



handicaps digest

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

Jul - Sep 2008



A Walk in the Park..... 'on wheels'

See page 18



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

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| Description | Fees | |
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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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Jul-Sep 2008

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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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

Greetings to all members, sponsors, supporters, and colleagues of the Handicaps Welfare Association (HWA)!

The months of June and July have been eventful for us. Other than our Annual General Meeting, two of our major fund-raising events, Wheel, Walk or Jog and Donation Draw also took place. The flurry of activities has kept all of us at HWA busy and I would like to take this opportunity to thank all volunteers, members and staff in making these events a huge success.

In line with National Library Board's recent initiative, Read! Singapore Campaign, I would like to urge all members to take up reading as

a hobby. Other than opening your mind to a greater world, reading also bonds the community through debates and discussions. I welcome all of you to gather at our Cosy Corner and start a reading culture in HWA.

A good way to start would be flipping through this issue of Handicaps Digest, and read what you have missed out at our HWA events.

Happy reading!

Leslie Teo

执行理事长前言

衷心问候全体残疾人士福利协会的会员，赞助人，支持者和同事！

对我们而言，六月及七月是忙碌而兴奋的两个月。除了每年一度的常年大会，还举办了两项重大的慈善筹款活动，一个是2008轮椅，行走，跑(Wheel, Walk or Jog 2008)，另一个是慈善彩券抽奖(Donation Draw)。这一连串精彩的活动将使协会的每一位成员格外忙碌，我谨藉此机会向所有的协会义工，会员和工作人员们致以由衷的谢意！是你们的群策群力才能将活动办得如此有声有色。

配合国家图书馆最近提倡的活动，“新加坡阅读运动”，我在此呼吁所有会员们开始将阅读

作为一种爱好。除了可以敞开心胸面对更宽广的世界，阅读也让我们可以通过共同讨论而提高团体凝聚力。欢迎各位聚集在协会惬意角落，开创我们的阅读文化吧！

就以翻阅协会这一期的杂志作为一个好的开始，看一看你究竟错过了哪一些协会所举办的大型活动吧。

祝福大家阅读愉快！

Leslie Teo

Executive Committee 2007/2009

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Nancy Chia

Vice President

Desiree Lim Kok Liang

Honorary Secretary

Chua Kian Sheng

Honorary Assistant Secretary

Judy Tan Keng Nghoh

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

Freddy Lim (wef August 2008)

Michelle Siew Teok See

New Members

HWA welcomes the following new members into its family:

Ordinary Members

- Leow Kean Hou
- Mohamed Ismail Bin Kasim
- Ng Boon Huat
- Wong An An
- Mohamad Rizal Bin Mohamad Hassan
- Choo Siaw Wan
- Lee Seng Hin
- Low Eng Loo
- Tan Boon Peng
- Husseinah Banu Binti Mohamed Majamel
- Fairuz Ashley Ab
- Lim Jin Sheng
- Tay Tock Tong
- Eu Kwok Meng
- Lim Swee Poh
- Jackson Tinchaico Llobrera
- Wong Bee Geok
- Mok Jia Yong
- Lum Mei Sim Cheryl
- Wong Ying Fook
- Koh Teck Heng
- Goon Nai Yin @ Margaret Goon
- Chong Tee Chye @ Muhammad Jimmy Ramadhan

Associate Member

- Thai Hsiao Wei

Obituary

With Deepest Sympathy and Heartfelt
Condolences to the Families of:

- Pek Teck Hoe
- Lim Kok Beng Christopher
- Zubedah Bee d/o Abdul Aziz
- Chan Kum Fook
- Yong Shy Wah Alvin
- Cheong Oi Heng
- Tham Kuan Kit
- Kang Kum Eng Frederick
- Mah Wing Hung

Calendar of Events

for July, August & October 2008



jul

6 July

Wheel, Walk
or Jog 2008



19 July

Donation
Draw

20 July

Abilities
Roadshow 2008
at National
Library Board The
Plaza (Bugis)

**25 July to
1 August**

Garden Festival
at Suntec,
by NParks



aug

2 August

Flag Day

3 August

Coin
Counting
Day



9 August

National
Day

16 August

National Day
Lunch for
members

23 August

Picnic @ East
Coast Park
by YMCA

23-24 August

NCSS 50th
Anniversary
Carnival

oct

**11 & 12
October**

A Nation in
Concert



Annual General Meeting

Handicaps Welfare Association's 39th Annual General Meeting (AGM) was held on 21st June at the National Council of Social Service Auditorium.

Members started to stream in at about 12.30 pm and were ushered to the registration counter. They were then invited to a sumptuous buffet spread and our friendly volunteers were on hand to assist.

At 2 pm, Honorary Secretary Mr Chua Kian Sheng announced that in view of the shortage of quorum, the Meeting would be adjourned for half an hour.

Mr Chua called the meeting to order at 2.30 pm, followed by opening address by HWA President Ms Nancy Chia. The President gave an overview of HWA's progress for the past year. She also took the opportunity to share some good news with the members. Firstly, she said, the Association managed to maintain a surplus. Although the amount was not significant, still, it was a good start to a new Financial Year.

The second piece of good news she announced was the plan to set up a new Rehabilitation Centre in Jurong Point Shopping Centre. Ms Chia said the new centre was part of HWA's expansion plans for the next Financial Year. She added that the new Rehab Centre is to meet the growing demand for HWA's services, especially in the Western region of Singapore. This also marks a significant milestone for the Association, she added.



Mr Chua Kian Sheng (right) calls the meeting to order



President Ms Nancy Chia speaks

The final good news was the announcement of the "HWA Micro-Finance Assistance Scheme". As the name suggests, this scheme is an interest free loan of up to \$100,000, donated by Chen Su Lan Trust Fund, which members can tap on to set up their own businesses. (For more details on this scheme, please refer to page 38.)

Honorary Treasurer, Mr Lim Puay Tiak, reported that HWA's income for year 2007-08 was \$1.8 million as compared to \$1.7 million for the previous Financial Year. Also, our surplus was \$320,000 as compared to \$150,000 in 2006. He also stressed that though we are financially stable, HWA has to adhere to good governing practices as required by the Commissioner of Charities so as to instil confidence in our donors.

During the Q&A session, a member, Ms Aisah Ibrahim, expressed her hope to see more members helping the Association in its fund-raising efforts as ultimately, members are the ones who benefit from HWA efforts. The President acknowledged that her observation was valid and that upon consultation with the fund-raising department,

Annual General Meeting



Members enjoying the buffet



Volunteer helping to serve food



Our friendly drivers ferrying members



Member raising a question



Setting up for AGM



Flipping through the Annual Report

decided that members who participate in HWA's fund-raising programmes will be given priority to attend HWA's social activities.

Executive Committee member Mr Ringo Om Kim Chai raised a question on behalf of a member, Mr Hoon Cheong Woo. The query was on the increase in the apportionment in HWA administration costs. Honorary Treasurer, Mr Lim Puay Tiak explained that in line with good accounting practices, the Association had divided the administration costs into the various departments' expenditure such as staff's costs and other expenses so as to create transparency.

HWA member Mr Richard Ee Keng Whatt also wanted to know if the Accounts reflected the

percentage of funds used for administration and for members' benefits. Ms Chia explained that the Management is mindful of the allocation of funds and highlighted that funds are carefully administered. Mr Ee also requested for the Association to look into the needs of members as transportation was one of the challenges that members faced and that outings needed to be better coordinated so as ensure a more meaningful trip. Ms Chia acknowledged Mr Ee's views and said that the comments will be looked into.

As this year was a non-election AGM, the meeting which started at 2.30 pm, ended at 3.30 pm with the vote to the Chair. We look forward to seeing all members again during next year's AGM!

常年大会

残疾人士福利协会第39届常年大会已经于六月二十一日在国家社会理事会的礼堂圆满举行了。

会员们在中午十二点半的时候开始涌入会堂并被指引到登记处登记。然后他们被邀请享受丰盛的午餐，并且得到友善的义工们的协助。

下午两点，荣誉秘书长Chua Kian Sheng先生宣布因为不足章程规定所需要的人数的原因，大会延长半小时开始。

下午两点半，Chua先生宣布大会开始。接着会长Nancy Chia小姐主持了开幕仪式。会长总结了协会在过去一年的成绩。她也同会员们分享了一些好的观点。首先，她宣布了协会在财政上有了盈余。虽然不是个大数目，但这对新的财政年来讲是个好的开始。

她宣布的第二好消息是计划在裕廊坊购物中心设立新的复健中心。Chia小姐说这个新中心是协会下个财政年度扩展计划的一部份。她补充说新的复健中心是为了满足对协会的服务日益增长的要求，尤其新加坡的西部区域。这也是协会的一个重要里程碑。

最后的好消息是宣布“HWA Micro-Finance Assistance Scheme财务援助计划”。顾名思义，这计划是一项总计高达\$100,000的由Chen Su Lan基金提供的无息贷款，会员可以利用来开创自己的生意。（关于这计划的更多细节，请参阅残废人文摘的第38页）

荣誉财政Lim Puay Tiak先生汇报与前一个财政年度一百七十万相比，2007-08年协会的收入是一百八十万。同时，我们的盈余是\$320,000相比2006的是\$150,000。他也强调虽然我们是财务稳定，协会必须坚持慈善团体委员会所要求的好管理方法，如此才能灌输信心给我们的捐赠人。



Mr Lim Puay Tiak 回答问题

在问答期间，会员Aisah Ibrahim小姐表达她希望见到更多会员帮助协会的筹款活动，因为会员是最终的受益人。会长承认的她观察是正确的。在和筹款部门协商之后，确定参与HWA的筹款努力的会员将可以优先参加HWA的活动。

执行委员会成员Ringo Om Kim Chai先生代表会员Hoon Cheong Woo先生提出一个疑问。疑问是有关于协会行政费用分配的增加。荣誉财政Lim Puay Tiak先生解释，依照可靠的会计惯例，协会将行政费用分开进入各种不同部门的开支，例如职员成本和其他的费用，如此来创造透明度。

会员Richard Ee Keng Whatt先生也想要知道那帐户是否反映基金被用为行政和被用为成员福利的百分比。Chia小姐解释管理层深切注意基金的分配并强调基金被小心地管理。Ee先生也要求协会注意成员的需要，因为交通是成员面对的一样挑战，出游需要较好的协调以确保旅行更有意义。Chia小姐承认Ee先生的观点并且说意见将会被考虑。

由于今年是非选举的常年大会，会议在下午2.30点开始，结束于下午3.30点。我们盼望与所有的成员在明年常年大会再见！

HWA All-Cash Donation Draw 2008

To all members, friends and supporters of Handicaps Welfare Association who have bought the HWA All-Cash Donation Draw tickets – it's time to whip out your ticket stubs to check for winning numbers!

Yes! The HWA All-Cash Donation Draw 2008 has come to a successful close following drawing of the winning numbers on 19 July at HWA Multi-Purpose Hall. Staff and volunteers turned up for as early as 8.30 am, to prepare for the actual Draw.

It was a simple official affair which started promptly at 10am with an introductory welcome note by Ms

Ranee Govindram (Manager – Fund-Raising/Public Relations), who was emcee for the event.

Judges for the event were Exco member Mr Chua Kian Sheng and HWA volunteer Mr Roger Tan and external Auditor Ms Madeline Choong, from PG Wee & Partners, who came to attest the draw.

After highlighting the responsibilities and roles of the judges and external auditor, the emcee called on six lovely lady volunteers – Ms Kate Chan Lay Ean, Ms Nicole Lee Chia Ling, Ms Karen Sng, Ms Zelyne Leow, Ms Jean Yeo and Ms Lee Peng Peng – to take their places behind the spheres holding the numbered balls and roll out the winning numbers.





Altogether, 50 winning numbers were drawn and here are the results that everyone has been waiting for:

The winning numbers came out quick and fast and the draw was completed by 11.30am.

A copy of the HWA All-Cash Donation Draw 2008 results was also advertised in The Straits Times newspaper on 23 July 2008.

Preparations for the HWA All-Cash Donation Draw 2008 started way back in October 2007. HWA staff in charge of this fund-raising event, Mr Daud Embong, consigned tickets to schools, voluntary groups, corporate supporters, Ministries and Statutory Boards and HWA members.

In the months leading up to the actual Draw, everyone did their best to help sell the Donation Draw tickets and the Association would like to extend its appreciation, on behalf of HWA, to all who have assisted in this project.

In addition, with the successful conclusion of the Donation Draw, credit must also go to all volunteers and staff who assisted in the scanning process of the tickets before the Draw date. We know it was hard work but their efforts paid off with the successful conclusion of HWA's all-Cash Donation Draw 2008!

Thank you once again to all and we look forward to your continuing support in our future donation draws.

|  HWA ALL-CASH DONATION DRAW 2008 | | |
|---|--------------------|--------------------|
| WINNING NUMBERS | | |
| 1st Prize: 239416 | | |
| 2nd Prize: 160349 | | |
| 3rd Prize: 151862 | | |
| 4th Prize: 004065 | 20th Prize: 031501 | 36th Prize: 256058 |
| 5th Prize: 294079 | 21st Prize: 274178 | 37th Prize: 140085 |
| 6th Prize: 183515 | 22nd Prize: 291354 | 38th Prize: 241867 |
| 7th Prize: 065796 | 23rd Prize: 021007 | 39th Prize: 039132 |
| 8th Prize: 048850 | 24th Prize: 126710 | 40th Prize: 091726 |
| 9th Prize: 253931 | 25th Prize: 133276 | 41st Prize: 180617 |
| 10th Prize: 266032 | 26th Prize: 094405 | 42nd Prize: 260226 |
| 11th Prize: 108386 | 27th Prize: 174566 | 43rd Prize: 015201 |
| 12th Prize: 060599 | 28th Prize: 140905 | 44th Prize: 120191 |
| 13th Prize: 029575 | 29th Prize: 003753 | 45th Prize: 089416 |
| 14th Prize: 076021 | 30th Prize: 050651 | 46th Prize: 147365 |
| 15th Prize: 141213 | 31st Prize: 065591 | 47th Prize: 224508 |
| 16th Prize: 100088 | 32nd Prize: 077574 | 48th Prize: 192565 |
| 17th Prize: 104028 | 33rd Prize: 079861 | 49th Prize: 164051 |
| 18th Prize: 091078 | 34th Prize: 167906 | 50th Prize: 240001 |
| 19th Prize: 164896 | 35th Prize: 188204 | |

A group of lucky HWA members were invited by the National Parks Board to tour the Horticulture Park (HortPark, for short) on its launch date on 10th May. Prime Minister Lee Hsien Loong officiated the launch, and met some of our members.

HortParks Tour by Nparks

HortPark is Southeast Asia's first one-stop gardening and lifestyle hub. One can find gardening-related recreational, educational, research and retail activities all the 23-hectare HortPark.

There are various activities and workshops conducted at HortPark. Members who are interested to sign up for them can visit their website at www.nparks.gov.sg

"Even though there was a bit of rain at the beginning of the event, all our volunteers had a great time and enjoyable experience during the guided tour with the members of HWA on 10 May 2008. We hope that we can provide a more interesting experience for the members of HWA in our next round of trips with better planning and more volunteers to help." - Mr Ng Tze Peng, Manager (Streetscape/Landscaping & Arbo Branch)

My Personal Experience

By Ms Jacquelin Mabel Lowe, HR Assistant (Nparks)

As this was my first time helping out my fellow colleagues in this activity, I had a great time being able to help in handling a group of people with physical disabilities during the HortPark Opening.

I was happy that I was able to show them around HortPark with no problems to bring them from one place to another. The paths around the place were easy for them to move and at the same time able to enjoy the surroundings.

Meeting these people and seeing them being ever so joyful has taught me a great reason that can be applied in everyday life and that is to think positive and be happy.

I do hope that their visit to HortPark was good and enjoyable one too.

Thanks.



PM Lee greeting a HWA member

Why We Chose HWA

- It is NParks adopted charity this year.
- We wanted to share the HortPark experience not only with ordinary guests but also with people with physical disabilities so that they too know about HortPark and what it can offer and come back again on their own as it is a disabled-friendly facility.
- As it was the opening of HortPark by PM himself, we also wanted to help raise the awareness of this often-neglected group of people.
- We also want to engage some of our staff to help out with the physically disabled as part of our corporate social responsibility.

Overnight Outing with SAFRA Community Services Club

A group of HWA members set out for an overnight experience at 10pm on 17 May, with volunteers from SAFRA Community Services Club (SAFRACS) and Society of Singapore Paranormal Investigators.

This social outing, organised by SAFRACS, gave our members a chance to do star-gazing and visit markets that operate in the wee hours of the night.

Ms Rainus Chong, Project and Events Facilitator of SAFRACS, commented,

“Yes, the event was indeed a success with 22 members from HWA and 44 volunteers from the SAFRACS turning up for the event. We went star gazing at East Coast Park where participants get

to learn about astronomy and have snacks while mingling.

The tour was further enhanced when we visited the Jurong Fishery Port and Pasir Panjang Vegetable Market where participants got to purchase food at wholesale price. Our last stop was at Changi Village where all were treated to a sumptuous breakfast - Nasi Lemak.

We look forward to planning more of such events.”



Jurong Fishery Port



Changi Village for Nasi Lemak!



Star-gazing



Mass Workout!



HWA Athletes Participate in Largest Sports Festival

For most Singaporeans, Sunday would be the day to catch up on sleep, queuing at McDonalds for a hearty breakfast, or flipping the sports page for the latest EPL scores.

For 30 HWA athletes, their Sunday was better spent at the Toa Payoh Sports Complex participating in Singapore's Community Sports Festival organised by the People's Association and the Central Singapore Community Development Council. It was the largest sports festival to be held in Singapore and it attracted 7,000 participants. The Guest-of-honour was Mr Zainudin Nordin, Mayor of Central CDC. Another special guest at the event was Dr Yaacob Ibrahim, Minister for the Environment and Water Resources.

The event held on Sunday, 1st June 2008 aimed to promote healthy living through sports as well as to provide an opportunity to make new friends. The highlights of the day included a mass workout exercise, tug-of-war, walkathon competition, lucky draw and of course the much sought after goodie bag for every participant.

The HWA athletes participated in the Walkathon Competition involving wheelchair users, Bossaball Tryout and Mass Swim. HWA athletes dominated the games walking away with several medals.



Member speaks out



Gearing up for the race

Jetting off via T3

HWA members spent their afternoon with YMCA volunteers at Changi Airport Terminal 3 on 14th June. Sponsored by YMCA, this trip allowed 13 of HWA members a chance to visit the new attraction in Singapore.

Ms Valerie, a YMCA volunteer who was present on this trip shares her experience with us.



“A trip to Changi Airport T3”

Written by Valerie, YMCA Volunteer

Being my first time working with the physically handicapped, I started off my day with doubts and anxiety. I have been working with clients with intellectual disability, thus, I was unsure about how different HWA members will be from them.

Upon reaching HWA, volunteers were paired up with HWA members and we set off for Changi Airport Terminal 3.

Despite not all HWA members being wheelchair users, all of them sat on wheelchairs. This was to prevent them from tiring themselves out. Volunteers were more than willing to wheel HWA members around. By pushing them around, interaction between individual volunteers and their buddies started off easily. Each volunteer acted as a private tour guide to their buddies. I feel that the wheelchair wasn't just a tool to move the physically challenged around, it brought volunteers and buddies closer to each other, letting both parties focus on the tour and the

interaction, rather than focusing on the buddies' safety or if he/she was tired.

Despite us taking a long time to bring everyone up to the viewing hall, it was worthwhile. Volunteers and HWA members were sharing stories with each other. I was amazed when 2 of HWA members told me that they have been going overseas quite frequently. On top of that, I was pleasantly surprised to know that HWA, which is self-helped, conducts overseas trips as well. It is nice to know that even though it might be very tough to transport physically handicapped members around, people are still doing it.

This trip with HWA was really an eye opener for me. I've learnt from HWA members that there is no reason to give up in life as if you lose something, you will gain in other ways. HWA members may have lost their ability to walk with ease or to walk at all, they are definitely a lot more matured in their thinking and they show greater values such as determination and humility. I have a lot more to learn from them.

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
6 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 **22 September 2008**. 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.



Congratulations!

These are the Winners of the Quiz in April - June 2008 issue of Digest:

Ng Sook Kwan

Membership number: 0812N

S Lilis Bte Abdul Hamid

Membership number: 1246S

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

What It Should Have Been

In the article "High Flyers from HWA" in our April-June issue, we wrote that Mr Peter Tan is the CEO of RS Components.

RS Components has since clarified that Mr Peter Tan is Operations Manager, South Asia of RS Components. Mr Ian Mason is the CEO of RS Components.

We are sorry for the error.

更正

在刊登于四到六月季刊中的一篇名为“观景轮－展翅翱翔之旅”的文章中,我们提及Mr Peter Tan是RS Components的总裁。

稍后, RS Components向我们提出更正, Mr Peter Tan是RS Components营运经理(南亚), 而担任RS Components的总裁一职的是Mr Ian Mason。

我们谨此对之前所作的错误报道致以深切歉意。

一个残疾者的心声

郑福成

‘健康就是宝’这句话一点也没错，有了健康的体魄就是无价之宝。有了健康才能把事情做好，完成心愿。从小患上肌肉萎缩症的我就深深体会到这一点，我失去宝贵的自由就好比笼中鸟一样。我看不到外面的世界，也很少出外交流。除了行动上的不便，体力也逐渐衰弱，做起事来总是力不从心，障碍重重。我想这也是一般残疾者的心声吧！



我从小生长在一个小康之家，因被诊断患有肌肉萎缩症而失去宝贵的自由（不能走）从此依靠轮椅过日子。根据医生的报告，我所患的是一种遗传病，它会随着年龄增长而继续恶化以至死亡。目前，医学上根本无法医治这种病，只能以物理治疗来缓慢病情的恶化。据说病情严重的话会导致手脚无力，全身瘫痪以至心脏停止而死亡。患者通常在二十多至三十多岁时病情爆发以至死亡。人难免会有抱怨、负担和担忧，常埋怨老天对我不公平。我常梦想我是个正常人，想做什么就做，该多好啊！梦想和现实的差别太大了，兜了一圈还是得回到原点，无法改变的事实。不过现实归现实，逃避解决不了问题，应该坦然地挑战自己接受现实。我的一生中面对着许许多多困难与挫折，还好有家人和朋友的支持与鼓励。

母亲是我精神上的支柱，我的好帮手，他悉心照顾我的起居饮食。这就是母爱的伟大吧！母亲含辛茹苦地养育和照顾我，这份恩情我铭记在心里。我要好好过日子，面对生活，自力更生以报答母亲的养育之恩。我在事业方面也面对不少问题，很多工作我都不能胜任。经过一些挫折后，我担任了补习老师这份神圣的工作。我一心一意

地教育国家未来的栋梁，希望能为社会做出一份贡献。

亲情与友谊对我来说是很重要的，我也很庆幸我所拥有的一切。这或许是所谓上天对于我的补偿吧！当这扇门被关起时，老天爷一定会为你开另一扇门窗。天无绝人之路，路是宽阔的，地球是圆的，人生的起起落落是我们凡人所预料不到的。今日不知明日事，问心无愧最重要。我这一生过着平平凡凡的日子，从不奢求豪华的享受。我盼望着奇迹的出现，我请求上天宽恕我上辈子的罪孽，让我有个重生的机会，我一定会好好把握的。

每一个人在这世界上都有自己的使命，生命长短不重要，最重要的是创造价值，尽自己的能力付出，为社会贡献。一切心为切要，有好的一念，事情就会往好的一面，解开心结，展现勇气解决难题。当我们克服了困难，就好比跨过一种障碍，迎向幸福的道路。烦恼也是一天，开心也是一天，何不开心度过每一天。在此也奉劝所有的残疾人士别放弃自己，勇敢面对生活，希望在人间。我也祝福大家幸福快乐。

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). 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。
2. 可以用电子邮件(editor@hwa.org.sg)发送你的文章给我们。请在邮件名称中标明“文章贡献”。
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。

It was a bright and sunny day as hundreds of people, including many wheelchair-users, gathered at Botanic Gardens on 6th July for HWA's 24th annual Wheel, Walk or Jog (event).

A Walk in the Park..... 'on wheels'

Set against the beautiful backdrop of the Jacob Ballas Children's Garden (JBCG), Singapore's only "walk on wheels" attracted close to 2,000 participants. For many, the venue was a nice change after years of having the event in the East Coast Park area.

Of course, the change of venue could not have happened if not for the support by National Parks Board (NParks) which has adopted HWA as its beneficiary charity for 2008.

Preparations for the event started as early as 6.30 am, with HWA staff and volunteers up and running, to ensure all were in place before the arrival of the participants although preparations were already underway several months earlier. But as any veteran WWJ participant would tell you, the fickle-minded Singapore weather could very possibly call off the walkathon at the last minute.

Perhaps our prayers for good weather worked this year, because for the first time in many years of WWJ history, the sun shone brightly overhead, casting beautiful shadows over the greenery in JBCG and setting a nice backdrop to this event.

At 8 am, there was some scurry at the sheltered reception area as everyone waited eagerly for the arrival of Guest-of-Honour (GOH) Mr George Yeo, Minister for Foreign Affairs (MFA), who has been attending this event for the past three years. Participating along with him were staff from MFA. The GOH was welcomed and led to the stage area by Zhong Hup Lion Dance Troupe and the welcoming party included Ms Nancy Chia,

President of HWA; Ms Desiree Lim, Chairperson of HWA Fund-Raising Sub-Committee; Mr Leslie Teo, Executive Director of HWA; Mr Pow Tien Tee, Regional President and Managing Director of Infineon Technologies Asia Pacific Pte Ltd; Mr Andrew Chong, Vice President of Infineon Technologies Pte Ltd; Dr Daniel Wong, Regional President & Managing Director of Qimonda Asia Pacific Pte Ltd; Mr Ng Lang, Chief Executive Officer of NParks; and Associate Professor Roy Chan Kum Wah, Medical Director of National Skin Centre (NSC).

In her opening address, HWA President expressed her gratitude to the Minister and all the VIPs present for their support. She acknowledged the contribution by the donors, sponsors and volunteers and gave special thanks to Infineon Technologies for its unstinting support for the past 15 years.

Ms Nancy Chia also expressed her deep appreciation to two national bodies – NParks and NSC – for adopting HWA as their beneficiary charity for 2008 and joining in the WWJ event for the first time.

NSC came with a strong group of about 300 supporters including doctors and nurses.

HWA President also took the opportunity to announce HWA's plans to establish a new Rehabilitation Centre in Jurong Point Shopping Centre and informed the sponsors that funds raised at WWJ will go towards supporting the new Rehab Centre.



Guest of Honour Mr George Yeo (right) arrives



Medical Director Associate Prof Roy Chan presents cheque on behalf of NSC



IFX Award 2008 Winner, Mr Low Mun Chong (centre) receives award from Mr Andrew Chong (left)



Infineon Regional President and Managing Director, Mr Pow Tien Tee presents, cheque on behalf of Infineon and Qimonda

Mr Andrew Chong from Infineon next addressed the crowd. It is Infineon's 15th year as main sponsor for WWJ. Infineon's subsidiary company, Qimonda also joined in as one of the main sponsors.

One of the highlights of WWJ was the announcement of the Infineon Inspiration (IFX) Award Winner by Infineon's Vice President, Mr Andrew Chong. The IFX Award, valued at \$10,000, aims to recognise HWA members who exemplify the Infineon spirit of "Never Stop Thinking" and demonstrates a relentless determination to pursue and achieve dreams or goals in life despite their disabilities. Since the award was introduced in 2003, seven HWA members have already benefited from it. The crowd present would have noticed 7 panels that were displayed around the stage area, describing the achievements of the past IFX Award Winners.

A raucous applause was heard when Mr Andrew Chong announced 44-year-old Mr Low Mun Chong as recipient of the IFX 2008 Award. As a show of appreciation for Infineon's unwavering support to HWA members for the past 15 years, Mr Low presented one of his art masterpieces to Infineon Regional President and Managing Director, Mr Pow Tien Tee.

Next was presentation of a mock cheque to HWA by NSC's Medical Director Associate Prof Roy Chan. The National Skin Centre is celebrating its 20th Anniversary by co-organising WWJ this year and pledged \$80,000 to HWA.

"NSC is proud to be part of the Handicaps Welfare Association's Fund Raising activities. It is a most worthy partner of NSC's 20th Anniversary celebrations." said Associate Professor Roy Chan, after the event.

A Walk in the Park..... 'on wheels'



WWJ poster



Face-change act



Members having fun



Flag-off by Mr George Yeo



Free health checks by SATA



It's sing-a-long time

Mr Pow Tien Tee of Infineon presented a mock cheque of \$66,000 to HWA.

A plaque presentation ceremony to recognise major sponsors and partners for WWJ 2008 followed next. In appreciation of Mr George Yeo gracing the event, a painting by a HWA member was presented to him. When all handshakes and due accolades were given out, a group photograph was taken on stage, with the colourful WWJ poster themed "Together" proudly designed by Leo Burnett Singapore, as the appropriate backdrop.

Even before the Flag-off by Mr George Yeo at 9.00am, everyone was already all lined up and raring to go. When the air horn finally went off, all wheelchair users, volunteers, sponsors and supporters alike shared the same path in JBCG

to complete the 3km route. After all, this is an event that hopes to integrate people with physical disabilities into mainstream society.

For the over-zealous kids who did not want to join in the walk, they were entertained with an Art competition and Treasure Hunt. Besides these, there were game stalls in the Garden for the kids to try their luck at winning some prizes. There were also booths set up by Singapore Anti-Tuberculosis Association (SATA), National Library Board, NParks and NSC. For the health-conscious, free health screening were conducted at SATA's booth.

As the first few participants started to return from the walkathon at about 10 am, stage games and performances began. The energetic and multi-lingual Emcee, Eddie Singh, ensured that no one



It's a Children's Garden after all

Goodie Bags Giveaway!



Good Things come in 3s - Triplets win art competition



Supporters from NSC

was kept bored. NSC staff, Mr Frederick Santiago Guansing, took the stage by storm with his smooth and sexy rendition of "Stand By Me". Of course, everyone stayed on for the announcement of the Top Lucky Draw Prize- a 40inch LCD Television, sponsored by Asia Pacific Breweries.

When the event finally came to a close at 12 pm, some people were still seen enjoying themselves at JBCG, while others strolled to their cars, lugging red and blue goodie bags and satisfied smiles on their faces.

WWJ 2008 would not be successful without the support from all sponsors, volunteers, staff and members of HWA. We at HWA would like to say a big "Thank You!" to everyone who assisted in this event, in one way or another. Special mention must be given to volunteers from Ministry of

Manpower, Singapore Police Force and Perwanit. We look forward to your support again for next year's WWJ!

Quotes from Foreign Affairs Minister George Yeo

"As we were climbing up a gentle slope just now, I noticed someone having difficulty wheeling himself up because he was tired. Then you realise how something you take for granted can become so difficult for someone with a handicap. "I hope sensitivity becomes part of our culture, part of our value system in Singapore – always keep an eye out for the person who's in difficulty."

以轮代步穿梭于 雅格巴拉斯儿童花园

七月六日是风和日丽的一天，成千的人群包括轮椅使用者都聚集在新加坡植物园，为的是参加第二十四届残疾人福利协会一年一度的轮椅，行走跑(Wheel, Walk or Jog)筹款活动。

对很多人而言，今年最大的转变就是更换活动的场地，从往年的东海岸公园转移至新加坡植物园里的雅格巴拉斯儿童花园。

这是新加坡第一座儿童花园，以雅格巴拉斯儿童花园作为背景场地为号召，吸引了近二千人参与活动。当然这要感谢国家公园局的鼎力支持，协会很荣幸成为2008年的受益团体。

清晨时分协会的工作人员及义工，个个兴致勃勃准备就绪，等待迎接所有参与者的到来。事实上，细微的筹备工作早在几个月前就开始着手了。现在万事俱备，就看天时了，因为历年来的轮椅，行走跑活动，无奈天不作美，变化无常的天气有可能令活动在最后一分钟无法进行。也许今年每个人的祈求感动了上天，太阳公公露出了难得的笑脸，阳光普照在这绿意盎然的花园，为这筹款活动增添不少色彩。

八点钟，每个人在接待处迫不及待想迎接荣誉贵宾－外交部长，杨荣文部长的莅临，其实杨部长已经参与了三年的活动，今年是迈入第四年，陪伴杨部长的还有外交部的官员们。

舞狮团及由协会理事长带领的欢迎队伍，兴高采烈地欢迎杨部长莅临，并带领部长前往舞台。

在协会理事长Ms Nancy Chia的开场演说中，对今天出席活动的部长和贵宾们表达了十二万分的感激之情。再来肯定所有捐款者，赞助者，及协会义工对协会所作出之贡献，更特别感谢Infineon科技十五年来无私的付出和支持协会。

除此之外，理事长也诚挚地感谢国家公园局和国家皮肤中心对活动的支持，能成为这两大国家机构的受益团体，感到无比光荣。

国家皮肤中心第一年参与活动，以医生和护士为主，组成了一支近三百人的团队来支持活动。

理事长同时藉此机会宣布协会将计划在裕廊坊购物中心设立一间新的复健中心，并通知赞助者所有筹得的款项将用于资助新的复健中心。

Infineon科技的副主席接着对群众表示，这是第十五支持轮椅，行走跑筹款活动，一直以来Infineon科技都是主要赞助商，今年Infineon科技的子公司Qimonda亚太有限公司也正式加入赞助行列。

另一段活动的高潮将是宣布Infineon激励奖的得主。这个奖项由Infineon科技的副主席亲自颁发，价值一万元的奖项，目的在于激发协会会员展示不屈不挠的Infineon精神，不因本身的残疾所限制，达成自己的梦想。

自2003年起，已有七届得主从这奖项受益。相信出席的群众已经注意到环绕舞台周围的七个看版，象征着七位得主的成就。

当Infineon科技的副主席宣布2008年Infineon激励奖得奖者Mr Low Mun Chong时，喧闹的掌声此起彼伏落为他喝彩。与此同时为感谢Infineon科技十五年来支持Mr Low献上他个人的艺术原创作品以表谢意。

接下来呈现的是善款赠与仪式，由国家皮肤中心的院长将八万元的模拟支票赠与协会，今年正逢国家皮肤中心的二十周年庆，很荣幸能参与协会举办的轮椅，行走跑筹款活动。Infineon科技和Qimonda亚太有限公司共同献上六万六千元的模拟支票给协会。

由协会颁赠勋章给主要的赞助商、及合作伙伴们，以表扬他们为协会所作出的贡献。对于杨部长百忙之中抽空观礼，特献上一幅会员亲笔绘画，表达感谢之意。当所有人握手致意，表扬典礼来到尾声，大伙儿齐聚，照张团体相留恋吧。

九点钟，每个参与者蓄势待发，就等着杨部长的旗帜一挥，号角响起，无论是轮椅使用者，义工，赞助者，以及支持者，不分彼此共同在这一条三公里的跑道上奔驰着，有着同样的目标，完成今天的行程。

热情洋溢、精力充沛的孩子们也没有被忽略，儿童花园里举办了绘画比赛还有寻宝游戏，除此之外，花园里也设有各种游戏亭，让孩子们试试运气，赢一些奖品。由国家图书馆所设的书香亭提倡新加坡的阅读风气。对于关心健康的人，这里也有健康检查亭，由SATA的医护人员为我们服务。

大约十点钟左右，前几位参赛者回到了终点，舞台上开始了游戏及表演节目，节目主持人带动了整场气氛，每个人期待赢到那大奖－四十寸的液晶电视。

当节目来到尾声，大家还是不舍得离开，拖着缓慢的步伐，领着红的、蓝的礼包，每个人脸上挂着满意的笑容。

怀抱着感恩的心，感谢所有出席活动的全体工作人员，协会义工，赞助者，以及支持者，因为有您们的协助，今天的盛会才能圆满落幕。感恩的心，感谢有你，人间处处有温情，期待它日在相见！

特别鸣谢新加坡人力部、新加坡警察部队、以及Perwanit的义工团队的鼎力协助。

Infineon Inspiration Award Winners

The Infineon Inspiration Award aims to recognise an individual member or group (members) from Handicaps Welfare Association who exemplifies the Infineon spirit of "Never Stop Thinking" and demonstrates a relentless determination to pursue and achieve their dreams or goals in life despite their disabilities.

The award valued at S\$10,000 will be given to the member or group to enable him/her to fulfil their goal or ambition in life.



The Infineon Inspiration Award 2008

Mr Low Mun Chong Age: 44
Nature of Disability: Encephalitis
(Inflammation of the brain), Ataxia (Tremors)

His Dream: To paint/ draw for as long as he can

It was a huge blow to Mr Low Mun Chong when he contracted Encephalitis at a tender age of 16. The virus caused him to lose most of his bodily functions and he had difficulties in walking and talking. However, Mun Chong never thought of giving up and he joined Handicaps Welfare Association (HWA) in 1991 for Physical and Occupational Therapy.

Subsequently, he worked as a general worker with several companies for about 6 years and started a life of independence.

Now at the age of 44, Mun Chong is able to walk slowly, but prefers to use a wheelchair to avoid a fall. For the past 3 years, Mun Chong has been painting and he finds the process to be therapeutic for his condition.

"Painting can really help me to focus. I even managed to sell a few paintings and designed 3 greeting cards with different organisations."



Currently, Mun Chong is attending free painting lessons organised by Very Special Arts (VSA). He is keen on signing on for another VSA adult art course, but has difficulties paying for the course and transport fees. Digital Art is also another interest that Mun Chong would like to pursue, if he had the financial ability.

Now Mun Chong will finally have the chance to fulfill his dream. He is the Winner of this year's Infineon Inspiration (IFX) Award. Valued at \$10,000, the IFX Award enables HWA members to take steps towards achieving their goals. Despite his physical disabilities, Mun Chong demonstrates a relentless determination to pursue his dream and hence worthy of this Award.

"I am very happy to win this Award, and I hope to contribute back to the Association in future by conducting lessons for other HWA members."

Past IFX Award Winners

2003 Winner - Abdul Karim Bin Din

His Dream: To be a Professional Sailor

What he has achieved so far:

- Won 8th place in Pesta Sukan Regatta 2003
- Came in 3rd in Sabaudia's Cup 2005
- Champion in the National Disabled Sailing Championship 2006
- Clinched a Bronze medal in the Access Liberty (Men) at the 9th FESPIC Games 2006 in Kuala Lumpur





2004 Winner - Jovin Tan

His Dream: To be a National Sailor

What he has achieved so far:

- Clinched first place in the International Association for Disabled Sailing, 2 person keelboat World Championship on 27 March 2008
- Qualified for a spot to represent Singapore at the Beijing Paralympics 2008 in September
- He is currently training 4 times a week to prepare himself for Beijing Paralympics

2004 Winner - Benjamin Chong

His Dream: To further his studies in Music by signing up for a Diploma course in Music

What he has achieved so far:

- Plays once a week at pub Vino
- He was recently invited to perform to an audience of 1000 at the BCA awards ceremony and was paid for it
- Occasionally plays at Wedding and Dinner shows



2004 Winner - Edwin Khoo Seng Wah

on behalf of HWA Wheelchair Basketball Team

His Dream: To bring the Wheelchair Basketball game to a higher level into the international competitive arena

What he has achieved so far:

- Won a Gold medal in the Kuala Lumpur Paralympiad in 2002
- In 2003, his Wheelchair Basketball team won the Bronze medal in the 1st ASEAN Wheelchair Basketball Championship
- His Wheelchair Basketball team scheduled a Basketball clinic in May 2007, held at United World College in Singapore. The guest speakers were members of a professional Australian 'Rollers' Wheelchair Basketball team known as the "Rollers"

2005 Winner - Gilbert Tan Yue Liang

His Dream: To publish a book about the disabled, a book that would appeal to global readership

What he has achieved so far:

- Realigned his dream and pursued to write his story in the form of a play (he named it "This Abled One!")
- Orchid Park Secondary School agreed to stage his play for the Singapore Youth Festival 2007, and the play won a Gold Award
- The play was subsequently restaged at Orchid Park Secondary School's Speech & Prizegiving Day on 20 April 2007



2006 Winner - James Cai Yijie

His Dream: To be an accomplished Musician

What he has achieved so far:

- Currently in his final term- Diploma in Songwriting and Production
- His final term project involves putting together a band and creating an album of 3 of his best original songs

2007 Winner - Angie Oh Siew May

Her Dream: To be the best Florist

What she has achieved so far:

- Completing a professional floral design course at June Floral Art School



Teeing Off in the Name of *Charity*

The 2008 National Service Resort & Country Club (NSRCC) Annual Charity Golf event was held on 24th and 25th May.

Guest-of-Honour, Dr. Ng Eng Hen, Minister for Education and Second Minister for Defence, graced the gala dinner held on the evening of 25th May. HWA was one of the lucky charity organisations to receive a cheque of \$93,500, received by Ms Rane Govindram, on behalf of HWA.

HWA Member Mdm Tay Bee Lian was present at the exhibition booth to showcase her oil-painting skills. The Minister even stopped by to take a look at Mdm Tay's masterpiece, and applaud her for her efforts.



Tampines Secondary School Presents Cheque

You may recall from the last issue of Handicaps Digest, that several members were invited to a Fund-raising Carnival at Tampines Secondary School (TPSS) in April.

We had a great time at the Carnival food and games stalls, organised specially for HWA members. For a half day event, TPSS managed to raise a total of \$2936.50. Excellent work guys! HWA appreciates the hard work put in by all the teachers and students of TPSS.

A cheque presentation was made during one of the school's morning assembly, by TPSS Principal Mr Neo, and Ms Rane Govindram was happy to receive the cheque on behalf of HWA.



Contributions from Ho Bee

Thanks to a community project embarked by Ho Bee Investment Ltd, HWA is able to purchase 4 elevated wheelchairs for members.

The community project was kick-started last year with Ho Bee encouraging her tenants to donate their unwanted printing materials to a designated recycled paper collector. By doing so, Ho Bee managed to raise \$1600 for HWA to purchase the 4 elevated wheelchairs.



Mrs Doris Chua presents the Wheelchairs on behalf of Ho Bee Investment Ltd.

HWA wishes to record her thanks and deepest appreciation to all Staff at Ho Bee for their fund-raising efforts. We are also honoured to be the sole beneficiary of this meaningful project.

“We are very impressed by the effort put forth by the association to help the less able-bodied. We trust that our contribution of the four wheelchairs to HWA is definitely a good start on our staff effort in helping the disabled.” - Ms Caroline Ee-Lee, General Manager, HR & Corporate Affairs, Ho Bee Investment Ltd

“We are grateful for the support shown by Ho Bee Investment Ltd. This marks the beginning of yet another meaningful relationship with an established corporate organisation.” - Mr Leslie Teo, Executive Director, HWA

Let Your Hair Down

Two volunteer hairdressers, Mdm Teo Lung Hiang and Mdm Chia Siew Yeng, frequently travel to different VWOs to offer free haircuts. Both ladies were trained with local hairdressing salons.

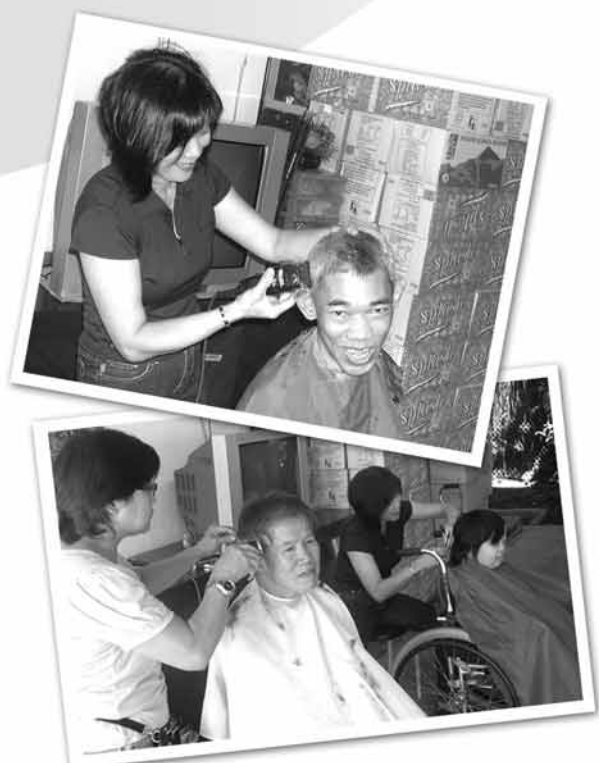
With their scissors in hand and big smiles on their faces, Mdm Teo and Mdm Chia walked into HWA on 19th June. Members who were doing their rehabilitation had a nice surprise when they were told of the free hairdressing service.

Several of our members took the opportunity and waited patiently for their turn to have a haircut. Those who were on the hot seat beamed while enjoying their trim.

“It is very rewarding to see the client smile after the haircut,” - Mdm Chia remarked while attending to a client’s tresses.

“Their smiles made our day!” - Mdm Teo exclaimed after a client thanked her profusely for attending to her and offering a listening ear.

Mdm Teo and Mdm Chia will provide this free service to HWA members once a month.



Mdm Teo (top) and Mdm Chin (bottom left) bring smiles to our members

Winning HEARTS by Canberra Secondary

Canberra Secondary School's Craft and Technology (C&T) department worked on a joint service project with HWA, which involved upper secondary Home Economics (HE), Art (AR) Design and Technology (T) students. The initials of these three subjects, when joined together, form the word, "HEART", thus the project name, "Winning Hearts" whereby students inspire to win hearts, as a team.

This project provides opportunities for students to undergo experiential learning and provides real-life situations for them to work on in their coursework. Students can also help to improve the quality of the lives of people with disabilities with the innovations and designs that they come up with at the end of the Winning HEARTS project, on 28 April.

An earlier visit to HWA triggered the creation and implementation of this innovation by the students. They learnt through interaction with HWA members and understood the needs of people with disabilities better.

Selected pupils went on their 2nd visit to HWA to gather more information from the members and site information.

HWA members were invited to Canberra Secondary for a presentation of the innovations and designs done by the students as a result of this project. We were amazed with the products that students designed with our HWA members in mind.....

Canberra Secondary Students Visit HWA



HWA Visits Canberra Secondary School



Food Pyramid done by students



Members at exhibition area



Students bring members on a tour of school



Member trying out chopsticks invention



Mr Lee tries out student's invention



Principal of Canberra Sec presents photo montage by students

Students Pen Their Thoughts.....

TECHNICAL STUDENTS:

Title: Bread Spreader

By Lim Yan Rong, Elijah Lim and Tan Chai Boon

After the visit to HWA, I felt very touched and it changed my thinking. In the past, I used to be very selfish, but after this project, I have learnt to put others before self and to put myself in others people's shoes. I have learnt to be sensitive to the needs of others. – yan rong.



Title: Vertical Pallet

By Low Shi Quan Justin (left), Owis Ahmed Patel (right) and Brian Sim Bao Kang (not in picture)

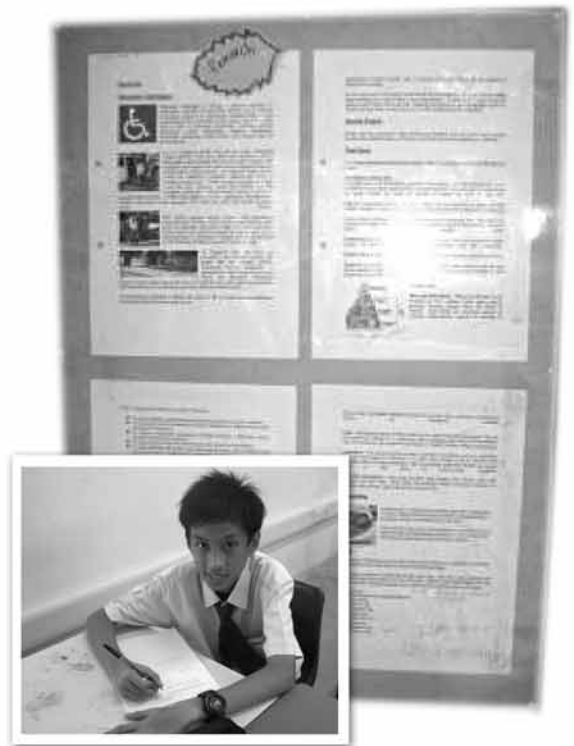
I have learnt a lot from the HWA, from the early planning stage to design development and finally making the actual product. Most importantly, I have benefited by working as a team to get the thing done – Justine.



FOOD & NUTRITION STUDENT:

By Cabantog Ron Michael Untalan - Sec 3N2

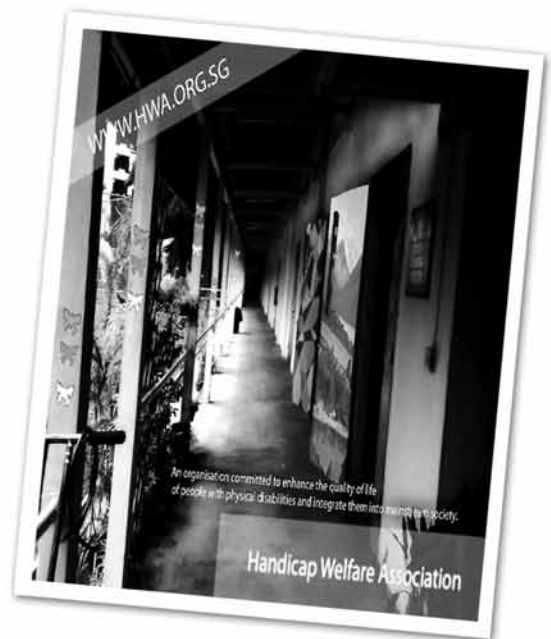
Handicaps Welfare Association (HWA) is a very dedicated association for the physically challenged people. Being a foreigner, I am glad that the government has initiated an association like this in Singapore. I was surprised that HWA was actually kind enough to allow students like me to visit them. During our first visit to HWA, I was unsure about how I should feel or react. I did not know what to expect from the trip. When we reached HWA, I was pleasantly surprised that the clients are friendly. I had the chance to interact with my newly found friends; not because of the coursework that I need to complete..I wanted to find out more about HWA and its clients. Unexpectedly; we were given the warmest welcome. I feel sad because of my friends' physical status..though, I could feel that their disability is not a limitation for them to live a happy life. I had lots of fun interviewing them. This project is definitely a great experience. Non-classroom based activities like this is very beneficial for us. Now, I have deeply realized how lucky I am and never take things for granted. This project has certainly made me value all the things that I have.



ART STUDENTS:

By Sherman Fu - Sec N1

This picture is designed this way to show the lives and talent of people in HWA. The corridor of HWA, which is designed in black and white, shows the simple life led by the physically disabled. Showing the talent they have, the only thing that have colours in the picture are the paintings and works done by them which are blended into the doors and walls. The purpose of blending the paintings into the doors and walls are to fill up the old walls and empty spaces to show their effort and connections in doing the paintings. The objectives are also shown in the picture to inform the public about the purpose of forming HWA.



By Syahmi - Sec 3N1

I took the pictures of the man that inspired me. The look of his face opens my heart. Even though he is on wheelchair, he always carries a smile on his face. The smile that tells people nothing is impossible for him to do. In my edited picture, I make small pieces from each part of his pictures, indicating that although he is a disabled person, he can do anything if he does it whole heartedly. When I look at my finished picture, I know that he still has a life to go on. I admire his passion to carry on with his life and never give up. In fact, everyone should admire his passion. I believe everyone has a future and they will make their own future and not rely on faith or destiny.

Read! Singapore Campaign

Book lovers can now belt up and embark on a reading journey. The 4th run of the Read! Singapore Campaign, a nationwide reading initiative which aims to promote a culture of reading among Singaporeans, returns.

The campaign got off to a flying start on 21 May 2008, at Meritus Mandarin Hotel. Riding on Silkair's sponsorship, the National Library Board (NLB) came up with an interesting launch idea. Guests who attended the launch were handed out a boarding pass, and were guided to their allocated seats before Guest-Of-Honour Dr Vivian Balakhrisan officially launched the campaign.

The theme for this year "Home and Away", clearly suggests that a sense of belonging in Singaporeans, no matter where they are, can be cultivated through reading.

In line with the theme, NLB and the respective sub-committees have selected eight novels and eight short stories in the four official languages, written by well-known local and international authors. Each of the short stories has been translated into three languages and compiled into four anthologies to encourage Singaporeans to read across cultures and communities.

Inaugural Audio Book

For the first time, the compilations of short stories are produced into audio books to serve Singaporeans who might otherwise be unable to enjoy reading due to illiteracy, age or a handicap.

The audio books feature forewords by Prime Minister Lee Hsien Loong for the English and Chinese versions; Dr Yaacob Ibrahim, Minister for the Environment and Water Resources, for the Malay version and Mr S Iswaran, Senior



Boarding pass



Dr Vivian Balakrishnan presents audio book to Mr Leslie Teo

Minister of State, Ministry of Trade and Industry, for the Tamil version. The short stories are read by radio personalities such as popular presenter of 938LIVE, Michelle Martin, and veteran presenter, Ms Liang Peng from 95.8FM Capital Radio.

The 3,000 copies of audio books in four languages are distributed free to mainly welfare organisations. Handicaps Welfare Association is very glad to be one of the recipients of the audio book.



Short Stories book and Audio book

Members who are keen to grab a copy of the audio book may do so by writing in to Digest, stating why YOU should be the first to get the audio book. Please email to pamela.chew@hwa.org.sg. Please also state which language (English, Chinese, Malay or Tamil) you would prefer your audio book in. In your email subject heading, please indicate "I want an audio book!"

The most interesting answer in the 4 different languages will be first to receive a copy of the audio book for loan, for a period of one month. Start writing in now!

READ! Singapore 2008 will last from May 21 till August 31. During this 14-week period, Singaporeans can look forward to a series of exciting reading activities happening at various locations around Singapore.

Project Deliver Me

Enriching the Community, Enhancing Lives

By The National Library Board

What is Project Deliver Me?

In a nutshell, Project Deliver Me is a special delivery service that engages the National Library Board's community of volunteers in the selection and delivery of library materials to the doorsteps of our physically-challenged library members.

What Are My Borrowing Privileges Under This Service?

Our members in Project Deliver Me are entitled to a ten-week loan period, with a total number of eight (8) library items, including a maximum of four (4) audio-visual materials*. This means that our members can choose a mix of materials according to the combination they prefer out of the loan quota of 8 library items.

For example:

Option 1: Borrow 8 books, no audio-visual items
= 8 library items

Option 2: Borrow 4 books + 4 audio-visual items
= 8 library items

"Audio-visual (AV) materials" refers to Audiobooks, DVDs, VCDs, and CD-ROMs

What Is The Frequency Of The Deliveries?

We will deliver the library items to our members on six (6) pre-determined official dates in one year, with a choice of an alternative date for each delivery day. This is to cater to the convenience of our members, should they be unable to be present for the main delivery date.

What Do I Need To Do To Register For Project Deliver Me?

Simply obtain the registration and reader preference's forms from HWA's reception area, fill them up and pass them to Ms Pamela Chew. She can be contacted at **6254 3006**.

New Face on the Block



Let's welcome 2 new staff, Mr Jason Rodrigo, who is managing our volunteers and sports programmes and Mr Idham Othman, who is part of the fund-raising team.



"It is truly inspiring to see the physically challenged staff develop new techniques to carry out their daily activities which able bodied persons take for granted."

Name

Jason Rodrigo

Designation

Programme Executive

Date of joining HWA

26 May 2008

Background

Worked in Social Services for 15 years with clients ranging from ex-drug addicts, prisoners, high-risk youths, youths under Police Guidance Programme. He was also managing volunteers from both secular and religious groups.

Personal goal

To win the Best Volunteer Management Award for HWA.

Likes

Watching movies, running with pet dog.

Favourite food

Burger King's Mushroom Swiss Burger (upsized please)



"I hope to work well with the staff and volunteers in the 'Hard-Working Association' with the same mission and vision for the benefit of the people with disabilities in Singapore."

Name: Idham Othman

Designation: Fund-Raising Executive

Date of joining HWA: 1 Jul 2008

Background

I am a Heartlander, married with 3 young children. I had a good mix of work experience in government, private and social service sectors.

Personal goal

Complete my MBA course by next year and take it from there...

Likes

Working in a VWO where there are many opportunities to help the less fortunate and take on new challenges.....

Favourite food

My wife's rich chocolaty cake "yum yum" and spaghetti

In the News

SUNDAY TIMES

20 JULY 2008

THE NEW PAPER



SAMBA GROOVING: Mr Raymond Lim (front, in blue) and his dance partner in rehearsal. Picture shot with Canon EOS-1D Mark II camera with a Canon 16-35mm EF lens. ST PHOTOS: MUGILAN RAJASEGERAN

A parade for everyone

This year's NDP to celebrate inclusion; features S'poreans from all walks of life

By **SUMATHI V. SELVARETNAM**

MR RAYMOND Lim whirls his partner across the dance floor, shimmying to the infectious beat of the samba. He executes a graceful turn and then beams at his partner.

The only difference between him and other ballroom aficionados - he is in a wheelchair.

He and 20 other wheelchair dancers are among the groups performing at this year's National Day Parade (NDP) on Aug 9.

The parade this year seeks to celebrate performers of every stripe and colour - the disabled, the elderly and foreigners included.

Mr Lim and the members of the D'Passion Wheelchair Dance Group have been rehearsing twice a week at Kampong Ubi Community Club for three months.

"Always go to your 'parking lot'" barks instructor William Tok at those out of position, and the errant ones wheel back in line sheepishly.

It is less than two months to showtime, and the sessions are intense.

Mr Tok said, despite their handicaps, performers can still show off dance flourishes through upper body movements. The moves are customised to suit the performers' different handicaps.



POWERING IT UP: Jack Sim (left) and Lau Ee Wun, both hearing-impaired members of the Touch Silent Club, will perform a dance on Powersisers, which are spring-loaded stilts. Picture shot with Canon EOS-1D Mark II camera with a Canon 16-35mm EF lens.

Mr Lim, a 59-year-old assistant manager in a freight forwarding company, who had polio when he was a baby, has been dancing with the group for three years now.

He said dancing helps him relax after a week of work. The other bonus, he added with a grin: "I get to hold a girl's hand!"

For the group, participating in the parade has brought them 20 new wheelchairs, courtesy of a \$60,000 sponsorship by Sembcorp.

Group co-founder Amy Leng said that during rehearsals, the dancers have made do by sharing six wheelchairs. The 20 new ones - special lightweight sport models that are smoother and more responsive - arrive next week.

Another group of performers are the hearing-impaired from the Touch Silent Club, who will do a dance on spring-loaded stilts.

When strapped on, the devices, known as Powersisers, enable them to hop, skip and jump.

Balancing on them is an art in itself, or so 16-year-old Jack Sim discovered. It took three training sessions before he could even walk on them.

The group has been rehearsing with an interpreter, who uses sign language.

Colonel Tay Boon Kai, NDP show committee chairman, said of the performers: "Despite their disabilities or age, they are still determined to put up a good show. It's the true Singapore spirit on display."

NDP Countdown
7
weeks
Capturing the Singapore Spirit with Canon
EOS 40D Digital SLR
CANON

Other performers roped into the parade include people at both ends of the age spectrum.

The oldest is 76-year-old retiree Tang Sim Peng, who will perform with members of the Country Line Dance Association.

He said of the experience: "If I don't grab this opportunity now, who knows whether another will come along?"

The baby of this year's parade, nine-year-old Anirudh Ganesh from Tanjong Katong Primary School, has also been hard at work practising his turn. He has even been singing in front of his mirror for his song-and-dance performance with other pupils of his school.

In line with the push for inclusiveness, the parade organisers have gone out of their way to accommodate spectators with disabilities. A special area has been set aside for wheelchair-bound ticket holders.

sumathis@sph.com.sg

A little help goes a



◆ A wheelchair-bound tourist from Thailand at Orchard MRT station. The machine, which is a developer of ION Orchard. As there is no wheelchair users.

SPECIAL ATHLETE

Sports help after 'Superman curse'



Mr Stanley Lim, 31, overcame his depression through sports and mouth painting. He lost the use of 85 per cent of his body after a motorcycle crash.

A Superman fan since childhood, Mr Stanley Lim, 31, had the Man of Steel's ubiquitous logo tattooed at the base of his neck when he was 26.

What he never expected was that the "Superman curse", as he calls it, would befall him. The late Christopher Reeve, who played the superhero in a series of films, was confined to a wheelchair after a horse-riding accident.

Mr Lim vaguely recalled being hit by a car while on his motorcycle on Oct 29, 2005. Until today, he has no clear memory of the accident.

Waking up in hospital, he was told that he was about 85 per cent paralysed.

"I remembered thinking it was okay if I wasn't able to walk as long as I had some finger movement," he said.

But he had lost all bodily control except the ability to move his head and arms. He was devastated and became depressed.

However, a year later, he took up swimming and hand-cycling, which a friend in his spinal support group had introduced to him.

Thanks to these activities, he feels stronger and has better

balance now. He does not fall off his seat as easily as before.

More importantly, sports have given him a shelter to find reprieve from depression.

"I needed to get out of the house because the more I stayed at home, the more the depression set in," he said.

Another activity that keeps him occupied is mouth painting. He took it up a month ago and has since completed two landscapes.

Although he has found new interests, he misses his independence.

"I have to depend on people for every little thing now. I can't even hold hands with my girlfriend and walk along the beach like normal couples do," he lamented.

His other grievance is that he is unable to move out of his Yishun flat into his new flat in Sengkang. He had applied for the flat with his

girlfriend of six years under the fiance/fiancee scheme.

But after his accident, his girlfriend's mother did not allow her to marry him and he is now unable to keep the flat as he is under 35 years old.

"I've written two appeal letters to the HDB, but it has rejected both of them," he said.

He also bemoans the lack of public civility towards the disabled.

At MRT stations and in public lifts, people simply rush in ahead of him.

He also gets stares that range from the curious to plain disrespectful. Said Mr Lim: "Sometimes, people take a long look at me from head to toe.

"It's okay to have a glance, but when they stare too long, I'll say 'Kua si mi?', (Hokkien for 'What are you looking at?') and tell them off."

运动击败“超人诅咒”

作为一个“超人”迷，31岁的Stanley Lim在他26岁的时候在后颈处纹了一个“Man of Steel”的刺青。但是，他从没有想到有一天所谓的“超人诅咒”会降临到他的身上。Christopher Reeve，曾在一系列影片中扮演这位超级英雄的著名演员在经历一次坠马事故后，不得不终身以轮椅代步。

关于那场发生在2005年10月29日的车祸，Lim只是模糊地记得他当时正骑着摩托车在路上行驶突然被一辆汽车撞倒。除此之外他已经想不起任何车祸发生时的细节了。

当他在医院里终于苏醒过来的时候，医生沉重地告知他身体的85%已陷入瘫痪状态。Lim说：“我还记得当时对自己说，不可以走路没有关系，至少我还有手指还可以活动。”

但是事实上，除了头部和手臂，他已经丧失全部身体功能的控制力。这种毁灭性的打击令他日渐消沉。

然而一年后，在他的一位脊柱支持小组的朋友介绍下，Lim参加了游泳和hand-cycling的体育活动。通过参与这些活动项目，Lim感觉自己比以往强壮了很多，平衡力也有所提高。而且他不再像从前那样常常跌倒。更加重要的是，运动为他注入了活力，让他从沮丧的情绪中渐渐地释放出来。“我要从家里走出去，越长时间呆在房间里，不得就会积累越多的沮丧情绪，”他说。

另外一种令Lim生活充实的活动就是用口做画。他在一个月前开始涉猎这项活动并已经完成了两幅风景画。

尽管他找到了这些新的兴趣，但Lim还是很怀念他车祸之前的日子。“现在任何一件小事情我都要依赖于他人。我甚至无法像那些普通情侣一样与我的女友牵着手在海边漫步，”他悲伤地说。

他的另一个遗憾就是他无法从现在义顺的旧组屋搬去他在盛港申请的新组屋。那是他与交往六年的女友贷款共同申请的。但是在他发生车祸后，女友的母亲不同意他们的婚事。而Lim又不满35岁，不被允许独立保有这个组屋。

“我曾经向建屋局发出了两份求助信，但都被拒绝了，”他说。

同时他也感叹国民对残疾人士的欠缺礼貌。在搭乘地铁站里或其它共用电梯时，人们常常无所顾忌地冲到他的前边，涌入电梯，而他却不得不留在外边等待下一趟电梯的到来。

他也时常被人们用不同的眼光打量，有些是好奇，有些只是单纯的无礼。Lim说：“有时人们会从头到脚很长时间的盯着我看。如果只是匆匆的一瞥无所谓，要是他们盯住我很久，我就会说‘卦系米’（福建话‘看什么？’）然后让他们走开。”



25 JUNE 2008

ong way



Picture: LIANHE ZAORAI

and gets help from a 'stair climbing device' as he makes his way out of the station. The device can go up or down the staircase, was brought in from Japan by the direct lift from the station at present, this device was brought in to help

SPECIAL ATHLETE Sports help after 'Superman curse'

A Superman fan since childhood, Mr Stanley Lim, 31, had the Man of Steel's ubiquitous logo tattooed at the base of his neck when he was 26. What he never expected was that the "Superman curse", as he calls it, would befall him. The late Christopher Reeve, who played the superhero in a series of films, was confined to a wheelchair after a horse-riding accident.

Mr Stanley Lim, 31, overcame his depression through sports and mouth painting. He lost the use of 85 per cent of his body after a motorcycle crash. balance now. He does not fall off his seat as easily as before. More importantly, sports have given him a shelter to find reprieve from depression. "I needed to get out of the house because the more I stayed at home, the more the depression set in," he said.

A Nation In Concert Returns!

by Jerry Siah, Producer (Honorary)

Brief History

The idea for A Nation In Concert (ANIC) came when we wanted to organise a competition for our disabled volunteers to submit lyrics or poems, and match them with composers. It did not work out. So I thought, why not empower them? If they can dance, let them dance; If they can sing, let them sing – let them show any talent they have. With this, ANIC was born!

ANIC first performed on 13 August 2005 with 2 shows in the grand concert hall of the Esplanade. Backed by popular demands, it re-staged 2 shows on 9 September 2006 at the same venue. A total of about 4,500 people watched the shows over the 2 years. We channeled about \$240,000 to all participating charities through our works over the past few years.

Vision and Missions

The production is organised and performed entirely by volunteers. Over a hundred volunteers, mainly with disabilities, perform alongside professional theatre practitioners in a grand musical production to fulfill our vision of providing an inclusive platform for all people to showcase their talents and abilities, embrace diversity, celebrate lives and foster the spirit of sharing and giving.

Our missions are of empowerment, education and enrichment.

Pre-show Events

In planning for the show this year, we have a series of pre-show events line-up in fulfilling our vision and missions. Working with Ocean Ambassador Dive Centre, four ANIC performers, who are clients of the participating charities, participated in the PADI Certified Open Water Diving Training Programme in July.

In August, in conjunction with the launch of ANIC ticket sales, we are launching four ANIC commemorative t-shirts in partnership with Woonderland and Actually, a fashion retailer in Wheelock Place and Seah Street respectively. The commemorative t-shirts are designed by four renowned designers: Wai Teik

A Nation In Concert 2008

A celebration of life, diversity and empowerment

Victoria Theatre

11 Oct, Sat 7:30pm

12 Oct, Sun 3pm & 7:30pm



After 2 successful runs in 2005 and 2006, ANIC returns in 2008 with a brand-new show penned by Desmond Sim and directed by Jonathan Lim.

In the tale of three headstrong sea creatures who are stigmatized as footers that no sea creature with fins would want them to be near, Priscilla the Prawn (Chermaine Ang), Cornelius the Crab (Pierre Goh), and Shelby the Sea Snail (Darius Tan) show how they struggle to be accepted in the sea society. They have been offered a job by Madam Mantha (Timothy Nga) as performers in the club. But the conflict rolls up when Petula Pufferfish (Tony Quek) revokes them the job.

Watch the drama unfolds as over a hundred differently-abled volunteers perform alongside volunteer-theatre artistes in this joyful and yet, heartfelt musical-concert inspired by a true story.

Net proceeds will be channeled to all participating charities — SADeaf, HWA, APSN & SAVH.

An exuberant, visually exciting, must-see for all ages!



I'm totally bowled over
very heartwarming!
- Fistri

Buy your tickets early to
enjoy promotional offers at
various retail and F&B outlets

Tickets available at SISTIC outlets from 11 Aug 08,
Hotline 63485555, or www.sistic.com.sg

www.anationinconcert.com

(photographer), Justin Lee (artist), Bjorn Yeo (graphics) and Ee Shuan (illustrator). Through their works, each of them will communicate the thought on ANIC of our four celebrity ANIC performers: Timothy Go, Karen Tan, Timothy Nga and Chermaine Ang.

A Brand New Show

ANIC returns on 11 & 12 Oct 2008 at the Victoria Theatre with a brand new show, inspired by a true story, penned by Desmond Sim and directed by Jonathan Lim. Our 12 professional volunteer cast consist of Chermaine Ang, Darius Tan, Pierre Goh, Karen Tan, Tony Quek, Timothy Nga, Timothy Go, Scott Lei, Ben Xiao, Christina Sergeant, Terence Tay and Hatta Said.

Over a hundred volunteer performers come from the Singapore Association for the Deaf, the Handicaps Welfare Association, the Singapore Association of the Visually Handicapped and the Association for Persons with Special Needs.

Tickets, with early bird promotions, are available at all SISTIC outlets, hotline **63485555**, or www.sistic.com.sg

Supporters of HWA enjoy 5% discount by stating 'HWA' at the point of purchase.

For more show information, go to www.anationinconcert.com.

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

Following the announcement by HWA's President Ms Nancy Chia at our recent AGM on 21 June 2008 on the introduction of the Handicaps Welfare Association – Micro Finance Assistance Scheme (HWA-MFAS), we are pleased to provide you with more information.

This scheme is made possible by the kind donation of Chen Su Lan Trust which has given HWA \$100,000 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.

Some examples of micro businesses may include, but not limited to, operating food stalls/wagons, catering services, second-hand bookshops, small cafes, barber shops, small provision/clothing/shoe repair shops, etc as well as home-based businesses such as cake baking, sewing and alteration services.

This HWA-MFAS is an excellent opportunity for members who have the capabilities, skill sets and confidence to operate small businesses but do not have the financial means nor the credit standing to borrow from commercial lenders to set up businesses.

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.

If you are interested in this scheme, please download the application form from our website (www.hwa.org.sg), complete it and email to leslie.teo@hwa.org.sg. If your application is short listed, you will be asked to attend an interview.





Help Us.

To Uplift the Lives of People with Disabilities

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.**

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

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() \$1500.00 Inside Centre Fold Full Page

() \$1000.00 Full page

() \$500.00 Half page

() \$300.00 Quarter page

Full Colour

() \$3000.00 Outside back Cover

() \$2500.00 Inside Front Cover

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() \$2000.00 Inside Centre Fold Full Page

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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
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1. The advertiser will keep HWA indemnified against all claims, actions, suits, demands, losses, costs and expenses in respect of the printed matter.
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3. The advertiser shall pay by crossed cheque payable to Handicaps Welfare Association within 30 days upon confirmation of the secured advertisement space.

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Acknowledgements

Our thanks and appreciation to the following generous donors:

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MR ALBERT NG
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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.