The Firm has more than 10 projects in progress to be awarded Green Mark Gold, Gold Plus and Platinum.

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**Teo Yee Chin**

**Un Wai Kay**

**Wee Anthony**



Tampines Grande



Pinnacle Collection Sentosa



Marina Bayfront Bridge



Seaview@Sentosa



Soleil@Sinaran



Ocean Finance Centre

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Jan-Mar 2009

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.

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## Director's Foreword

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Dear Readers,

Handicaps Welfare Association ended year 2008 with a bang- we celebrated with our members, volunteers and supporters at our fantastic Year-End party! If you have missed out on this heart-warming event, you can still read all about it on page 20 of this issue's Handicaps Digest.

And the celebrations are not ending at just that, because this year is a special year for HWA. We are commemorating our 40th Anniversary. The Association has come a long way since 1969, when it started as a friendship club, set up by 23 people

with disabilities. Today, we have a membership number of about 1,800 and a volunteer strength of 200.

To mark our Ruby Anniversary year, we will be rolling out several events that you can look forward to and participate in as well. Please keep a lookout for these events, either through our website or by reading Handicaps Digest.

Lastly, I wish everyone a blessed New Year and good health in 2009!

**Leslie Teo**

## 执行理事长前言

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亲爱的读者朋友们

2008年年终来临之际， 残疾人士福利协会举办了一场精彩的年终晚会，与协会会员，志愿人士和支持者们共聚一堂，欢庆佳节。如果您不小心错过了这场激动人心的晚会，可以在这期的残疾人士季刊第20页的晚会报道中了解详情。

这场晚会不仅为即将过去的2008年划下了完美的句点，同时也为接下来这特别的2009年 - 残疾人士福利协会40周年，揭开了帷幕。这将是令人难忘的一年。

回顾40年来协会一路走过的风风雨雨，从1969年，23位创始会员成立了联谊俱乐部，到今天协会规模已经扩大到拥有近1,800名会员和200多位志愿人员。

为了欢庆协会红宝石周年纪念，我们将举办一连串的纪念活动，期待您们的踊跃参与。您可以登陆协会网址或阅读季刊了解协会在新一年里的各项活动与节目安排。敬请关注!

最后，我在此衷心祝愿每一位读者新年快乐，心想事成。

**Leslie Teo**

## Executive Committee 2007/2009

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### Honorary Assistant Treasurer

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Julie Chong Cheng Harn

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Ringo Om Kim Chai

## New Members

HWA welcomes the following new members into its family:

### Ordinary Members

- Abdol Razak Bin Yusop
- Fong Chun Cheong
- Ong Soh Geok
- Navin Nair
- Sheriff Bin Muhammad Khalid @ Jaswinder Singh
- Goh Poh Ann
- Ainon Binte Abdul Rahman
- Lim Kak Huay
- Tan Chong Beng
- Mrs Fernando Raymond Anthony Nee Lau Siew Lang
- Yip Kang Min
- Lim Peck Whee @ Tok Boon Poh
- Ahmad Raghil Yasar

## Obituary

With Deepest Sympathy and Heartfelt  
Condolences to the Families of:

- Goh Thien Seng
- Tan Mui Keow Jenny

# Calendar of Events

for January to March 2009



**20 Jan**

**HWA Community Day**

Supported by  
HWA Staff and Exco  
Members

**20 Jan**

**Visit to Underwater World**

Supported by  
Exxon Mobil



**26-27 Jan**

**Lunar New Year**



**14 Feb**

**"Romancing HWA"  
Outing**

Supported by  
YMCA

**14 Feb**

**"Break Free"  
Concert**

Supported by  
Terence Castillo



**21 Mar**

**Factory Visit**

Supported by  
YMCA

**21 Mar**

**Fun Bowl**

Supported by  
HWA



# Handicaps Welfare Association – Micro Finance Assistance Scheme (HWA-MFAS)

The most well-known model of micro finance is that of the Grameen Bank (GB), operated by Mr Mohammed Yunus, winner of the Nobel Peace Prize in 2006.

GB is an organisation and community development bank that was started in Bangladesh. It makes small loans (known as microcredit) to the impoverished, without requiring collateral.

In line with the broad principles of micro financing adopted by the Grameen Bank, HWA-MFAS aims to assist members to start up, operate and manage successful micro businesses.

HWA-MFAS is made possible by the kind donation of Chen Su Lan Trust which has given HWA a sum of money to manage with the aim of assisting HWA members to start up and operate successful micro businesses.

Upon identifying and selecting these potential entrepreneurs, the HWA-MFAS may provide them with small start-up interest-free loans and continue to advise and monitor their ventures till members are fully capable and confident of

managing the businesses on their own.

The Governing Committee of HWA-MFAS which comprises President, Hon Treasurer and Executive Director of HWA, as well as two representatives from Chen Su Lan Trust, will approve members' applications and decide on the quantum of the loan subject to a cap of \$15,000 per applicant.

Members may submit their applications anytime, but the Governing Committee will assess the applications on a six-monthly basis.

If you are interested in this scheme, please visit our website at [www.hwa.org.sg](http://www.hwa.org.sg) to download the application form. If your application is shortlisted, you will be asked to attend an interview. For more information, you may wish to contact HWA's Executive Director, **Mr Leslie Teo**, at Tel: **6254 3006**.



# Where there is a *Wheel*, there is a *Way*

By Kweh Soon Huat, Project Manager, Amazing Wheelchair Challenge

Persons with disabilities on wheelchairs discovered that they did not need to huff and puff their way to visit the libraries. The inaugural Amazing Wheelchair Challenge was organised on 6 December 2008 to promote libraries as an all-inclusive learning hub and a barrier-free friendly environment.

The event was officially opened by our Guest-of-honour Ms Ellen Lee, MP of Sembawang GRC. It also celebrated the International Day of Persons with Disabilities.

The two venues – Woodlands Regional Library (WRL) and Yishun Public Library (YIPL) saw some 40 wheelchair teams rolling into the libraries' grounds and taking part in a series of activities put up for them. They had to complete a Games segment of

answering questions about each library's collection and services. At WRL, which was the main venue, performances, storytelling, wheelchair dancing, exhibitions and VWO booths showcased their services and talents. The highlight was the Lucky Draw which had attractive prizes such as shopping vouchers, books, and the top prize was a motorised wheelchair. Every participant walked away with a prize and goodie bag.



Opening address by MP Ellen Lee



Briefing the participants at Yishun Public Library



Trying an assistive technology gadget



Youngest participant of AWC



**Booths and exhibition area**

Seeing the smiling faces from the youngest participant, Jadish who is 9 years old, and the other participants gave the project team, library colleagues, volunteers and our VWO partners a sense of satisfaction knowing that the event has contributed to a community cause. One participant said: "I am a user of NLB. Well done! Keep it up!" The event is one step forward to see more persons with disabilities enjoying the library facilities and services.

**Winner of the top prize (A motorised Wheelchair!) in the lucky draw segment, Ms Seow Sin Sin speaks about her experience at the Amazing Wheelchair Challenge:**

"I didn't expect to win the top prize in the lucky draw as I joined this event for fun! It was an enjoyable event and we were accompanied by student volunteers and a team leader, who is a library staff, to guide us on how to search for books. I learnt a lot from this experience and I would encourage others to join this event if there is another one next year."



**Ms Seow Sin Sin (left) wins top prize!**

## Disability Awareness & Job Fair 2008

# *Educate, Enable, Employ!*

Jointly organised by Disability Information and Referral Centre (DIRC) along with Singapore National Employers Federation (SNEF) & supported by the MCYS and NCSS, the Disability Awareness & Job Fair 2008 highlighted once again the abilities of people with disabilities and encouraged them to be independent by offering jobs by various Open Door Employers.

The event was held on Saturday, 29 November 2008 at HDB Hub Toa Payoh. Guest of Honour (GOH) Mr Zainudin Nordin, Mayor of Central Singapore District, graced the event, which started at 8.00 am and lasted till 5.00 pm. About 3,000 people with disabilities, caregivers and mainstreamers attended the event. HWA was invited to take up an exhibition booth to feature our programmes and services and our Harmonica group also gave a performance for the GOH.

### **Programme highlights of the Disability Awareness & Job Fair 2008 include:**

- Job fair featuring companies in various industries



**HWA booth**

- Booth by Ministry of Manpower on employment issues
- Human Resource talks by UPS and ServeHope: tips on how to prepare for the job you want
- Performances by Persons With Disabilities

# Designing With Our Users

By National Parks Board

Are you unlikely to go to a park? Think there is nothing to do in the park? Or do you think it is difficult and too tedious to move around? In fact, there are a number of parks that are easily accessible to the physically challenged and offer a range of quality activities that encourage social interaction between different user groups. BCA recently launched their online accessibility portal, listing nine parks that are fully or partially accessible to the physically disabled. As part of our continued efforts to improve our parks, NParks will be participating in the bi-annual HWA member survey to engage members in the design process. This article is a lead-up to the survey and will provide brief insight to what are the issues of concern.

Currently, not all parks are fully accessible to the physically disabled, although most parks attempt to achieve a certain extent of accessibility. Factors such as the natural characteristics and site conditions of the park, the theme of the park and type of programming supported are some of the factors that affect the extent of accessibility that may be achieved in each park. Where possible, most parks would be designed to be accessible to a certain extent – basic amenities such as toilets and shelters are easy to locate and to get to; activity spaces immediately adjacent to main entrances can be used by the physically handicapped; entry plazas, information kiosk and/or visitor centre would be designed to accommodate users with physical constraints.

Conventionally, parks employ the strategy of centralising activities and amenities so that they are in close proximity to one another. However, this could be tedious for users with physical disabilities as activities might be located a distance from entrances or drop-off points. Situating facilities as a cluster around the entrances could be a mitigating measure but would potentially discourage visitors from using another cluster of facilities. One of the concerns during the design process is striking a balance when deciding where to locate activities relative to entrances and drop-off points so they are easy to get from various points in the park yet provides sufficient points of interest throughout the park. Another area to look into is the type of activities provided. During the design process, the type of activities that cater to



**Mr Lim Puay Tiak, HWA Exco Member (seated right) meets with the friendly people at NParks**

both users with physically disabilities and able-bodied has to be carefully thought through so as not to segregate based on conflicting physical requirements but to encourage social interaction between various groups of people.

Basic amenities are provided in all parks to ensure a minimum level of user comfort for an enjoyable user experience. Currently, seating, shelters and toilets are provided. Apart from carefully considering their relative locations to facilities and activity spaces, rest points and shelters should also be designed to accommodate wheelchair-bound users and users with other physical disabilities for more opportunities of interaction with other park users. As the provision of these amenities contribute to the level of user-friendliness of the park, at the

design stage, it is also crucial to strike a balance between situating them at a convenient location (near the entrance) or near activity spaces.

A park for people of different abilities is one that has carefully thought-through strategies for an efficient park circulation, basic amenities and activities. Getting around almost effortlessly, feeling comfortable, having a sense of security and being engaged is integral for a fulfilling experience. We hope that with feedback from our park users, we are able to bridge the gap between conventional design approaches and practical user requirements. With a two-prong approach to informing and seeking feedback on user needs, we hope to progress in creating parks that can cater to a wider group of people with different abilities.

# The Ripples of A Nation In Concert



By Jerry Siah Eng Kiat  
Producer, A Nation In Concert

I struggled to write something after this year's concert. There were no hiccups during the concert and I did not witness anything extraordinary that I could report on. However, as I reflected more, I realised there is something that I could possibly share. The tsunami that the performers created on stage started somewhere as a ripple.

In 2001, when I was staying in Florida, a couple friends of mine invited me to watch a musical as they had a spare ticket. This ticket ignited my love for musical. I realised that a good show could bring much joy to performers and audiences.

Upon returning to Singapore in 2003, I met Daniel Tung who volunteered alongside me in many community projects. Daniel is also proficient in sign-language interpretation and has a passion to work with people with disabilities. He initiated the first attempt to organise a song-writing competition for people with disabilities. Our first attempt was met with much difficulty. However, this ignited an idea to merge my love for musical with our community building project. With this, A Nation In Concert (ANIC) was born. The first show was staged on 13 August 2005, at the Esplanade.

This year, ANIC returned with a brand new script because Desmond Sim 'teased' us with an idea of a new script immediately after our second show on 9 September 2006 at the Esplanade. A few audiences from previous shows became part of the organising teams, bringing along their connections and areas of expertise. The show was possible because many volunteers gave up a few hours of their sleep on several Saturday mornings for rehearsals and stayed till late nights for meetings and practices. It was impossible for me to organise such a show if not for the patience and forbearance of all involved, and most importantly, for volunteers putting others before themselves.

Due to the large number of performers involved, it was a challenge to get enough common timeslots for everyone for combined rehearsals. We did not have a single complete rehearsal before the opening Saturday matinee. Yet, all three shows were magical. Many of us were worried that the kids from Chao Yang School might not remember how many rounds to run during tsunami or when to stop the drum. They never got it perfectly right without their instructor Ah Bung. Yet, they amazed us with their perfect movements and drum beats in all three shows.

We started with a lot of worry for HWA Ballroom Dance. Yet, they delivered one of the most outstanding pieces. We

saw remarkable improvements in the performances from SAdeaf since the first ANIC. We were delighted to have SAVH back in the family. They were always full of jokes and laughter, teaching us how to live with humor. HWA Harmonica and Wheelies were always supportive and cooperative that we almost had taken it for granted. Kids from Tanglin School were not afraid even when they saw their prefect fall during rehearsal. Instead, they showed their concern to their fellow schoolmate and continued to put up a very good performance. I am most grateful to HWA and Katong School for lending us their venues for rehearsals and for their kids to help us to carry the big 'boat' in and out of the hall during rehearsals. We salute the teachers from the 3 schools for taking care of the kids throughout the period and for helping out very willingly. Their love for their students had shone very brightly. The most beautiful photos I have seen on Facebook were those that showed the different groups interacting and coming together for a memorable Kodak moment.

All the volunteer casts and many others working behind the scene had made this journey more enjoyable with their smiles and 'craziness'. To many who have not seen the show, we are a bunch of crazy fellows who chose to give up our "spare" time. Many of the volunteers did not even have spare time but they still made time for this. Many of them had even taken up multiple roles in this production.

The performances have inspired many in the audience. It was a magical moment when many onstage and in the audience shed tears of joy. All the volunteers had done themselves proud by giving hope and inspiration to many in the audience. I am most grateful to befriend many volunteers through this project.

We have about 2,000 audiences over the 3 shows at Victoria Theatre on 11 & 12 October 2008. Despite the current worldwide financial crisis, we managed to have a surplus of about \$92,000, which was channeled to the participating charities.

However, it is not the amount of money that really matters here. It is the ripples of goodwill that the show has started. Parents told me that they were grateful for the chance that we had provided for their kids. One of the parents even reminded his son to volunteer with us in future, even after completing school. Many who were marginalised took centre-stage and fulfilled their dreams of performing on a grand scale. These ripples of goodwill will continue in ways unknown to many of us. However, we know for sure we have started such ripples of life.

"It was our third year coming back to the Handicaps Welfare Association. And November 22, was another heartwarming and fulfilling day for Morgan Stanley employees because it is Amcham Day."

# Amcham Day

By Patricia Luchangco, Vice President & Chairperson of Morgan Stanley Singapore Charity Committee



Amcham Day is Morgan Stanley's American Chamber Community Day. As its name speaks for itself, it is for staff to engage in community work for a day, and we have been partnering with HWA for the past 3 years since 2006.

From the first time that we have worked with HWA three years ago, we have done the following:

- got to know about 100 HWA members, and learned about the various plights and lives of these members
- packed about 250 packages of food rations for the most needy members of HWA
- donated two handicap-friendly dinghies to Changi Sailing Club - great for self-confidence, therapy and skills-training
- participated in the raffles ticket sales fund raiser of HWA
- donated over \$15,000 worth of funds for HWA's food ration programme and other requirements

- purchased about \$1000 worth of art created by HWA artists in their in-house Art Therapy program

It is always nice to see how positive the outlook of these people who are considered to be unfortunate by others. It is beautiful to see how people triumph extreme adversity in their lives and are able to move on.

We have always supported the activities of this noble organisation. It is run primarily by people with disabilities to squarely address the requirements of their fellow members. It provides logistical support (special transport vehicles), physical therapy in the on-location gym, skills training (ie computer, self-sufficiency, art therapy) and of course much needed financial support to their most needy members.

We like to support organisations that help people to help themselves. We believe that this is the only way that it is a sustainable activity.

Best of luck to the Handicaps Welfare Association and all the members!



# Christmas Sherry Hour

By Pamela Chew

A recent charity drive during Ministry of Foreign Affairs's Christmas Sherry Hour brought in timely funds for HWA. Ms Raneer Govindram and Ms Pamela Chew attended the cosy affair on 18 December, and received the donation amount of \$4,550 from Mr Anson Chua, Director of Information Management Directorate. This donation, a collection of the efforts of MFA staff, will be used to purchase Rehab equipment for HWA's new centre at Jurong Point.



# Yellow Ribbon Project Community Art Exhibition 2008

By Pamela Chew

The Yellow Ribbon Project (YRP) has been extremely successful since its inception in 2004. Many people now know the significance of the yellow silk strip entwined to form a ribbon.

Each year, thousands of people are released from prisons and the YRP holds an array of activities aimed at creating awareness of the need to unlock the second prison and giving ex-offenders a chance to re-integrate into society.

One of the YRP events involving HWA is the Community Art Exhibition (CAE) 2008. The launch of CAE was held on 22nd November, at the Botanic Gardens. Guest of Honour was Ms Jane Ittogi, Chair of Singapore Art Museum.

Organised by the Community Action for the Rehabilitation of Ex-offenders (CARE) network, the CAE is a showcase of sincere artworks by inmates. Besides raising funds for HWA and the Yellow Ribbon Fund (which develops and implements reintegration programmes for ex-offenders, and social support services for their families), the CAE promotes art as a form or rehabilitation. Through art, the ex-offenders express their willingness to change.

In more ways than one, this project is similar to the total rehabilitation programmes offered by HWA. We believe that for members to be integrated into society, we have to equip them with social, employment and independent life skills. In addition, we provide recreational activities like oil painting for members to adopt a learning attitude towards life, as well as to reveal the artistic panache in some.

We are very pleased to be beneficiary of the Yellow Ribbon Project Community Art Exhibition 2008. Executive Director of HWA, Mr Leslie Teo, receives \$10,000 from Guest of Honour, Ms Jane Ittogi.



# The One-Man Band

By Pamela Chew

**He sings, plays the guitar, and sets the sound system all by himself. That is why his name card reads “Kumarino-The One-Man Band”.**

Kumar s/o M. Thamochara performs at the Ceylon Sports Club on weekdays and at the Down Under Bar at Orchard Towers during weekend evenings. On other days, he runs his own business by renting out sound equipments and performing for private functions.

“These days, I don’t have to do cold calls to get business contacts, people call me!” says a very pleased Kumar.

From a 15-year-old secondary school drop-out, to a 47-year-old accomplished Musician and talented Performer, Kumar has himself to thank. Through his determination and hard work, Kumar has set himself on the right “track” in life- Music. Indeed, music brings out the best in Kumar. Well versed in Chinese, Hokkien and Malay languages, he wows the crowd with his powerful vocals and showmanship.

But what the crowd does not know is his heartrending past.

Kumar had a very unhappy childhood. So at 15 years old, he decided to sign a 5-year bond with the Singapore Armed Forces (SAF) after they held a recruitment drive in his school. It was a way to get out of his family, he thought.

“I told myself why not? I could stay in camp and not return home, and food is provided for. I had military madness at 15!” he recalls.

Kumar could never imagine this decision would change his life. Subsequently, he was recruited into the SAF Boys School at Changi. After 5 months of training, during one fateful evening after his training hours, a military martial arts instructor



told Kumar to climb up a durian tree to pluck durians for him. Kumar obliged to the request. He fell from the 2-storey durian tree, and suffered a spinal injury at the L1/ T12 section. The impact of the fall also resulted in 100 per cent paralysis of Kumar’s right ankle and 50 per cent on his left.

“They call it a foot drop. This means I cannot move my ankles anymore. I lay in the hospital bed for 3 months...I couldn’t move at all and I was very miserable,” Kumar says, shaking his head.

But the determined boy did not let his misery take control of his life. After spending 5 months in hospital, Kumar returned home and immediately removed his braces. He forced himself to run, which was a painful attempt. Kumar knew that if he did not push himself, he may not be able to even walk in future. His resolution paid off. After a painful recovery process, Kumar went back to see an army medical officer for a job, but was unsuccessful.

## The One-Man Band

"I had no job and had to return home. I was back to square one," he says.

Fortunately, Suma Nelson, a friend of Kumar's father, introduced him to a job with the Ministry of Education. For \$210 a month, Kumar got a job as an office boy in a primary school. Even though Kumar had to wear braces on both legs, he did not let it affect his ability to work.

"Whatever comes, I try my best to do it. I had to do it. No choice!" Kumar quips.

Then one day while in school, Kumar saw Mr Sebastien Tay Kian Kee, a teacher with the school, strumming away on his guitar and singing Evergreen songs. That caught Kumar's attention. Although he could not play the guitar, Kumar got interested in the string instrument, so much so that he bought the guitar from Mr Tay.

"He sold it to me at \$35 and I had to pay him by an installment of \$5 a month. That was when I learned to play the guitar, all by myself," Kumar says.

While music was his passion, Kumar knows that in order to live a better life, he had to go back and hit the books.

"Mr Yar Yee Har, the school Principal then, told me that nothing but education will improve your life," says a thankful Kumar.

That was when he decided to pay for his own night classes to complete his 'N' and 'O' Levels. By then, he was already in his thirties. It was through this education journey that Kumar learnt about "complicated machines" and sound editing skills. This, together with his hard-earned savings, allowed Kumar to set up his own band, "Kumarino".

His talent in the Music industry shone through and Kumar was even invited to perform at the Wataboshi concert in Japan, in 1992. His success also meant that Kumar was independent, and able to move out of his step mother's place. He



bought his own 3-room HDB flat at the age of 35, and now owns an apple-green Hyundai Matrix.

"I'm happy that I've worked so hard, but there's still a lot more to learn, and many friends to thank," he says humbly.

Kumar is deeply appreciative of his friends' assistance, especially from a fellow guitarist, Mr Alam Shah, and Mr Colin Biswas. But no one deserves greater credit than Kumar himself. It was through his individual blood, sweat and tears that he managed to rebuild his life. But this does not mean his life is perfect now.

Kumar has developed Syringohydromyelia, a complication arising from his spine injury that involves fluid build-up in the spinal cord. This causes pain and numbness in his limbs. Due to his weakening condition, Kumar now receives help from his father, Mr M. Thamochara.

"I've been working very hard...recently I feel numbness and weakness in my limbs. When I play the guitar, I can't hold the pick because of the numbness, so I use my fingers instead," he says.

Clearly, having Syringohydromyelia is not going to stop Kumar from pursuing a career in Music. His dream is to be able to write his own songs and release an album, and there is no doubt that Kumar will be able to achieve these, given the unbreakable qualities that he encompasses.

# 一人乐队

他唱歌，弹吉他，亲自调整音响系统。他的名片上写着“Kumarino - 一人乐队”。

平日里Kumar s/o M. Thamochara在Ceylon Sports Club演奏，周末晚上则在Orchard Towers的Down Under Bar演奏。而其它的空余时间里，他会忙于自己的生意，把音响器材租出去或者为私人活动演奏。

“现在，我的生意上轨道了，人们会主动找我！”Kumar高兴地说。

从15岁时中学辍学，到47岁时成为一个熟练的音乐家和天才演奏者，Kumar要感谢他自己。靠着坚定的决心和努力工作，Kumar为自己的人生作出了最确切的选择 - 音乐。而音乐也确实把Kumar最好的一面表现了出来。他精通华语，福建话和马来语，并以他强有力的歌声和独特的表演方式将歌曲完美的诠释来，轻易就能吸引住每一个听者的心。

但是很少有人了解他的心灵所走过的路。

由于Kumar有一个很不愉快的童年，造成他15岁那年，当SAF新加坡武装部队在Kumar的学校招收新兵。Kumar决定和SAF签订五年的合约，他把这当成一个离开家庭的途径。

“我对自己说为什么不？我不用担心没有饭吃，还可以住在军营不用回家。15岁那年我疯狂地迷上军营里的生活！”他回忆说。

Kumar没有想到这决定会改变他未来的人生。后来，他进入在樟宜的SAF男校。经过5个月的训练之后，一个夜晚改变了他的命运。那晚，Kumar在训练数小时之后，一位军事教官要求Kumar爬上一棵榴莲树为他摘榴莲。Kumar服从了教练的要求。不幸的是他从2层楼高的树上掉了下来，致使他的脊椎L1/T12区段受损。坠落的冲击也造成他的右边脚踝全麻痹和左边脚踝半麻痹。

“他们称它脚下垂。这意味着我不能够再移动我的脚蹠。我在病床上躺了3个月...完全不能移动，非常痛苦，”Kumar摇着头说。

但是那坚定的男孩没有让不幸控制他的生活。在医院住了5个月之后，Kumar回到家就立刻拆掉脚上的支套。他强迫自己跑步运动，那是怎样一种痛苦的折磨。Kumar知道如果不逼自己，他将来可能永远不能够走路。经过一段痛苦的恢复过程之后，Kumar回去见一个军队医生官员并请求一份工作，但是他被拒绝了。

“我没有工作，不得不回家。问题回到原点，”他说。

幸运地，Suma Nelson，Kumar父亲的一位朋友，为他在教育部介绍了一份月薪\$210的勤杂工。即使Kumar双腿穿着矫正器，他也不让它影响到他的工作能力。

“无论什么事，我尽全力做好它。我必须这样做，没有其它选择！”Kumar解释到。

在学校某一天，Kumar看见学校老师Sebastien Tay Kian Kee先生，在漫不经心地弹他的吉他和唱歌。这引起了Kumar的注意。虽然他不会弹吉他，但是Kumar对这种弦乐器非常感兴趣，于是他向Sebastien先生提出购买他的吉他。

“他以\$35把它卖给我，我只能分期每个月还他\$5。从那时候起我独自开始学弹吉他，”Kumar说。

尽管Kumar热爱音乐，但他知道为了得到更好的生活，他必须从新开始用功读书。

“学校校长Yar Yee Har先生，告诉我只有接受良好的教育才会真正改善一个人的生活，”心怀感激的Kumar说。

那时他决定自己花钱上夜校来完成他的'N'和'O'水平。当时，他已经三十多岁了。通过上课，Kumar学习了“复杂的机器”和声音编辑技术。凭借这些技术与他多年的辛苦积蓄，Kumar终于建立他自己的乐团，“Kumarino”。

他的才能在音乐事业上闪闪发光。1992年，Kumar甚至被邀请在日本Wataboshi音乐会上表演。他的成功也意味Kumar是独立的，并能够踏出他继母的地方。他在35岁的时候购买了自己的3房室政府组屋，并且现在他还拥有一个苹果绿色的Hyundai Matrix。

他谦虚地说的“我很高兴我努力地做工，但是还有更多要学习的东西，和谢谢许多朋友。”

Kumar深深地感激朋友的协助，尤其是吉他手，Alam Shah先生和Colin Biswas先生。但是Kumar自己该得到超过其他人的最棒荣誉。通过他自己的个人的体血，流汗和泪滴他设法再建了他的人生。但是这不意味他现在的的生活是完美的。

Kumar得了Syringomyelia（脊髓空洞症），一种因他脊柱受伤引发的在脊髓中出现积液的并发症。这导致四肢疼痛和麻痹。由于日渐虚弱，Kumar现在接受他父亲M. Thamochara先生的帮忙。

“我非常努力地工作...最近我感觉我的四肢麻木和虚弱。当我弹吉他的时候，由于麻木我不能把握拨片，因此我改用我的手指。”他说。

显然，Syringomyelia不能阻止Kumar去追求音乐事业。他的梦想是能够写他自己的歌和出版一本专辑。毫无疑问，Kumar所拥有的不认输的性格决定了他一定会成功。

# 3D2N Malacca Trip

**Organiser:** Mr and Mrs Jackson Cheong, and a bunch of dedicated volunteers headed by Mr Chan Mun Yew

**Date:** 26 - 28 September 2008

**What's it about:** Hear it from members who went on the trip!

I had a memorable 3D/2N trip to Malacca last week. At first, there were so many uncertainties within me since this was the first time that I joined HWA in any event that lasted for more than a day. But due to the kind and generous sponsorships of Mr Jackson Cheong and his friends, we were able to check-in to a high class hotel, have a nice and delicious dinner at a grand country golf club during the last night in Malacca, splendid tour packages – inclusive of a capable and knowledgeable tour guide plus a helpful driver, and various sumptuous meals for the trip etc. Not only that, Mr Jackson Cheong also made an effort to call the participants to ask about their well-beings after the trip. Thank you so much for his thoughtfulness!

Not forgetting of all the volunteers and caregivers for giving their utmost dedication and assistance in most areas. I was so touched by their sincerity to help! I guess most or all the participants do share the same view as me. Hope that we can do this event again – to other places.

Pardon me for not able to describe all these in beautiful words; but I would like to express my BIG thank you to whoever is involved in making this trip possible.

p.s: I guess the main problem for this trip was that some toilets are inaccessible to disabled and/or wheel-chair users. Hope that this will not pose another problem during the next trip!

**By Foo Hwee Leng**

The start of our journey from HWA's premises on Friday morning began with intermittent showers of Blessing to clear the air and to clean the roads. After a test of strength and endurance for the volunteers, we were transported to Johor Bahru where we changed to a Malaysian Coach and were welcomed by Carina, our tour guide.

With her wealth of knowledge in Malaysian history, we received a lesson on the local culture and developments along the route. We had a sumptuous brunch at at Cathay Restaurant. Continuing on our first "shopping" for foodstuff, coffee/tea tasting was at Yong Peng. We drove on to Malacca and arrived at the Equatorial Hotel and thanks to all the arrangements, allocation of rooms was a breeze and everyone had about 1.5 hour to rest before dinner at 6:30 pm.

We were all very warmly welcomed by the main sponsor Mr Jackson Cheong himself, his many sponsored trip to places such as Kukup, Desaru and Malacca previously, and who personally was present and involved from the planning stage to the end of our trip, to ensure that all his "disabled friends" have a good time and all our needs are attended to.

Again mouth-watering Peranakan spread was served at Bibik Neo. Due to weather conditions, and the crowd, we abandoned the idea of the open night market for a night drive and then dropped off at Carrefour (3-storey) which is only across our Hotel. (It is a regular haunt for many of us. Opens from Friday to Sunday, from 8 am to Midnight)

Day 2 - Morning call at 8:00 a.m. with buffet breakfast at the Hotel with a wide spread of local and western delights. Hotel staff and other guests must be surprised to see such a large convoy of wheel-chair and other physically-challenged individuals with volunteers "invading" Malacca town. After a heavy breakfast, our tour guide led us with an informative walking, wheeling and push along tour, while a few of us took the rickshaw, again adjacent to our hotel to the St Francis Xavier burial site and its surrounding vicinity right to the various museums.

The Malacca Tree offered good shade from the blazing sun for most of us, with free picking and tasting of it's bitter fruit. The coach waited for us at Malacca Art Centre and drove us to another sumptuous lunch at Galaxy Restaurant (Halal) lunch.



After lunch the skillful driver wheeled us through narrow lanes at Jonker Walk, famous for its tarts, Chicken Rice ball and many more. Carina provided a running commentary of the historical setting with hints of good-stuff to buy. Not wanting to compete with the other tourists; we deployed our convoy of able bodied volunteers to do the necessary shopping on our behalf. Back to the hotel and a 3 hour rest before proceeding to a 9-course Chinese dinner at ORNA Golf Country Club Restaurant, coupled with games karaoke and lucky draw for every participant, everyone left the venue fully satisfied.

Day 3 - With similar breakfast buffet, by 10 am, we had an easy check out and thanking Mr Jackson Cheong, by noon, another lunch at a Peranakan Restaurant. Then for a final shopping spree of Malaysian products at the famous Tan Kim Hock, with their "Chendol" dessert.

Fully satisfied with grins from cheek-to-cheek; we beat the crowd by journeying directly to the 2nd link at Johor Bahru, after an "R & R" midway. Reaching HWA premises at 5:30 pm was a delight as it enabled everyone to get home before dark.

Anyone reading this can appreciate the Sponsors, Planning Teams and Volunteers, without which we would not have such a good time and be "encouraged and en-abled" We must thank the following people:

- The main sponsor, Mr & Mrs Jackson Cheong for prizes and the sumptuous dinner at the Country Club as well as in getting other sponsors to participate in this function. Not only did Jackson, his wife and sister contribute to the event, they were personally involved and were present to ensure that we were welcomed, well cared for, comfortable and were readily available to attend to our needs themselves.
- Ms Nancy, Jason, Victor, staff of HWA, who did the planning and logistics to ensure we have a knowledgeable tour-guide and an enjoyable trip.
- The cheerful and enthusiastic team of volunteers headed by Mun Yew who toiled through the rain and the under the sun, throughout the trip bearing with all our extraordinary needs in lifting, pulling, and pushing; without each of you the trip would have been a failure.

By Richard Ee and Joseph Chia

### Alcoa's "Go Green, Back to Nature" Special Outing with HWA

**Organiser:** Alcoa Singapore Pte Ltd  
**Date:** 3 October 2008  
**Venue:** Bollywood Veggies  
**Time:** 2 pm to 5 pm

**What's it about:** Accompanied by Alcoa volunteers, our members enjoyed an afternoon at our island's very own countryside- Bollywood Veggies! Armed with umbrellas and sunglasses, members were taken on an educational farm tour. Members immersed themselves in the eco-friendly farm observing, touching, smelling and even tasting the organic herbs, spices, fruits and veggies at the farm. A delightful Hi-Tea session was served at the farm's very own "Poison Ivy Bistro" and everyone had a taste of savouries like Bollywood Winglets and thirst-quenching Iced Fig Tea! Members also took the opportunity to do sketches in the midst of the green milieu.



### Friendly-Built Environment Day

**Organiser:** Building and Construction Authority (BCA)  
**Date:** 18 October 2008  
**Venue:** BCA Academy of the Built Environment  
**Time:** 2 pm to 4 pm

**What's it about:** Our members were invited for a tour of the BCA Gallery and Sensory Garden, an interactive journey through the various stages of development of Singapore's built environment. In the Sensory Garden, our members got to see, touch, taste and smell in a comfortable and calming garden that was uniquely designed to enrich one's experience in a garden regardless of the level of one's abilities.



### Exploring Southern Ridges

**Organiser:** National Parks Board  
**Date:** 23 October 2008  
**Venue:** Start point- Telok Blangah Hill Park  
**Time:** 9 am to 12 noon

**What's it about:** Imagine a refreshing morning Forest Walk along an elevated walkway through the secondary forest of Telok Blangah Hill Park, a sanctuary locked away in the southern part of our island. Taking in huge breaths of fresh air and feasting your eyes on the lush greenery around, it was an absolute getaway from the stress of urban life. Our members also enjoyed a session of pot-pourri making using ingredients like star anise, cinnamon, and pandan leaves. Some of us also tried our hands at making grasshoppers using dried leaves.

"It was a meaningful start to the morning being able to assist the HWA members on their visit to Southern Ridges (SR). Even though the lady my colleague and I was assisting had already been to the SR the weekend before with her family, today's walk was different as we explained to her the design concept of the SR and interesting flora along the way. We felt happy being able to provide her additional info which she can share with others." - Ms Amanda Galistan, NParks staff volunteer



## Y- Citi Nature Walk

**Organiser:** YMCA  
**Sponsor:** Citi  
**Date:** 8 November 2008  
**Venue:** Labrador Nature Reserve  
**Time:** 8.30 am to 12 noon

**What's it about:** As part of its Global Community Day activities, Citi partners YMCA to reach out to the less fortunate in society. Citi employees, together with YMCA staff and volunteers took our members on a walk in the park at Labrador Nature Reserve. Food and games were of course, part of the programme for the day, and this provided staff and volunteers treasured interaction time with our members.

"Global Community Day provides a meaningful occasion for Citi employees to contribute to the community. In Singapore, the day takes on a great significance as we are not only partnering YMCA to reach out to the less fortunate, but also providing opportunities for one thousand staff throughout the week to participate in volunteer work." Jonathan Larsen, Country Head & Citi Country Officer, Singapore.

## Floral Arrangement Class

**Organiser:** HWA WorkLife Department and June Floral Art School  
**Date:** Every Wednesday, starting from 12 November - 3 December 2008  
**Venue:** HWA  
**Time:** 7 pm to 8.30 pm

**What's it about:** Winner of IFX Award 2007, Ms Angie Oh contributes back to HWA after getting her certification in floral design. She teamed up with staff from June Floral Art School and brought the blooms and foliage to the Association. Members who signed up for the course learnt to make hand bouquets, centre pieces for tables and cocktail parties, and corsages. Let's just say they had a flowery good time!



## The Answers, Solutions, Knowledge ASK Section

**Question:** I often face with this problem of collecting my urine in the small plastic bottle provided whenever I go for urine test at Tampines Polyclinic. At almost all incidents, I only managed to collect 5-10ml of urine, is that okay? I feel that I cannot accurately collect my urine sample in the bottle, but such situation seemed to get better when I went for urine-test in Changi General Hospital whereby I get to pee when sitting on to a commode.

Just like to ask if is it due to my pschological barriers or other reason/problem? If that is due to pschological barriers, kindly advise what I should do to resolve this problem.

Foo Hwee Leng

**Answer from Dr Siow:** This is a completely natural feeling for a female patient. It requires a certain degree of coordination to collect urine in a small bottle during the process of urination.

To overcome this problem, one can request for a commode or kidney dish for easier collection of urine.

Do you have a query you would like answered? We can help to put you on the right track. For the next issue of Digest, we invite our Medical Advisor Dr Siow Woei Yun to give her opinion on your medical questions.

Write to us at Handicaps Welfare Association, 16 Whampoa Drive, Singapore 327725 or email at [idham@hwa.org.sg](mailto:idham@hwa.org.sg)

Please have "Handicaps Digest- ASK Section" as your subject heading and include your full name, address, NRIC and contact number.

Dr Siow Woei Yun is an Assistant Professor, Yong Loo Lin School of Medicine, National University of Singapore and a Consultant, Department of Urology, National University Hospital. She currently practices at the NUH Urology center and also at the Pelvic Floor Centre.



Dr Siow Woei Yun

The ASK section provides general advice only. We reserve the right to list questions for publication at our discretion.

# Year End Party

By Pamela Chew

**It was a night to remember. Nearly 350 members, volunteers, staff and supporters turned up to celebrate the festive year end at The Grassroots Club on 7 December 2008.**

Everyone was dressed for the occasion and what was most evident- the bright smiles on everyone's face as they arrived for the Year End Party. A great evening of merry making with friends and like-minded people was expected. As it turned out, no one was disappointed.. Exciting performances and lucky draw prizes were lined up for the evening, with a sumptuous dinner spread to whet everyone's appetite.

One of the highlights of the evening was the launch of HWA's 40th Anniversary logo. One of our founding members, Madam Daisy Tai, Ex-President Mr Edmund Wan and current President Ms Nancy Chia, took to the stage for the launch of the much anticipated logo. With their hands placed on the crystal ball, as the countdown began, 10..9..8...3..2..1... everyone on the floor had their eyes peeled to the projection screen! And there it was - the logo that flashed on the projection screen read "40 years... Impacting Lives, Bridging Communities".

The anniversary logo was also imprinted onto a 12 kilogram Chocolate Fudge cake and after the birthday song and cake cutting, a hearty toast soon followed as everyone raised their glasses to mark this joyous occasion. All present were then given a slice of the yummy cake to celebrate the occasion.

The night went on with an array of performances. Our HWA Harmonica Group and Chinese Orchestra Group, led by Mr Yan Shirui, lent music to the crowd with their compositions. The Belly Dancers and a Hip Hop dance routine by two young dancers also wowed us with their moves.

The act that drew the loudest applause was by HWA member Mr Kumar who rocked the stage and raised the temperature with his rendition of "Tutti Frutti" and a famous Hokkien number. (Read more about Mr Kumar in our "In Focus" section on page 13!)



Belly dancer

Launch of HWA's 40th Anniversary logo

Who could forget when volunteer Mr Jackson Cheong and several members and volunteers leapt on to the stage to show off their dancing moves? The "wheelies" executed by members on wheelchairs drew a huge applause from the amused audience. At one point, one could almost imagine the rock star on stage to go on and melt us with his melodies forever...

But of course, all good things have to come to an end. However, before everyone bade goodbye, the top 10 lucky draw prizes were drawn. You could see people holding on to their coupons, silently praying that the next number to be called would be theirs. Thanks to Asia Pacific Breweries, the top 3 prizes were attractive cruise trips, with each prize entitling 3 persons to go on cruise to Penang and Phuket!

As the party came to an end and the crowd slowly dispersed, the confetti and empty glasses were the only remnants of an evening of joy and celebration; a celebration of more good things to come next year - HWA's 40th Anniversary year.



Ms Irene Png wow the crowd

Mr Kumar rocks the crowd.

Cheers!

### Giving Thanks...

The Year End Party was made possible through the kind generosity of Ms Irene Png, Managing Director of Aerospec Supplies Pte Ltd, who sponsored the 8-course dinner for the members. The Lucky draw prize segment was sponsored by our dedicated volunteer, Mr Jackson Cheong, while Mr Philip Png also helped to solicit the prizes. The 12kg chocolate fudge cake was with compliments from Secret Recipe. Mr David Anthony, Emcee for the evening,

made the party memorable with his hosting skills. Last but not least, HWA would like to thank all well-wishers and supporters who have contributed in one way or another in making this event a success!

You would have noticed at least one Santarina seated at each table, to help our members with food and games. Hear what our lovely Santarinas have to say about their experience at the Year End Party:

“Overall the year end party was a great success, with no major problem other than the delay of time. I truly learnt and saw a lot through the year end party, as it was my first year participating. It’s really heartwarming to see the volunteers there, people who are so committed to help the less fortunate ones amongst us.”

- Cheryl

“The party was quite well-organised on the whole, and I think most of the members who attended the party had a good time together. Most of them were quite entertained by the emcee and his games. The food was really good too. Through the event, I managed to talk to some of the other volunteers and they were really friendly and easy to talk to.”

- Evelyn



From left: Cherynn, Evelyn, Liyi, Cheryl and Yanquan

“I feel that the year end party was a really good experience for us to interact with people with disabilities and also enjoy dinner and games together. The ambience was also great too. It was well organised with fun and engaging games despite delays. Helping out also gave me a glimpse of how large scale events are organised and planned. I would be happy to be involved again next year.”

- Cherynn

“The thing that struck me most was that everybody was so cheerful and positive and they really showed how they manage to overcome their own disabilities. When everybody sat down, you really cannot tell that this enthusiastic group of people has physical disabilities. Hence, I feel that these kinds of gatherings play an effective role of getting the members together and enjoying the night, and really lead the lives of normal people, walking out of the shadows of their disability.”

- Wong Liyi

# 残疾人士福利协会 年终晚会

这是一个令人难忘的夜晚。12月7日，近350名协会会员，志愿人员，支持者和工作人员们在杨厝港草根俱乐部大礼堂里欢聚一堂，共渡佳节。

人们都盛装出席宴会，一踏入会场，灿烂笑容便闪耀在每个人的脸上，大家期待着与志同道合的朋友们举杯畅饮，一同欢庆这个喜庆的夜晚。而当夜幕渐渐拉开，精彩绝伦的节目表演，紧张刺激的抽奖活动和令人垂涎三尺的美食大餐铺陈开来，一波接一波地将宴会推向高潮。

晚宴上最令人瞩目的就是残疾人士福利协会40周年纪念标志揭幕仪式。协会的创办人之一，Daisy Tai女士，协会前任会长，Edmund Wan先生，和现任会长Nancy Chia小姐一起登台主持揭幕仪式。当他们将手同时放在水晶球上，启动倒计时时，10..9..8...3..2..1台下的每个人都不由自主地一边跟随默数，一边紧紧盯住投影机屏幕！终于，屏幕上打出了周年纪念标志“40年...激励人生，心系社群”大堂里响起了震耳欲聋的掌声。

欢呼声未落，人们的目光就被一个巨大的方型蛋糕吸引过去。这个重达12公斤的巧克力蛋糕上清晰地印着协会40周年纪念标志。于是在台上三人的带领下，全场响起了热情澎湃的歌声-祝你生日快乐。回想着协会这40年走过的风风雨雨，每一个人都感慨万分。当手中的酒杯高高举起，欢呼声响彻礼堂，这欢乐而激动的时刻深深地烙印在每一个人的脑海里。

接下来，精彩的节目表演让人们在大饱口福之余，也享受了一场精神盛宴。协会的口琴演奏团和由严士瑞老师带领会员组织的华乐艺术团为大家呈现了一场小型演奏会，曲目涵盖了古今中外多首

名曲，绕梁三日，令人听出耳油。而由两队舞者分别带来的源自中东的肚皮舞和活力四射的街舞也令人心跳加速，全身细胞都蠢蠢欲动。

而掳获最多掌声的要数协会会员Kumar，他的摇滚演唱震撼全场。那浑厚的歌声在节奏感强烈的乐曲伴奏下如具魔力般点燃了人们的热情。先是志愿人员Jackson Cheong和几位协会会员跃上舞台，翩翩起舞。紧随其后，更多会员登上舞台。尤其是当那些坐在轮椅上的会员出现在台上时，震耳欲聋的掌声与欢呼声让整个会场沸腾起来。那一刻，每个人都希望歌声不要停止，让这欢乐的气氛永远持续下去。

但是，天下无不散之宴席，开心的时光总是过得很快。但在晚会进入尾声之前，幸运抽奖的最高十个奖项也即将出炉，紧张的气氛中你会发现很多人都紧紧的握住手中的奖券，默默祈祷着自己会成为下一个幸运儿。在此，我们要衷心感谢亚太酿酒厂为晚会捐赠的首三个奖项：三份槟城，普基岛豪华油轮三人行旅游配套。每个获奖者都可以邀请两位亲友一同搭乘油轮，共享一番豪华浪漫之旅。

终于到了要说再见的时刻，依依不舍惜别后，人群渐渐散去，刚刚还是人声鼎沸的大礼堂里，只有满地的五彩纸屑和桌上空空如也的酒杯还在延续着那一夜满满的欢乐与憧憬...憧憬着即将来临的那更加美好，快乐的一年 -- 残疾人士福利协会40周年。



Ms Nancy Chia presents token of appreciation to Mr Jackson Cheong and Mdm Soh Guek Kim (receiving on behalf of Aerospec Supplies Ptd Ltd)

Santarinas dishing out prizes



Harmonica Performers Dress up for the Party



Our lovely performers



A Santarina to each table

**致谢:**

年终晚会得以成功举办全赖社会上善心人士的无私奉献。Aerospec Supplies Pte Ltd 的总经理Irene Png小姐为晚会赞助了8道菜的晚宴；热心的志愿人员Jackson Cheong先生赞助了幸运抽奖的部分奖项， Philip Png先生也帮助筹集了部分奖项； Secret Recipe为恭贺协会40周年精心烘焙了重达12公斤的巧克力蛋糕；晚会主持人David Anthony先生则以其精湛的主持技巧充分带动全场气氛，

令晚会生动难忘。最后，我们还要向所有曾以不同方式为晚会的成功举办付出贡献的善心人士和支持者们致以衷心谢意。

您一定还注意到晚会上一道特别的风景，每一桌都有至少一位圣诞老人坐在会员旁边帮助他们进餐和参与游戏活动。那就让我们来听一听他们对于参加这场年终晚会的一些感想与体验：

“总体来说晚会举办的相当成功，只是结束时间有点晚。这是我第一次参加这样的活动，真的有很多值得我学习的地方。尤其是看到这么多志愿人员致力于帮助身边较不幸的团体，真的很感人。”

- Cheryl

“晚会整体组织不错。可以看得出每个参加者都玩的很开心。主持人很会带动气氛，他的游戏也很好玩。东西真的很好吃。我在晚会上还遇到其他志愿人员，他们都很友好，很容易谈得来。”

- Evelyn

“我觉得参加年终晚会志愿工作真是一次很好的经验，让我们可以与残障人士通过共享美食和玩游戏的方式互动。有很多精彩的节目和有趣的游戏，尽管结束时间晚了点，但整场晚会的气氛很好。参与晚会的组织工作也让我见识到这样的大型活动是怎样计划和组织起来的。很希望明年也有机会可以参加类似的活动。”

- Cherynn

“让我感触最深的就是看到晚会上的每个会员都是那么快乐而积极的，他们的一举一动都在告诉人们他们能够克服身体的残障。当每个人都坐下来以后，你真的看不出这群热情洋溢的人们其实正承受着身体上的残缺。所以我觉得这种聚会可以为残障人士提供机会走出家门，参与到正常的社交活动中。这对帮助他们走出残疾的阴霾能够起到积极的作用。”

- Wong Liyi

# If There is a *Will*, There is a *Way*



I have a unique style of walking. This 'uniqueness' is not something that I would want but is something that I have come to accept it as part and parcel of my life as a result of a childhood event.

I was born immediately after World War II. Life was very different then. At that time, medical technology was not as advanced as what we have today. I was from a poor family. At times we do not have enough food to share among our family members and also the food was not nutritious at all. Subsequently, my mother contracted tuberculosis when I was one year old and was therefore unable to care well for me. Subsequently, I caught Poliomyelitis, which causes weakness in the bones. My right leg was severely weakened and all my body weight is only supported by one good leg. After using this good leg for over 60 years, it is now over-used, over-stressed and over-strained and the pain is progressively coming to my hipbone, as well as sensitive pain inside the hip bone if I walk a long distance or stand too long.

I spent most of my childhood days in St. Andrew's Hospital, which was situated at the junction of Tanjong Pagar and Enggor Street. I wonder anyone still remember where the location of this Hospital is. I remember all of the patients in the same ward having visitors except for me. My mother was still suffering from tuberculosis while my father was caught by the Communist and was imprisoned. Later he was sent back to China and executed. It was a lonely existence for a little girl. So I learnt then to be independent, self-controlled and self-disciplined.

After 7 years of being in the hospital, I was finally discharged. This was not due to any improvement in my health but because I was due to start my primary school education. My mother enrolled me in a Chinese school. The children in the school were very playful. Everyday, I would stand in a corner, supported by 2 crutches and watched my schoolmates enjoying themselves, doing things that most of the kids love to do. Like running, playing balls, skipping ropes and hide and seek, etc. How envious I felt then of all the kids, I wish I would be like them. I could not even pluck up courage to move around and always hid myself in a corner. Guess I would have continued to be walking

around with the support if not for another incident in school.

One day, when I was in Primary 2, the bell rang for recess. All my classmates were rushing, running and pushing their way to the door out of the class. Being a skinny girl and having weak legs, I was pushed onto the dirty, cold, cement floor during the commotion. Unable to stand up on my own, due to the white cement plaster throughout my right leg, I just lay on the floor and cried. I cried and cried but nobody helped me up and my classmates just ignored me and left me there. It was only after recess was over that the teacher discovered me and helped me up. You can imagine how traumatic it must have been for me for I could not stop crying for the rest of the day and only stopped when I reached the safety of my own home. It was really a nightmare.

I related the whole story to my grandmother. She pulled me close to her big chest and comforted me with her 2 warm hands. After she dried my tears with her colorful handkerchief, she told me that I had to be strong and independent in case nobody is there for me when I fall. She encouraged me to stand firmly on my own 2 feet, even though they may not be very strong for my body weight. I resolved to do that and after a lot of hard work, occasional fall and countless tears as well as painful getting up, I progressed to walk supported by one walking stick and subsequently only with the touch of the wall.

I have come a long way since then. I now walk freely and can even run. It goes to show that WHERE THERE IS A WILL, THERE IS A WAY. If it was not that push from my classmate, if it was not that wonderful encouragement from my grandmother, and if it was not that perseverance, determination and discipline that I have in me, I would not have been able to walk today. We just have to put our mind and heart into it and we will be able to overcome all odds. From all my 'misfortunes', I have also learned valuable lessons in life: strength, tenacity, independence etc.

We should accept what we are and make the most of what we have in ourselves. It is only then that we can enjoy life.

By Rose Ho Lay Kheng

# 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 by email ([editor@hwa.org.sg](mailto:editor@hwa.org.sg)). Please include in your subject heading, "Article Contribution".
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。
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**就是那么容易。现在就开始写作吧!**

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# Spot The Difference Contest



Win a \$20 cash prize simply by spotting 5 differences in the two sets of cartoons below, circle them and mail the completed contest form to us at:

Handicaps Digest Contest (Attn: Editor)  
Handicaps Welfare Association  
16 Whampoa Drive  
Singapore 327725



Contributed by HWA member, Mr Ong Chin Sin

## Spot The Difference Contest Form

Full Name (as in NRIC): \_\_\_\_\_

Contact Number: \_\_\_\_\_

Address: \_\_\_\_\_

Membership No.: \_\_\_\_\_

### 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 contest.
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 this contest is **10 March 2009**. All completed entries should reach HWA no later than this date.
7. The correct answers as well as the winners of this contest will be announced in the next issue of Handicaps Digest.



Did you managed to spot the differences in our "Spot The Difference" contest, October-December 2008 issue?

Here are the answers, in case you are pulling your hair out searching for them:



## Congratulations!

These are the Winners of the "Spot The Difference" contest, October-December

**Hadijah Ali**

Membership no: 0518A

**Ainon Binte Abdul Rahman**

Membership no: 2908A

**Chua Ler Huay**

Membership no: 1154C

Each of the Winners will receive a cash prize of \$20.

# New Face on the Block



**Name:** M. Murugeswaran

**Designation:**  
Occupational Therapist

**Date of joining HWA:**  
3 November 2008

**Background:**  
I have a Master of Occupational Therapy Degree in Mental Health, and 2-year experience in a Multi-specialty Hospital and was involved in a Changi Prison Psychiatry project for 6 months.

**Personal goal:** I wish to start a Geriatric Care Home in future

**Likes:** Cooking, spending time with my family, music

**Favourite food:** Tomato rice

**Anything you may want to say to HWA members or colleagues:**  
"My colleagues at HWA are very friendly. I would like to thank HWA for giving me the chance to work for people with disabilities. I am very proud to be a "HWA family member"!"



**Name:** John Low Soon Teck

**Designation:** HWA Driver

**Date of joining HWA:** 13 October 2008

**Background:** I used to be a driver in a company's logistic department.

**Personal goal:** To serve HWA members with a happy heart

**Likes:** Jogging, window shopping

**Favourite food:** Durian

**Anything you may want to say to HWA members or colleagues:**  
"Be Happy Always!"



## Touch A Life!

**Have you ever thought that you can make a difference in the lives of people with disabilities? Now you can. Join our Befriender programme to enrich the lives of our members.**

**What is Befriender programme?**

A programme that seeks volunteers who are keen to develop friendship and rapport with a HWA member

**What do I have to do?**

- Be able to conduct home-visits once a month
- Provide emotional support and offer a listening ear
- Encourage member to talk and think about his or her hopes for the future and plan the steps needed to get there
- Be able to submit a simple report

**What are the criteria?**

- Volunteers preferably need to be 20 years old and above
- A passion to help people with disabilities

For more details, please contact **Mr Jason Rodrigo** at **6254 3006**.

# Our 40th Anniversary Logo



The 40th year is typically referred to as a Ruby Anniversary. Hence for our 40th Anniversary year, a ruby red colour was used in the logo design. Rubies are also thought to signify an eternal inner flame. This adequately describes Handicaps Welfare Association's passion in its mission to enhance the quality of life of people with physical disabilities and integrate them into mainstream society.

Our dedication to impacting the lives of the physically challenged community is very much alive and going strong, after 40 years of founding.

Since our establishment in 1969, Handicaps Welfare Association has done more than just serving the needs of the physically challenged community. We have fought for equal opportunities in terms of securing decent jobs and public services. Hence the words in our logo read, "IMPACTING LIVES, BRIDGING COMMUNITIES".

## Announcement

With effect from 1 Jan 2009, the services provided by Disability Information and Referral Centre (DIRC) have been handed over to the newly formed Centre for Enabled Living Ltd (CEL).



Please note new address and contact details:

### **Centre for Enabled Living Ltd (C.E.L)**

298 Tiong Bahru Road #03-01

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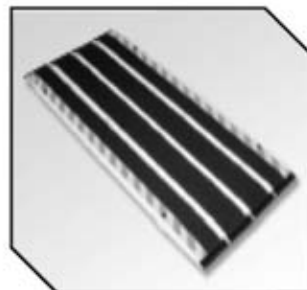
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- Nora Rubber Floor Covering – Noraplan & Norament (Green Label)
- DOMO Cushion Flooring
- Finett Needled Carpets (Green Label)

**Others**

- DOMO Sports & Leisure Artificial Grass (including FIFA approved type)
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- Data Centre Air-flow Panel
- Computer Server Data Racking System
- Office Consoles, Enclosures & Call Centres

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- Marine Communication & Navigation Equipment Services & Repairs
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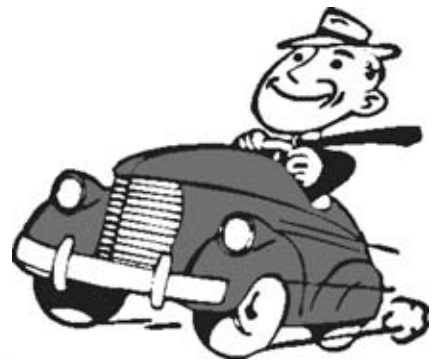
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# DRIVING LESSONS FOR PERSON WITH DISABILITY



## 殘疾人士駕駛指導課程

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**Freedom.** Its an essential part of an active life. It means setting your own agenda, getting behind the wheel and going where you want to go. Whether you're running errands or visiting family and friends, you have the ability to take control of your busy life, and of course, you have the freedom to expand your world!

#### DRIVING INSTRUCTION RATES

Description	Fees	
	'O' & 'L' Member	'A' Member / Non-Member
One-time Registration Fees	\$20.00	\$20.00
Driving Fees (Per Hour)	\$25.00	\$30.00
Vehicle Rental on Test Date	\$100.00	\$100.00



For more information, please contact :  
**The Transport Department**  
 HANDICAPS WELFARE ASSOCIATION  
 16 Whampoa Drive Singapore 327725  
 Tel: 6254 3006 Fax: 6253 7375  
 Website: [www.hwa.org.sg](http://www.hwa.org.sg)



# Help Us.

## To Uplift the Lives of People with Disabilities

**The Handicaps Welfare Association (HWA) was formed in December 1969. Since then, the Association has grown to over 1,800 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 39 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.**

To:  
**HANDICAPS Welfare Association**  
16 Whampoa Drive  
Singapore 327725

I/ We wish to donate \$ \_\_\_\_\_ to the Handicaps Welfare Association.  
Enclosed is my/our cheque /postal /money order No. \_\_\_\_\_.

The tax-deductible receipt is to be issued to:-

Name: \_\_\_\_\_ NRIC NO.: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ (H) \_\_\_\_\_ (O) \_\_\_\_\_ (HP)

\* Tax-exempt receipts will only be issued for donations of S\$50 and above.  
For additional information or clarification, please call us at (65) 6254 3006.

# Advertisement Rates



**If you wish to advertise your products or services in Handicaps Digest, please fill up the form below and mail it back to us at the following address:**

**Handicaps Welfare Association**  
16 Whampoa Drive Singapore 327725  
Tel : 62543006 / Fax: 62537375  
Email: hwa@hwa.org.sg

I / We hereby agree to take up an advertisement space in your HWA Digest magazine.

Name of Organisation: \_\_\_\_\_  
Address: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Telephone / Fax No: \_\_\_\_\_

Advertising Rates: Please tick the appropriate box below and kindly forward a cheque of the same amount payable to **Handicaps Welfare Association**

### Black & White

- \$1500.00 Inside Centre Fold Full Page
- \$1000.00 Full page
- \$500.00 Half page
- \$300.00 Quarter page
- \$200.00 Listing

### Full Colour

- \$3000.00 Outside back Cover
- \$2500.00 Inside Front Cover
- \$2500.00 Inside Back Cover
- \$2000.00 Inside Centre Fold Full Page
- \$1500.00 Full page
- \$1000.00 Half page

I / We (the advertiser) voluntarily and without duress agree to take up the above advertisement space and to pay for the same sum specified therein, and to observe the following conditions.

1. The advertiser warrants that the advertising material submitted for publication:
  - i. Contains no false or unwarranted claims for any product or service and contains no defamatory statements
  - ii. Does not infringe the copyright or other right of any person
2. HWA shall not be held liable for failure to publish advertisements for any reason whatsoever, including but not limited to strikes, riots, accidents, acts of God or other delays beyond its control and in no event shall it be liable for consequential or resulting damage.
3. The advertiser will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.
4. The booking of the advertisement is based on a first-come-first-served basis. HWA reserves the right to reject any advertisement at any time.
5. Artwork/materials will not be returned to advertiser unless specifically requested by advertiser. Artwork/materials will be discarded after six months.
6. The advertiser shall pay by crossed cheque payable to Handicaps Welfare Association within 30 days upon confirmation of the secured advertisement space.

Name: \_\_\_\_\_ Designation: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Company Stamp:

# Acknowledgements

**Our thanks and appreciation to the following generous donors:**

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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.