

FAITHACTS PROGRAMMES HELP US LIVE SUCCESSFULLY IN OUR GOLDEN YEARS"

166A

11 I'M MOTIVATED TO HELP FULFILL THE NEEDS FOR THE ELDERLY, TO IMPACT THEIR LIVES.

> LEARNT HOW TO APPRECIATE MY OTHERS WHEN I REALIZED PEOPLE ARE LIVING WITH SO LITTLE"





Sandra Woo

**Betty Chan** 



Jean Hong Corporate Partn

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#### Mission

To provide quality and holistic services that address social issues with our distinctive Christian love that meet the changing needs of the community.

#### Objectives

We aim to impact the lives of people through the provision of programmes and services to meet the community needs and alleviate social problems, regardless of their ethic, socio-economic and religious backgrounds. The society is a registered charity with the Registry of Societies and the Commissioner of Charities. FaithActs is a member of the National Council of Social Services (NCSS) and Ministry of Community Development, Youth and Sports (MCYS). We are also an IPC approved organisation.

### PHOTO STORY







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## PATRON'S MESSAGE

# 05

**G G I** am heartened to know that since its inception eight years ago, Faith Hets has been committed to meet the ever-changing needs of the community by continually initiating impactful programmes and services."

I am glad to note that this year marks a significant milestone for FaithActs in her collaborative efforts with schools, corporations and agencies. The service learning programme with schools and National Environment Agency in clearing tables at food centres made headlines in Wanbao on 17 June 2012. This programme has raised the awareness of collective social responsibility by individuals in public places.

I am given to understand that FaithActs is collaborating with Jurong Health-Alexandra Hospital in her seniors' workout programme so as to bring health services closer to the homes of the residents.

I wish FaithActs every success in her continuing efforts to reach out to children and youths with at-risk profiles at schools; to the families from needy and disadvantaged backgrounds; and to the frail and weak seniors from the neighbourhood. I am confident that FaithActs will continue to spare no effort to connect with these people to meet them at their points of need and to help them overcome life's challenges.



Dr Chia Shi-Lu

## PASTORS' MESSAGE

# 06

This year, Faith Acts made incremental and concrete strides toward meeting the changing needs of the community by introducing three new initiatives in her programmes for youths, family and seniors."

In promoting healthy living through sports, FaithActs started the Soccer Academy for children aged 7 to 15 in February 2012. The second run in July 2012 saw an increased number of 32 players involved in friendly matches with other agencies.

In her family life programmes, FaithActs conducted the first Marriage Preparation and Enrichment Course in May 2012 with the approval from and covering of Ministry of Community Development, Youth and Sports. In this inaugural run, we have paced with and equipped 10 couples towards enriching and successful marriages.

To meet the increasing demand of the active seniors, FaithActs launched the first 8-session Zumba Gold class in July 2012. To cater to the overwhelming response, the class was conducted twice weekly with a total of 20 participants.

We are also pleased that the youth tuition programme has grown from Wednesday and Thursday nights to include Monday and Thursday afternoons as well. Thus, this provides more opportunity for the tertiary and upper secondary students to be our volunteer-tutors for the primary school students.

We also saw an increase in partnership with schools, corporations and agencies. As such, volunteers in our Service Learning Programme grew rapidly with initiatives introduced towards community involvement, such as; the social responsibility programme "Clean Up!" at food centres and homes.

We are thankful to God who continues to provide resources for FaithActs. It is our joy to see FaithActs grow and expand to meet the pressing needs of the community.



Rev Dr Kow Shih Ming Pastor-in-Charge



Rev Paul Nga Chaplain

#### Management Committee



Mrs Koh Jeffry Nee Ang Ley Keow Chairperson



Mr Tan Chow Boon Vice Chairperson



Mr Albert Lim Honorary Secretary



Mr Wong Kron Joo Assistant Honorary Secretary



Ms Lily Chua Honorary Treasurer



Ms Woo Siew Leng Assistant Honorary Treasurer



Ms Cindy Koh



Mr Edmund E



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**Members** 



Mr Quek Peck Leng





Mr William Sim

Ms Susan Niam



Rev Dr Kow Shih Ming Rev Paul Nga



Mr Adrian Lim



Ms Shirley Ng



## YOUTH PROGRAMME

#### We believe that every youth has potential. FaithActs programmes and services aim to develop an individual holistically to be successful in life.

For an annual membership fee of \$10.00 (excluding special outings and events), youths aged 7 to 18 years are entitled to participate in all FaithActs activities.







#### Soccer Academy | Develop Team Spirit

The soccer programme is open to youths aged 7 to 15 years. The training sessions are conducted by certified soccer coaches. Through this programme, youth will learn social values and team building in a fun way. There are opportunities for them to play friendly matches.

The programme is organised twice yearly comprising of 10 sessions of trainings held on weekends.

#### Adventure Outings | Develop New Skill

This monthly outing provides an opportunity for our youths to make new friends, learn different skill sets and develop character. A nominal fee of \$3.00 to \$5.00 is charged depending on the activity.

The outings are held on the 3rd Saturday of the month from 9:30am to 2pm. Activities include: Rock Climbing, Dragon Boat, Archery, Laser Quest, Prawn Fishing, Camp, Overnight Cycling/ BBQ, et cetera.

#### TEAM FaithActs | Develop Community Spirit

TEAM FaithActs provides community assistance to needy residents in the Tanglin Halt/Commonwealth areas. This includes painting, cleaning, removing bulky items from the homes, et cetera.

Criteria for eligibility include:

- 1) Low income families in need of financial assistance.
- 2) Residents who are unable to clean/paint due to their age/physical disability
- 3) Residents must allow a social worker from FaithActs to perform a home assessment to receive assistance from FaithActs

Team FaithActs is open to schools for students doing CIP; Groupwork by Corporations/ Institutions.

A 10-year old participant who joined in June 2012, Dewi said,



I joined the Creative Arts programme because I like to dance. It is fun."

Serene, our Social Worker has this to say,



Since we started the Junior Chef programme in February this year, Amirul, aged 15 years, has been winning the monthly competitions. He comes regularly and enjoys cooking immensely."





#### Creative Arts | Develop Aspiration

FaithActs provides a platform for youths to express their passion and creativity through hip-hop dance. Started in 2009, opportunities are given to youths to showcase their talents at various FaithActs events (Open House, Community and Charity events, et cetera).

The session is held on Mondays from 5.30pm to 7pm.

#### Junior Chef | Develop Healthy Eating Habits

This programme teaches youths about the nutritional value of various types of food. Youths also learn culinary skills through new recipes taught weekly. A competition is held at the end of the month for youths to display their culinary skill and knowledge.

The Junior Chef programme is held on Wednesdays from 3:30pm to 5pm.

#### 60 Second Challenge | Develop Character

Inspired by the Minute-To-Win-It game show, this activity allows youths to experience the exciting game as featured in the show. Youths are given a week of practice before they compete at the finals! This activity enables our youths to develop perseverance, concentration, determination and precision.

60 Second Challenge is held on the 2nd and 3rd Fridays from 3:30pm to 6pm.

#### Birthday Party | Develop Social Skills

FaithActs celebrates monthly birthdays for her members. The youths come for a time of celebration with lots of food and fun. The staff will engage the youths with activities and share special messages that impart values.

Birthday Party is held on the 1st Friday of the month from 4:30pm to 6pm.

#### Clean Up! | Develop Civic Consciousness

This Service Learning Programme aims to educate collective social responsibility and instill civic mindedness. More than 150 students and volunteers from 6 schools and 2 corporations have participated in this programme by helping cleaners clear tables at 7 food centres islandwide.

Schools participated: Ahmad Ibrahim Secondary School, Anglo-Chinese Junior College, Queensway Secondary School, Raffles Girls School, School of Science and Technology and St Margaret's Secondary School

Corporations: Lloyd's Register Quality Asia and One Solution Group Pte Ltd.

The programme is open to schools for students doing CIP; Groupwork by Corporations/Institution. It is held monthly and participants have to complete 3 sessions of cleaning work at selected food centres.









#### **Develop Good Values**

Feedback received were positive, such as



A leadership training programme was conducted for Queenstown Secondary School. Students learn the importance of goal setting, the traits of great leaders and good decision making.

I saw the poor living conditions of some people in Singapore. The recipients of our groceries were appreciative. I felt sorry for them."

One hundred and ten (110) Secondary One students from the School of Science and Technology benefitted from our School Social Work Service Learning Programme. They were taught the value of contributing to the community and being civic conscious. Students cleaned homes, packed and delivered food rations to our beneficiaries and visited HCA Hospice.

Another commented,



I learned that I am very fortunate and that I must do my best to help the needy."



#### TUITION | Develop Good Academic Results

The tuition programme was started in 2005 to help academically weak youths in the community. Classes are offered to students from Primary 4 to Secondary 5. A nominal monthly fee is charged to make it affordable for youths from low-income families. Our dedicated volunteer-tutors are tertiary students, working professionals and retirees. This year, 60 students have benefitted from the tuition programme supported by our team of 45 volunteer-tutors.

In 2012, mentoring was introduced into the programme to empower and encourage tutors to make a positive impact on the lives of youths. The role of a tutor goes beyond academic coaching to caring for the mental and emotional wellness of the students. Besides developing academic proficiency, youths are encouraged to perform 4 hours of community service, to strengthen their civic and social values. This will strengthen tutor-tutees' relationships and also motivate tutors to see the values they are imparting in these lives. The students will also benefit from a more holistic learning journey.

Tuition is held on Wednesdays (for Primary level) and Thursdays (for Secondary level) from 7.30pm to 9pm.



# **FESTIMONY**

Watch this face Life growing up in FaithActs and the 1st Youth Intern

**Faith** Hets is my "second home" as the staff members are like a close family to me."

I followed the footsteps of my older brother in joining FaithActs as a youth club member when I was in Primary 5. I joined the tuition programme conducted by volunteers who are committed to help me in my studies. My confidence returned during my secondary school days and I started winning medals in Mathematics at national competitions. Last year, I topped the "0" levels in my cohort.

The most memorable experiences I have at FaithActs are the numerous opportunities to showcase my writing skills. FaithActs gave me the platform to pen my thoughts for my participation in the overseas learning expedition to Surabaya in 2010. I also took up the challenge to produce a newsletter to report on the service learning trip to Siem Reap at Cambodia in 2011.

I felt honoured to be accepted as the first FaithActs youth intern in 2012. I assisted the youth team to run programmes and was consulted on what the youths think. Besides helping the youths, I also engaged potential sponsors to support our fundraising activities. I am very proud to have secured a corporate sponsor who contributed prizes in the Go, FaithActs Go! 2012 fundraising activity.

FaithActs is my "second home" as the staff members are like a close-knit family to me. I am thankful to be a FaithActs youth, to serve others through my role as a youth leader.

Goh Hong Jie 17 year old 1st year Business Studies Student at Singapore Polytechnic





#### Grant That Facilitates A Needy Student's Study And Learning



#### Bursary (2011 - 2012)

The FaithActs Bursary Scheme was established in 2007 to assist needy full-time students studying in Special Education Institutions, Primary / Secondary Schools or Junior Colleges, Institutes of Technical Education and the Polytechnics. It aims to help students meet their expenses during their course of study.

As part of the scheme, recipients are also encouraged to participate and volunteer in the activities organised by FaithActs.

In December 2011, 65 students from Primary School to the Polytechnics and 19 students from Special Needs Schools were awarded bursaries.



#### Scholarship (2011 – 2012)

The FaithActs Scholarship was introduced in 2010 for Secondary Three Express Stream students from lower income families who achieve excellent academic results. With this scheme, we hope students would not be burdened by financial constraints but be facilitated to maintain outstanding academic results.

Scholarship recipients are required to be involved in our community projects. This is to instill in them the value of giving back to the community.

In 2011, 6 scholarship awards were given to students from Queenstown Secondary School, Queensway Secondary School and St Margaret's Secondary School.

#### Sharing by Scholarship Recipients

"As my family faced financial difficulties, it is a constant worry for me whether or not I will have enough money for my education... When times got hard, I had to work part time and it was a struggle because I had to juggle between a huge load of homework and work. I would feel tired the next day when I go to school."

> Sharon Age 15

"My family has been going through a tough time due to financial problems, as my father had lost his job. Being 50 years old this year, he is having a bad time looking for another. Even up till now, he is still unemployed. My mother had to work as a retail assistant to support our family, and we had to rent out two out of three rooms in our four-room HDB flat to serve as another pillar of support to our financial problems."

Christine Age 14

"My father works as a taxi driver and is the sole bread-winner of the family. He works hard and often does the midnight shift while all of us are resting and sleeping soundly at home. Even though he is tired at night he still works till dawn to earn money so that we can have food on the table."

Ölizabeth Age 14

\* All names have been changed.

# BONDING

#### COMMUNITY EVENTS

#### FaithActs Open House, 2 October 2011

FaithActs Open House was a community outreach event with the theme **"Together, We Celebrate As A Family"**. The aim was to help the residents of Tanglin Halt and Commonwealth communities see FaithActs as an integral part "family member" of the estate. The event, attended by FaithActs Patron, Dr Chia Shi-Lu, MP for Tanjong Pagar GRC and more than 800 residents, gave FaithActs staff and volunteers an opportunity to interact and bond with the community.

#### Community Events, 5 November 2011

In partnership with Faith Methodist Church, 1,000 FaithActs beneficiaries and residents, together with Dr Chia Shi-Lu, enjoyed a 10-course dinner and performance by FaithActs youths and seniors at our Community Dinner held at the open space car park at Commonwealth Drive.

#### FAMILY SERVICES

#### **Casework and Counselling**

Mdm A, 40, lives in a HDB 3-room flat and was referred to FaithActs for financial assistance. She is married with a 9-year old son. Her husband does odd jobs while she has difficulty looking for a job because she suffers from anxiety attacks and depression. With a referral made by a FaithActs worker, she now receives monthly cash assistance from the Community Development Council. Under the encouragement of the FaithActs worker, she has also found a job. Mdm A is grateful for all the help that FaithActs has given her.



### FAMILY @WERKZ

#### Empower Families to Impact Communities

#### Parenting@Werkz

With the increasing demands and need for parents to acquire both knowledge and skill to cope with various aspects of parenting, Parenting@Werkz seeks to build a theoretical framework for imparting relevant and practical skills to parents.

Under Parenting@Werkz, a series of parenting talks were held at Buona Vista Community Centre, Maha Bohdi School and St Margaret's Secondary School.



### engaging and interesting trainer with many practical tips..."

Mrs Chua Yunn Lyn

#### "I learned to relate well with the current issues of teenagers"

Mrs Samantha Lee

"I learned about the importance of cooperation and understanding about family life spirit and to love one another"

#### Marriage@Werkz

Marriage@Werkz seeks to help couples to prepare for fulfilling marriages that go beyond the wedding ceremony.

Most couples enter into a marriage because they trust that their love for each another is strong enough to embark on a life-long journey as husband and wife. FaithActs' Marriage@Werkz course helps couples highlight and address issues that they would face in their marriages.

The first Marriage Preparation Course was held for a class of 10 couples from April to June 2012. The participants learned various skills and acquired knowledge on commitment, and the importance of journeying together as a couple through fun and interactive activities.



I have learned to understand better, not to let history and family background affect current situations. I also learned to adjust roles and responsibilities in the relationship depending on situations."

Denise Class participant MPC class 2012 (1st intake)

> "Make changes in my schedule/ priorities to put my family and future husband first."

> > *Hannah* Class participant MPC class 2012 (2nd intake)



## SENIORS PROGRAMME











#### WOW (We're of Worth)

#### WOW Workout

This is a 10-week fitness programme for those aged 50 years and above. Participants are divided into Low Mobility, High Mobility and Fit groups depending on their physical and health condition. The workout is led by physiotherapists and volunteer-trainers.

This programme is held on Wednesdays and Saturdays for different groups from 8:30am to 11am.

#### SRP (Social-Recreational Programme)

This is a 8-week fun-filled programme for seniors aged 60 years and above. Participants socialise through singing sessions, life-skill workshops, dancing, games, service learning activities and community outreach. The SRP aims to improve the quality of life for seniors by equipping them to manage life transitions, provide them with a social network to share experiences and have a better sense of self worth.

SRP is held on Tuesdays and Thursdays from 8:30am to 11am.

#### Seniors Outing

This activity provides opportunities for seniors to socialise rather than be isolated at home. It encourages bonding and relationship building, allowing seniors to break away from a mundane lifestyle. Our outings are planned to include frail and wheel-chaired bound seniors.

Outings: Vegetable farm, Bowling, Kueh and Otah Factory, Jurong Country Club, Quality of Life Exhibition, IDA-iExperience.

The outings are on an ad-hoc basis which will be on Thursdays from 8:30am to 11am.

#### Gray Matters Centre

This is a community-based centre for seniors, caregivers and those interested in eldercare. Educational and skill-based talks and trainings are conducted by professionals to equip participants with knowledge and skills on eldercare. The talks conducted include Fall Prevention and common mental illnesses, et cetera.

This is held on an ad-hoc basis and is usually on Thursdays from 8:30am to 11am.

#### Zumba Gold

Due to an increasing request by active seniors for this programme, we ran our first Zumba Gold on 3 July 2012. This is a stress-relieving, fitness dance for active older participants.

Zumba Gold is held on Tuesdays and Thursdays from 2:00pm to 3:00pm.

Madam Koh, 80, was referred to us to follow up. After establishing friendly rapport and meeting her needs, she looks to FaithActs for social support and ultimately became a regular WOW workout and dance participant. She performed at several FaithActs events."

#### April to May 2012

Together with the Health Promotion Board, seniors enjoyed 8 sessions of inspiring talks and engaging activities such as games, skits and role-play as they participated in the programme called "Nurture Your Mind".

Journal of FaithActs Seniors Team (2011-2012)

#### 5 May 2012

The FaithActs Seniors performances express the theme "We're of Worth". During this "Simply Golf" networking event, our seniors perform a Malay dance item, "Rasa Sayang" to more than 150 guests, including our Guest-Of-Honour, Madam Halimah Yacob, Senior Minister of State, Ministry of Community Development, Youth and Sports.

It was also a rare sight for the other seniors to chill out and enjoy the good food and interesting entertainment.

#### 18 February 2012

FaithActs Seniors, in conjunction with NUS students and Dr Tan Lai Yong, held a cataract screening exercise for the elderly in our community.



Registration for cataract screening



A total of 68 seniors signed up for this exercise. The seniors not only benefited from the cataract screening by a group of doctors, they also had their blood pressure checked. In addition to these physical examinations, the participants took part in fun games created by NUS students. Staff of FaithActs Seniors Services also conducted an intensive follow up for cases that were brought up by the doctors.



Elderly going through obstacle games to test their precision and agility

A senior in consultation after checking her blood pressure

#### 2 December 2011

Lloyd's Register Quality Assurance (LRQA) organised a Christmas party for our seniors. Our seniors had the opportunity to showcase their artistic and creative talents with Christmas decorations they helped design and make. There were games and even a costume parade competition. Both the seniors and LRQA staff shared a wonderful experience at the party.



Seniors busy at work, preparing Christmas decorations for the party



Seniors preparing the decorations together with the staff of LRQA



Seniors all ready for the party



Seniors designing a costume for competition

#### 5 November 2011

A community dinner was held in conjunction with Faith Methodist Church's 45th Anniversary. Through this event, the seniors showcased their singing and dancing abilities. With the help of our volunteers, they went through rigorous dance rehearsals, donned pretty kebayas and sarongs, song and dance to popular songs "朋友" and "Rasa Sayang". Another group of seniors, led by our volunteers, showcased our WOW Workout Programme with an exciting and energising exercise routine. Through the rehearsals and performance that night, our seniors truly exemplified the motto of "We're of Worth"!





Seniors on stage

Seniors dancing



# VOLUNTEERS

#### And Their Hearts Of Service

Volunteerism creates a sense of purpose and meaning to both the giver and the beneficiary. We encourage our volunteers to attend suitable courses that will enhance their skill, knowledge and personal development.

We conducted the first ukulele class on 19 March 2012 and had some 20 volunteers who went through the class.



- 1 Celebrity Volunteer, Ms Cheryl Wee presented her song album to Mr Bert Chow, Chairman of Organising Committee "Simply Golf" -A Cause for Networking-
- 2 Training volunteers for our WOW Workout programme
- 3 A passionate tutor
- 4 Volunteers engaging seniors with games
- 5 Volunteers helping out at the June Camp



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### FATHACTS FATHACTS SENIOR OUTGAL SINGADORE JUNE 12 June 2012

## YOUTHEXPEDITION ATSIAN REAP

Service Learning & Leadership Development