

# METTA

慈光心缘



## Singaporean and Proud Of It!

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慈光福利协会  
METTA WELFARE ASSOCIATION



Forging Ahead  
In Partnership  
携手前进 共创未来

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# Singaporean and Proud Of It!



As Singapore celebrates her 52<sup>nd</sup> year, it is with pride to know that she has grown economically, technologically and socially as a nation. Indeed, we can be proud of our achievements as Singaporeans.

Yet, racial and religious harmony cannot be taken for granted and is a continual work in progress. Metta strongly advocates inclusivity for all races, religions and abilities. To this end, Metta sends representatives to be a part of the IRCC (Inter-Racial and Religious Confidence Circles) as we recognise that Metta is an integral part of the community that we operate in. Each of our Care centres celebrates the major festive celebrations with a slew of activities to promote interfaith understanding and acceptance of people with differing abilities.

As we strive for economic growth, we should not leave behind the less advantaged of our society. That is where organisations like Metta plays a vital role in providing medical care, education and disability care to the community. It is more than just the contribution of one person; it takes the collective effort from the community to come together as a caring and giving society.

We can spread the blessings and grace collectively and through all our efforts, we can be truly inclusive with progress for our nation. Let us not just be a progressive or prosperous nation but a nation of gracious, generous and merciful people – united in love, service and compassion. Happy Birthday, Singapore!

With Heartfelt Gratitude

Venerable Shi Pu En  
President  
Metta Welfare Association

## METTA CHARITY MOVIE SCREENING – SPIDER-MAN: HOMECOMING

8 July 2017, The Cathay Cineplex

A squad of Spideys swung by Cathay Cineplex for the launch of the Metta Charity Movie Screening of Spider-Man: Homecoming. Crowds of movie-goers took turns to have their wifies and pictures eagerly taken with volunteer cosplayers dressed as Spider-Man, Venom and Spider-Woman. With thanks and appreciation to our donors and the public, the charity fundraiser saw two full house of screening halls packed with children, parents, young adults and several beneficiaries of Metta. In line with Metta's superhero theme of honouring our donors, supporters and volunteers, the movie fundraiser was a resounding success that raised over \$50,000 in funds for Metta's beneficiaries from our nine welfare centres islandwide. The event was a truly wonderful experience with the message of self-determination coming across the movie's storyline.



## Metta Charity Golf Tournament

13 July 2017, Raffles Country Club



The month of July saw its second annual major fundraiser, Metta Charity Golf 2017, held at the Raffles Country Club. The cool morning weather made it a breezy day for golfers as they tee-ed off at 1.15pm after a good hearty lunch. The event drew over 80 golfers coming together for a good camaraderie and sporting game of golf in Metta's 18<sup>th</sup> charity golf tournament that raised over \$120,000 to fund the programmes and services of Metta's beneficiaries across all races and religions. The tournament concluded with a delectable fine Chinese dining and exciting circus arts and dance performances from Metta School's Sparks group and a music and movement dance segment that drew applause from the audience. Metta would also like to express its gratitude to the Metta Charity Golf Committee, Guest-of-Honour and main donors, Tote Board and Singapore Pools, Fairprice Foundation, Daimler South East Asia Private Limited, Mercedes-Benz Singapore, and Mitsubishi Electric Asia Private Limited for making this fundraiser a success.



## Lunar 7<sup>th</sup> Month Auction Launch 2017

21 July 2017, Metta Building



The Lunar 7<sup>th</sup> Month Charity Auction leverages on the celebration of cultural tradition during the Hungry Ghost Festival to fundraise. This annual event initiated by Metta's founding President, aims to raise funds for the programmes and services of Metta's various nine welfare centres islandwide. Metta's President, Venerable Shi Pu En launched the event's opening on 21 July 2017 which saw the likes of several veteran celebrities among the attendees. Metta Welfare Association is grateful to the 7<sup>th</sup> Month Organising Committees, Auctioneers,

Donors and Volunteers for their staunch support and contributions to the association throughout the years.

The highlight for 2017's auspicious centerpiece is the ornamental "Ascent to Success", an amalgam of bamboo shoots and a rising stairway carved in Liu Li crystal. The propitious dual combination is a symbolism of a smooth pathway and soaring success that signifies wealth, power and strength; a quintessential element for businesses and investments



Organiser:




**NEW VENUE & NEW EXCITING ROUTES**



# METTA CHARITY RUN 2017

Saturday, 26 Aug  
Singapore Sports Hub



**Guest of Honour**  
Mr Seah Kian Peng  
Member of Parliament, Marine Parade GRC  
Chairperson, Social and Family Development GPC  
Start and End Point



**Date & Time**  
Saturday, 26 August 2017  
Participants to assemble by 7:30am  
8am flag-off for 10km, 8:15am flag-off for 5km  
and 8:30am flag-off for Parent & Child 1.5km Fun Run

**Registration**  
www.metta.org.sg/mettarun

**Rates**

<b>Powerful 5km</b>	Individual - <b>\$40</b>
	Buddy (2 pax) - <b>\$76</b>
<b>Legendary 10km</b>	Individual - <b>\$50</b>
	Buddy (2 pax) - <b>\$96</b>
<b>Dynamic Duo 1.5km Parent &amp; Child Fun Run</b>	Pair - <b>\$60</b>
	Group of 4 - <b>\$230</b>
	*Additional Adult - \$30 Additional Child - \$35

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www.metta.org.sg    facebook.com/MettaWelfareAssociation



Photo of Sports Hub by Juijuan Wan

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### Making Hay While the Sun Shines

16 June 2017

A group of enthusiastic young adults and first-year freshmen from NUS BizAd came together to bring cheer to our clients from Metta Home for the Disabled and Metta Day Activity Centre for the Intellectually Disabled. A hot and sunny day it was but the weather did not dampen the smiles and cheerful disposition of the clients and young volunteers.

Two buses brought the clients to Hay Diaries goat farm for a tour where volunteers assisted clients in feeding the goats and watching how the goats were milked. Adding on to the morning treat, the creative volunteers came up with their own activity booklet for the clients and helped them in colouring and joining the dots to the day's farm theme.

Moving on from the fun activity, everyone headed to Farmart, a family attraction village with farm-animal feeding, prawning and hawker food stands. NUS student

volunteers assisted the clients as they took their lunch at Farmart. The afternoon session proved to be equally enjoyable with the volunteers accompanying the clients around the farm tour, each holding onto a treat pouch to feed the goats, rabbits, frogs, fishes, tortoises and birds. The fun convivial day ended with an engaging terrarium workshop that our clients and volunteers got together as they unleashed their creativity in a jar of nature and decorations.



*"The happiest of people do not have the best of everything. They make the best of everything they have."*

### My Story – Happiness in His Hands

23-year old Cher Wei Jie is just like any other young adult in your neighbourhood. He enjoys watching football on television, listening to Love 97.2 FM and plays computer games. But unbeknown to the public, the quiet young man was born with mild autism since birth. An only child to a salesperson father and a housekeeper mother, Wei Jie's condition came as blow to his parents as he exhibited delayed fine gross motor skills at a young age. Moving on from APSN (Association for Persons with Special Needs) in 2010, Wei Jie was referred to Metta School the following year and graduated with an ITE Skills Certificate in Baking. At Metta School, he graduated and moved on to follow his passion in the kitchen with Metta Café. Working behind the scenes, Wei Jie was given food preparation duties such as preparing sandwiches, assisting the head baker in the preparation of mooncake fillings, wrapping individually-sliced cream cakes and setting up the electric mixer. This was a far cry from a year back when Wei Jie joined Metta Café in 2016 as an apprentice. It was an uphill path for Wei Jie as he faced challenges in basic tasks such as arranging brownie squares into their respective trays. Mentor cum trainer, Hui Fun, is pleased with Wei Jie's progress, having trained him in the last one year and seeing the achievements and challenges that Wei Jie overcame. When asked what he looks forward to in his future, the optimistic young man exclaimed delightedly, "I am happy at Metta Café. I hope to learn more here (sic)!"



### A River-Themed Wildlife CSR

30 June 2017

Forty staff volunteers from biopharmaceutical company, AbbVie, spent a fulfilling day at River Safari with 32 clients from Metta Home for the Disabled and Day Activity Centre. The volunteers accompanied and assisted the clients as they took a leisurely stroll and got an enriching experience watching the various animals in their enclosure. Jia Jia and Kai Kai, the two adorable pandas, were the star attraction. It was a real treat for our clients since most of them do not have the opportunity to experience the nature and outdoors frequently without an accompanying caregiver. A fun and educational day it was for both AbbVie staff and our clients that brought smiles to everyone's faces.



*We apologise for the error in our last issue of the article "Make Batik Painting Workshop Your CSR Checklist". The correct date of the event should be 19 May 2017.*



The ITG Cup organised by PTC System(s) Pte Ltd is an annual fund-raising event for the IT community including Users and Vendors. This year, the golf tournament took place at Sembawang Country Club on 12 July 2017. This 4<sup>th</sup> ITG Cup saw participation from over a hundred golfers, raising over \$90,000 in support of Metta Café's vocational training programmes and services, whose mission is to train and create employment opportunities for youths with special needs. Thank you golfers in making ITG Cup 2017 a great success.



Organiser:



# METTA SILVER JUBILEE BANQUET

**Friday, 20 October 2017, 7pm**  
**Marina Bay Sands Convention Centre**  
**10 Bayfront Ave, Singapore 018956**

"This is Singapore flag. It is red and white!"

Isabella Hani, 6  
Metta Preschool @Punggol preschooler



"Singapore is where my family and life is. I LOVE Singapore!"

Mdm Boey Yuet Siong, 68  
Caregiver to Ms Dinah Teo, client of Metta Day Activity Centre for the Intellectually Disabled

"Singapore is a safe country with good governance. Amenities are in place with convenience. I am proud to be a Singaporean!"

Mr Phang Chooi Ching, 56  
Volunteer at Arts@Metta



"I love Singapore for its clean and green environment, delicious local food and sunny weather."

Mr Lim Sin Lin, 55  
client of Metta Day Rehabilitation Centre for the Elderly

"I am proud to be a Singaporean because this is where I was born and live my whole life with my love ones here as well."

Mr Barry Tay, 46  
chief chef at Metta Home for the Disabled and Day Activity Centre



# Singaporean and Proud Of It!

Happy Birthday Singapore!! We ask our clients, volunteers and staff what National Day means to them!

## Conversation with Felicia Wee, Deputy Executive Director of Metta Welfare Association Living Cohesively Within the Community

One nation, multi-racial. Racial Harmony Day was instituted 20 years ago to strengthen, preserve and acknowledge the race relations among Singaporeans. It is an annual reminder for all of us to value the importance of cohesiveness and maintaining racial and religious harmony in Singapore.

Metta has long believed in transcending racial and religious barriers among its stakeholders to inculcate a peaceful environment and culture for all. Among our many efforts for racial and religious cohesion is through the celebrations of the nation's diverse race and religious festive celebration among our centres islandwide. Metta School students dressing up in their ethnic costumes on racial harmony day are also highly encouraged as part of our racial integration efforts to educate the students on respect and tolerance for one another. Adding on, non-Muslims clients from Metta Day Rehabilitation Centre for the Elderly are annually invited by Pertapis Home to their premises to experience the kampong spirit of breaking fast together with Pertapis' Muslim clients. Other festive seasons such as Christmas, Lunar New Year and Deepavali

are equally joyous experiences for our clients when staff decorate the premises according to the festive theme and celebrate the season with food, songs, games with the clients. Not forgetting Metta staff gets to partake in delectable Christmas spreads prior to the season, and even the communal vegetarian *Lou-Hei* among staff for greater bonding and acceptance of diverse races in our society.

As Prime Minister Lee Hsien Loong once quoted, "Harmony between our different races and religions is a fundamental principle of our nation." (source: Channel New Asia; 21 July 2016). A community-based charity organisation like Metta is dedicated to serve its stakeholders from all races and religions so as to join our fellowmen hand in hand in encompassing an inclusive society.

## Be A Metta Volunteer



Want a fulfilling experience and gain a sense of achievement through volunteerism? Enquire more about volunteering opportunities at [events@metta.org.sg](mailto:events@metta.org.sg)



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