

The Red Feather News

Volume 02/05 MICA (P) No. 032/06/2005 A Publication by the Residents of Singapore Cheshire Home September 2005

The Editor, The Red Feather News, Singapore Cheshire Home, 159 Serangoon Garden Way, Singapore 556056, Tel: 62809673

From the Editor

Dear friends, residents, staff and volunteers of Cheshire Home,

September is when we celebrate our Founder's Day. Here's our September issue of the Red Feather News for your reading pleasure.

Sadly, we remember the passing on of our late GM. In this issue, we pay tribute to him in an article, "A Tribute to the late Major Lim".

The recent President's Challenge had brought us lots of outings, activities and visitors. One outing we'd enjoyed was a trip to Changi Airport. Find out why we enjoyed it so much. Our new enthusiastic Programme Coordinator had been working hard to bring us new and exciting activities. The boys, especially, enjoy going to the football matches. And we could always do well to sit back and relax with good music. The Tang Quartet had come to perform and so had the Singapore Chinese Orchestra. Keep it up Nigel!

The Staff Duty Room was turned into a Volunteers' Room in 2003. Feel free to take a look at it and let Stephen tell you about it in his article.

Though volunteers may come and go, we have been blessed for knowing them and for knowing our staff, and friends, and Management Committee members who give of their time, and some who pamper and spoil us with delicious food! Thank you all for touching our lives.

As we remember our late Group Captain Lord Leonard Cheshire, may his spirit live on in us. Happy Founder's Day!

Yours,

The Red Feather News is available on our Home's website: www.cheshirehome.org.sg

A Trip to Changi Airport

Volunteers from the NCSS, VAD (Volunteer-A-Day) visited us on 23/07/05 as part of the President's Challenge. They were friendly and chatted with us.



Within a short time, we got to know each other like long time friends. One week later, they took us on a trip to Changi Airport.

We were divided into 4 coloured groups: green, orange, pink, and white. There were 2 buses to bring us there. I was lucky to be in bus number 1. Bus number 2 was delayed for 40 minutes! The 2 guitarists with us strummed their guitars and sang all the way to the airport.

I have been to Changi Airport before but this trip was different. Each team had a volunteer acting as the tour guide. The tour guide pointed out and explained things to us making this trip interesting and educational. We felt like real tourists. Mansor, our guide and the other volunteers were cheerful, jovial and fun. We laughed at their many funny acts and jokes.

For dinner, the volunteers had prepared and reserved a section of the food court for us. When we got there, we saw that each table had our individual name with a handmade rose beside it. We had buffet dinner. After dinner, we had a sing-a-long and relaxed in the company of friends. Before we headed for the bus, we gathered for a last photo shot. With so many of us, the photographer took 5 shots to complete a picture.

I had enjoyed the trip. The volunteers were helpful. They helped the residents up and down the buses. They had made us laugh a lot. We were comfortable with them. I had made some friends indeed.

~Loke Peng Mun

Editorial Board

Editor: Miss Elizabeth Tan

Members: Mr. Stephen Sng

Mr. Michael Lim

Mr. Loke Peng Mun

Mr. Chan Yu Leong

Layout: Mr. Neo Ah Her

A Tribute to the late Major (Ret) Lim Thong Huay

Much to our shock, we learnt that Major Lim passed away on the night of 15/06/05. In the next 3 days that followed, staff and residents alike went in little groups to pay our final respect at his home, a stone's throw away from our Home.

Major Lim joined us on 03/06/96. When we first met, he came across to me as a friendly and caring person. Back then, I was a representative in the Residents' Committee, I felt privileged to meet and talk with him often. He was someone approachable with a willingness to listen and offer help if we took time to seek him out with our problems. He encouraged me often. When Mary and I wanted to try and experience setting up a weekend stall selling what we made at Junction 8, he was pleased to approve and support us telling us to go for it. He encouraged us to take on challenges. "To err is human" he said, "then you'll learn to make better decision and take on greater responsibility." Major Lim was not a perfect man, (no one is, for sure) but he lived up to his word and was not afraid to be responsible for the decisions he made.

He was a caring and thoughtful man and was especially good to the less functional residents. He made time everyday to interact with them. When he went on holiday to Mongolia, he brought back gifts – "song kos" for Maniam, Sin Beng and Joseph and made them very happy. Sometimes, he got his wife to cook for us special dishes over the CNY period-- "Chap Chai" and sambal sotong, which he knew we hardly get to eat. And once, after a major operation, he treated us to the famous Colombo Court "kway chap".

Major enjoyed fish keeping as a hobby. He helped the residents with the same hobby by designating a place for their several individual aquariums, where the Day Care Centre and the residential building joined. It was a good place to relax in front of the tanks. Major knew it was therapeutic. He could be seen in front of the tanks, looking peaceful and calm and even blissful. He had been undergoing treatment for his cancer and was, then, losing a lot of weight.

Through words and examples, Major Lim taught me many things. When my sister, Mary went through a difficult time last year, he was very concerned and told us to be strong. He set himself an example after that. He was a courageous man indeed, choosing to come to work till his last days, living life to the fullest, and always with a ready smile to hide away his own pain. He cared for us till the end, as his wife, Mrs. Lim, testified, his last thoughts while on the hospital bed was his concern for the resident, Mary.

On 19/06/05 as many as 3 ambulances could take, we accompanied him in his last journey to Mandai Columbarium. Our deepest condolences go to the family he left behind. We had lost a fine man as the general manager of the Home for 8 years.

~Elizabeth Tan

"The present moment is the only moment."

"The most important person is always the person you are with."

"The most important pursuit is making the person standing at your side happy."

— Richard M. DeVos

Mural, Mural on the wall, what is the meaning of it all?

Have you ever been to the Volunteer Room? If you have, you must have seen the mural on the wall. You also must have noticed a lot of trees and a lot of handprints (on the world's continents) on the mural. What do they mean?

This room was originally called the "Staff Duty Room". It was converted into a volunteers' room on 17 June 2002. A tiny team of 'creative' people from Timberland helped paint the mural. The mural was conceptualized and painted on 6 November 2003.

"What we wanted to project is how each individual can contribute to 'Make a Difference' through community service. The handprints represent a serving community and how we can impact the world through volunteerism.

As you can see, we chose to have the handprints 'cover the entire globe'. As for the trees, they represent the planted seeds

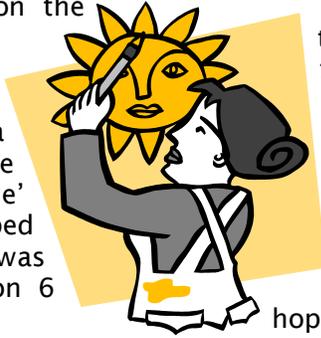
of volunteerism, so ideally we should aim to see forests moving forward and not trees." ---Timberland. But, of course, we need to start small, right?

That is why this mural is in the volunteer room. This room is the place where volunteers come together and could rest when they are tired. It is also the first room the volunteers go to place their bags there while they go about volunteering their services.

This mural showcases the various encouraging words that we hope the volunteers will bring away with them to spread it to others. The legendary "pass it on" motion will then be set in action!

The seeds of volunteerism, as mentioned above, will be planted in the volunteers that we have now, in the hope that this small number will continue to grow bigger, keeping the spirit of volunteerism alive.

~Stephen Sng



Just For Laughs

Three retirees were out for a stroll one day.
Bob said to Frank, "It's windy isn't it?"
"No" said Frank. "It's Thursday."
"So am I" said Harry, "Let's go for a beer".

A salesman was demonstrating unbreakable combs in a department store. He impressed the people who stopped by to look by putting the comb through all sorts of torture and stress. Finally to impress even the skeptics in the crowd, he bent the comb completely in half, and it snapped with a loud crack.
Without missing a beat, he bravely held up both halves of the 'unbreakable' comb for everyone to see and said, "And this, ladies and gentlemen, is what an unbreakable comb looks like on the inside."

"Success is the result of good judgment, good judgment is a result of experience, experience is often the result of bad judgment." -Anthony Robbins

I am not sure exactly what heaven will be like, but I don't know that when we die and it comes time for God to judge us, he will not ask, "How many good things have you done in your life?" Rather he will ask, "How much Love did you put into what you did?" -Mother Theresa



The Singapore Chinese Orchestra

7 members of the Singapore Chinese Orchestra came to entertain us on 13th May. At 10 am, we were all gathered in the hall to listen to the melodious music they played.

The musicians played the different instruments in such perfect harmony. I felt so at peace as I relaxed and let myself be soothed by the music. I was surprised to note that all the residents were paying such attention to the performance that

not a sound was heard. Good thing we needn't know the language to listen to the Chinese Orchestra as with any other music. Otherwise I would have missed out so much. The only thing I know in Chinese is my own name!

The SCO played several songs for us that morning. I was so enchanted by the music. I didn't have enough and craze for more when the performance ended.

~Michael Lim

Newsflash!

- 30/05/05-- Night Safari visit organised by AETI.
- 02/06/05-- Performance by Tang Quartet.
- 11/06/05-- Eastport Maritime Pte Ltd party.
- 12/06/05-- Residents went to Paya Lebar Airbase for Runway Cycling '05 organized by AETI.
- 14/06/05-- 5 residents attended Phua Chu Kang Musical organized by St. Andrew Mission Hospital.
- 22/06/05-- S-League match at Bishan attended by 5 residents.
- 26/06/05-- 4 residents took part in Central Singapore on the Move at Bishan Park organized by Central Community Development Council.
- 02/07/05-- Trip to Downtown East by General Electric Elfun Society.
- 10/07/05-- West Coast Race 2005 organized by NUS Students' Science Club. 10 residents took part in the walk-a-jog.
- 15/07/05-- Chinese Orchestra performance at Singapore Conference Hall attended by 4 residents.
- 16/07/05-- Boys' Brigade Thanksgiving Carnival at the Police Academy.
- 23/07/05-- Art Session at Bukit Timah Hill organised by volunteers Dehong and friends.
 - Volunteers from NCSS, VAD visits as part of The President's Challenge.
 - 18 residents invited to a concert by Braddell Heights Community Club.
- 30/07/05-- Trip to Changi Airport with volunteers from NCSS, a VAD activity as part of The President's Challenge..
- 30/07/05-- NDP Preview attended by 4 residents.
- 03/08/05-- Neptune Orient Lines visits with VIP Mr. David Lim.
- 06/08/05-- Infocomm Development Authority of Singapore visits.
- 08/08/05-- NDP Celebration at ITE West (Dover).
- 10/08/05-- S-League match at Bishan attended by 10 residents.
- 20/08/05-- Aviva General Insurance Pte Ltd visits.
- 26/08/05-- KPMG Community Day at Sparkc at Marine Parade.
- 10/09/05-- Founder's Day.

Staff farewells:

- 12/05/05-- Female T.A.s Aye Cho and Tin Tin Win returned to Myanmar.
- 18/05/05-- Mdm See Ge Eng retired after a 16 years long service to the Home.

Welcoming of new staff:

- 09/05/05-- Female N.A. Kumari from Sri Lanka.
- 11/05/05-- Female T.A. May Wan from Myanmar.
- 18/05/05-- Female N.A. Thuzar from Myanmar.
- 19/05/05-- Female T.A. Aye Aye Tint.
- 25/05/05-- Male N.A. Lin Tun from Myanmar.
- 03/06/05-- Male N.A. Giovanni from Philippines.
- 15/06/05-- Male N.A. Tun Lu from Myanmar.
- 12/07/05-- Female N.A. Nayomi and Male T.A. Sameera from Sri Lanka.

New residents:

- 14/05/05-- We welcome 2 new residents; Pang Lee Lee, 43 and Pang Lan Mui, 37. They are sisters.

*T.A.-Therapy Aide, N.A.-Nursing Attendant