

# seed

Meeting Needs, Transforming Communities  
Harvest Care Centre . Issue Two . MICA (P) 131/06/2011

## A ROMPin' Good Time!

W.A.D! Club's annual mega sports saw a turnout of 1,500 people at the event and offered Tchoukball for the first time as a competition category

## O'Friends Club

A karaoke competition saw some elderly "closet-singers" stepping out and showcasing their singing talents

## Magical SPARKS!

Find out how our kids travelled back in time, and how others learnt the science of magic tricks!



# seed



## HarvestCareCentre

### Our Motto

Meeting Needs, Transforming Communities

### Our Mission

We dedicate ourselves to transforming communities by meeting the needs of individuals and families through providing relevant services.

### Our Vision

We are committed to establishing a broad base of services to reach various needs in communities both locally and overseas.

### About Us

Harvest Care Centre is a non-profit organisation officially registered with the Registry of Societies since 18 March 2005. Facing the growing needs of youth, families and the elderly in our society, we want to play our part in actively reaching out to these various needs. Therefore, we dedicate ourselves to transforming communities by meeting the needs of individuals and families of all races and religions.

Our range of services include counselling, student care centre, youth works, tuition programme, elderly programmes and school-based programmes.

Seed is a biannual publication of Harvest Care Centre (HCC). SEED depicts an organisation that is young and alive. We care for the needs of our community and carry a vision of making a difference in our community. We nurture our pillars and volunteers to make that happen.

SEED will walk you through our past and upcoming events. If you are keen to join us or be a part of us, do contact us.

#### For information on our services, contact us:

##### Elderly Programme

Contact person: Ms Tia Quah

##### W.A.D! Club

Contact person: Mr John Chong

##### Student Care

SPARKS Student Care Centre  
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## Message from HCC President



After a one-year hiatus, ROMP! has returned bigger, better, and more meaningful than ever. This year, we had the privilege of having Minister of State for Defence and Education, Mr Lawrence Wong, grace our event, and he was as excited as I was to see so many young people from different cultures and nationalities come together and take that first step towards fulfilling the big dreams that I am sure each of them has in his heart. ROMP! is now a key milestone in the HCC and W.A.D! Club calendar and I never fail to be amazed by the number of lives we are able to impact through a simple sports event. I am especially thankful that so many sponsors, partners and volunteers pitched in to make this year's event a ROMPing success!

Besides ROMP!, W.A.D! Club's activities have expanded to include W.A.D! En'Rich Tuition and W.A.D! SHOT, which you will read about in the next few pages. With so many programmes and initiatives now in place, our youths are truly spoiled for choice!

Our elderly also have their fair share of activities. The Love Our Community initiative is still going strong, and with our article on elderly loneliness, do equip yourselves with more knowledge to effectively help

your loved ones enjoy their golden years. Share in the experiences of our dedicated volunteer, Jessie, and you may just be inspired to join as a volunteer as well.

Many of our volunteers have worked very hard to make our various activities a success. Special thanks go to the partners who have been supporting us in our programmes and events, especially at ROMP!. Your contributions, whether in monetary form or in terms of time and effort given, are greatly appreciated. We look forward to your continued support, and if you would like to make a donation in support of our programmes, more information is available on the last page of this magazine.

On behalf of all of us at Harvest Care Centre, I thank each and every one of you for your contributions and commitment. I hope that you will enjoy this magazine and look back with fondness on the special moments you have experienced and remember the friends you have made.

Reverend Bernard Foo  
President  
Harvest Care Centre

# WADS'UP LATELY!

## W.A.D! EN'RICH

W.A.D! En'Rich is a tuition programme of W.A.D! Club, but it does not consist of tuition sessions alone.

Besides offering low-cost English and Mathematics tuition sessions for primary and secondary level students on a weekly basis, the tutors also try to provide a holistic education.

The English programme, which has at least nine foreign students, has organised recreational activities to help foreign students better understand the Singapore culture. These activities include visits to the National Museum, steamboat and barbecue sessions, and outings to Sentosa.

"This is to help foreign students build friendships with Singaporeans, understand our culture, and simply have fun and relax after a stressful week at school," explained 23-year-old Terence Sia, one of the tutors in the English programme.

The programme has also "enabled many of our students to overcome their unfamiliarity and fear towards a foreign language, and resulted in greater confidence towards using the language," he said.

Benjamin Chew, 23, a tutor in the Mathematics programme, says that tutors try to instil good values during tuition sessions, encouraging students when the learning process becomes challenging. "We also partner with parents and are glad to see many of their children improve



in character and learning attitudes," he adds.

Since W.A.D! En'Rich was first established in early 2010, current students have recommended the programme to their friends and more students have enrolled. More volunteer teachers are required, if the small class sizes are to be maintained. Interested volunteers may email us at [wadclub@gmail.com](mailto:wadclub@gmail.com) for more information.

# A ROMP! GOOD TIME!



Organized by W.A.D! Club for the third time, ROMP! is an annual sports carnival that encourages youths to break through their circumstances to pursue their dreams, best resonated in its slogan: "Dream big, no matter who you are!"

It was a theme that the guest-of-honour, Minister of State for Defence and Education, Mr. Lawrence Wong, said he especially liked as he urged the 1,500-strong crowd to "seize the opportunities that come your way."

He said, "Your life is what you make of it. Nothing is beyond your reach, so long as you are willing to dream big, so long as you are willing to put in the hard work to achieve your goals."

The mega sports extravaganza saw a turnout of about 900 participants and 450 volunteers. It was held on 2 July at the Co-Curricular Activities Branch (Evans Road). Its other objective is to keep teenagers, particularly youths-at-risk, engaged in sports and leading healthy lifestyles, instead of roaming the streets and participating in risky behaviours.

This year, the athletes played in three sports – basketball, soccer, and tchoukball. This is the first time ROMP! offered tchoukball, a relatively new sport which is rapidly gaining popularity in Singapore, as a competition category.

Even Mr. Wong remarked that he had never known that such a game existed before.

Post-opening ceremony, he picked up a tchoukball for the first time, and with sideline coaching from W.A.D! Club volunteer, Kenny Cheng, attempted his first series of tchoukball throws at the bouncy, deflecting net.

Later, he also wrote on his Facebook wall about learning to play tchoukball at ROMP!, which he called a "unique game with no physical contact, but demands real teamwork, good anticipation and athletic ability."

A portion of ROMP! 2011's proceeds, approximately USD \$1,500, will be donated to the children at Kolap #4, a run-down orphanage in Cambodia. W.A.D! Club volunteers have visited it five times to rebuild and refurbish it since 2009.

The money will go towards providing for the orphans' monthly living expenses and sponsoring an orphan, 19-year-old Sum Sophea's tertiary education at the University of Cambodia to study English Literature.

Through the project managers at Kolap #4, Sophea has promised to study very hard and added that this university scholarship has given him hope that he will one day be able to get a job that can help him support his three younger siblings.



**unique game with no physical contact, but demands real teamwork, good anticipation and athletic ability.**



## W.A.D! SHOT

21-year-old Hong Qingde wanted to make a difference in the pool community and change the generally negative perception of the sport, so he started his own pool team in March 2010.

"Pool is often seen as a sport where people get into fights in pool halls," Qingde said, adding that people can also be found smoking, gambling or drinking in the pool halls.

When the team was first established, it had less than five members and trained once a week. In April this year, the team was adopted by W.A.D! Club and called itself

"Team W.A.D! Shot!" It now has 14 members and holds training sessions twice a week to cater to the members' different schedules.

Last year, the team participated in its first tournament at the pool

competition of TeenGames, an annual multi-sports competition. The team emerged as Zone Champion (West Zone), even though most of them were playing in a tournament for the first time.

Champions or not, Qingde hopes to see that his members be "different" and be good sportsmen. One practical way of being different, he suggests, is to be calm and not utter vulgarities or curse words in pool halls. "There are many youths who just curse as and when they like whenever they don't pot a ball or win in a game," he explained.

The team will be entering more tournaments, but Qingde notes that it will be focusing on more than just skills or strategies: "A good attitude and faith is what it takes to win in the long run."



# Snapshots from ROMP!



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- 01** Youths congregating in front of the W.A.D! Club booth, as they form a long queue to participate in the Wall's Rush Hour!
- 02** A Tchoukball player warming up with a shot at the net before his match begins.
- 03** Teams huddle together to discuss their game-play during the precious half time.

- 04** The games open, with our Guest-of-Honour, Mr Lawrence Wong throwing the first ball of the day in the Tchoukball courts!
- 05** Mr Lawrence Wong enjoying a friendly chat with a team of Nigerian soccer enthusiasts.
- 06** The battle is underway in the basketball courts, as teams give their all to win the champions trophy!

- 07** One of our volunteers enjoying a well-deserved break with a Cornetto cone!
- 08** Midway through the games, nEbO shoes bags are handed out to participants, as part of the ROMP! 2011 participants package.
- 09** Champions of Tchoukball Men (Open) category posing for a winning shot

- 10** Participants were invited to a spectacular display of energy, with our guest cheerleading team from ITE College East!
- 11** A myriad of colours emerges, as participants and volunteers gather.
- 12** As the clock continues to tick, soccer players scramble to score the last goal of the game!

# THE ELDERLY PROGRAMME

*O'Friends Club* features:

## SING SING SING!



If you pass by 165 Sims Avenue on a Thursday morning, you will notice a group of about 20 elderly folks happily singing songs in various Chinese dialects. Harvest Care Centre organises weekly karaoke sessions as part of the Love Our Community (LOC) programme. These sessions give the elderly an opportunity to mingle with others who have a similar interest in singing.

Besides these karaoke sessions, the LOC committee has also scheduled a biannual karaoke competition. These events allow the elderly to showcase their talent and win attractive prizes. In the most recent karaoke competition, there were about 30 elderly folks who attended the competition.

If you know an elderly person who has a passion for singing or is interested to hear others sing, how about inviting him or her to join us for this karaoke session? For more details, you may call 6494 2780.

如果你在某一个星期四早上经过 165 Sims 街道,你会看到一群大概有10个老人在很开心的用各种中国的方言在唱歌.丰收关怀中心每周都会举行一次这样的卡拉ok演唱,这是我们"爱社区"(LOC)计划的一部分.这些活动让老人们有机会去与其他也对唱歌有兴趣的老人一起交流.

除了这些卡拉ok歌唱, LOC委员会也安排了每两年一次的卡拉ok歌唱比赛.这可以让老人你们展示自己的才华,并且赢得精美的奖品.在最近的卡拉ok歌唱比赛,约有30位老人参加了比赛.

如果你知道有任何老人对歌唱有热情或有兴趣听别人唱,那就快邀请他们来我们的卡拉ok歌唱活动吧.更多详情可拨打64942780询问.谢谢.

## Volunteering at the Elderly Programme...

Ms Jessie Ng, 48, has joined the Love Our Community (LOC) programme since December 2009 and is currently part of the main LOC committee.

### Why did you decide to be a volunteer with the LOC programme?

I love to do community work. I find that the LOC enables me to know more people, and gives me an avenue to show more care and concern to them.

### What is your most memorable event after joining LOC?

That must be the health screening event which was held in April 2011! During that event, I met an elderly woman who shared about her joys and life experiences. Through her sharing, I was able to know her interests and suggest various LOC activities that she could be a part of. I've made more friendships with elderly people through the health screening.

### What is your role as a volunteer with LOC?

I have volunteered to be involved in notifying a group of Mandarin-speaking elderly whenever there is an upcoming LOC event and to inform the main LOC committee of those who are interested in participating in the event. I am also in the LOC planning committee whereby I am involved in planning and organising events and activities for the elderly.

### What do you find most rewarding about your volunteer experience so far?

The most rewarding part about being a LOC volunteer is when I see the elderly enjoying themselves in the activities that the LOC has organised.

### What challenges have you faced as a volunteer of the LOC?

As a volunteer, I find that it takes a lot of time and patience to show care and concern for the elderly.

Jessie Ng 女士,今年48岁,自2009年12月加入我们的"爱社区"(LOC)组织,目前是组委会中重要的一员。

### 为什么你决定要成为LOC计划的志愿者?

我喜欢做社区活动,我觉得LOC可以让我认识更多的人,并且给了我一条道路去关心和照顾更多的人。

### 自从你加入LOC之后,什么事件使你最难忘?

那是在2011年4月举行的健康检查活动.在那次的活动中,我碰见了一个老年人和我分享她生活的经验和她的快乐.通过他的分享,我了解到了她的兴趣,并且建议她可以去参加LOC举行的一些活动.通过给老人健康检查,我与他们的友谊更深了。

### 作为一个LOC的志愿者,你的角色是什么?

我自愿参与去通知一群说华文的老人我们LOC所举行的任何活动,并且告诉LOC的主要委员会谁对参与我们的活动有兴趣。

### 你觉得通过你的义工经验得到了什么回报了么?

我觉得我作为LOC的志愿者的回报就是当我看到参与LOC的老人很开心,并且对我们LOC所计划的活动感到满足。

### 作为一名LOC的志愿者,你有面临什么挑战么?

作为一名志愿者,需要有耐心,并且要牺牲我们的一些时间,才能对老人有周到的照顾和关怀。



Jessie Ng (left) at a recent Farm Tour trip

**I see the elderly enjoying themselves in the activities that the LOC have organised**



Other activities for the elderly includes Line dance, Free Health Screening, Farm tour, educational factory tour, and festival celebrations

# THE *Magical* JOURNEY OF LEARNING AT SPARKS



At the recent June and September school holiday, SPARKS SCC arranged for a series of holiday programmes for primary school students, such as Time Travellers, Science Freak and Food Craze!

In the Time Travellers programme, the students designed costumes out of recycled materials for themselves. Some dressed as rickshaw pullers, others as coolies.

After designing and adorning themselves, the students found out for themselves just what it takes to be coolies, waiters, and hawkers, jobs that many early immigrants did in the 1960s.

They carted loads through obstacles courses, navigated their way through a room laded with trays of cups and saucers, and dished out meals of ethnic foods like roti prata and chicken rice out of playdough.

Having a taste of how life used to be was the highlight for Adrian Lee at SPARK's holiday programme. "The games we played was my favourite, like carrying the buckets of water," the primary five student from Kong Hwa Primary School said. "It is very tiring. Maybe people in the past have to work really hard and have little pay."

After the jaunt through time, the students' magical journey continued in the Science Freak programme. The students changed their time travellers' outfits for magicians' robes, and learned the science behind magic tricks.

Wielding the concept of ratio and proportion, the students used the magic of science to turn three ropes of different lengths into three of the same length.

After learning these magic tricks, Ryan Chow wanted to be more than just a prankster; he wanted to share what he learned with his friends.

"I can trick my friends and teach them how to do it," the primary three student from Kong Hwa Primary School said.

The students learned how to pull off the magic tricks and understood the science behind them with rapt attention. This is exactly what SPARKS wanted to achieve, said SPARKS SCC Supervisor, Ms Ng Mingzhu.

"We want the kids to enjoy learning. Using magic tricks to teach them about science made them sit up and pay attention. This is the message we wanted to pass on to the kids: that learning is not necessarily boring; it can be fun too. This way they learn better," she said.



SPARKS children at play and at work!



SPARKS teacher demonstrating mooncake dough making to the children



SPARKS children making their very own mooncake!

**REGISTRATION FOR YEAR 2012 IS NOW OPEN! FOR ENROLLMENT, CALL US AT TEL: 6494 2797!**

# KAIROS INTERNATIONAL ACADEMY

## Opportunity for All

"KAIROS" – AN ANCIENT GREEK WORD MEANING "THE RIGHT OR OPPORTUNE MOMENT"

If you happen to patronize the famous Rochor Beancurd stall at Aljunied on a weekday evening between 7.30 p.m. to 8 p.m., you will see students entering the yellow and brown building across the road.

The building houses KAIROS International Academy, whose vision is for its learners of all ages to achieve academic excellence that leads to success in life. The academy was formerly known as Learning Zone.

Says Ms Jennifer Koh, Programme Executive of Harvest Care Centre, "At KAIROS, learning is a lifelong journey. We provide quality programmes that facilitate growth in knowledge and its application."

Interaction in the class is spontaneous and lively, where each student is given the opportunity to learn creatively.

Teachers possess a strong commitment and passion in developing their students' fullest potential.

Learning at KAIROS extends beyond schoolgoing students preparing for their national examinations. For adult learners, KAIROS has specially designed English and business courses that seek to equip them with necessary skills in order to be effective and efficient in their field of work.

True to its name, KAIROS has indeed provided an opportunity for learners of all ages to benefit from its tuition, enrichment and skills training programmes. It turns four years old this September.

"A teacher needs to be able to interact well with his students and motivate them. I always encourage my students to strive for success and not give up, no matter how weak they may be in a particular subject."

– Mr Christopher Koh, who has been teaching at KAIROS for four years.

"My Additional Mathematics had always been a C5 or C6. Since I started attending tuition classes at KAIROS, my grades have improved. I thank my teacher for his efforts in guiding me and helping me to achieve my fullest potential!"

– Johnstan Tang, a student at KAIROS

"I have gained more knowledge and can speak basic conversational English. This is due largely to our English teacher who teaches in a very lively and interesting manner!"

– Wei Rong, a KAIROS student and Chinese national who works in a local hardware company

**CONTACT US TODAY!**  
**KAIROS International Academy**  
 Address: 165 Sims Avenue #04-02 Harvest Care Centre  
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 Email: education@harvestcare.org.sg



## Loneliness

The absence of close friends can bring the emotional discomfort known as loneliness. It begins with an awareness of a deficiency of relationships. Then, one starts to feel isolated and distanced from others, and these feelings tear away at one's emotional well-being. While loneliness affects people from all age groups, it can particularly affect the elderly when their children abandon them in pursuit of their own careers.

In 2005, figures from the Department of Statistics showed that 22,000 seniors aged 65 and above live alone. In 2009, the preliminary results of the Social Isolation, Health and Lifestyles Survey by the Ministry of Community Development, Youth and Sports estimated that 35,000 seniors aged 60 and above live alone. In response to this trend, the Housing Board has issued 3,700 units of studio apartments designed specially for independent elders.

With independent living comes some dangers. The elderly could slip into loneliness and depression, have an accident at home that leaves them injured and isolated with no access to help, and be easy targets for criminals. Hence, a spokesman for the independent body for active ageing, Council for Third Age, has mentioned that seniors living alone should build strong social networks to keep themselves active in order to enjoy a fulfilling life.

Love Our Community (LOC) aims to build strong social networks for the elderly by providing them with opportunities to build friendships with people through events such as line dancing, health screening and factory/farm visits. You can play a part in the lives of the elderly by being a volunteer of LOC or notifying them of the events held by LOC. For more details of our LOC events, you may call 6494 2780.

## Make a Donation Today!

Donation types: (Please tick)

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Company: \_\_\_\_\_

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Add: \_\_\_\_\_

\_\_\_\_\_ Tel: \_\_\_\_\_

I will like to contribute the following amount to the community programmes of Harvest Care Centre: (Please tick)

\$10     \$50     \$100     \$200

Others:

Note: \_\_\_\_\_

- \* Kindly make cheque payable to HARVEST CARE CENTRE.
- \* An official receipt will be mailed to the address provided.
- \* Please note that donations made are not eligible for tax exemption.
- \* Mail to: Harvest Care Centre, 165 Sims Ave #04-02 Singapore 387606