

PARENT ORGANISATION • **Leong Hwa Monastery** - 67 Shrewsbury Road S307834 Tel: 6253 3532 Fax: 6251 7797 • **CORPORATE OFFICE** • **Viriya Community Services** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 **CENTRES** • **Children's Club @ My Centre** - Blk 52 Kent Road #01-23 Singapore 210052 Tel: 6299 4356 Fax: 62934321 • **Dreams @ Kolam Ayer** - Blk 47 Bendemeer Road #01-1479 S330047 Tel: 6341 7943 Fax: 6341 7942 • **Lights of Hope Centre** - 72 Shrewsbury Road S307837 Tel: 6256 1311 Fax: 6251 7797 • **LHCST-NKF Dialysis Centre** - Blk 113 Teck Whye Lane S680113 • **My Centre @ Moulmein** - 52 Kent Road #01-16 S210052 Tel: 6293 4339 Fax: 6293 4321 • **Whispering Hearts Family Service Centre** - Blk 646 Jurong West St 61 #01-142 S640646 Tel: 6795 1008 Fax:6795 8970 • **Whispering Hearts Infant and Child Care Centre** - Blk 688 Jurong West Central 1 #01-237 S 640688 Tel: 6792 2321 Fax : 6791 3231 • **Whispering Hearts Student Care Centre** - Blk 617 Jurong West St 65 #01-488 S640617 Tel: 6795 8967 Fax: 6795 9423

NOV 2009 IMICA(P) 009/11/2009

# caring @ & sharing



A Newsletter by Leong Hwa Monastery and Viriya Community Services



*Loving is Giving*

[www.viriya.org.sg](http://www.viriya.org.sg)





## Letter From VCS Executive Director

Love is an essential component in the social service sector. In our work, we often face people who require assistance to survive or simply those who just need a listening ear to feel better. As professionals in this sector, we apply theories and intervention techniques to improve and create positive changes in the lives of others. However, it takes more than a certificate or licence to be an effective helper. We need to possess altruistic love to serve and contribute to the welfare of those we serve.

With the economic turmoil bottoming out and things looking up, it is time to reflect and give thanks. I thank the organisation for sticking true to its mission to care with compassion and concern, my dearest colleagues for braving the difficult times to serve our clients, and more importantly, our volunteers who have come forward unconditionally to help. We are all gratified, not by the paycheck that comes in at the end of the month, nor by the recognition of a job well done, but by the delight of making someone happy.

Viriya Community Services continues to strive to bring joy and enhance the quality of life of those in need and to care for them with compassion and concern!

## 进觉福利协会执行董事的来信

爱心是慈善事业的基本。每天，我们都要面对不同的来访者，他们有些是为生存而来，有些只是希望找一个聆听的耳朵来倾听他们的不快。作为慈善事业的专业人士，我们用我们的专业知识和技巧来帮助他们提高及改善目前的状况。然而，成为一个有效的助人者比拿一份证书或执照要难得多。这要求我们要为慈善事业献出无私的爱和完全的奉献。

目前世界范围的经济危机正从低谷慢慢走出来，也正是我们反省和感恩的时候。感谢进觉，无论在何时都能坚持自己的理念—关心和关怀社会上有需要的家庭及个人；感谢我亲爱的同事，能勇敢地面对困境，积极的帮助有需要的家庭和个人；我还要特别的感谢我们的义工们，感谢你们无私的奉献。我们都要感恩，不是为每个月底的薪水，也不是为别人对自己工作的认可，而是为能让别人开心而感恩。

进觉福利协会将继续通过为有需要的家庭及个人提供关怀及援助，带给他们欢乐及生活素质的提高

Evelyn Lai (Ms)  
Executive Director  
Viriya Community Services

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# National Service Resort Country Club Charity Golf 2009

National Service Resort Country Club (NSRCC) Charity Golf is an annual fundraising event that aims at contributing to the less fortunate members of our community by involving hundreds of golfers and sponsors over a two-day golf challenge. The amount raised from the challenge will be donated to a few selected organisations.

This is the 14th year NSRCC is organising the event and a total of \$500,000 has been raised for four beneficiary organisations. Viriya Community Services is grateful to be among one of the chosen four and is presented with a donation of \$220,000 in all. Ms. Ng Mui Siang, Honorary Treasurer of Viriya Community Services received the cheque from Mr. Teo Chee Hean, Deputy Prime Minister and Minister for Defence over a dinner on the 17 May 2009. The donation will be instrumental in supporting the various community projects provided by Viriya Community Services.

National Service Resort Country Club (NSRCC) Charity Golf是一个一年一度的慈善筹款活动，他的目标是通过有几百名高尔夫球爱好者参加的两天的比赛筹款来帮助社会上有需要的家庭和个人。他们筹得的款项将被捐赠给几个选定的福利机构。今年是第十四届筹款活动，共筹得5百万元善款。进觉福利协会有幸成为四个受益的福利机构之一。在2009年5月17日闭幕式晚宴上，我们的财务总监黄美香女士荣幸从副总理兼国防部长张志贤先生手中接过捐款。这笔款项将被合理的用于进觉福利协会属下的各项福利项目。

Andy Lam  
Counsellor  
Dreams @ Kolam Ayer



Ms. Ng Mui Siang (second from right) receiving the joint cheque from Mr. Teo Chee Hean.



Helping to improve others lives and transforming communities is a major part of the philanthropic vision for Applied Materials Southeast Asia (AMSEA) and its parent company, Applied Materials, Inc. headquartered in Santa Clara, California, U.S.A. We seek to live our company's core value of making a positive social contribution to communities where our employees live and work. Our Community Relations Committee (CRC) with about 10 members led by Jacqueline Koh, seeks NGO's where Applied employees can be involved in helping others.

For the second year, Applied Materials employees have partnered with Viriya-KK Children's Hospital to create a homecare gathering for the chronically ill children and their families. In June 2009, we helped to create positive memories and a support system for other families by using Tampines Changkat Community Club Hall as a festive location for the children and their families.

"We are proud of the community service work that our employees performed around the world, especially in Singapore, said Mark Walker, Managing Director, global community affairs for Applied Materials, Inc. Our AMSEA team understands the critical link to build strong

communities by supporting projects for the elderly, young children and environmental education opportunities for secondary school children."

"Singapore is an important location for our business, therefore we want our employees to be involved in the community and help to improve the quality of life for all of us", said Russell Tham, Region President for AMSEA.

Applied Materials focuses its global philanthropic investments in 4 priority funding areas, K-12 Education, Civic Development (basic human needs and community quality of life), Environment, and Arts & Culture. About 50% of its annual investment supports improving educational opportunities for children around the world. In Singapore, Applied Materials supports Marsiling Secondary School's Environmental Education Excellence Hub by helping create a hands-on learning center and curriculum to reinforce basic energy and environmental resources issues.

Singapore CSR Project

By Mark Walker, Managing Director, Global Community Affairs, Applied Materials, Inc.



## Applied Materials Southeast Asia

Applied Materials Southeast Asia (AMSEA)及在美国的总公司的宗旨是帮助他人，贡献于社会，贡献于这个我们生活及工作的地方。为此，我们特别设立了由10名成员组成了社区服务小组，在组长Jacqueline Koh的带领下积极参与社区活动，帮助有需要个人及家庭。

今年6月是我们第二次与进觉福利协会合作，为进觉-竹脚妇女儿童医院居家护理计划下的慢性病儿童及他们的家人举办联欢会。在淡滨尼的社区俱乐部举办的联欢会给孩子们及他们的家人带去了难忘的一天，也让他们感受到了社会的支持。

“我们为我们在世界各地的员工及他们为社会福利事业做出的贡献而感到骄傲”。Mark Walker公司的执行董事说。“我们清楚的知道，要想社会稳定我们必须照顾好乐龄人士，孩子并为中学生提供各种教育的环境及机会”。

“新加坡是我们公司的一个生意重地，所以我们鼓励我们的员工参与福利活动以提高我们所有人的生活质量”。Russell Tham AMSEA地区总裁提到。

Applied Materials在全球的爱心投资主要在4个方面，K-12教育，公民发展（基本生活需要，社会生活素质），环境，艺术和文化。50%的爱心投资被用于为世界上更多孩子提供受教育的机会。

Singapore CSR Project

By Mark Walker, Managing Director, Global Community Affairs, Applied Materials, Inc.





## Love for the Community - Aloha

On the 26th June 09, Applied Materials (AM) South East Asia Pte Ltd, together with staff of Viriya Community Services, had put together a fun-filled, exciting and sumptuous gathering for the children and families of Viriya-KK Hospital HomeCare Programme. It was the "Family Day" for our beneficiaries and their family with the theme "Aloha! Nui Loa"! Various activities were organized to engage the children and their families.

In line with Applied Materials' message of recycling, the venue was decorated with beautiful flowers which were made from recycled materials. Save the earth messages were also put up to emphasize the importance of embracing a green culture. This message was strongly supported by AM.

The families also joined in the fun by dressing up in Hawaiian costumes to suit the theme. Flowery dresses, garlands and Hawaiian hats were worn. Families who are best dressed walked away with wonderful prizes generously donated by Applied Materials.

In times of financial uncertainties, it is very heart-warming to know that people and corporate are still generous in their support and donations to Viriya and the beneficiaries. We would like to thank Applied Materials South East Asia Pte Ltd for their effort and their donations!

Chong Kah Phoon, Edmund  
Programme Executive  
My Centre @ Moulmein

## 让社会充满爱- ALOHA

2009年6月26日，运用材料东南亚私人有限公司与进觉福利协会为在进觉-竹脚儿童医院居家护理计划下的儿童及他们的家人举办了一个精彩而难忘的聚会。主题为“Aloha! Nui Loa”聚会处处洋溢着温馨的气氛，对于这些受益儿童及他们的家人来说就像一个家庭聚会。

为了呼运用材料东南亚私人有限公司“保护环境，拯救地球”的信息，整个聚会现场的装饰全都采用了环保材料。现场的布置也传达了拯救地球的关键在于建立绿色世界的信息。

为了配合主题并让聚会更有趣，许多到会者都用夏威夷的传统服饰来装扮自己。其中，有一个全家都穿着花衣服，戴着花环及夏威夷帽的家庭，因全家人整齐而有创意的服饰领走了由运用材料东南亚私人有限公司捐助的奖品。

在目前这个经济不景气，前途不明朗的时候，运用材料东南亚私人有限公司还能伸出援助的手来帮助这些又需要的家庭和孩子们。在此我们想特别的向你们表示感谢。谢谢你们！谢谢你们付出的努力，也谢谢你们慷慨的资助！



Beneficiary and Family all dressed Up!



Applied Materials and VCS



# Love Goes Around - A Singapore Benefit for Children and Elderly

On the 16th May 2009, a group of compassionate volunteers got together to organise "Love Goes Around" project, a charity event at the Singapore Flyer targeting at disadvantaged children and elderly from five Voluntary Welfare Organisations.

According to the group, the aim of the project is to raise fund to benefit the 5 beneficiaries and most importantly, that all participants could experience a day of fun, joy, love and laughter.

For the very first time at the Singapore Flyer, 40 children and youth from Whispering Hearts Family Service Centre who are mainly from low income families, saw the breathtaking view of Singapore and could hardly control their excitement!

The fun-filled charity event also includes entertainment such as magic show, traditional Japanese drum performance, art & craft activities, games, large inflatable castle, balloons, delicious lunch packs, popcorns, cotton candy etc.

This event was a great success! The time and effort invested by the volunteers from planning to delivery was commendable. The success of the event was also made possible by the generous contributions from major sponsors namely, "Pico Art International Pte Ltd" and "Want Want Food Pte Ltd".

Whispering Hearts Family Service Centre would like to take this special opportunity to say a "Big thank you!" to all volunteers and major sponsors in benefiting our beneficiaries and giving them a loving memory to bring home with.

Written by:  
Matthew Lim  
Volunteer Management IC  
Whispering Hearts Family Service Centre

Special Thanks to:

- Major sponsors for "Love Goes Around" project
- Pico Art International Pte Ltd
  - Want Want Food Pte Ltd

- Participating Voluntary Welfare Organisations
- Whispering Hearts Family Service Centre
  - Serangoon Moral Family Service Centre
  - Thye Hua Kwan Moral Society
  - Jamiyah Children's Home (Darul Ma'wa)
  - Lions Befrienders Singapore

- Participating Volunteers
- Leadership 82 (Give Love & Create A Loving World) Fundraising team of "Love Goes Around" project
  - Donations to Whispering Hearts FSC - Miss Angel Lim's family and friends
  - Everyone who has contributed to the success of "Love Goes Around" project





## Love For Reading - Reading Competition

The long awaited mystery was solved not by Sherlock Holmes but by the enthusiastic participants from The Great Candy Mystery. A total of 735 sweets were counted on 09 September at a mini party held at Children club.

We congratulate Deborah Ong, who made the closest guess of 699 sweets. Her "sweetest" reward? It was the whole jar of sweets. Other prizes were also presented to the top 3 readers. Rizwana, who read a total of 19 books, came in 1st, followed by Li Yu and Eunice. These avid readers are good role models for us to emulate.

The Great Candy Mystery promotes active reading by giving the participants a chance to guess the number of sweets in the jar upon

completing the book review. More than 90 book reviews had been received since the programme started in June. A parent had feedback that this programme is a creative way to motivate the children to read more.

Through this programme, we are encouraged to see more children inculcating habits of reading. We also hope through reading they find joy, gain knowledge and boost their linguistic skills.

Lastly, a quote for all children by Louisa May Alcott "Good books, like good friends, are few and chosen; the more select, the more enjoyable".

By Chua Shan Shan





## Love For Nature - Tree-top Walk



We can't wait to start!

The recent survey shows that there is an increase of youths who refer to hide themselves indoor with the internet than to spend their time outdoor. Therefore, to encourage youths to be more in touch with our Mother Nature, DREAMS@Kolam Ayer organized a trip to the tree-top walk on a Saturday afternoon.

25 youths from DREAMS@Kolam Ayer, along with staff and volunteers, had an enjoyable time for a walk close to the nature at the MacRitchie Reservoir . The day started off with a visit to Mr Lim Bo Seng's tomb, a World-War II anti-Japanese resistance fighter who sacrifices himself from the country. Andy, guide of the tour, briefed the youths on his struggles and fights against the Japanese before he was finally tortured to death. The youths were excited as they can finally relate to what they have learned in their Social Studies lessons.

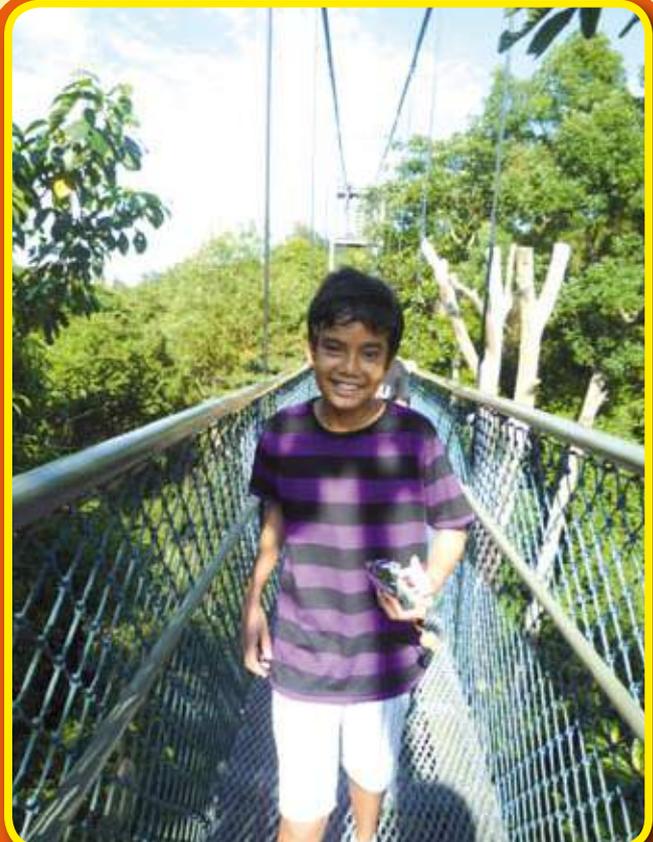
The highlight of the trip was, however, the walk up the tree-top walk. The rocky trail up the bridge was 5km and it took 2 hours for the youths to reach the entrance. The bridge is a 250 meters aerial free standing suspension bridge, spanning Bukit Peirce and Bukit Kalang which are the two highest points in MacRitchie. At its highest point, the bridge is 25m above ground level! It offers a panoramic view of Upper Peirce Reservoir and the surrounding lush rainforest.

Although exhausted, they agreed that it was eye-opening and fun as most of them were there for the first time. It was also a good bonding session for the youths, volunteers and staff of DREAMS@Kolam Ayer.

June Tiong  
Programme Coordinator  
DREAMS@Kolam Ayer



Are we there yet?



Finally!



## Love For The Nature - Farm trip



As in modern age we are away from nature most of the times. We prefer to stay under air-con while the weather is hot. We are under the shelter while it is raining. We prefer to stay indoor while it is cold in the outdoor. So, when do we enjoy the nature? How do we train our children to have love for the nature or take care of nature? Do they really understand what the nature is? How do we enjoy nature?

Recently Whispering Hearts Infant & Childcare Centre puts in an effort to bring children close to the nature while we went to Hydro-ponic farm and visited butterfly lodge. I will not say that was a successful try, but it was a fare try. The reason behind is that some children were afraid to walk through the lodge as they were concerned their clothes or shoes might get dirty.

Some of them were afraid while walking through because they were afraid of the butterflies. Fewer of them were very daring and were trying to catch the butterflies and they touched the butterflies and had a good time.

Many children really admired the beautiful, colourful butterflies and showed great interest in to know about their life cycle of a butterfly. Most of the children were calm and followed everyone during the whole process and gained knowledge as they went.

At last but not the least I would say we were able to achieve our target. I hope all of us put in more efforts to bring children closer to the nature and we definitely can do it with the help of our parents.

Kamaljeet kaur  
Supervisor  
Whispering Hearts Infant & Childcare Centre



How to spread love for the nature among our Youngsters?



## Loving The Poor - Book Making

Being loved and having someone to love is part and parcel of life. We believe that students who understand 'Love' from young will learn to give love more readily. Therefore, we introduced "Understanding Love" to the students where students learned about the different types and aspect of love. In collaboration with SMU, we invited 18 youths to organize a Book-making session with the students on 9th October 2009 in Whispering Hearts Student Care Centre.



The students took turns to use their own imagination and creativity to form sentences which eventually lengthened to a story. In total, they made about 20 books. Each book started with different words of the same alphabet. The books were delivered to the children in Philippines by the 18 SMU youths as they made their trip down to Philippines. The students learned to express their love to the poor and to learn to appreciate and treasure what they have.

To facilitate learning, they will conduct a follow up session in December 2009 to share their experiences in Philippines which includes the children's needs and ways that we can collaborate to assist them further.

Lynn Xu  
Vice Principal  
Whispering Hearts Student Care Centre





# Upcoming Events

**Dreams @ Kolam Ayer**  
**Dreams Children Club – Read & Reap**  
 Every Tuesday 5.00pm to 6.00pm  
 Contact June at 63417943  
 june@viriy.org.sg

**Character First**  
 Every Friday 7.00pm to 8.30pm  
 Contact Patricia at 63417943  
 patricia@viriy.org.sg

**Sharing & Caring**  
 Every 4th Saturday of the month 1.00pm to 3.00pm  
 Contact Patricia at 63417943  
 patricia@viriy.org.sg

**Gardenia Factory Tour**  
 22 December 2009, 2.00pm – 4.00pm  
 Contact June at 63417943  
 june@viriy.org.sg

**CAMP SOLA 2009**  
 4th – 5th December 2009, SAFYC  
 Contact June at 63417943  
 june@viriy.org.sg

**My Centre @ Moulmein**  
**Yoga Class**  
 Every Saturday, 10.00am to 11.00am  
 Venue: My Centre @ Moulmein  
 S\$50/10 lessons (members)  
 S\$60/10 lessons (non-members)

**Swimming Class for Adults**  
 Every Friday, 9.00am to 10.00am  
 Venue: Farrer Park Swimming Complex  
 S\$40/8 lessons (members)  
 S\$45/8 lessons (non-members)

**Aqua Aerobics**  
 Every Tuesday, 9.30am to 10.15am  
 Venue: Farrer Park Swimming Complex  
 S\$50/8 lessons (members)  
 S\$55/8 lessons (non-members)

**Karaoke Session for seniors**  
 Every Thursday, 10.00am to 4.00pm  
 Venue: Lights of Hope Centre  
 S\$3 per entry (whole day)

## Year End Concert

This special event is part of our graduation ceremony for all graduands from 3 Whispering Hearts Centres. All 3 centres will have students performing during the event. The theme for all performances surrounds "Love & Harmony" in conjunction with Singapore promotion of racial harmony.

## Volunteer Appreciation dinner

In appreciation and recognition of all our volunteers' contributions towards Whispering Hearts Family Service Centre, all volunteers are cordially invited to attend the Year End Concert and to enjoy the students' performances!

Details of the graduation concert are as follows:

Date: 4th December, 2009 (Friday)

Venue: The Frontier Community Club  
 (Beside Boon Lay Station)

Time: 6pm to 9.30pm



Viriya Community Services depends greatly upon your contributions to serve the less advantaged in society. If you are keen to support this mission, kindly complete the reply slip below and send it to: Viriya Community Services, 72 Shrewsbury Road S307837. Tel: 6256 1311 or fax it to 6251 7797.

I'm not on your mailing list. Please put me on it.

I would like to volunteer.

Name :

Address :

NRIC/RCB No. :

Contact :

Fax :

Email :

Signature :

I would like to make a donation:

Type of donation:

Personal

Corporate

We are / I am pleased to donate \$ \_\_\_\_\_ to Viriya Community Services.

Cheque / Money / Postal Order No \_\_\_\_\_

Please send me a GIRO form

Donation on line at [www.viriy.org.sg/donate\\_online.html](http://www.viriy.org.sg/donate_online.html)

Date :