

Volunteers

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Rice and Festive Hamper Distribution



Dressing Well – ‘Uplift Your Image’ Workshop



Understanding and Working with Youth
华助会额外援助计划
CDAC Opportunity Programme (COPE)

助人的路上有你们常伴
--袁志光夫妇访谈记--



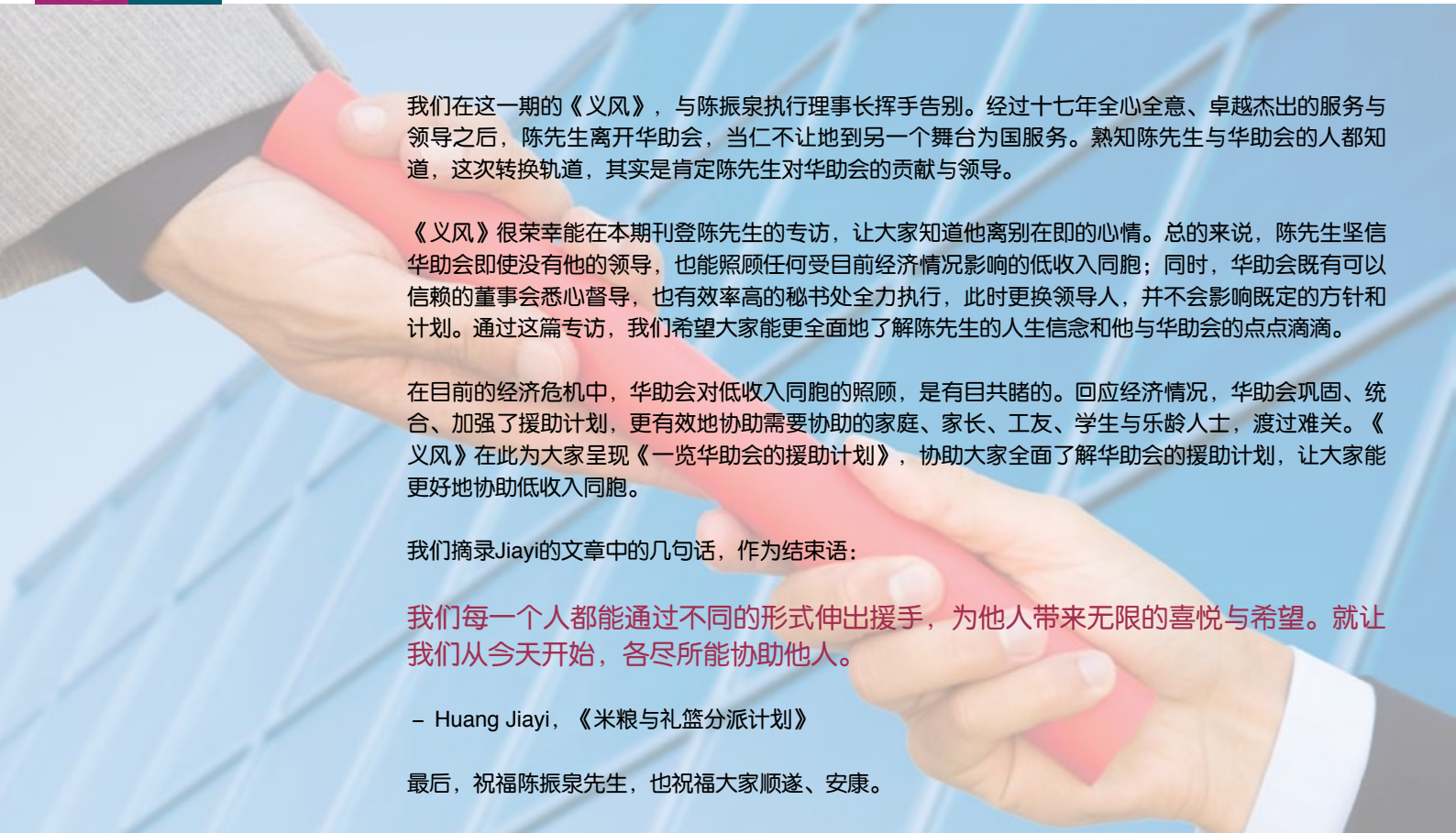
《深情、坦然、哲理 —— 专访陈振泉执行理事长》

A Dialogue of Philosophical Profundity

附加一份《一览华助会的援助计划》海报

Poster of “CDAC Help Schemes & Programmes At A Glance” Included





我们在这一期的《义风》，与陈振泉执行理事长挥手告别。经过十七年全心全意、卓越杰出的服务与领导之后，陈先生离开华助会，当仁不让地到另一个舞台为国服务。熟知陈先生与华助会的人都知道，这次转换轨道，其实是肯定陈先生对华助会的贡献与领导。

《义风》很荣幸能在本期刊登陈先生的专访，让大家知道他离别在即的心情。总的来说，陈先生坚信华助会即使没有他的领导，也能照顾任何受目前经济情况影响的低收入同胞；同时，华助会既有可以信赖的董事会悉心督导，也有效率高的秘书处全力执行，此时更换领导人，并不会影响既定的方针和计划。通过这篇专访，我们希望大家能更全面地了解陈先生的人生信念和他与华助会的点点滴滴。

在目前的经济危机中，华助会对低收入同胞的照顾，是有目共睹的。回应经济情况，华助会巩固、综合、加强了援助计划，更有效地协助需要协助的家庭、家长、工友、学生与乐龄人士，渡过难关。《义风》在此为大家呈现《一览华助会的援助计划》，协助大家全面了解华助会的援助计划，让大家能更好地协助低收入同胞。

我们摘录Jiayi的文章中的几句话，作为结束语：

我们每一个人都能通过不同的形式伸出援手，为他人带来无限的喜悦与希望。就让我们从今天开始，各尽所能协助他人。

- Huang Jiayi, 《米粮与礼篮分派计划》

最后，祝福陈振泉先生，也祝福大家顺遂、安康。

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In this issue of Volunteers, we bid a fond farewell to Mr Sam Tan. After seventeen long years of dedicated service and sterling leadership in CDAC, Mr Tan parts with us to answer the call of serving the country on other platforms - and yet another worthy cause. To all who know Mr Tan and CDAC well, this is but a testament to, and continuation of, Mr Tan's excellent contribution to the vision and stewardship of CDAC.

We are honoured to feature a special interview with Mr Tan in this issue of Volunteers to share with all our readers Mr Tan's thoughts and feelings at this special point in time. In short, Mr Tan is leaving with full confidence that CDAC will continue to assist the disadvantaged in these difficult times without him, and he is certain that with a visionary Board of Directors and a capable Secretariat, a change of leadership will not change the course of CDAC. In this special interview, we hope to show you Mr Tan the man, his ideas and his CDAC story.

Indeed, CDAC will continue to assist the disadvantaged during these hard times.

Responding to the current economic challenges, CDAC has further consolidated and strengthened the programmes and services made available to help the needy -- families, parents, workers, students, youth and the elderly alike, to weather the tough times. To allow everyone to have an overall appreciation of all the CDAC programmes and services available, we feature a "CDAC Help Schemes and Programmes at a Glance" in this issue, and we hope that this will put us in a better position to assist the needy.

I would like to sign off with quotes from Jiayi's article:

Each of us can lend a helping hand in one way or another, which in turn can bring immense joy and hope to others. Let us all do our part, starting from today.

- Huang Jiayi, "Rice & Festive Hamper Distribution"

Our very best wishes to Mr Sam Tan and to all - Happy Volunteering. Cheers!



Huang Jiayi

Rice and Festive Hamper Distribution

To raise the importance and awareness of community involvement, youth members of the Singapore Chin Kang Huay Kuan Youth Group descended upon CDAC on the 10th and 17th of January 2009 to volunteer for the Rice Packing and Festive Hamper Distribution event to help needy families. Through this, we hope that youths will become more aware of the help we can render to the less fortunate and how all of us can do more to alleviate their problems.

On 17th January, the day of the Rice and Festive Hamper Distribution, about 700 families were identified and invited to collect 10-20 kg of rice and a festive hamper each. Way before the indicated time of collection, the families had already formed a long queue, stretching from the auditorium to the outside corridor beside the car park, patiently waiting to collect the

rice and festive hampers. Many had also brought their trolleys along to help them carry their goodies home. Distribution and collection were carried out in an orderly manner. Upon getting their hampers, many families expressed their appreciation and gratitude. A packet of rice, a tin of egg rolls, a box of pineapple tarts etc we often take these foodstuffs for granted. To the families, these might be the only New Year goodies that they would have for the New Year for themselves and for their friends. Their words of thanks touched our hearts. The message conveyed in their gratitude is: Please do continue to help us. We truly need your help.

Each of us can lend a helping hand in one way or another, which will bring immense joy and hope to others. Let us all do our part, starting from today.

Date	Event
21 December 2008	In partnership with MediaCorp Capital 95.8FM, 'Singing Marathon cum Rice Raising' event was held during 'Ready For School' 2008 @ CDAC Building
15 January 2009	Home delivery of rice & festive hampers to 20 needy families under the CDAC Workfare Programme
17 January 2009	Distribution of rice & festive hampers at CDAC Building to 700 needy families under the CDAC Workfare Programme

- Details**
- 12,000 kg of rice, 1,500 kg of salt and other assorted items (oil, soya sauce, canned food etc) were collected.
 - Flying Man Rice sponsored 2,000 kg of rice.
 - 10,000 kg of rice were donated by members of the public.
 - Each family was provided with 10 -20 kg of rice.
 - The festive hampers, comprising \$20 NTUC Fairprice vouchers, a tin of love letters, a box of pineapple tarts, two mandarin oranges & 3 kg of salt were distributed to the first 500 families.
 - Mr Frankie Lie kindly donated \$3,000 to CDAC for the purchase of some festive hamper items. He also volunteered his services for the event.
 - Mr Tan Tock Han, Chairman of KTL Offshore kindly donated \$3,000 to purchase rice for the beneficiaries.



Gabriel Lee

Dressing Well – *'Uplift Your Image' Workshop*

Looking through back issues of The New York Times online, I came across an article titled “The Bad Dressing of College Students”. The article quoted a tailor as saying that “the college boy is the worst dressed young man in America”. He would also probably say the same of this undergraduate who is currently studying in a local university.

I abhor the idea of dressing up and make it a point to get outfitted in my “uniform”, typically a t-shirt and a random pair of bermudas, in three minutes flat. On the rare occasion when I feel underdressed, I convince myself that I am well attired to deal with the unrelenting Singapore heat. I generally feel better after that.

But an upcoming internship interview made me want to attend CDAC’s Personal Grooming workshop on the morning of 22 February 2009. Conducted by Ms. Sally Tang of Divine Image International, the workshop included tips on how to create a lasting first impression, advice on professional dressing, examples of accessories to complement diverse facial features and a hands-on demonstration on color co-ordination.

What was especially enriching were the segments on how to select accessories to enhance one’s facial features and the practical session on appropriate color co-ordination.

How to enhance one’s facial features

There are countless subtleties involved in looking one’s best. Many of them are learned the hard way – by hearing muted comments about one’s dress sense at a social event. Or they could come slightly easier – by hearing muted comments about someone else’s dress sense at a social event. So it was illuminating to learn how to select different hairstyles and accessories, like spectacles, jewellery and necklines based on one’s facial shape and features the easiest way – through a trained professional.

Color co-ordination

The segment on congruous color co-ordination was equally beneficial. Specifically, it allowed me to appreciate the art of using my clothes as a communication tool. For instance, I learnt how to optimally manipulate colors to look younger and friendlier. In addition, we had a hands-on demonstration on how to select color themes for our clothes based on our skin and hair color. More than anything, this session allowed me to appreciate the use of color choices to reflect my mood and my personality.

How something as seemingly trivial as one’s attire and choice of accessories can convey myriad meanings is still beyond me. But one thing is abundantly clear – that I must be appropriately dressed for my internship interview next week. So forgive me as I go off to iron my shirt, find my belt, polish my shoes for that internship.

Foo Junhong

Understanding and Working with Youth

On the early morning of 6 December 2008, over a hundred volunteers and tutors attended the workshop “Understanding & Working with Youths”. The trainer was Ms Falcia Tan, an experienced social worker currently heading the Parenting Teens Programme at the REACH Family Service Centre. As a volunteer in the Supervised Homework Group (SHG) programme, I have always found it a challenge to interact with the young students from Primary Five and Six. I am keen to understand more about the youths’ mentality and ways to interact better with them.

We started the workshop with an ice-breaking game to encourage us to get to know our fellow participants. The participants were a mixture of younger volunteers and more senior tutors, and many of us were meeting each other for the first time.

During the workshop, Ms Tan focused on a few key areas and elaborated on them. According to her, the first step to understand youths better is to be equipped with the relevant knowledge. To interact more effectively with youths, we need to be aware about current youth trends, their needs and mindset. We were introduced to the various activities that today’s youths engage in, such as blogging, online gaming, online networking, and the music that they listen to. At the end of the workshop, we were even given a quiz to test our knowledge of the current youth trends and the terms they use, such as “Habbo Hotel”, “Halo” and “Facebook”. Some of the younger volunteers finished the quiz effortlessly. As for me, let’s just say that I need to work harder to connect with the younger generation!

Next, Ms Tan advised that we have to adopt the correct attitude when working with youths. It is important to adopt an accepting and non-judgemental attitude when dealing with youths. We have to accept that each youth is an individual who learns differently. In addition, when working with a group of youths,

group facilitation and befriending skills are important. For example, we can start engaging the youths in a group by finding the common ground between the youths and us. We can get them interested by engaging them in games, videos and stories that they are familiar with. Another way to get them involved is to give them more control (within agreed limits) in the decision-making process in the group. This gives them ownership within the group. However, we have to be sensitive to the group dynamics when dealing with them. One tip given by Ms Tan is to identify the natural leader in the group, acknowledge his/her influence, and utilize this to our advantage in being accepted into the group.

Throughout the workshop, Ms Tan used examples and her own experiences in dealing with youths to illustrate her teaching points. These let us better appreciate in a practical way how to apply what she had taught.

During the workshop, Ms Tan shared a quote from Michelangelo when he carved the “Statue of David”, which left a particular deep impression on me: *“In every block of marble I see a statue as plain as though it stood before me, shaped and perfect in attitude and action. I have only to hew away the rough walls that imprison the lovely apparition to reveal it to the other eyes as mine see it.”* I think all youths are like marble blocks, where beneath each of them lies a beautiful statue waiting to be carved out. Our roles as volunteers are like sculptors to lend a helping hand to help shape youths into who they really are, and unleash their hidden potential.



郭秀芳/文

Kok Siew Huan

华助会 额外援助计划

面对经济衰退，华社自助理事会采取一系列的额外援助计划，帮助学生、工友、年长者、青年和家庭渡过难关。

华助会除了进一步加强现有的教育、学生服务、受雇就业、家庭援助计划外，也着重帮助年长者重新受雇，并且为刚刚离校的青年寻找实习机会。

这一期的《义风》就访问了其中一些参与援助计划的人士，看他们如何通过计划受惠。

(1) 邓燕梅（42岁，兼职文具店店员）和丈夫白添益（47岁，无业）

邓女士有两个分别是7岁和5岁的孩子。她和丈夫、70岁的家婆和小叔住在一个五房式的组屋。邓女士的丈夫担任司机，刚在不久前被裁退，目前正在寻找工作。邓燕梅在一家文具店做兼职工，赚钱帮补家用。

华助会给予的援助：

邓燕梅将从今年4月开始至今年底，免付孩子的补习费。在华助会的“就业援助计划”下，邓女士的孩子也会从今年4月至9月，每月获得为数90元的零用钱援助。

邓燕梅受访时说，在当前困难的时期，这笔钱减轻他们养育孩子的负担。

(2) 张兴良（35岁，货仓助手）

张先生的女儿还在求学。他担任货仓助手，每个月赚取1,000元，妻子则担任工厂操作员，每个月赚取600元。

华助会给予的援助：

张先生在今年3月参加了一个为期5天的叉车培训课程。他原本需要支付135元，也就是课程的25%费用。可是华助会提供额外援助计划，把工友参加华助会的培训课

程所需缴付的费用，从原本的25%调低至5%。

张先生受访时说，他上了1天的理论课程和4天的实习课程，觉得叉车课程对他的工作会有所帮助。

“虽然目前没有驾驶叉车，但是多学一门技能，肯定对我的工作有所帮助。日后要换工作，受聘的机会也会更高，可以多赚一点收入。因此，华助会给予更多援助，对我们肯定有帮助。”

(3) 徐添豪（65岁，兼职工人）

徐先生单身，原本是港务管理局点算进出口货物的人员，每月有2,000元的收入。可是他在去年中旬被裁，由于积蓄不多，为了维持生活，必须尽快找到一份新工作。华助会给予的援助：

通过银发才艺计划，徐先生于今年4月在一家洗衣厂找到临时工作，每当工厂人手不够时，就会找他代工。他从早上8时工作到下午5时30分，每天可以赚取30元的收入。

徐先生受访时说，他被裁退之后，曾经申请好几份工作，但是雇主一知道他的年龄后，就打退堂鼓，工作真不容易找。

“他们要年轻人，知道我的年龄后，就叫我回去等消息。华助会帮我找到这个临时工，一个月做好几天，可以维持生活，我很感激他们的帮忙。”

吴思慧（20岁，理工学院毕业）

思慧曾经在中二至中四参加华助会的补习计划。毕业后，她还没有找到工作。

华助会给予的援助：

华助会提供的其中一项新计划，是为刚毕业的青年提供实习机会。思慧从今年5月18日开始在人协实习，负责行政和客户服务的工作。

思慧受访时说，她在共和理工学院毕业后，还没有找到工作，这个实习计划将提供她宝贵的工作经验。

“能够在有规模的半官方机构实习3到6个月，可以了解各部门的运作，这是难得的的经验。”

其他华助会额外援助计划包括：

- 在选定的居委会及民众联络所/俱乐部上补习班的贫困学生，可申请社区补习费津贴。
- 家庭每月总收入不超过2,500元，或家庭人均收入不超过650元的学生服务中心和华助会@武吉班让会员，可以申请高达75%的课程或活动费津贴。
- 为更多贫困学生提供华助会—宗乡总会助学金。
- 提供高达400元的奖励金给考获职业准备证书(CRC)的培训奖得主。
- 推展“技能提升及应变计划@华助会”，提供额外课程津贴。
- 在“技能提升及应变计划”下受训的无业人士，如果在受训期间或考取证书后成功就业，将能获得一张价值25元的易通卡。
- 把“就业援助计划”的援助期限从12个月延长至18个月。
- 通过家长学习计划，加强家庭适应变化的能力。

CDAC Opportunity Programme (COPE)

Warehouse assistant, Mr Tommy Teo, recently completed a five-day forklift course to equip himself with the skills to operate a forklift. He had to make an initial payment of 25% of the course fees of the government-funded Workforce Skills Qualification (WSQ) programmes. However, with new help measures introduced by the Chinese Development Assistance Council (CDAC), the 35-year-old paid even less. Instead of \$135, he paid only \$27, which was just 5% of the course fees to learn workforce skills that would enhance his future job prospects.

This new kind of aid is part of CDAC's \$23.2 million worth of schemes to provide additional help for low-income Chinese Singaporeans and permanent residents in this recession year. Called the CDAC Opportunity Programme (COPE), the schemes will be targeted at students, workers, youth, families and the elderly, and are expected to help 64,000 people this year.

Mr Teo said that by upgrading his skills, he would have more opportunities to switch to a job with better prospects. He is appreciative of CDAC's efforts to implement schemes to lessen the financial burden of workers who intend to upgrade themselves.

Under COPE, CDAC is also helping to find employment for the elderly within their local community. Sixty-five-year-old Mr See Tien Chong could not find a permanent job after he was retrenched by the Singapore Port of Authority in the middle of last year. The port worker was previously paid a salary of \$2,000 per month. After months of searching for a job, he approached CDAC for job-matching

under the Silver Talent Programme. He was successfully job-matched and has been working as a part-time packer in an 'overseas ship' laundry shop since mid-April 2009.

"It is not easy to secure a job as employers will think twice when I mention my age. Therefore, I am appreciative of CDAC's help in matching me with the job as a part-time packer. At least I can make a living," Mr See said with gratitude.

Eighteen-year-old poly graduate, Ng Sihui, seized the opportunity to be an intern at the People's Association under the new initiative of CDAC – Internship Programme. The ex-beneficiary of CDAC started work on 18 May 2009 and hopes to be able to gain invaluable experience working in the public sector during his three-month attachment.

Recent economic recession has caused many to lose their jobs or suffer pay cuts. One example is Mr Peh's family. Mr Peh was recently retrenched as a driver and as the sole breadwinner of a family of four with two schooling children, he is facing difficulty in coping with his family expenditure. Beginning April 2009, Mr Peh's two children had their tuition fees waived for the year 2009. This is a new help scheme under COPE to help lighten the financial burden of needy families who have suffered from the recession.

Other new help measures that CDAC has been offering this year under COPE are:

- Needy students attending tuition classes at selected RC Centres and Community Centres can apply for

tuition subsidies under the Community Tuition Fee Subsidy Scheme.

- Higher course/programme fee subsidy up to 75% are available for student members of CDAC Student Services Centre or CDAC@Bukit Panjang whose household monthly income does not exceed \$2,500 or whose monthly per capita income does not exceed \$650.
- More CDAC-SFCCA bursaries will be provided for needy students to continue their formal education.
- Award holders who manage to attain the Career Readiness Certification (CRC) can apply for an achievement incentive of up to \$400.
- Co-funding of half the net course fee (up to a maximum of \$500) for SPUR@CDAC participants.
- Unemployed SPUR@CDAC trainees who manage to secure a job during training or after achievement of SOUR Certification(s) will be given an Ezlink card (worth \$25) as an incentive.
- Extension of the workfare assistance schemes from 12 months to 18 months for eligible families under the CDAC Workfare Programme.
- Enhancement of the Parents Development Programme to help families be more resilient and prepared during the economic downturn.



张心怡

助人的路上有你们常伴

--袁志光夫妇访谈记--

认识袁志光先生少说也有七、八年了。每次，我都因为工艺技术教育课程的问题向他请教，甚至带着自己辅导的中途辍学学生到他办公室去“求救”，希望少走一点就学的冤枉路。每次，他都亲切、迅速、无私地鼎力相助，而这也让我更无所顾忌地一再叨扰他。如果不是这次的访谈，我想我对袁先生的了解，只是停留在表面上。

为了华助会的家长学习计划（PDP），我访问了袁先生夫妇，深深地被他们夫妻间相互扶持的精神所感动。他们还不到60岁，但已是幸福的祖父母级人物，家庭、事业都很成功。他们还在从事专业的全职工作，却能挤出宝贵的工余时间积极投入义务工作，为低收入家庭做出贡献。

袁先生是一名资深的工艺技术教育专家。他在2000年正式成为华助会义工之前，已经为华助会的受助低薪工友，提供ITE延续教育课程的咨询服务。之后，他接受培训，成为华助会的义务辅导员，辅导中途辍学生。过后，他还加入华助会的补习计划，利用晚上时间，教导低收入家庭学生数学。他不但在课上细心指导学生，同时也在学生有烦恼或家庭问题时，给予额外的帮助与辅导。

袁太太在本地一所学校担任行政工作多年。2004年，她受丈夫的影响与鼓励，成为华助会义务辅导员。这对夫妻利用工余时间，以积极的态度参与了几乎所有的PDP活动，包括工作坊、家庭营、弟

子规课程等，而参与的地点更是几乎遍及新加坡全岛。他们不但将课程内容结合自己教养子女的经验，与学员们分享教导孩子，了解子女及与子女产生良性互动的方法，同时也以夫妻档方式，向参与的人士示范夫妻相处的模式，使得PDP凝聚家庭关系的宗旨更具说服力。

在每一次PDP活动结束后，他们也积极与所照顾的家庭保持密切联系，尽力确保他们从PDP活动中受益，并解决他们的问题。他们有时也拜访一些需要额外帮助的家庭，了解他们的问题，提供各种改善家庭关系及经济状况的建议与方法。例如武吉班让的一位单亲妈妈，因为当小贩助手，一个星期需要工作7天，每天工作10小时，只好任由11岁的儿子当一个锁匙儿童。由于工作时间长，她没有办法给孩子足够的照料，也缺乏时间与孩子相处，因此在亲子沟通管教及督促孩子学业成绩方面，感到心疲力竭。袁先生夫妇了解她的困难后，鼓励她学以致用，实践PDP的五种爱的语言中的“爱的礼物”，每天出门工作前为孩子煮一些他爱吃的食物，让孩子感受到母亲对他的关爱。袁先生夫妇也利用每次见面的时间，帮助孩子了解妈妈的苦心及如何以“肯定语言”回报母亲的辛劳。由于这位单亲妈妈的教育程度不高，他们甚至为她解释信件内容，填写申请表，说明华助会的政策程序。他们成为这对母子间沟通的桥梁，加强了他们与华助会的联系，提供最务实及体贴入微的服务。



谈到从事义务工作的满足感，袁先生提到一个三年前住在三巴旺的单亲妈妈，她有四个分别是9岁、6岁、5岁、4岁的孩子。当PDP工作坊结束后，袁先生明白无法通过电话了解他们的真正需要，因此与太太到他们家里拜访。这位单亲妈妈为了照顾4个年幼孩子而无法出外工作，经济陷入绝境。袁先生夫妻于是联络华助会，安排各种经济补助计划，帮助单亲妈妈把孩子送进托儿所，让她有时间接受培训及寻找工作以维持全家生计。前年，单亲妈妈全家在华助会举办的裕华园中秋节家庭日上见到袁先生夫妻，热情地主动前来打招呼及攀谈。看到这家人亲密的举动和孩子们活泼的样子，袁先生夫妻感到无比的欣慰与感动。

他们夫妻相互支持与鼓励，也经常在家庭聚会时与儿女谈起在义务工作中感受到的各种喜怒哀乐，并听取孩子们的意见。当华助会需要人手时，他们也会召集孩子一起加入义工行列，如参与“准备上学咯！”活动。他们相信，父母做楷模，子女自然也会成为有爱心的公民。袁先生的儿女对父母的助人精神，深深引以为豪。

加入华助会义工家庭九年来，袁先生除了获得五年长期服务奖外，也获得教学表扬奖。对于这些奖项，袁先生看成是对自己付出的一种肯定。他也认为，得不得奖其实无所谓，他更重视的，是受助学生的成就及受助家庭的健全发展，这些才能给他最大的满足感。袁先生希望这些受助家庭日后能回报社会及华助会。接下来，袁太太就要获颁五年长期服务奖了，我们为她感到骄傲。

多次参加PDP活动，除了对这个计划的深刻体验外，也加深了他们夫妻对社会各个层面的认识。他们看到这个计划成功的一面，也看到它在实施上的一些限制。他们期望这个计划能够带给受助家庭全面性的生活提升，也期望家长们更积极、更开放地学以致用，面对现实。在实践上，他们即使面对挫折，也不会轻易放弃，因为他们知道社会上永远都有需要帮助的人，而他们随时准备伸出援手。

采访工作最大的收获，就是你能从受访者身上学习到进步的动力。袁先生夫妻为人诚恳，生活充实，善用生命的每一分钟，令我非常钦佩。我们的社会需要更多像他们夫妻一样，有爱心又坚持不懈的义工，带给真正需要帮助家庭生存的希望。我期望自己能以他们为榜样，活得更加积极。





张心怡、张翰思

Translated by Chong Han Sy

《深情、坦然、哲理 ——专访陈振泉执行理事长》

人生一场，你追求的是什么？有人追求功名利禄，有人追求荣华富贵，而对华助会多年来的舵手陈振泉执行理事长来说，这些都是过眼云烟。他更重视的是“情”——亲情，友情，民族情怀，爱国情操。

《义风》编辑有幸在陈执行理事长即将于今年六月底卸下华助会职务，离开开疆辟土、默默耕耘了17年的华助会前夕，与他做了一次深度访谈。不过，与其说是访谈，它更像是一次哲学对话。通过这个机会，我们更深入地了解他为人处世的态度与信念。

饮水思源，一诺千金

要了解一个人的行为，往往可以从探讨他的出生背景开始。陈先生谈到自己在读中四那年，父亲去世时的无助与惶恐，之后如何在政府奖、助学金的资助下顺利完成大学教育。他以感恩的语气表示，自己接受人民协会奖学金资助，如果不是后来被安排去筹组华助会，肯定会一辈子尽心尽力回报人民协会的栽培。这就是他重情义的最佳体现，也是他最期望传递给社会与子女的价值观。也因为这样，当他看到华助会的受助者在自立后，回到华助会帮助其他弱势同胞，许多义工无私地回馈社会时，他觉得在华助会多年的付出是值得的，领导这个组织也给自己带来无限的满足感。

人到无求品自高

陈先生最初在人民协会担任要职，后来接下华助会执行理事长的重担，之后成为国会议员、通商中国总裁，并即将受委为贸工部政务次长暨新闻、通讯及艺术部政务次长。不管什么职务，陈先生从来没有花心思去积极争取。只要社会或国家需要他，他就会当仁不让，全力以赴。这些年来，华助会在这样一位具有大无畏精神，仁者风范，只问耕耘不问收获的儒家领导者的带领下，日渐发挥它在社会上的功能，这是大家有目共睹的。

谋事在人，成事在天

对陈执行理事长来说，在华助会17年的工作，是一项艰巨的考验。草创时期，在资源缺乏、人力不足、前途不明，方向不清的情况下，华助会慢慢拓展服务规模及范围，其间更遭遇如SARS、通胀

华助会的草创时期 During CDAC's Early Days...



及金融海啸等的严峻考验。但是在董事会、委员会、华族社群、秘书处员工和义工的强力支持下，华助会的表现越来越受到社会肯定。当华助会需要筹款、需要人力时，社群几乎一呼百应。在这种众志成城，群策群力的情形下，华助会建立了强而有力的优势。陈先生相信，面对困难时，除了坚定的决心外，也要具备向前看，不后悔的精神。凡事检讨，但不浪费时间、精力去追悔；挑战越高，代表坚强的极限也跟着提高。如何以超高标准的工作表现来报答所有支持者的期许与恩情，才是他对成功的诠释方式。

随遇而安，收放自如

即将离开华助会，说依依不舍，似乎有点煽情；说毫无不舍，又似乎过于理智。陈先生期望自己努力工作到在任的最后一天，然后尽量以平静、平常心看待离合，毕竟他仍然会与华助会“藕断丝连”，以义工或其他适当的方式继续贡献他的经验与能力。对于离开的时机，陈先生表示，无所谓时机好坏，他有信心华助会能在没有他的情况下，照顾好任何受目前经济情况影响的低收入同胞。华助会有值得信赖的董事会，像罗盘指引航线，也有效率高的秘书处员工执行航行计划，因此是否换船长，并不会影响船的既定航程。而对于继任者，他认为，华助会需要新人、新思维、新做法以开创新活力。他相信华助会的所有人员，都会给新任执行理事长全力支持，协助他达到服务社会的更高目标。

访谈中，陈执行理事长对于华助会17年来的挑战处之泰然，仿佛面对人生，原本该有如此考验。然而我们都清楚知道，华助会这些年来的成长不是一蹴而就的。它显示了以有限推展无限的精神，也显示了参与者咬紧牙关，克服万难的决心与毅力。我们常常追问，生命的意义是什么？从陈执行理事长身上，我深深体会到，生命的意义可能难以解释，但是，有意义的生活却是我们都能选择做到的。当一个人全情投入地扮演自己的角色，不问能从中得到什么时，他过的就是最有意义的生活了。

最后，《义风》编辑委员会祝福陈执行理事长永远幸福、满足，也深深感谢陈执行理事长在百忙中抽空与我们分享他的宝贵经验与理念。愿后有期！

陈执行理事长认真的时候 The professional side of Mr Tan...



但他也会尽情玩乐 But Mr Tan also knows the meaning of 'all work & no play makes Jack a dull boy'...



A Dialogue of Philosophical Profundity

What does one seek to accomplish in one's entire lifetime? Is it fame? Or wealth? To Mr Sam Tan, Executive Director who has been at the helm of CDAC for many years, fame and wealth are but transient, for what he values most is affection for his family, friends, community and country.

Before Mr Tan hands over the reins at the end of June and leaves CDAC – a pioneering venture and unwavering endeavour he has been involved with intimately for the past seventeen years, Volunteers was privileged to have an interview, or rather, more a dialogue of philosophical profundity, with him, and get him to share the convictions and guiding principles which he holds dearly in his life.

Forget not the source of water

Coming from a humble background, Mr Tan was lost and helpless when he lost his sole-breadwinner father in his "O" level year in school. Mr Tan managed to complete his tertiary education with the aid of scholarships and bursaries from the government and the People's Association (PA). Had he not been asked to join the team to set up CDAC, Mr Tan would have wanted to serve in the PA for life as he felt indebted to do so. Being grateful and repaying kindness are virtues to him, and what he wants his children to embrace too. Seeing

他的亲切笑容代表了华助会的亲切形象 His gracious smile portrays the friendly image of CDAC...





In the Spotlight

former beneficiaries coming back to serve other disadvantaged people and so many volunteers selflessly giving back to society has given Mr Tan a deep sense of satisfaction in leading and contributing to CDAC.

Ask not what is in it for me

For every role he has served in the PA, CDAC and grassroots organizations, from Member of Parliament and CEO of Business China to being appointed Parliamentary Secretary, Mr Tan has never intentionally sought and charted his own progression. But whenever he is called upon to serve society and country, he does not turn or hold back. CDAC is indeed fortunate to be led by a man of such character and morality from its first inception to it being an established institution serving a worthy cause in our society.

Fear not the challenges

The past seventeen years have seen challenge upon challenge faced by CDAC. From being clueless about the way ahead together with problems of scarce resources and manpower in the pioneering days, to establishing a firm foothold and achieving steady progress, CDAC has indeed come a long way. Along the way, SARS, inflation, the financial tsunami each took their toll, but with tremendous effort from all quarters of CDAC and the Chinese community, CDAC grew from strength to strength and gained in stature and recognition for its programmes and services, commanding even greater support. Unwavering determination, a willingness to look forward and move ahead, and learning from, rather than regretting, past actions have been Mr Tan's way of dealing with challenges. To Mr Tan, providing quality programmes and services is the best way to repay the support and kindness that have been rendered to CDAC.

Not sad about parting, not worried about the future

Being neither too sentimental nor too rational about parting, Mr Tan plans to get into each day with his best effort till his very last day at CDAC, before parting with level-headedness and peace in his heart. After all, he is sure to still connect with CDAC and continue to contribute to CDAC as a volunteer or in other suitable roles. To Mr Tan, there isn't a good or bad time to part, for he is confident that CDAC will continue to assist the disadvantaged in these difficult times without him. He is certain that with a visionary Board of Directors providing direction like a compass and a capable Secretariat executing the charted course, a change of Captain does not change the destination of the ship. Mr Tan also expects his successor to bring in fresh ideas, a new approach and vitality, and he trusts that all in CDAC will give the fullest support to, and scale greater heights with the new Executive Director.

Throughout the interview, Mr Tan shared the challenges of the past seventeen years with such ease and calm, a proof of having taken it all in his stride and as part of life. But we are all aware of the long and winding journey of CDAC, the dedication and determination of everyone involved, and that the success story of CDAC has been anything but plain sailing. Mr Tan's sharing certainly shows us what a meaningful life is: he always commits himself fully and puts in his best effort in every role he plays and in everything he does, and is not concerned with what he can get in return. Mr Tan has indeed led a meaningful life thus far.

Finally, Volunteers wishes to thank Mr Sam Tan for giving this interview despite his busy schedule and for his wonderful sharing. We wish him all the very best in his future endeavours.

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- 华社自助理事会 65 Tanjong Katong Road Singapore 436957
 传真：6743 5240 电子邮址：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
- For enquiries, please call the Volunteers Hotline 6843 5599 during office hours or visit our website
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