

Volunteers

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我们准备好了!
2008年“准备上学咯!”
活动实录

We are All Ready!
- A Journal of "Ready
for School" 2008



晋心尽力千小时
Chin Kang Youth's
Hearty 1000
华助会2012愿景工作坊
Workshop On CDAC
Vision 2012

Money Wise Workshop

Madam Wong Pei Choo...
A Respectful Pillar of Tampines
Student Service Centre

Tree Top Adventure
@ Bedok Reservoir Park

"Madagascar 2"
Movie Preview

招募家庭义务辅导员
FAMILY BEFRIENDERS'
RECRUITMENT DRIVE





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“...如果这还不算是风雨飘摇的日子, 那我就不知道什么才是风雨飘摇的日子。”

— 吴栢栢评论当前的经济形势以及政府决定动用储备金的原因

目前, 世界经济确实处于史无前例的风雨飘摇, 动荡不安之中。更令人不安的, 我们看不到它是否已经见底, 也不知道我们何时才能走出谷底。新加坡推行开放型经济, 肯定无法置身于当前世界性经济危机之外。所以, 我们担忧经济放缓, 甚至是要萎缩; 我们更担忧减薪, 甚至是裁员...

在如此艰困的经济形势和不明朗的前景中, 作为社群自助团体的华助会, 必然会面对更多寻求援助的要求。因此, 它必须有准备, 有能力在最困难、最需要提供援助的时刻, 发挥关键作用。华助会目前的工作重点, 应该是协助低收入家庭在财务上自立, 协助家长们保住工作和保持受聘能力, 以及协助学生们继续在校受教育, 并精益求精, 发挥所长。华助会推行已久的4+3计划基础稳固, 是发挥关键作用、协助低收入家庭、家长和学生的有效机制。

非常时期需要非比寻常的有力措施。因此, 政府动用了储备金, 以拯救我们的经济。华助会也在2008年动用了运作基金所累积的盈余, 并将在2009年再次动用, 以增加运作预算的拨款, 让华助会能更有效地协助更多的家庭、家长和学生。以常年活动“准备上学咯!”为例, 2008年的活动所得拨款, 几乎比2007年的高出一倍; 因此, “准备上学咯!” 2008扩大了活动范围与规模, 提高了协助的力度, 让更多家庭与学生受惠。

在努力不懈地协助低收入家庭渡过难关的当儿, 我们也必须紧记我们的长期使命, 确保它与现实情况脱节。如林瑞生主席所说, 华助会与时俱进: “每年一小变, 三年一中变, 五年一大变”, 并在此基础上规划了2012愿景。愿景的内容已在11月15日的工作坊上公布和讨论, 而推介仪式则在12月20日举行。在2012愿景的引导下, 华助会将在2012年以既成熟, 又充满活力, 与时俱进的姿态, 庆祝20周年纪念。

让我们响应林瑞生主席的呼吁, “束紧腰带, 绑紧鞋带, 互相扶持”, 在风雨飘摇中同舟共济, 共渡难关; 并在实践华助会2012愿景的道路上, 向前迈进!

**"...if this is not a rainy day,
I don't know what is a rainy day."**

– Senior Minister Goh Chok Tong
on current economic situation and
the reason to dip into our reserves

Indeed, the world's economy is in a critical situation, one that is quite unprecedented. More precariously, it has shown no signs of where and when it will bottom out. Singapore's open economy could not be spared from the current global crisis; we fear an economic slow-down or even a contraction, and we fear pay-cuts and even job-cuts...

Amidst such a gloomy economic outlook, CDAC, being a community self-help group, can expect more requests seeking assistance; and must stand ready to lend its helping hand where it matters most. Helping families to be financially independent, helping parents to stay employed or employable, and helping school-going children to remain in school and excel in their studies are the priorities in the current situation. With our comprehensive 4 + 3 programmes firmly in place, CDAC has the foundation, expertise and experience to do just that.

An extraordinary time calls for extraordinary measures. Just as our government will draw from our reserves to relieve and revitalise our economy, CDAC has had to dip into its reserves in 2008, and will do so again in 2009. By doing that, higher operating budgets could be allocated to allow us to do more and reach out to more needy families, parents and students. Take the annual "Ready for School" project, for example. With an allocated budget almost double that of 2007's, "Ready for School" 2008 was able to enlarge the scope and scale of the event, increase the level of assistance, and reach out to more families and students.

While we battle to help needy families to cope with the current crisis, we must not lose sight of our long term mission and relevance in the future. Guided by Chairman Lim Swee Say's principle of "A minor change every year, a moderate change every three years, and a major change every five years" for CDAC to stay relevant, the CDAC Vision 2012 was formulated, articulated in a workshop on 15 Nov, and launched on 20 Dec 2008. With the Vision, CDAC is poised to celebrate her 20th anniversary as a mature organisation, yet one that is rejuvenated and relevant.

Let us all answer to the call of Mr Lim Swee Say to "tighten our belts, tighten our shoelaces and hold our hands together" to weather these extraordinary bad times, as well as to realise CDAC Vision 2012. Cheers!





张心怡

Translated by Chong Han Sy

我们准备好了!

2008年“准备上学咯!”活动实录

五年来，华助会都会在年底为受助的低收入家庭及他们的就学子女举办“准备上学咯!”活动，不同的是，今年是华助会第一次分三个时段、三个地点进行这项活动。由于受到全球金融风暴的影响，向华助会寻求援助的家庭大幅度增加，其中寻求经济援助的学生人数从前一年的4800人增加到7500名，增幅达到56%，而受邀参与这次活动的家庭也多达3500个，因此，华助会总部不足以容纳如此众多的参与者。同时为了让那些居住在新加坡各个角落的家庭，不需要长途跋涉，华助会选择在全岛东、中、西部三个地点分别进行这项活动。

12月20日下午3时到7时，第一场由李显龙总理担任主宾的“准备上学咯!”活动，在华助会@武吉班让展开。受邀的家庭除了见证了华助会@武吉班让的开幕仪式及2012愿景推介仪式，也参与了骨质疏松症检测、游戏项目，并观赏了精彩的现代舞蹈、吉他、太极、气球造型等表演。他们也兴致勃勃地领取了价值100元的上学礼包、价值30元的家庭礼包及享用丰盛的食品、饮料和点心餐盒。

12月21日上午10时到下午3时，在华助会会所举行由人力部副部长戴金勇先生担任主宾的第二场“准备上学咯!”活动。当天丰富多彩的节目包括了为妇女进行子宫颈涂片测试和乳房检查、结肠直肠癌筛查；为学生与家长安排的各种工作坊，如漫画绘画班、陶瓷器

彩绘班、相框彩绘班、贺卡制作班、交通工具模型制作班、甜甜圈装饰班及供亲子一起参与的制作2009年日历工作坊。现场还免费为学生理发，也设游戏摊位、舞台表演、参观新生水族展览馆。其中更以“我们爱大米”95.8 FM城市频道歌唱接力筹米活动所造成的轰动程度，令参与筹备、表演及服务的所有工作人员及义工感动、兴奋不已。在短短几小时内，就为550户家庭筹得了10,900公斤米及1,500公斤盐，当天受邀前来参加活动的家庭，除了满载礼品而归，更深深感受到华助会及社会人士的温情。

12月21日下午1时到5时，在大巴窰OnePeople.sg进行的第三场，也是最后一场活动，由总理公署政务部长王志豪先生担任主宾。受邀的家长及学生热烈地参与了华助会为他们安排的各种工作坊，如圣诞挂物架彩绘班、贺卡制作班、亲子按摩班、杂耍、扯铃、旋转盘子工作坊，学生们也开心地接受免费理发，并在游戏摊位大显身手，赢得不少小礼物。此外，受邀家庭也领取装有购物礼券、食品、交通礼券、书本、鞋子礼券和书包等的礼包，并享用可口的点心和饮料。

两天三场的“准备上学咯!”活动，华助会共发出了将近85万元的礼包给符合条件的学生及他们的家长，创下历来的最高纪录，而换来的正是这些家庭的感激之情!





We are All Ready!

– A Journal of “Ready for School” 2008

The “Ready for School” project is a CDAC signature event, organised annually for the low-income families and their school-going children under various CDAC’s assistance schemes. It has been held at CDAC HQ as a year-end activity in the last five years, and the year 2008 was no exception. However there was a difference! It was a bigger BANG! For the very first time, the “Ready for School” 2008 was held in three different time slots over two days at three different locations!

There was a significant increase in the number of families seeking CDAC’s assistance due to the global financial crisis. The number of students requesting financial assistance had increased from 4,800 a year ago to the current 7,500 – a 56% increase! The number of families invited for the “Ready for School” 2008 had hit a high of 3,500 households – a number that CDAC HQ could not accommodate. With the need of cutting down travelling time for families living in different corners of Singapore in mind, the “Ready for School” event was held at three locations in the eastern, central and western parts of the island.

Prime Minister Lee Hsien Loong was the Guest-of-Honour at the first “Ready for School” 2008 event held on 20 December, between 3pm and 7pm, at CDAC@Bukit Panjang. Invited families and guests witnessed both the opening ceremony of CDAC@Bukit Panjang and the launching ceremony of CDAC Vision 2012. They were also treated to a good spread of food and drinks and a whole host of activities, including games and performances of modern dance, guitar and tai-ji. There was also balloon-sculpturing as well as free osteoporosis screening. The families also delightfully collected the School-Ready Packs and Family Packs, each worth \$100 and \$30 respectively.

At the second “Ready for School” 2008 event held at the CDAC HQ on 21 December between 10am and 3pm, Mr Gan Kim Yong, Acting Minister for Manpower, graced the occasion. A full range of activities had been arranged – a free cancer screening service and various workshops organised for both students and parents. There were also free haircuts, games stalls, stage performances, and excursions to the NeWater Visitor Centre. The highlight of the day, however, was the rice collection drive through Capital 95.8 Radio Station’s singing relay. It was indeed a great feat that moved and elated everyone present – organisers, performers, staff, volunteers and invited families alike!

The third and last part of “Ready for School” 2008 took place at OnePeople.sg located in Toa Payoh on 21 December from 1pm to 5pm. Mr Heng Chee How, Minister of State in the Prime Minister’s Office, was the Guest-of-Honour. There were many different workshops organised for the invited families and students, which they participated in with great enthusiasm. They had fun learning the art and skill of DIY Christmas decor, DIY greeting cards, parent-child bonding massage, and even the circus performances. The students also enjoyed free haircuts as well as their harvest of prizes won at the games stalls. The School Ready Packs and Family Packs were also distributed to the invited families and students at this location.

In the “Ready for School” 2008 event held over two days and at three separate locations, CDAC had distributed School Ready Packs and Family Packs worth a total of \$850,000 to those needy students and families meeting the criteria to receive such assistance. A new CDAC record was set and the immense gratitude shown to CDAC from the families who had benefited was clearly evident.



2008年“准备上学咯！” 张心怡@OnePeople.sg的实地报道。。。

虽然活动在下午一点才正式开始，但是为了向受邀家庭的父母及子女提供最佳服务，我们60多名义工，上午11点就准时报到，再一次由负责的人员面授机宜，务必将自己的角色扮演好。义工中多数是第一次参与“准备上学咯！”活动，大家的心情就像头顶上的阳光般灿烂，也像当天的气温一样热情。不管是老友还是新知，大伙儿通力合作，迅速地将场地、标志及用具等安排就绪，等待“顾客”上门！

不到12点，受邀的家庭就已迫不及待地开始排队。我们不忍家长们苦苦守候，就很有默契地提早开张“营业”了。有些老道的家长，与亲人、朋友们合作，每个人到不同的柜台排队，有人负责领礼包，有人负责登记工作坊等等，充分发挥互助及协调精神。

张先生一家是第一次参加“准备上学咯！”的活动，虽然花了不少时间排队，但没有一点抱怨。一家人悠闲地坐在露天广场观看杂耍、扯铃及转盘表演，孩子也耐心地等候理发及参加工作坊。张先生夫妇与三个分别13、11及9岁的儿子，异口同声地说“只要受邀，下次还要参加”。张先生享受现场轻松的音乐，孩子们玩得开心，张太太很欣慰。13岁的儿子对游戏摊位的游戏项目感到新奇，11岁的儿子则喜欢学转盘，还交了新朋友，9岁的小儿子则最高兴有很多好吃的东西，像爆米花。张先生还说，没有想到华助会这么有人情味。

14岁的顺财是被妈妈请来的，妈妈要他剪发，顺财很不甘愿，因为他对免费服务的品质没有信心。笔者看到这一家母子四人，询问妈妈愿不愿意接受访谈，接着赞美顺财很帅。妈妈忍不住抱怨，刚刚出门时还差点跟他起冲突。顺财羞涩地表示，他体谅妈妈想省钱，所以才勉强来，没想到一点都没有后悔，因为他对理发师的技术很满意。妈妈得意地说，“下次你就信我吧，早就跟你说，理发师傅都是很专业的”。顺财也承认，自己太主观。当问到他对这次活动的看法时，他说希望下次忙工作的父亲也能前来参加。增进家庭的凝聚力是这次活动的目的之一，而一场促进亲子沟通、相互了解的喜悦正在我的眼前上演。

华助会通过这次的活動，不但让受邀家庭感受到社会的温暖，也给附近居民留下亲善的形象。他们很多都是全家人坐在露天广场观看表演，甚至连没有受邀的邻里孩子们，也在不影响受邀家庭名额的情况下，加入杂耍、扯铃及转盘工作坊，度过了一个惊喜的学校假期。带着这份美好的记忆，他们也做好上学的准备了。

张心怡



"Ready for School" 2008

Hui Hui's diary on volunteering at CDAC Building...

The "Ready for School 2008" project was held in three locations this year (in CDAC@Bukit Panjang, OnePeople.sg, and CDAC HQ) over two days. It was the first time CDAC held the event in three different areas. With overwhelming support from the 400 volunteers, the event was a great success! :)

Preparations began in early September as we discussed the many components of the event itself. We looked into the items for the family pack and school-ready pack, snacks that would be appealing and fuss free, suitable workshops, and other fringe activities, like games and stage performances. As the event is held in two major locations, the members of the Volunteers' Lounge Management Committee (VLMC) were grouped separately.

On Event day itself, the huge crowd transformed CDAC's carpark from a nondescript area to one brimming with activity. Games, food, and performances on stage created a lively buzz throughout the carnival. Magic shows, a singing marathon, and even circus performances entertained the crowds as they indulged in popcorn, cookies, kacang puteh, donuts and soya bean milk. The cookies and soya bean milk were sponsored by the Baking Institute and Training Centre (BITC) and Mr Bean respectively.

In the other parts of the CDAC compound, many activities were ongoing with something for everyone in the family. There were health checkups for mothers, free haircuts for children, parent-child bonding workshops, and workshops which offered hands-on activities, such as Mouse figurine painting, DIY greeting cards, and DIY toy model vehicles. Under the guidance of dedicated volunteers, 2-D strips of plastic transformed into 3-D objects and a new toy was created. :)

The queue for Family Packs and School-Ready Packs started growing at 9am as parents waited patiently with eager anticipation to check out what was in store this year. Much thought had been given to the contents of the packs so that they would serve the needy families well. Apart from Sheng Siong supermarket vouchers, some of the items inside the family packs included instant noodles, cooking oil, biscuits, Mlio, toothpaste, and even toothbrushes! The school-ready packs contained not only a file, hole-puncher, towel etc., but also transport and book vouchers. We could almost picture the occasions when they would be used throughout the day.

The spirit of giving went both ways as not only was CDAC contributing to the needy families, members of the public also rendered their support in the rice collection drive. At the end of Event Day itself, 10,900kg of rice was collected! More was expected to come later in the week. It is heartening to note how generous fellow Singaporeans can be when it comes to helping the needy in the community. The endeavour was helped greatly by 95.8FM radio which had publicized our cause in their frequent broadcasts. There was also a singing marathon, which attracted veteran singers to travel all the way to CDAC HQ to sing!

When I first volunteered in this event last year, I had never expected to be part of the organising committee the next year. Overseeing the games stalls was an enjoyable experience as I got to witness the power of imagination - of how an idea can become a reality. The games were well-received as even parents were keen to participate! There were many heartwarming moments as when the children focused intently on completing a game while their parents watched over them, ready to lend a helping hand if needed.

In mid afternoon the crowd still lingered on as parents and their children made themselves comfortable on the chairs in the compound and took stock of the contents in the packs. Something to use, something to eat and something to live for - renewed hope in overcoming life's obstacles with CDAC's assistance.

The event ended on a high note as both volunteers and beneficiaries benefitted in many ways. To give is as gratifying as to receive.

See Hui Hui



张心怡

Translated by Chong Han Sy

晋心尽力 千小时

晋江会馆义工们正在准备Kecang Putih的“准备心”（Ready For School）活动。
Volunteers from Chin Kang Youth Group preparing Kecang Putih for Ready For School families

“晋心尽力千小时”是晋江会馆新成立的青年团，在2008年年底，主动向华助会提出的一项义务承诺计划。根据这项计划，晋江会馆青年团的100多名成员，将在2009年，为华助会义务工作一千个小时，为弱势群体贡献心力，提供福利。

晋江会馆青年团团长柯凤泉充满活力与感性地表示，青年团成立的目的带有承先启后的使命。由于会馆老化问题日益严重，他在六年前受邀加入晋江会馆，协助网罗年轻人，培养新血，并以新思维、新定位，带动会馆朝新方向发展。让年轻人通过有意义的活动，对会馆产生认同感。他是12年前来到新加坡的新移民，在获得新加坡社会接纳与认可的同时，自觉负有协助后进融入新加坡社会，搭建建立双方沟通桥梁的义务与使命。

至于何以选择华助会作为合作的对象，柯团长表示，互信基础促成了这段机缘。华助会服务的族群与宗旨，与晋江会馆接近。此外，华助会对于双方合作的态度也很积极。从华助会的背景与成立以来的杰出表现，证明它足以提供青年团成员一个更大的服务舞台，以及彼此学习与拓展的联系网络。双方这次的合作，可说是天时、地利、人和下的最佳选择与结合。

青年团对华助会的“第一次”贡献，是参加2008年12月21日举行的“准备上学啦！”活动。柯团长说，通过电脑网络，他获得了参与这次活动的20多位青年团成员，打从心底最真诚的回馈。他们开流浚育地忙碌了一整天，没有一丝后悔或抱怨。他们的付出，换得了家长与学生欢乐、满意的笑颜。他们感到无比的满足、充实及自我肯定。大家甚至说，延后了原本在当天举行的乌敏岛骑单车计划，是明智的决定。柯团长信心满满地说，青年团下一次会参与华助会向550户受助家庭分发白米的活动，团员的反应将会更加热烈。他与成员也十分期待接下来能为华助会补习计划下的学生补习功课。对青年团成员来说，这是另一项新的考验，也是一项非常有意义的活动。

柯团长希望，华助会能够筹划更多活动，让青年团的成员参与，并且接受磨炼。作为团长，他必定会全力配合及协调。由于经济前景不乐观，柯团长认为，2009年是非常艰难的一年，但是也正是考验社会互助精神的时刻。他希望能与华助会携手帮助更多需要扶持的群体。大家有钱出钱、有力出力，让我们的社会更加和谐，也让年轻人有机会奉献社会。

The project "A Thousand Hours of Chin Kang Youth" is an initiative launched by the recently established Youth Group of the Chin Kang Huay Kuan, the clan association of the Chin Kang (Jinjiang in hanyu pinyin) City of south-eastern Fujian Province. The Youth Group had initiated contact with CDAC at the end of 2008, and had pledged a thousand hours of volunteering services for year 2009 from its hundred or more members, who would, join hands with CDAC in serving the disadvantaged in the community.

With great zest and feeling, Mr James Ke Hongjing, President of the Youth Group, said that the Group was established with the mission of renewal and succession for the Chin Kang Huay Kuan. Amidst the worsening ageing problem the Association faced, James accepted the invitation to join it six years ago. He was then entrusted to assist in attracting young and talented members, to chart a new course for the Association with a new mindset and direction, and to nurture a sense of identity between the youths and the Association through meaningful activities. Being a new migrant who had arrived in Singapore twelve years ago and who had been embraced by, and integrated with, Singapore society, James took it upon himself to play a bridging role and help other youths integrate with Singapore society.

Why CDAC? Besides James's official and personal contacts with CDAC, which served as a strong basis for mutual trust, the similar missions and target communities of the Association and CDAC as well as CDAC's excellent track record and enthusiasm for the collaboration convinced James that collaboration between the two was beneficial. It would provide the members of the Youth Group with greater opportunity to serve, and both organisations with the opportunity to learn from each other and enlarge their networks. In essence, collaboration between the Youth Group and CDAC was, for both parties, a natural choice and the



best result of a combination of the right time, the right place and the right people.

The Youth Group's "maiden voyage" with CDAC was the "Ready for School" 2008 on 21 December. Through the internet, James garnered positive responses from more than 20 members to participate in this annual CDAC activity. Despite a hard day's work, no one had any regrets taking part, for their efforts had brought joy and happiness to parents and students alike, and had given a great sense of satisfaction, fulfilment and pride to the volunteers. Looking back, the postponing the cycling activity at Pulau Ubi, which had been planned for the same day, was a wise decision.

James is deeply encouraged, and fully confident of a higher level of participation for the next CDAC project – that of distributing rice to 550 needy households. Looking further into the future, he and the members of the Youth Group await with

great anticipation their next effort – that of providing tuition for students enrolled in CDAC's tuition programmes, yet another new challenging and meaningful project for the members.

It is James's aspiration that CDAC will provide even more opportunities in the future for the members of the Youth Group to participate in, and learn from. Being the President of the Group, James has pledged his full commitment to synergise and coordinate with CDAC's efforts. James reckons that 2009 will be a challenging year due to the negative economic outlook, and therefore also a year when the spirit of "one for all and all for one" in our society will be put to the test. James hopes that the Youth Group and CDAC can join hands in helping more in disadvantaged people in the community through the best efforts of both organisations, as well as in providing more opportunities for youths to offer their service and contribute in building our harmonious society.



张翰思
Chong Han Sy



华助会2012愿景工作坊

Workshop on CDAC Vision 2012

[愿景：名词，所向往的的前景]
— 现代汉语词典

[Vision: noun. the ability to think about and plan for the future, using intelligence and imagination; someone's idea or hope of how something should be done, or how it will be in the future.]

“每年一小变，三年一中变，五年一大变。”这是林瑞生主席确保华助会不与现实情况脱节，与时俱进的指导原则。根据这个原则，华助会与众多合作伙伴以及共同参与者，进行了集思广益、高瞻远瞩的规划，推出了“华助会2012愿景”。

“A minor change every year, a moderate change every three years, and a major change every five years.” This is Chairman Lim Swee Say's articulated principle for CDAC to stay relevant. With this as guidance, a CDAC Vision 2012 was formulated after a deliberate visioning journey involving CDAC, her network partners and key stakeholders.

2008年11月15日，在正华民众俱乐部所举办的工作坊上，华助会通过汇报与现场提问的形式，呈现2012愿景的内容。愿景的三大重点：

The CDAC Vision 2012 was articulated in a workshop on 15 Nov 2008 at the Zhenghua Community Club. The Workshop took the audience through a presentation and a Q & A session to enlighten them on the three key thrusts of the Vision, which are:

- 把华助会定位，成为最能够将本身的优势及最佳合作伙伴的资源有效地结合，以发挥最大作用的“高效益结合者”。
- 让社区与华助会共同负责与承担各项计划措施，包括决策过程与落实，以推广“社区共有，共同承担”。
- 透过教育与就业，协助我们的受益者逐步改善他们的社会经济情况与地位，实现“社会阶层提升”。

- Branding CDAC as an **Effective Integrator**, which maximises its own core competencies and leverages on the resources of its best-sourced partners;
- Promoting **Community Co-ownership** of programmes, including decision-making and implementation.
- Developing **Social Mobility** by helping our target groups to progress and improve their socio-economic status through Education and Employability.

通过这三大重点，华助会将能充满信心、持续不断地完成使命，实现以下目标：塑造自动自发、自强不息、自立自主的社群；与社区伙伴合作，加强“社区共有、共同承担”精神，高效率与高效益地结合本身和合作伙伴的优势与资源，发挥最大作用。

With the three key thrusts, CDAC is confident of the continued accomplishment of its mission, and of the desired outcome of a highly motivated, progressive and self-reliant community; strong co-ownership with community partners; and efficiency and effectiveness in leveraging on its own and its partners' strengths and resources.

这次的工作坊展现了华助会2012愿景及其三大重点的精神。出席者除了以林瑞生主席为首的华助会董事会成员、职员与义工之外，还有以武吉班让选区国会议员兼西北区区长张和侯博士为首的社区基层领袖与义工。他们还参观华助会@武吉班让—华助会与西北社区发展理事会合作设立的综合服务中心，朝内实现华助会2012愿景的第一步，为当天的工作坊画下了完美的句点。

True to the key thrusts and spirit of the Vision, the Workshop was held at the heartland of the community. It was attended by CDAC Board members, staff and volunteers led by Chairman Lim Swee Say, and by the local grassroots leaders and volunteers led by Dr Teo Hoe Pin, Member of Parliament, Bukit Panjang Constituency and Mayor, Northwest Community Development Council (CDC). In addition to the workshop sessions, the participants were treated to a perfect roundup of the day's proceedings with a preview of the CDAC@Bukit Panjang multi-service centre, a result of CDAC-Northwest CDC partnership and a firm step towards realising the key thrusts of CDAC Vision 2012.



On 9 November 2008, CDAC organized a Skills Training Family Day to encourage its beneficiaries to upgrade their skills as well as to learn some other additional skills for any career switch opportunities.

The Money Wise workshop was one of the many workshops organized for the day and there were a total of 26 participants from 16 families. They enjoyed the fun of playing the Money Wise board game as well as learnt some basic financial budgeting skills. The Money Wise board game, created and designed by the South East CDC, aims to help families learn simple budgeting skills and understand the importance of saving and spending wisely in a fun way.

As a family befriender volunteer, I acted as facilitator for a group of three families competing in the game to be debt-free, have more cash balance and saving while at the same time achieving a comfortable basic lifestyle.

Although it took some time at the beginning for the participants to understand the rules and regulations of the game, luckily my daughter, Janice helped me by being the 'Banker', which eased my facilitation workload. Actually it did not take very long for the families to be immersed in the game. They even reminded me several times when I missed a step or rule etc.

Some participants were so glad that they had brought their children along as the event provided a great bonding time with them.

It was also an eye-opener for the children to realize that their parents have actually to manage their finances week to week and month to month. The game simulation was so real that it took little explanation for them to realize the difficult balancing act that their parents had to go through every day. I even heard children telling their parents that they would make an effort to make do with reduced pocket money etc.

In the game simulations, situations were created to help make the game more realistic, such as uncertain family income, sudden unplanned extra expenses like medical bills and spending when not required, as in a sales promotion with special offers and lucky draws with slim chances of winning. At the same time, the families were taught the concept of 'Saving for a rainy day' and not to hope or rely on 'Betting or Gambling'.

On the other hand, in the game simulation, there were families that were always in the 'red' before pay day, despite spending only on necessities. They had to keep on borrowing and taking loans from the bank, which charged a high interest of 15%. In this situation, it was heart-warming to see other participants offering 'interest-free' loans to these participants instead of having them incur the bank's high interest rate. At the end of the day, the affected families understood that the long-term solution was to increase their earnings. One option was to get a part-time job to supplement their income, while another was to first incur some upfront cost in upgrading their skills, after which they would be able to increase their monthly income.

So this again highlighted the importance of continual skills upgrading to the participants. Skills upgrading is a continual effort and not something to be undertaken only at the time of job-seeking. A person who has always been upgrading his skills will be in a better position when a career opportunity comes along than another person who has stayed stagnant.

When the music sounded signaling the end of the game, almost all the families grumbled that the time allocated was not enough. Some families mumbled that they were still in debt and wanted to get out of it while the lucky ones wanted to get richer.

Although the game is over, the learning will remain with the participants. All the families left with beaming faces and with goodie bags and cash vouchers. Feedback from participants was that this had been a very successful workshop and they encouraged CDAC to conduct similar workshops in the future.

Personally, I benefited from this workshop as well. I learned not to take for granted my current stable income and the need to save and invest in skills development. At the same time, Janice also learned how to save more and to use her pocket money more wisely.



In the Spotlight

华社自助理事会议工日

CDAC VOLUNTEER DAY 2008

主宾：副总理兼国家发展局常务副部长 贾古玛教授

Guest of Honour: Professor Jagadish Kumar

Deputy Prime Minister & Minister for National Security



Elaine Kok Mei Yu
& Kok Siew Huan

Madam Wong Pei Choo...

A Respectful Pillar of Tampines Student Service Centre

"No matter how much or how little we give, it can make a difference in someone's life."

Forty-eight-year-old Madam Wong Pei Choo is a familiar face to the CDAC volunteers and members at the Tampines Student Service Centre (TP SSC). A homemaker married with three teenage children, she first volunteered as a member in 1997 and subsequently acted as the secretary. Currently, she is into her second term as chairperson in the management committee of TP SCC.

Pei Choo has always been interested in volunteering as she enjoys working with people and being involved with them. Coming from a humble family, she completed her university education with the assistance of her uncle, a family friend and an NUS scholarship. Having been blessed with a helping hand in her time of need, she now wants to reciprocate.

"As I have received, so will I give and serve. I find it meaningful to serve within the ambit of CDAC as it gives me the opportunity to give back to society. I am sure that our volunteers also share the same attitude about giving back to society which has once given to us."

As a member and subsequently the secretary, Pei Choo contributed many ideas for the various activities that the committee organised. She took on greater responsibilities after being elected as the chairperson of TP SSC management committee. She says that she has adopted a more proactive

and holistic perspective - listening to ideas from the team and jointly developing and implementing them.

During her first term, Pei Choo and her team focused on building a sense of identity among the volunteers of TP SSC and she cherishes fond memories of TP SSC's Open House in 2007.

"We designed our own logo and printed it on brochures and the official T-shirt. During our Open House, all our volunteers wore the same T-shirt, and at one look we could identify our helpers among the crowd of people at the event. We all experienced the spirit of belonging to the same unit."

Pei Choo and management committee members also focused on volunteer bonding and development by organising various activities and training for volunteers in TP SCC. The committee organised their first Volunteers Gathering during the Chinese New Year period in 2007 where they tossed "yu sheng" together. Last year, they had their second gathering in a chalet at Aloha Loyang Resort which took place over three days.

"The response to the first Volunteers Gathering was quite good but we realised that the different groups of volunteers within the Centre did not know each other well. Therefore, the next year we decided to hold it in a chalet where the volunteers would have more opportunity to interact with each other. It was really

good to see our volunteers, support staff and MC members mingling with one another like one big family."

Pei Choo felt that the volunteers, having volunteered their time to serve the community, could benefit through educational talks. Therefore, the committee invited experts to the volunteers' gathering at the chalet to give talks, such as "Keys to Successful Interviews" and "Grooming for Success", to nurture personal development.

"The volunteers give to others, so I feel that we should give them something in return to show our appreciation. If they have friends in the Centre, they will be happy to stay on as volunteers as well."

Pei Choo constantly recognises the efforts and contribution of the committee members and the volunteers by giving them certificates of recognition during the gathering as well as in other ways. She also credits her committee members and support staff with the success of the events they organised.

Moving ahead, Pei Choo emphasizes that the committee will focus on building team spirit and instilling a sense of belonging among the volunteers.

"This can be done through having a common vision, effective communication and bonding sessions. All this will make our volunteers feel that their efforts are always being appreciated, which in turn will motivate them to do greater things."

Pei Choo does not see volunteering as having to sacrifice her personal time with her family. She has even roped in her family members to play a part in CDAC. Her husband and her son helped out as trail guides in the Bukit Timah Hill hike last June. Her son, Dale Tan, created the Centre's webpage which is linked to the CDAC webpage enabling the public to access our Centre's facilities, activities and volunteering efforts.

"Volunteering with family members is rewarding as we are able to contribute to a common cause with each of us contributing in whatever way we feel that we can best contribute."

A recipient of the CDAC 10-Year Long Service Award, Pei Choo says that she has gained much through volunteering over the years. Volunteering has given her a chance to interact with others and she has emerged from her quiet and reserved nature to take the initiative to lead the group in discussion during the meetings.

"The volunteers themselves have been an inspiration to me. Volunteers of different backgrounds, genders and age groups have proven to me that the spirit of volunteering comes from the heart and that we as a nation have it in us to give of ourselves to help others who are less privileged."

"No matter how much or how little we give, it can make a difference in someone's life. Talk is worthless; action is deep. By starting the "Pay Forward" ball rolling, people whose lives have been touched by volunteers may be inspired to help society. It is this hope that galvanizes us to act and which gives us the spiritual and emotional sustenance for challenging tasks ahead."

Mdm Wong has kindly shared with us some memorable photos of hers:

"We are one big family. It is with the combined efforts of all our volunteers that Tempra SSC is able to run courses for its members. Our volunteers' contribution is very important therefore the photos I have chosen must reflect as many of the members of this family as possible. I am only one of the volunteers."

"This photo was taken after the Tempra SSC Open House in 2005. Ms. Tan, our former Chairperson, is in the photo too. I remember her as a methodical person who speaks with very clear diction. She was our Chairperson for 4 years."



"I like group photos. This photo shows all the management committee members and volunteers who were involved at the Open House in 2007."



"These are our cheerful ladies who were the Tempra SSC council (Photo taken during the CDAC Volunteers' Appreciation Gathering in Oct 2007)"



"A hike outing with volunteers, student members and their families at Bukit Timah Hill in June 2008."



Yap Dao Jie

Tree Top Adventure @ Bedok Reservoir Park

On the Sunday morning of 12 October 2008 at 9am, 42 volunteers and staff from CDAC gathered at Bedok Reservoir Park. The volunteers were from the various CDAC voluntary programmes such as B3, Club Gusto, Volunteers Lounge Management Committee etc. Many did not know what to expect with regard to the activity planned for them.

At around 9.30am, we proceeded to the facility with much anticipation and curiosity. Many thought that we would just be walking around Bedok Reservoir Park on the overhead bridge similar to the one found at MacRitchie Reservoir Treetop Walk and the recently-opened HortPark. Little did we know how very wrong we were!

Once we reached the facility, we were in for a rude shock. All around us were zip-lines, cargo nets, rope ladders and swings. Staff and participants standing around the facility were all carrying helmets and wearing safety harnesses. We began to ask ourselves whether we had come to the right place.

Soon afterwards, one of the instructors from the facility came and received us. He was Sebastian. Subsequently, Sebastian divided the group into three teams. I was teamed up with two other B3 members, Diana and Jasmine. Once divided into our respective teams, we gave a brief introduction about ourselves and the volunteer scheme we were from. After this, Sebastian gathered our group for a safety briefing on the safety procedures and instructions at 'Base Camp'. He emphasized that only a maximum of three



people could be allowed at each station at any one time, which is a form of safety precaution. There was also a short demonstration on how the safety helmet and harness should be worn and used. In addition, we agreed to adopt a buddy system to look out for each other.

Once we donned our attire, we began the initiation phase. The initiation phase was a short hands-on experience on the practical usage of the equipment. It was also a sneak preview of what to expect.

There were about four different sites, each with its own set of challenges. Each individual station within each site offered a wonderful scenic view of Bedok Reservoir. However, one of the stations brought you up close to the lake too.

Wondering what is the station? Well, I do not wish to keep you in suspense anymore. The station I am talking about requires the participant to zip-line across 200metres, 100 metres and 150 metres of the lake. Exciting isn't it? This was not what everyone expected it to be.

Initially, the participants regretted coming to the activity. However, as they experienced what the facility had to offer, they began to enjoy themselves. Many of them had not experienced anything like it before. Climbing up trees, swinging from tree to tree, and walking on planks and wooden sticks and finally zip-lining across the reservoir. Wow! What an experience they took back home with them!

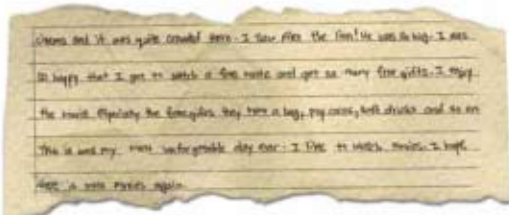


Stephen Sim Kwang Kee

“Madagascar 2” Movie Preview

On the 8th of November last year, as one of CDAC's volunteers, I attended a movie screening organised by Resort World Sentosa. This is a fun event where I get to bring the children to the Orchard Lido to watch the movie "Madagascar 2" and at the same time enjoy a free MacDonald's breakfast.

That day I arrived at the CDAC HQ at 8am sharp. I then helped to take attendance of the invited children who were from CDAC beneficiary families, and distributed the Madagascar tee-shirts to them. After all the kids had arrived, we proceeded to travel to the Orchard Lido by bus and reached there at about 8.45pm. At Lido itself, my job was to give out the MacDonald breakfast packs to all the children and to make sure that all of them were led to their proper seats in the cinema. The VIP arrived at about 10am, and there were also pre-movie games before the movie started. The screening ended at around noon and my job then was to ensure the children came out of the cinema in an orderly manner and that all were present. I had to bring them back to the CDAC HQ. We were then dismissed from there.



An excerpt from an essay written by Lim Jia Xin, one of the children who get to watch "Madagascar 2" free movie preview

In my opinion, the entire event was very well-organised and flowed smoothly as planned. Before the event, I had thought that it might be difficult to handle the children, in a public area, as there were almost 100 children, and only about 10 volunteers to take care of them. However, during the outing, the kids were very well-behaved and listened to most of the instructions given by the volunteers. On the whole, I did not encounter much difficulty in taking care of the kids and conducting them around in an orderly manner.

Indeed, I have had a lot of fun taking part in this event, especially taking on the role of a volunteer. This is also my first volunteering job with CDAC, and I have had a very positive experience. As I am new to volunteering, I often listen to the advice given by the other CDAC volunteers, and try to have more contact with the children. So I had lots of fun interacting with the children, as all of us were in high spirits, and they were as adorable and sweet as you can imagine.

I would like to thank CDAC for organising this very enjoyable event and for giving me the chance to participate in it as a volunteer. Without a doubt, this is surely the most enjoyable volunteering event I have ever experienced.



FAMILY BEFRIENDERS' RECRUITMENT DRIVE

招募家庭义务辅导员

Relentless effort, patient listening, and most of all, respect for the opinions of the clients – the task of befriending is no mean feat. The befrienders understand that it is usually not just a single problem that these clients face, but rather various underlying problems which go unnoticed unless probed further. The befrienders therefore have a delicate task of building trust and rapport with the clients.

Family Befrienders are deployed in the Parents Development Programme (PDP), CDAC Workfare Programme and Premature School Leavers (PSL) Programme.

Parents Development Programme (PDP) targets mainly at parents whose children are currently attending CDAC Education Programme. It comprises workshops on parenting and budgeting skills, mentoring by Family Befrienders and a one-day Family Bonding Camp.

CDAC Workfare Programme main target groups are single-parent, low-income and dysfunctional families. It aims to provide the necessary support and assistance to help these families to become self-reliant and self-sufficient.

Premature School Leavers (PSL) Programme aims to persuade them to return to school, or explore on alternative avenues of education, skills training or employment.

Requirements:

- At least 21 years old;
- Completed GCE "O" Level or above;
- Able to communicate in English and Mandarin (preferably some dialects);
- Mature, understanding, approachable and have a strong desire to help others;
- Able to commit in a case for at least three months; and
- Enjoy working with families.

If you're someone whom we're looking for, **PLEASE JOIN US!!!**

For enquiries and registration, please contact Weili at 6843 7239 or weili@cdac.org.sg

欲知更多详情, 请联络伟丽
(电话: 6843 7239 或电邮: weili@cdac.org.sg)

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华社自助理事会 65 Tanjong Katong Road Singapore 436957

传真: 6743 5240 电子邮箱: vol@cdac.org.sg

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CDAC Building 65 Tanjong Katong Road Singapore 436957 Fax: 6743 5240 E-mail: vol@cdac.org.sg

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