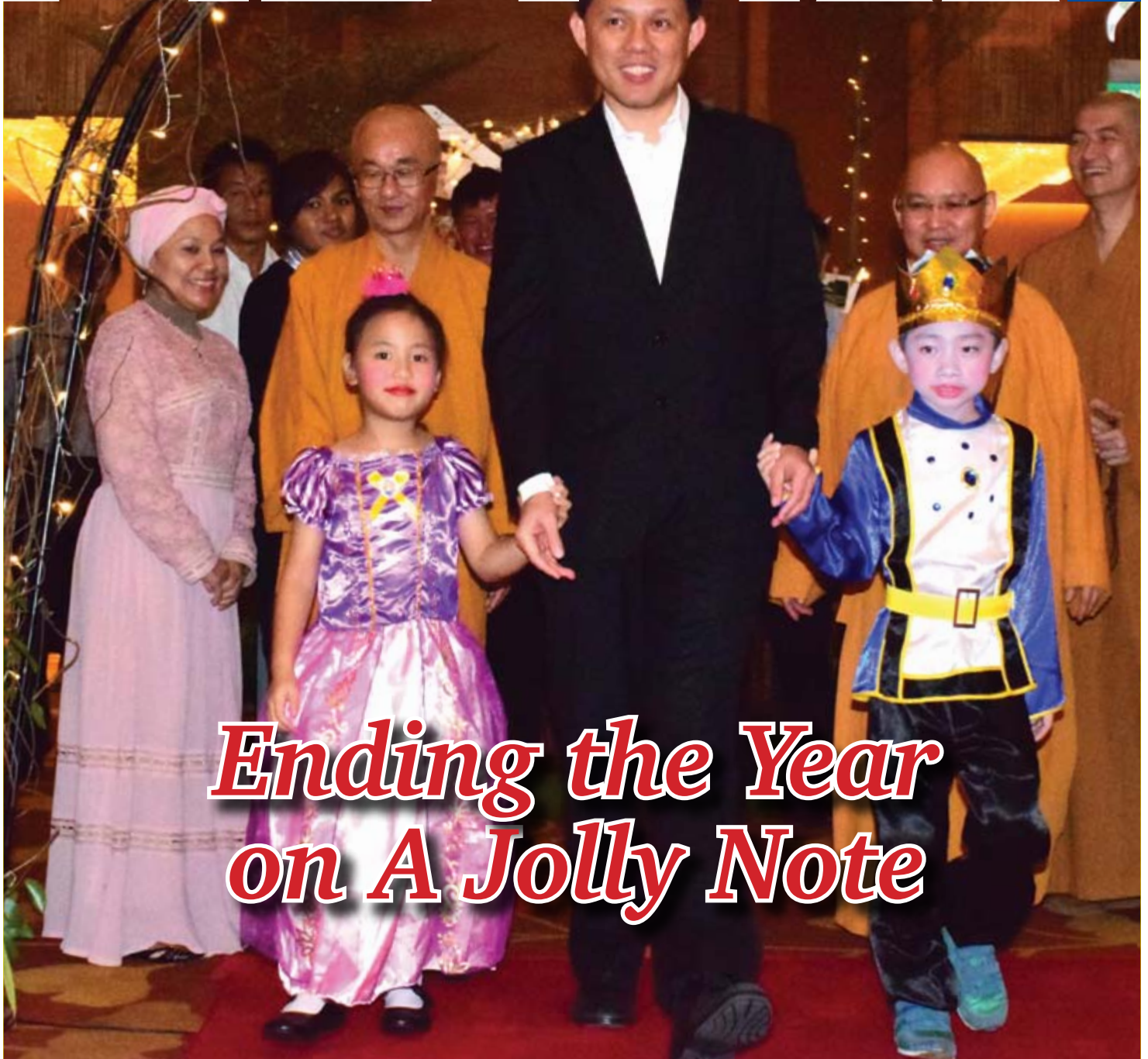


METTA

慈光心缘



Ending the Year on A Jolly Note

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METTA WELFARE ASSOCIATION



Forging Ahead In Partnership
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Ending the Year on A Jolly Note



2017 has been a good year as Metta commemorates its 25th anniversary at the Metta Silver Jubilee Banquet on 20 October, closing the year-long celebrations with a spectacular Metta Shine Night concert. In addition to charting our milestone since 1992, it is fitting to celebrate this achievement with the people who helped make it possible, our superheroes – clients, donors, supporters, volunteers and staff.

In March when I took over the reins as President of Metta Welfare Association, I am heartened to have received the staunch support from the dedicated staff and board members, making it a seamless transition. I am humbled to be given this opportunity to serve the marginalised in our community and to steer the Association to meet current societal needs and the future needs of an evolving society. Metta is committed to adhere to the Code of Governance for Charities and Institutions of Public Character (IPCs) to enhance our governance practices.

As we approach the end of 2017, we reflect on the challenging times that we steered through to be resilient and to remain stronger, bolder, and better able to weather challenges ahead for us in the new year. The end of the year is a good time to look back on our achievements, and to look forward, to see what we still need to accomplish. I take this opportunity to offer my sincerest gratitude to all who have made a difference to Metta in all possible ways. Without your unwavering support, we could not have come so far to achieve greater heights. I wish all of you happy holidays and the very best for the new year ahead!

With Heartfelt Gratitude

Venerable Shi Pu En
President
Metta Welfare Association

A Glittering Night - Metta Silver Jubilee Banquet 2017

20 October 2017, Marina Bay Sands



Metta Welfare Association celebrated her 25th anniversary with a mystical Enchanted Forest-themed charity banquet at Marina Bay Sands. Minister in the Prime Minister's Office and Secretary-General of the National Trades Union Congress, Mr Chan Chun Sing, graced the event as the Guest-of-Honour. The gala banquet was

attended by over 300 guests and raised over \$228,000 that evening.

The banquet is in celebration of Metta's milestones and the collective impact made in the community in the last 25 years. Starting with its first centre in 1995 in Hougang, Metta

Day Activity Centre for the Intellectually Disabled, Metta has continued her growth with more services relevant to the community that meets society's changing times.

Among the banquet's highlights were performances by Metta School's students and

circus arts group, Sparks, as well as musical ensembles of angklung; a harpist, flutist and violinist in a classical repertoire; a fairy tale dance by Metta Preschool children; and fusion Indian dance performance by clients from Metta Home. An enchanting photobooth transporting guests to the forest, a vertical garden of upcycled cardboard tubes adorned with ferns and clay butterflies from Arts@Metta, bottled fairy lights, a photo tree-of-life depicted Metta's achievements, and creative potted 'succulent cakes' by Metta Cafe were among the unique cocktail attractions that preceded the dinner, as hazy mist filled the room with the scent of bamboo and pine providing a mystical experience for the guests.

Metta's Deputy Executive Director, Felicia Wee, says, "I am heartened that with the support of the community and our donors, we have strived to continue providing holistic quality programmes and services to our clients so that they are able to overcome their challenges and lead an independent and meaningful life."

Metta Welfare Association 25th Anniversary Commemorative Book

Bring home a collection of heartwarming and inspirational stories about Metta's stakeholders who have been a part of Metta's journey. In a collection of 25 true stories and quotes from Metta Welfare Association's clients, donors, volunteers, staff and board members - our ordinary every day heroes, feel their strength and compassion as they face adversities head on or found motivation to make an impact. Let their stories open your heart and rekindle the spirit of giving in a compilation that would touch your heart.

For more information on how to purchase the Metta Silver Jubilee Commemorative Book, please log on to <http://www.metta.org.sg/mettabanquet> for more details.

Funds raised from the sale of the Metta Silver Jubilee Commemorative Book and Charity Banquet goes into funding the programmes and services for Metta's beneficiaries



O' Starry Starry Night

18 November 2017, ITE College East

Guests at the Metta Shine Night 2017 concert were bedazzled by the impressive stage performances by students from Metta School which saw a splendid turn-out of over 600 guests. Special guest of the evening, Dr Yek Tiew Ming, Principal of ITE College East, officiated the event with an eye-dotting ceremony of the Dragon's head from Metta School's Lion and Dragon Dance troupe while Venerable Shi You Guang, First Vice President of Metta Welfare Association, welcomed the guests with an opening speech.

In its collaboration with ITE College East, the event was set against a backdrop of screened pyrotechnics and the upbeat percussion

by the Stomp Warriors. The sleek transition between performances and the amazing acts fascinated guests in the auditorium. Metta School students from the performing arts programme showed off their flair for dance and musical talent with instruments from the Ukulele, Kulintang, dynamic Wu Shu skills and precarious circus acts from the Circus Arts and Sparks group. The show was a huge success with much thanks to the teachers and students who put in many hours of rehearsals throughout the past few months, under the guidance of Dr Danny Tan. The overall performance was an astounding success which proved that every child has a unique potential in them.



Building Compassion: Charity Starts from Young

While most parents plan ahead for an overseas getaway with their children over the school holiday period, some, prefer to do it the unconventional way: staying in Singapore and volunteering as a family. One of the most satisfying, fun, and productive ways to bond with the whole family is through volunteering for community service. Volunteerism also sets a good example for your kids and helps the community.

Getting Your Family Involved

Check out the different volunteering opportunities at Metta (<https://www.metta.org.sg/hq/index.php/support-us/volunteer/>) This Christmas season, you can try the following:

- Offer to sing Christmas carols, play games, dress up as Santa and give out gifts to our residents at Metta Home for the Disabled.
- Spend some time at Metta Day Rehabilitation for the Elderly and make Christmas cards with them and decorate the Centre for a festive feel.
- Bring out the brooms and mops and lend a hand to spring clean the Metta Day Rehabilitation Centre for the Intellectually Disabled.

Please contact us at Tel: 6580 4657 if you are interested to volunteer for any of the above.

Good Volunteer Activities for Families

Steven Teo, father of four young children and a regular supporter of Metta, says, "Children look up to adults as role-models. They emulate our actions and take on our behaviours naturally and almost effortlessly. Exposing our children to the right set of values from young is of paramount importance and would provide the right guidance to them as they grow up. As a family, we bring our children to fund-raising activities whenever possible because it allows us to volunteer our time to the less fortunate without the need to sacrifice any family time with our kids too! Through these activities, our kids get to learn that the world does not revolve around them and hopefully that would make them better persons. It is a win-win-win for all parties involved when we expose our kids to volunteerism right from the start, when they are young!"

The possibilities are endless. Whatever you choose to do, volunteering and community service can benefit both the community and your family. Get involved today!

Considering volunteering but don't where to start? Download the Metta mobile app for ease of registration. Pick and customise your available dates, time and skill sets with the Metta app!



Steven Teo and family as Spidey volunteers at the Metta Charity Carnival 2016

How Volunteering May Help a Young Child

If volunteering begins at an early age, it can become part of their lives — something they might just expect and want to do. It teaches them:

- **A sense of responsibility.** Children learn what it means to make and keep a commitment. They learn how to be on time for a job, do their best, and be proud of the results. But they also learn that, ultimately, we're all responsible for the well-being of our communities.
- **One person can make a difference.** A wonderful and empowering message for children is that they're important enough to have an impact on society.
- **The benefit of sacrifice.** By giving up a toy to a less fortunate child, a child learns that sometimes it's good to sacrifice and that there are important things besides ourselves and our immediate needs.
- **Tolerance.** Working in community service can bring children in touch with people from all walks of life. They'll learn that even the most diverse individuals can be united by common values.

Metta's VOLUNTEERING services are now AVAILABLE at the touch of your fingers!

Search for <<Metta>> and download the Metta App on

Available on the iPhone Available on Google play

Thank you for sponsoring the Metta App

Having Your Christmas 'Cake' And Eat It Too

Article contributed by Muhammad Azfar Bin Aziz (Metta Hospice's Staff Nurse) and Alicia Lum (Community Engagement Officer for Metta Medical Care)

14 November 2017 marks the observance of World Diabetes Day. With the government's efforts to curb the disease which costs the nation more than \$1 billion a year, diabetes is no longer an illness for those above 60 as more young people are afflicted as a result of poor lifestyle habits.

Holidays are a time for us to gather with family and friends to celebrate. With celebration comes feasting. Everyone of us have our own favourites during the Christmas season, from luscious chocolate Yuletide log cakes to a large serving of shepherd's pie. These festive favourites are laden with sugar, fats and high glycaemic (GI) index starch. Especially for diabetics whose bodies does not utilise insulin properly (insulin resistance), these would lead to a sugar spike after a hearty meal. Here are some tips to eat healthy during the festive season:

- **Practice moderation** – Control your food portion intake. A rule of thumb to follow, fill half your plate with fruit and vegetables, a quarter with meat or seafood and a quarter with whole-grains such as brown rice.
- **Be wary of food that are high in refined sugars, carbohydrates and fats** – Go easy on food like butter cookies, cakes, and shepherd's pie, that are among calorie-dense foods. Sweet potatoes are low in glycaemic index. Try baking a sweet potato pie as a dessert for a potluck Christmas party.



- **Live by the 80/20 rule** – Live 80% healthy, indulge 20% of the time.
- **Opt for healthier alternatives of guilty foods** – For instance, opting for a roast turkey instead of a roasted leg of lamb would mean a lower cholesterol that your arteries would thank you for. Have a handful of plain tree nuts over candied mint canes or milk chocolates. Choose lemon water over sugary drinks.
- **Find healthier cooking methods** – Instead of deep frying, opt for grilling, air-frying or roasting foods lightly with olive oil. Fried foods can lead to weight gain and wreak havoc on your blood sugar as fat slows down digestion.
- **Go spiced** – Add in spices such as garlic, basil, oregano, rosemary and thyme for

added flavour without relying too much on salt and processed seasonings. Cutting back on sodium-rich sauces reduces high blood pressure, which often goes in tandem with diabetes.

- **Keep an active lifestyle to stop unhealthy cravings** – Regular exercise will reduce our appetite for sugary, refined and high calorie foods. Yoga and pilates are good to fight the effects of stress and fatigue over the holidays.
- **Don't let food become a focal point** – While food is central to festive celebrations, serve healthy snacks and drinks such as fruit-infused sparkling water to your guests instead. Make spending quality time with your family and friends a priority this festive season. Have a Merry Christmas and a Happy Healthy New Year!

Chocolate Christmas Tree Muffins

Yields: 8 muffins

Preparation time: 30 minutes

Cooking time: 20-25 minutes

Ingredients:

- 80g butter (softened)
- 80g sugar
- 1 egg (beaten)
- 130ml milk
- 25g almond powder
- 100g self-raising flour
- 20g cocoa powder
- 1 tsp soda powder
- Whipped cream with green colouring
- Sugar decorations in red, white and yellow



- Chocolate shavings (optional) for topping

Method:

1. Combine self-raising flour, cocoa powder and soda powder and sieve it into a large bowl.

2. Add in almond powder and set aside.
3. Whisk butter and sugar together till smooth. Gradually add in the egg and mix well.
4. Add in the dry ingredients from step (1) into three batches as you slowly fold the mixture in. Lastly, pour in milk.
5. Line muffin paper cups into a muffin tray.
6. Spoon the mixture into the muffin cups till $\frac{3}{4}$ full.
7. Bake the muffins in a preheated oven at 180°C for 20 to 25 minutes.
8. When done, set aside to cool; fill piping bag with green whipped cream and pipe little peaks atop the muffin to resemble pine leaves. Decorate with sugar decorations for the Christmas-tree effect and serve.



Recipe courtesy of Mdm Jessica Feng. Jessica is a cook at the Metta Day Rehabilitation Centre for the Elderly who has been whipping up vegetarian meals for the centre's beneficiaries since 2008.

Sugar and Spice, and All That's Nice

19 September 2017

18 staff from Tuas Power Generation Pte Ltd made a special learn and play visit to Gardens by the Bay with 35 children from Metta Preschool @Punggol. In the flora exhibit with a Halloween theme, the children were mesmerised by the brightly-coloured pumpkins and corns decorated within the Flower Dome that looked like a scene from a magical fairy tale wonderland. The fun did not end there as the children had lunch of nuggets and fries at the canopy area before adjourning to the last stop: a big water playground at the Far East Organisation's Children's Garden. Water jets spouted from grounds and various water play features and activated by motion sensors to create a variety of water effects. It was an extremely exhilarating and delightful moment for the children and volunteers frolicking in the mega playground of water fun.



Digital Fun with Creativity

10 October 2017

40 children from Metta Preschool @Punggol had a whale of a time when 47 staff volunteers from Singapore Pools took them out on an immersive and interactive excursion to MOSH! at Sentosa. In Singapore's first digital edutainment facility, MOSH! features multimedia technology that allows guests to create imaginary worlds of their own.

The engaging digital technology promotes the children's creativity and gross motor skills through a series of multimedia exhibits such as the advanced gesture recognition, multi-touch detection and motion design to create a virtual experience in real-time. Building on the timeless belief that imagination fuels innovation, the children are given the artistic power to illustrate their creativity skills and transcend these original masterpieces to real life. It was a new and immersive experience for the children who clearly enjoyed the edutainment excursion which finished off with a vegetarian Japanese bento set lunch at MOSH! Café.

Kickstart The New Year with a Blessed Heart

\$10 for a meal is what some of us pay daily. But for the beneficiaries of Metta Welfare Association, that sum would go a long way to meet their basic necessities.

Make a positive difference to the lives of our beneficiaries from the young to the elderly, the infirm and the terminally ill when you donate a monthly sum to Metta Welfare Association through Giro. No amount is too small; it is the heart that matters. Download our Giro form to make a monthly charitable contribution to the beneficiaries of Metta Welfare Association: <https://tinyurl.com/mettagirot>



Since birth, Chek Fong Kew struggled with intellectual disability. At 57, she has never worked and her family are unable to look after her. Thankfully, Metta Home for the Disabled welcomed her into the family as they provide her with support, meals and day activities.

THREE main meals at Metta Home = \$10



As a full-time housewife, Mdm Kyroon Hashim Ahmad prioritises her family over herself. She was diagnosed with Diabetes Mellitus which incapacitated her daily lifestyle. With the ease and support from Metta Home Nursing, Mdm Kyroon is able to receive regular medical care in the comfort of her own home.

ONE carton of adult diapers = \$60

Metta Christmas Challenge - 'Tis' the Season of Giving

Christmas is a time of celebration and joy for many as we celebrate the festive season with our friends and families over good food, presents and merry making.

Yet, not everyone is able to enjoy the season due to their physical, intellectual and/or medical challenges. Everyday actions like moving around unaided, brushing of teeth or even saying a simple Thank You are the difficulties faced by our beneficiaries.

This festive season, take up the Christmas Challenge and see how far you can go in helping the marginalised in our society. Get your friends and family to fundraise for us in this giving challenge and see how far generosity can go.

<p>DAY 1 Warm Their Tummies</p>  <p>\$30 Provide ONE tea break for ONE client for a month</p>	<p>DAY 2 Keep Dry for Comfort</p>  <p>\$60 Provide ONE carton of adult diapers</p>	<p>DAY 3 Feed the Masses</p>  <p>\$80 Provide groceries for 2 Metta School students from low-income families for a month</p>	<p>DAY 4 Support Independence</p>  <p>\$100 Provide ONE session of rehabilitation service for ONE client</p>
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Visit <http://www.giving.sg/metta-welfare-association/mcc> to show how you can help.



Madam Png Lian Tee is one of the thousands of Singaporeans every year who suffer from stroke. With restricted mobility and declining age, Mdm Png requires frequent physiotherapy to get herself mobile and independent again. Now, she has regular aided therapy thanks to Metta Day Rehabilitation for the Elderly.

ONE session of rehabilitation service for ONE client = \$100

Calendar of Events **2018**

Metta
Charity Carnival
18 Mar



Metta Charity
Movie Screening
May & Nov



Metta
Charity Golf
Jul



Lunar 7th Month
Charity Auctions
11 Aug - 9 Sep



Metta
Charity Run
Sep



Metta
Shine Night
Nov



Christmas Collection 2017



Log Cake

Teacake

Cookie

Metta Building, 32 Simei St 1 Singapore 529950



6580 4624



mettacafe@metta.org.sg



facebook.com/cafemetta/

Cakes and cookies are handmade by Metta School Alumni Youths with Special Needs

