

# The Red Feather News, Singapore

Volume 01/10 MICA (P) 213/10/2009 A Publication by the Residents of The Singapore Cheshire Home August 2010

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

## ***From the Editor:***

If you have not walked into the Singapore Cheshire Home since last year, you're in for not just one, but two pleasant surprises.

The newly renovated computer cum handicraft room is in full swing now as residents take on as much data entry work as there is to do from the Bizlink centre.

The new computers are well equipped and the room is airy and comfortable to work in. And..... Oh no! I mustn't tell you anymore. You just got to read what some residents have to share about their feelings for this new techie room.

Another big and hmmm...(smile)... very nice, pleasant change to our Home is our central Ferguson Garden. It is a complete change from the plain lawn void of trees and scattered with many potted plants. All of us, residents, were so excited when the landscaping company started work on the garden. In the two weeks that led to the official opening of the garden, the garden was completely transformed into a sanctuary for nature lovers with flowering plants and herbs.

If you could only see it for yourself, you'd understand why we are so excited about it. Perhaps you can picture yourself in our garden as you read it described in one of the articles here written by one of our volunteers after I had shown her around the garden.

We are getting help from volunteers to write for our newsletter. This is because most of our residents have difficulty putting words down on paper. I want to thank Valencia Seah, Niki Chen and Grace Lim for volunteering to help out in this area. They do the writing for the residents as the residents tell them their feelings, thoughts and experiences. It is our hope that with help like this, more residents will be able to share and contribute to the Red Feather News. And with that, we hope to keep you in touch through more of our newsletter.

Yours,

## ***Tucking into a Traditional Chinese New Year Dinner***

Steamboat dinner is a traditional way of celebrating Chinese New Year. Spearheaded by our Management Committee members, the Home organized a steamboat dinner on the 25<sup>th</sup> of February this year for all the residents and staff of the Singapore Cheshire Home.

The residents had not had steamboat dinner for a long time. New steamboat cookers were bought, kindly sponsored by Mrs. Vivien Loh and her family and group of friends who also donated lots of delicacies for the occasion. With some planning ahead, the vegetable "tang or" which most people like to use in steamboat were harvested fresh from our hydroponics farm for the steamboat dinner.

With lots of food steaming hot from the steamboat cookers, we enjoyed a sumptuous dinner. The rare treat delighted many and brought the residents, staff and the Council of Governors and Management Committee members together in the spirit of the Lunar New Year.

### **Editorial Board**

Editor : Ms. Elizabeth Tan

Members: Mr. Stephen Sng, Mr. Chan Yu Leong

Layout : Mr. Neo Ah Her

# On Internet Exploring

I started Internet exploring at the beginning of this year. Previously, I received training from the Handicaps Welfare Association. When I first started out, I was lost and did not understand. The learning process gradually turned out to be more fun.

The Singapore Cheshire Home gave me the opportunity to use the computer. The volunteers taught me how to switch the computers on and off which made me more independent. I learned how to go online to listen to music. I love listening to Chinese oldies and watching the news. This has better allow me to spend my time instead of waiting for volunteers to buy me CDs.

Despite improvements in my computer skills, my advice to the young is not to spend too much time on the computer but spend time with friends and enjoy the growing-up process. ~ Anna

Quoting Resident  
Eileen Tay:

*"Thanks so much for arranging the party, the caring staff and the warm hospitality which I received will always be in my heart."*

(On the McDonald's Lunch at Sengkang Sports Complex organized by McDonald's Restaurant Pte Ltd on 28 April 2010).

Quoting Resident  
Stephen Sng:

*"Thanks so much for arranging the outing which I enjoyed very much."*

(On the outing to National Museum organized by GE Keppel Energy Services Pte Ltd on 17 April 2010).

# Computers (New vs Old)

The new computer room and facilities in it is much better than what we had in the past in many aspects. The room is now neater, nicely renovated with beautiful window panes and it is spacious. More importantly, we have the latest programmes like Windows 7, a higher version than what we previously had.

The latest computer facilities allow us to learn more, upgrade ourselves and occupy our time. I enjoy using the computer facilities to email and chat with friends online and to go on facebook. Compared to other homes, this is one of the few homes with advance technology facilities for its residents. ~ Noraini

# Hydroponics

Our hydroponics farm was built in 1994. In this green house, we plant a variety of vegetables like Cai xin, Kai lan, Kang kong, spinach, lettuce and Xiao bai cai. A team of staff, volunteers and residents is involved in the planting and the harvesting of the vegetables. We get our seedlings and the liquid nutrients from our supplier. Our dedicated volunteers, Mr and Mrs Ang See Lay helps to deliver them to us.

Our staff helps in the cleaning and the maintainance of the farming system. The residents plant the vegetables by inserting the sponges which hold the seedlings into the holes of the styrofoam boards. Volunteers help to make sure the sponges are nicely tucked in.

Hydroponic farming is a challenging process. At times we face insect problems such as spider mites and fungi which attack the roots or leaves of the vegetables. But it is always a joy when we get a bountiful harvest.

After harvesting, the vegetables are bought by some of our Management Committee members and staff or used for consumption in the Home. Compared to the vegetables sold in the market, our vegetables are fresh and free of insecticides and are safe to eat. ~ Sunny Sun

## Newsflash!

- 09.01.10 - Tea & games with the Lodge Saint Patrick 36 group of friends.
- 23.01.10 - Interaction with Sagaramudra Group.
- 23.01.10 - Tea & bingo game organized by Violet & Friends.
- 27.01.10 - Chinese New Year Celebration organized by Crown Agents International.
- 21.02.10 - Chinese New Year Celebration by Nee Soon South Community Club.
- 23.02.10 - Chinese New Year Party organized by GBAD/Air Force School.
- 25.02.10 - Lion Dance Performance organized by Emerald Hill Group.
- 25.02.10 - Steamboat Dinner with the Management Committee members organized by the Home.
- 27.02.10 - Chinese New Year Celebration organized by WOW Group (Eric's and Friends).
- 27.02.10 - Dinner at 205 Kovan Hub organized by Man Fut Tong Welfare Society.
- 02.03.10 - Chinese New Year Celebration organized by Christina & Friends.
- 10.03.10 - Magic Show organized by Gateway Entertainment.
- 17.04.10 - A visit to the National Museum organized by GE Keppel Energy Services Pte Ltd.
- 22.04.10 - Opening of Sensory Garden cum barbecue dinner by Applied Materials South East Asia Pte td.
- 28.04.10 - McDonald's lunch treat by McDonald's Restaurant Pte Ltd at Sengkang Sports Complex.
- 01.05.10 - Performances and Tea given by The Singapore Elvis & Country Group.
- 12.05.10 - Community Chest FY 10/11 Fund Raising Launch.
- 15.05.10 - Bingo & Interaction with Buddhist Fellowship Youth.
- 23.05.10 - Lunch & entertainment at Orchidville organized by the Realm of Tranquility.
- 28.05.10 - Performances and Tea given by Shinelight Ministry (Lighthouse Evangelism - Tampines).
- 29.05.10 - Teochew Opera show at Kreta Ayer Theatre with tickets sponsored by Mdm Marie Heng and friends.
- 01.06.10 - Performance by Megalife (Riverlife Church).
- 23.06.10 - Bingo games and buffet dinner given by AES Transpower Pte Ltd.
- 16.06.10 - Hotelier with the Heart Media Launch at Orchard Hotel.
- 06.07.10 - Ba Zhang Party by Christina & Friends.
- 10.07.10 - NDP National Education Show 1 at the Padang.
- 14.07.10 - Interaction and performance by Students from Kent Ridge Hall.
- 15.07.10 - A visit to the Red Cross Family Link at Lengkok Bahru and Lee Ah Mooi Old Age Home.
- 16.07.10 - Durian feast and Bingo by Staff from KT & T Engineers And Constructors Pte Ltd.
- 17.07.10 - Bingo, performance and Tea by Volunteers from Jacobs Engineering Singapore Pte Ltd.
- 18.07.10 - Buffet Dinner sponsored by Mr. Tan Hock Chuan.
- 22.07.10 - Filming of activities of residents by students from Singapore Polytechnic.
- 23.07.10 - Shamisen performance by Mr. and Mrs. Baisho Matsumoto.
- 25.07.10 - Screening of movie "The Karate Kid" with snacks for all residents by LP89.

## From the Bottom of Our Hearts

We'd like to express our heartfelt appreciation to many sponsors and donors who have given us more than we could have ever asked for in their kindness and generosity. Here, we name some whom we are especially indebted to:

- *Asia Genesis Assets Management Pte Ltd for sponsoring the renovation of the Residents' Computer Room and a new vehicle for the Residents.*
- *The Lodge of St George 1152 for sponsoring the cabling work for the Computer Room and donating 6 brand new computers and 2 printers for our use. Thank you also for sponsoring the broadband subscription for 2010.*
- *UWC for the donation of their used PCs to the Home.*
- *Applied Materials South East Asia Pte Ltd for sponsoring the landscaping of the sensory garden and the maintenance of the garden for a period of 2 years.*
- *Silveray Pte Ltd for regularly organising several outings in a month using their own transportation. In February, they had organised 4 shopping trips to Chinatown.*
- *Volunteers Christina, Daisy and their group of friends for the many times they entertained us with songs and dance, lucky draws and games and tim sum for tea.*
- *Volunteer photographer Koh Su Li for taking I/C pictures of us for the making of our DDR (Developmental Disability Registry) ID cards.*
- *Imperial Treasure Restaurant Group Pte Ltd for the daily donations of yummy buns, cakes and loaves of bread.*

