

METTA

慈光心缘



Sparkling in the New Year

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慈光福利协会
METTA WELFARE ASSOCIATION

Caring For Our Communities
关爱我们的社群

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Sparkling In The New Year



Another busy and challenging year has passed for Metta. We look forward to 2020 as an opportunity to further expand our welfare services to the growing needs of the community.

Among our visions are providing a holistic educational pathway for children with special needs, I am proud to announce the plans for a new school which will serve students with moderate-to-severe (Special Educational Need) who have both ASD and Intellectual Disability (ASD-ID). Metta, supported by the Ministry of Education, will operate the new campus, scheduled to be opened in 2024.

With the start of the year, we have seen an increase in enrolments to our Preschool and Metta School. We endeavour to meet the growing needs of the community through the expansion of our services.

I take this opportunity to offer my sincerest gratitude to all who have made a difference to Metta in all possible ways. I ask for your continued support for Metta as we journey in serving with love and compassion. I wish everybody a Happy Lunar New Year filled with happiness, love, good health and fortune.

Triple Gems Blessings

Venerable Chao Khun Fa Zhao BBM
President
Metta Welfare Association

THE GREEN CHARITY CARNIVAL

by Metta Welfare Association

Eating Green, Living Green

Sunday, 22 March 2020; 9am till 4pm
Metta Building & Metta School



Vegetarian
Food



Charity
Walk



Shopping
Green



Free shuttle bus service is provided between Simei MRT and event venue from 8am till 4:30pm.

For more information, please contact us.



metta.org.sg/MettaCarnival



events@metta.org.sg



6580 4688



fb.com/MettaWelfareAssociation

Organiser:



慈光福利协会
METTA WELFARE ASSOCIATION

Main Supporters:



新加坡佛牙寺
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(SINGAPORE)



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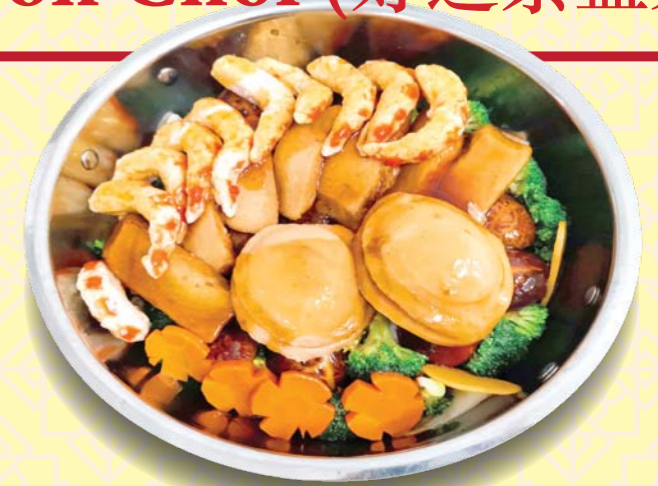


Changi Simei CCC



Changi Simei CCMC

Fortune Vegetarian Poon Choi (好运素盆菜)



Lunar New Year is just around the corner, so it's the perfect time of the year for family reunions, gatherings, and spreading the joy of the festive season with loved ones. It's also the perfect time to participate in the auspicious dish- Poon Choi (or Pen Cai in Mandarin), a traditional Cantonese one-pot dish once common throughout Southern China. Its literal name translates to "basin cuisine" as ingredients are meticulously layered and served in a large wooden, porcelain or metal basin due to the communal style of consumption. Ingredients used for the dish are usually homonymous to auspicious words such as abalones, whose name "bao yu" sounds like "to carry surplus". With more than seven centuries of history, this traditional Chinese delicacy is perfect for Lunar New Year.

Ingredients:

- 2 whole vegetarian abalones
- 10 vegetarian shrimps
- 10 pcs mock duck meat
- 300g white radish (sliced into half inch thick)
- 500g fresh mushrooms
- 500g Chinese cabbage (cut into bite-size pieces)
- 500g broccoli (cut into bite-size pieces)
- 250g carrots (sliced)
- 20g ginger (sliced)

Seasoning:

- 2 tablespoons oil
- 2 tablespoons sugar
- 2 tablespoons of soy sauce
- 2 tablespoons of vegetarian oyster sauce
- 1 teaspoon of salt
- 1 tablespoon of corn starch
- 200g water

Method:

1. Mix the seasonings into a pot and stir well.
2. In a separate pot, sauté the ginger slices till fragrant. Pour in the mixed seasoning and stir till the mixture thickens. Set the mixture aside.
3. In a heated pan, sauté the vegetarian abalone, shrimp and duck till slightly browned.
4. Blanch the vegetables for half a minute in hot boiling water till 70% done and set aside. Do not overcook them.
5. In a large claypot or bowl, arrange the vegetable slices in a single layer each. Top the upper layers with the mock meats.
6. Pour the prepared seasoning into the claypot/bowl and heat it one more time for the ingredients to absorb the sauce.
7. Serve hot and tuck in!

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.



Volunteer Appreciation Day - Metta Appreciates YOU!

13 December 2019
Metta School

Metta Welfare Association held a day of appreciation for its volunteers. Our volunteers, many of whom have supported us through 2019 and beyond, sacrificed their time and skills with dedication to Metta's causes. Preceding the ceremony, First Vice-President of MWA, Venerable Shi You Guang, addressed a crowd of over 30 volunteers with a message of heartfelt appreciation. The ceremony also saw our volunteers receiving Certificates of Appreciation and a small token as they beamed with bright smiles. The convivial atmosphere was further felt when the special highlight, traditional Thai coconut ice-cream served in coconut husks were dished to our esteemed guests alongside a sumptuous buffet lunch spread. Metta takes this opportunity to thank our volunteers for their support in walking the journey with us.



If you like to join us as a volunteer, please drop us an email to: events@metta.org.sg to enquire more.

Metta School Freshman Orientation 2020

The school holidays are over, and our teachers are excited to welcome a new cohort of students joining Metta School for the first time. Through an introduction to Metta School's values and rules by Principal Mdm Soh, a guided walkaround of the school's classrooms and compound and interactive ice-breaking games, self-management and art activities, the students clearly enjoyed themselves with the fun activities that tests their agility, eye and hand coordination as well as teamwork rapport with their new classmates. The two-day orientation certainly made the students excited to start classes with their new classmates.



Metta's Upcoming Events in 2020

**Metta
Charity Carnival
22 Mar**

**Vesak Day Bazaar
7 May**

**Metta Movie
Screenings
6 Jun & Nov**

**Metta Charity Golf
3 Jul**

**Lunar 7th Month
Charity Auctions
19 Aug - 16 Sep**

**Metta Charity Run
3 Oct**

For more information, please call 6580 4688 or email to events@metta.org.sg

Eat, Drink and Be Merry!

13 December 2019

It was a jolly good time for clients of Metta Day Activity Centre for the Intellectually Disabled (IDAC) when they attended a Christmas cum Volunteer Appreciation Lunch held at Ci Yuan Community Centre. The event also saw the clients' caregivers, IDAC volunteers, as well as Residents' Committee residents and community centre members joining in the fun of song, food and dance. Guest-of-Honour, Mr Darryl David, Adviser to Ang Mo Kio GRC GROs graced the event and handed out appreciation awards to IDAC's volunteers for their time and dedication to the community. The most heart-warming and teary moment came when several IDAC clients took to the stage to perform a dance segment for their caregivers, some of whom shed tears of joy at seeing the performance.



Deck the Home with Bouts of Joy

14 December 2019

Christmas magic is in the air when a group of staff volunteers from Collective Designs (Singapore), a boutique interior design company, and Local Support Group, gave a Christmas party to the residents of Metta Home for the Disabled. There were songs, a magic show and dance performances by volunteers, magicians, carollers and Metta Home staff. There was also a sumptuous buffet

dinner catered for our clients and staff. The clients were exceptionally excited with the balloon-sculpted backdrop and when they were handed custom-sculpted balloons by 'Santa Claus'. We thank Collective Designs (Singapore) for the kind sponsorship and Miss Selina Tay for lending her support to enrich the lives of our clients for a fulfilling Christmas.

21 December 2019

It was an extended festive season for clients of Metta Home for the Disabled, starting with a full day of fun, song and games by volunteer group, Caring Heart Angels. The clients were thrilled with the surprise Christmas gifts distributed to them by the volunteers, who took no time to dive into a medley of sing-along Christmas songs and entertaining the happy clients. Volunteers like Caring Heart Angels firmly believes no one should be left out during the festive season. Adding on to the afternoon party is an interactive game activity which saw the volunteers leading the clients in a game of ball passing, musical chairs and also Zumba dance sessions. It was a full afternoon of fun and games for over 3 hours that culminated in a Christmas bento spread for all.



It's All About the Eyes

16 December 2019

44 clients of Metta Home for the Disabled were treated to a much-needed eye screening session, courtesy of Dr Lee Hung Ming and Dr Tan Yar Li of Asia Pacific Eye Centre. The clients, many of whom have advanced in age, were checked for eye ailments such as glaucoma and cataract. It was an eye-opening experience for many of our clients for many of them have not had such screening procedures done before. We would like to thank Asia Pacific Eye Centre for their kind support in helping us to maintain the well-being of our aging clients!



Ushering in the New Year

11 January 2020 @ Metta Building

Metta Welfare Association recently celebrated the annual Lunar New Year "Lou-Hei" luncheon with its supporters, donors and volunteers in a massive gathering that had a full turnout of 44 tables filling up the hall in Metta Building. The vegetarian steamboat luncheon also saw the distribution of the auspicious "Mi Tong" which were given out as tokens of appreciation for donations received.

With a blessing ceremony presided by Metta's First Vice-President, Venerable Shi You Guang and Buddha Tooth Relic Temple's Vice-President, Venerable Shi Pu En, a high-octane lion dance performance by Metta School students followed with the indispensable auspicious vegetarian *yu sheng lou-hei*, all of which marks the start of the hotpot feast.

The convivial gathering entertained the crowd with performances by students of Metta School's Chinese Orchestra Club, Wushu and Ukulele Performing Arts groups.

It was all smiles and laughter as everyone tucked into the communal hot pot and mingled with one another. The lucky draw segment of the programme drew eager anticipation among the guests with prizes sponsored by Vincent Watch and Mr and Mrs Siah Teck Loo. It was a fruitful luncheon with the revelry lasting all through the afternoon for the guests.



My Nurse, My Friend

For the last 3 years, Mr Ng Chin Meng struggled with getting around his house and performing basic activities such as showering, all by himself. The retiree is an amputee as a result of diabetes mellitus that afflicted him in 2017. The ailment caused Mr Ng to undergo an amputation to his right leg just below the knee due to an infection on his foot.

Life was never so grim for 63-year-old Mr Ng who had to stop work in 2013 due to prevailing angina and other health conditions. Mr Ng was a compassionate supervisor to his staff at the now-defunct Yaohan Department Store. Although many of his staff have parted ways since the department store shuttered in the late 90s, many still remember Mr Ng fondly and kept in contact with him to date. Over the next 15 years, Mr Ng took on odd jobs from being a cab driver to a hawkers stall assistant. Being a divorcee and living all alone

in a rented one-room flat, Mr Ng did not watch his dietary lifestyle due to his long and hectic work schedule that ultimately caused him to develop diabetes over the next few years.

Mr Ng is thankful for a helpful neighbour, staff volunteers from Lion Befrienders, and Metta HomeCare's staff nurse, Ricky, who visits Mr Ng often and help him with his medical and social needs. Going beyond the line of duty as a staff nurse, Ricky, acts as a listening ear and offers social and emotional support to Mr Ng during his visitations, which the latter is extremely appreciative of. A client of Metta HomeCare, Mr Ng receives medical care such as managing his chronic illness through weekly medication and health monitoring assistance. Like a close friend, Mr Ng would often comment "Ricky is a very patient and caring staff nurse." Ricky have grown beyond the role of a medical staff to a good friend to clients like Mr Ng.



Editor's note: In the last issue of Metta News, we apologise for the misnomer of Metta Charity Dinner that was mentioned in the My Story article for Joshua Allen Rui Xiong German. The actual name of the event should be Metta Cafe's Celebrity Chefs Charity Dinner.

Give A Good Meal This Lunar New Year



Help Metta Welfare Association purchase household groceries for these low-income families so that they and their loved ones can enjoy a good meal for the Lunar New Year because every family deserves a **Good New Year**.

Over 600 students and clients from Metta School and Metta Welfare Association collectively counts towards the Financial Assistance Scheme (FAS) numbers where subsidies and groceries are provided to the clients and their families every month. More than half of them live in 3-room flats or smaller units with at least 3 to 4 dependents on a single household income.

#GiveAGoodMeal

Scan here to watch how your donation helps:

