

The Red Feather News

The newsletter of The Singapore Cheshire Home

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A Publication by the Residents of The Singapore Cheshire Home



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From the Editor's Desk:

Greetings everyone..... hope everyone is healthy and well.

I apologise for this long overdue issue of our Red Feather News (RFN)

Well, while I was still gathering content for this issue, and even waiting months for an article I was promised, I still did not receive it...

Then, thankfully, during our Founder's Day in September, I learnt that we actually have an aspiring writer in our midst. It struck me, "Hey, why don't I use this issue of the RFN to be his platform to showcase his writing. It would be a perfect place for him to begin his 'Writer' journey, and of course, *hehe*, so that I could produce this issue too".

So readers, in this issue of the RFN, we have three articles from our aspiring writers, P. Sashwin, and an article from our faithful contributor, Noraini.

And, to make this issue even more fun to read, we even have a Word-Search Puzzle contributed by Salfura.

Let's see if you can find ALL the words.

Enjoy!!!

Apollo Tan

Our Christmas Party 2022

by P. Sashwin

After two long and somewhat quiet years due to COVID-19 restrictions, the Singapore Cheshire Home Residents' Christmas Party was back with a celebratory roar on the 10th of December 2022.

The celebration began with an interesting yet nonsensically, challenging fun game of Spot the Correct Logo. It was rather special this year, as everybody was allowed to play. Guests, visitors, staffs and residents, everyone participated in the game. You would never have imagined how difficult it was to spot the minor differences in the logo of famous brand names. Logos that were here that we see so often in our daily life, and we did not pay much attention to the details. It was really a very challenging game which got everyone involved and thus filled the whole place with laughter and fun. Finally, the results came..... and only a few managed to get the logos all correct. They walked away with some amazing prizes.

Try out sample quizzes at the back of this issue of RFN (Pages 13 – 16).



After the excitement of the game, everyone became tense again. This time, it was with the anxiety of waiting for our names to be called for the mystery gifts in the annual Lucky Draw.

Then, it was time for the performances to begin. First up was a string of multilingual songs performed by our Volunteers/Programs Manager, Kenny. He started it off with a Chinese song,

followed by a Japanese song then a Cantonese song. He then ended his solo performance with a remarkable English song that captured my heart. It was my first time listening to it but it felt like a father speaking to his son. Before I forget, the title of the English song which Kenny sang was none other than "Just Once" by the one and only James Ingram. I encourage that you give it a listen and then share it with the world.



Amazing songs by Kenny & Arleth, Mr. Lee & Tony Zhu, Yazid and Elizabeth Tan!

Then came the best part, a duet performance by Kenny and Arleth, our Therapy Aide, singing an Original Soundtrack (OST) from the Disney classic movie "Beauty and the Beast". They sang with such perfect harmony that their performance gathered loud cheers and applause from the audience. That was one of my favorite parts of the celebration. Next, it was time for Mr. Lee, our Housekeeper, who tore the house down with his insanely awesome vocals as a solo performer. He also did a song in collaboration with friends from the Cheshire Home, however, his voice stood out from the rest.

The celebration was nearing its end..... But of course, how could our Cheshire Home's Christmas Party end without songs performed by our very own residents, right?!

So, the stage was given first to resident Mohd. Yazid who crooned us with a Malay slow rock song from the early 90s and the finale of the night was performed by resident Elizabeth Tan, who charmed the audience with her angelic voice with two songs: "O Night Divine" and "Snow Man", a Chinese song.

It was time for dinner and it was a feast to remember..... Simple, yet "heartwarming" dishes.



I had a plate of spaghetti, and it was so good that I even "da bao" (took away) some of the leftover spaghetti, it was still good when I got the staff to heat it for my lunch the next day. We were also served a creamy and chocolaty slice of log cake, a MUST HAVE on occasions like this. After all, it was Christmas, right?

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Ramadan Break Fast at Our Tampines Hub

by North East CDC

by Noraini

On the 8th of April, our Muslim residents were invited by the North East Community Development Council (CDC) to break fast at Our Tampines Hub from 6 to 8 pm. Yazid, a fellow resident, and I were among the seven Muslim residents who attended the function. Hassan, our regular volunteer driver, drove us there. For Navod, our Healthcare Assistance, it was his very first time accompanying us to a function like this.

We arrived there about an hour earlier and were greeted warmly by the CDC volunteers. They escorted us to our seats. We were also given a Hari Raya packet as a gift. On the table, there were small little boxes of dates for us. This is a customary Malay tradition to have it during the breaking of fast. We took some photographs and had a nice chat with Hassan as we had not seen each other for 3 years..... because of the pandemic.



Yazid, Navod and I.

At 6.20 pm, they started serving us bento sets with *Ayam Belado*, my favorite, and *Lemak* gravy with vegetable. There were also some assorted Malay *kuih-kuih*. We were then joined by a group of young football players, the Tampines Rovers Football Club (FC). Yazid and Hassan quickly took the opportunity and started taking quite a lot of photographs with them.



Group photograph with the footballers from the Tampines Rovers Football Club.

Twenty minutes before the breaking of fast, the guests of honour arrived. They were from the embassy of Japan, Jordan, Brunei & China and our Member of Parliament (MP) for Tampines Group Representation Constituency (GRC), Mr Massagos Zulkifli, Minister for Social and Family Development.

Even though we did not get the opportunity to take a photograph with the guests of honour, we really felt very thankful that after three years since the CoronaVirus Disease of 2019 (COVID-19) pandemic, we have managed to get through it together..... and we are able to gather again, with other Home's residents to break fast together like this again during Ramadan.

My First Interview Experience

by P. Sashwin

Hi there, my name is Prabhakaran Sashwin, also known as P. Sashwin. I was asked to write about the experience of my first video interview and here it is.....

It was time for dinner here at the Singapore Cheshire Home and there was an unrelenting heavy rain outside..... So, just imagine the insane amount of noise there was. On top of that, there was the sound of the food trolley being pushed around, the sound of the plates and spoons. You could not even hear yourself shouting. So it was on such an occasion that I was asked if I was interested to be part of the Singapore Cheshire Home corporate video. At first, I was hesitant because of my camera-shyness and I have always suffered from stage fright ever since I was young, so I requested for a day or two to get back to them. A few days passed and the question was raised to me again. However, by this time, I knew what I was going to say. I then agreed to be part of the Singapore Cheshire Home corporate video.

The day of the interview came. I tried my best to be well prepared and presentable. I wore a white polo shirt and a beige-coloured jeans with my hair combed like a film star. It was almost time for the interview. As I drove my wheelchair into the room for the interview, I was nervous and wanted to make a U-turn and head back, but I kept saying to myself: "Just a little bit more Sashwin, you have come this far, just a little bit more. Go for it!"

As I entered the interview room, my heart was beating at a rapid rate and it felt like I was about to have an anxiety attack. So, I told the camera crew and the interviewer that I needed a moment to relax before the interview commenced. They complied and I was given a few minutes to relax myself.



Finally, the interview began. It started with self-introductory statements such as my name, age, and diagnosis. It was followed by a few questions about my experiences in my everyday life here in the Singapore Cheshire Home. I spoke like someone who had been interviewed a million times before. I was speaking my heart out for the first time without stuttering. I felt comfortable with the words just flowing out of my mouth. However, there were some scenes which we had to do retakes..... but the camera crew assured me that it was not because I screwed up, and that I was a natural. The camera crew was also giving me tips for each scene we shot and the interviewer was calm and supportive. We then ended the interview with one of my favourite quotes taken from my Instagram, something that I wrote for my dad. Yes, I write quotes about my love life and my life experiences. I could feel my dad's presence in every word of that quote. (You can find the original quote on my Instagram page. Follow me on Instagram 'Prabhakaran Sashwin' if you would like to see more content like this in the future).

***“Loved ones..... they come and go
but their memories will live for a lifetime.”***

I am a person who puts my heart and soul in whatever I do. I believe that the quote impacted everyone in the room, and they loved it. It was a memorable occasion for me as this was my first video interview. I felt like a celebrity with a great sense of achievement.

Here is my advice to everyone reading this:

***“Follow your heart and do what's right.
Do not be afraid of the world.”***

Watch the Singapore Cheshire Home's corporate video: <https://t.ly/V3WEX>

Watch P. Sashwin's part of the corporate video: <https://t.ly/bR-HH>

Our Founder's Day

by P. Sashwin

Hi, my name is Prabhakaran Sashwin, also known as P. Sashwin. I am writing about the Singapore Cheshire Home Founder's Day which fell on the Saturday, 2nd September 2023. This was the 66th anniversary and it was also my fifth year in The Singapore Cheshire Home, writing about it for the past five years ever since I became a part of the Singapore Cheshire Home family since 2018. It will always be an honour and privilege to write for the Singapore Cheshire Home Red Feather Newsletter (RFN).

Okay, I think it is time for us to be moving on to the topic of the day: our Founder's Day.

It was Saturday, as I have mentioned above. I was waiting for my brother's arrival and having no clue about his whereabouts, or if he was even going to show up that day..... When suddenly, Ng Siew Lian, the vice-chairman of the residents' committee came to me and asked me if I could assist the residents' committee for a few hours.

She also explained that the chairman Viki was still attending a course and could not make it back on time. On hearing that, I agreed to her request and stepped in to help as part of the welcoming committee. In fact, I actually felt very honoured to be able to help out. Therefore, my task for the day was to be part of the welcoming committee and to greet the guests and visitors who were arriving for the event.



Ng Siew Lian, P. Sashwin and General Manager (GM) Florence greeting guests upon arrival.

After all the guests and visitors were seated, the event began with an introductory video of the Home's founder, Group Captain Lord Leonard Cheshire and his legacy. It was a heart-warming video about his battles, the struggles of his life and his upbringing and how he became a great hero during the war and how he started the Cheshire Home. The video ended with huge appreciation and loud applause from the audience.



Guests, visitors, residents and staffs watched the video with eager anticipation.

It was followed by the ‘Cheshire Home anthem’ and The Moon Represents My Heart

(月亮代表我的心), a Chinese song that is so well known to all the residents and staffs of the Home. Also, a few other local favorite folk songs which everyone joined in.

Then, we had some games and quizzes with some simple prizes, to test our knowledge of the Singapore Cheshire Home. I got a prize for answering a question correctly and it was a Disney Princess stationary set which I later gave away. The whole event ended with a high-tea and interaction among the guests, the visitors and the residents of the Home. I even had a opportunity to interact with some of the committee members of our Board of Governors who were present then. I showed them some of my digital arts and quotes that I wrote. They were very proud of me and told me to keep up the good work and continue doing what I love.



Enjoying high-tea!

The Founder’s Day event ended with smiles and it was the first Founder’s Day for some of us. If I were to rate the event, I would give it a 3.5/5 stars. I felt like it was a bit short and simple. Nonetheless..... this is just my opinion.

SCH WORD SEARCH

Look for the words listed below.

R	R	N	B	K	J	C	G	N	G	B	K	W	P	W	O	U	S	E	C
D	H	E	A	L	T	H	A	S	S	I	S	T	A	N	T	M	N	Q	C
F	C	P	S	X	B	X	D	D	J	E	Z	P	H	G	M	V	O	I	G
O	J	L	B	I	C	E	P	J	D	C	R	V	N	Z	A	X	N	R	B
R	D	Q	V	C	D	X	Z	S	V	C	G	E	E	D	N	W	F	J	A
E	T	W	S	I	Q	E	U	S	H	E	Q	N	T	F	G	J	I	S	P
I	C	A	D	V	E	R	N	U	R	C	Z	M	I	U	A	M	C	C	P
G	F	H	Q	B	Y	C	D	T	D	N	Y	Y	H	S	P	E	R	I	O
N	V	F	Y	X	I	I	Y	S	S	A	V	M	S	U	R	M	I	E	I
E	D	Y	J	R	W	S	X	O	G	M	C	Q	P	H	M	U	O	N	N
R	Q	C	W	K	W	E	B	R	H	R	I	C	X	F	J	O	N	C	T
S	C	L	R	W	S	L	L	J	S	O	M	C	L	T	G	J	R	F	M
G	E	A	M	I	F	P	Y	L	X	F	K	Y	T	I	F	L	A	F	E
U	Z	S	H	Q	D	E	R	V	V	R	J	N	X	I	E	R	M	I	N
A	A	S	W	U	N	C	D	R	V	E	J	J	T	I	C	N	D	C	T
G	N	I	X	U	C	B	N	I	T	P	L	C	Y	I	Y	N	T	T	T
E	V	C	X	R	Z	B	U	Z	V	S	O	C	D	X	L	X	D	S	E
K	P	S	N	R	O	M	A	N	C	E	C	N	K	Y	R	V	R	O	R
Q	W	G	R	T	G	C	L	K	Z	F	A	N	T	A	S	Y	B	N	Y
X	Y	O	S	T	N	E	H	U	O	H	L	R	R	O	R	F	W	F	U

RESIDENTS	COMPUTER	DAC CLIENTS
HANDICRAFT	LAUNDRY	NURSING
PERFORMANCE	FOREIGNERS	HEALTH ASSISTANTS
EXERCISE	LOCAL	APPOINTMENT

CNY Word Search

Look for the words listed below.



V	K	B	F	N	J	F	D	J	O	G	F	L	N	S	P	V	F	A	T
D	I	S	R	O	W	E	L	S	F	G	J	G	R	J	V	J	I	J	Y
N	H	D	E	T	R	U	N	T	A	N	G	P	O	W	S	N	R	W	M
X	N	X	U	A	N	T	A	U	F	A	M	I	L	I	E	S	E	Y	N
K	H	Z	N	R	G	S	U	R	L	F	U	S	A	H	K	W	W	Y	P
X	Z	S	I	T	Q	U	S	N	F	P	I	C	I	A	E	T	O	C	D
E	M	U	O	M	F	P	P	E	E	A	H	Q	X	T	A	C	R	C	B
C	N	B	N	V	V	I	I	L	L	U	B	W	K	S	L	M	K	P	K
N	G	U	D	Q	F	N	C	J	S	L	Y	K	H	W	W	Y	S	R	N
A	U	A	I	N	Z	E	I	H	J	S	S	G	G	Q	M	D	L	O	R
D	S	U	N	G	L	A	O	S	E	A	N	C	E	S	T	O	R	S	B
N	L	O	N	U	U	P	U	V	G	I	C	N	A	I	R	S	S	P	Z
O	F	J	E	X	D	P	S	T	R	Y	R	E	T	U	K	J	L	E	P
I	H	F	R	H	S	L	L	E	V	E	C	A	H	Z	D	H	E	R	R
L	A	V	I	T	S	E	F	W	T	T	E	R	N	W	A	V	E	I	A
J	X	S	K	X	G	F	T	N	T	J	X	M	H	Q	V	Y	N	T	D
A	L	D	E	C	O	R	A	T	I	O	N	S	A	R	H	O	Z	Y	I
B	S	H	O	V	E	L	C	O	O	L	E	R	S	E	G	N	A	R	O
H	G	K	T	D	I	F	T	E	D	P	Z	R	W	E	A	L	T	H	D
A	X	P	V	O	T	B	U	C	K	E	T	F	P	G	E	F	Z	G	Z

DECORATIONS	OFFERING	PROSPERITY	LANTERN	ANG POWS
FIREWORKS	FORTUNE	ANCESTORS	REUNION DINNER	ORANGES
FESTIVAL	WEALTH	FAMILIES	PINEAPPLE	TART
LION DANCE	RED			

Quiz-1

A



B



C



D



Quiz-2

A

Coca-Cola

Coca-Cola

B

C

Coca-Cola

Coca-Cola

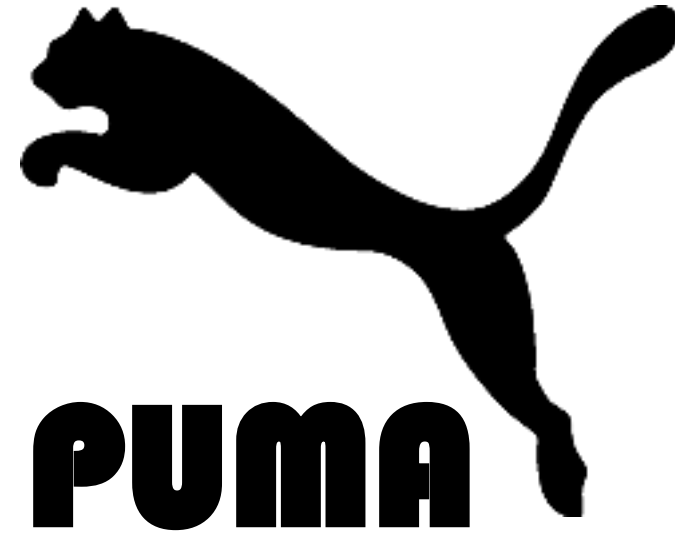
D

Quiz-3

A



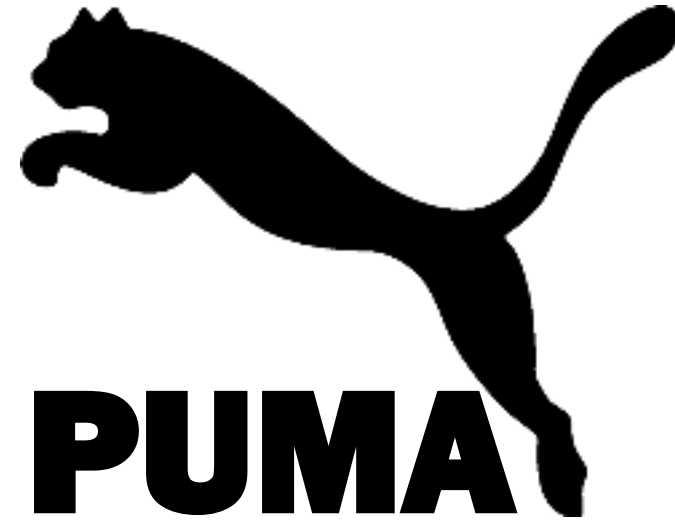
B



C



D



Quiz-4

A SAMSUNG SAMSUNG **B**

C SAMSUNG SAMSUNG **D**