

## COMING UP...

### CALLING OUT TO VOLUNTEERS! JOINT FLAG DAY BY METTA WELFARE ASSOCIATION AND SHAN YOU COUNSELLING CENTRE

When : Saturday, 13 January 2007  
Where : Islandwide  
Time : 8.00am to 6.00pm  
Contact : Mylene Tan  
Tel : 6580 4688

Be the first to spread goodwill in the New Year by volunteering or making a donation on the Flag Day.



Metta Welfare Association provides special education for children with mild intellectual disability and/or autism, medical care for the terminally ill and stroke patients, residential and day care programmes for the intellectually disabled.

Shan You Counselling Centre offers counselling, clinical and social services to children, youths, families and the elderly.

### WHEN LOVE BLOSSOMS



When : Saturday, 3 February 2007  
Time : 10:00am - 5:00pm  
Where : Conrad Centennial Hotel  
Two Temasek Boulevard  
Fee : \$35/person, \$60/couple  
Organiser : aLife Ltd  
Contact : 6258 8816  
Fax : 6258 4339

For more details on the talk, log onto [www.alife.org.sg](http://www.alife.org.sg)

Join aLife Ltd for a fun and informative day to discover the joys of pregnancy and parenthood! The talks and interactive activities offer a holistic approach on the journey towards parenthood. Be enriched by educational informative sessions on topics from pregnancy concerns (reproductive health, fetal development, breastfeeding, nutrition) to parenting and couplehood by specialised expert speakers.

What's more, you get to meet celebrity guest Evelyn Tan up close as she shares her personal experience as a first time parent. Couples can also look forward to many other exciting activities such as a yoga demonstration, maternity fashion show, attractive goodie bags worth more than \$50 and a chance to win lucky draw prizes.

### 3rd INTERNATIONAL CHILDHOOD CANCER DAY (ICCD)

When : Thursday, 15 February 2007  
Organiser : Children's Cancer Foundation (CCF) in collaboration with the International Confederation of Childhood Cancer Parent Organisation (ICCCPO)  
Contact : Tiffany How  
Tel : 6835 2665  
Email : [tiffany.how@ccf.org.sg](mailto:tiffany.how@ccf.org.sg)  
Website : [www.ccf.org.sg](http://www.ccf.org.sg)

Through partnership with NETS (Singapore) Pte Ltd "Helping hands, Touching Hearts" Programme, a special commemorative Combi My(c) CashCard has been specially designed. This will be given to members of the public who make a minimum donation of \$7 to CCF (No stored value in card). The CashCard holders will be entitled to enjoy free drinks and monthly movie benefits (more details at <http://myc.com.sg>). Through the sale of these commemorative Combi CashCards, CCF hopes to raise \$20,000 for its public education outreach programmes during ICCD 2007.



You can also make a contribution by emailing your pledge amount and details to [tiffany.how@ccf.org.sg](mailto:tiffany.how@ccf.org.sg) or call CCF for more information at 6835 2665.

The commemorative Combi CashCards will be ready for collection from mid January 2007 at the CCF office. For more information, you can visit [www.ccf.org.sg](http://www.ccf.org.sg). Additionally, for every Combi CashCard retail transaction or eNETS transaction made from 1 Oct 06 to 31 Dec 07, NETS will donate one cent to CCF, with the aim of raising \$250,000 for the beneficiaries.

### THE WOMEN'S OUTDOOR CHALLENGE 2007

When : Saturday, 17 March 2007  
Time : 2.00pm - 7.00pm (Team)  
4.30pm - 7.00pm (Runs)  
Where : Beach @ East Coast Parkway  
Organiser : Association of Women for Action And Research (AWARE)  
Tel : 6779 7137  
Website : [www.outdoorchallenge.org](http://www.outdoorchallenge.org)

"The Women's Outdoor Challenge 2007" is a unique sports event to raise funds for AWARE's support and educational programmes.



For the Team Event, corporate teams compete against each other in three games - Combat Laser, Ultimate Frisbee and 5 / 8 km runs. Special rates apply for non-profits. The Individual Event features two runs - 5 and 8 km. Great prizes, attractive goodie bags and pre-event health talks on how to be Fit, Fun and Fabulous. To register, visit [www.outdoorchallenge.org](http://www.outdoorchallenge.org) or Bodynits Shops at Centerpoint, Suntec or Marina Centre.

### CAREGIVERS SUPPORT GROUP 2007 Organised by Alzheimer's Disease Association (Caregiver Support Service)



#### UPDATE ON DEMENTIA

When : Saturday, 13 January 2007  
Time : 3.00pm to 5.00pm  
Speaker : Dr Lim Wee Shiong  
Geriatrician,  
Tan Tock Seng Hospital  
Where : New Horizon Centre (Toa Payoh)  
Block 157, Lorong 1, Toa Payoh  
#01-1195

#### COMMUNICATION IN DEMENTIA

When : Saturday, 3 February 2007  
Time : 3.00pm to 5.00pm  
Speaker : Ms Deirdre Tay  
Speech-Language Therapist,  
Singapore General Hospital  
Where : New Horizon Centre (Toa Payoh)  
Block 157, Lorong 1, Toa Payoh  
#01-1195

#### SKIN CARE IN DEMENTIA

When : Saturday, 24 March 2007  
Time : 3.00pm to 5.00pm  
Speaker : Ms Ng Yan Hoon,  
Educator,  
Tan Tock Seng Hospital  
Where : New Horizon Centre (Toa Payoh)  
Block 157, Lorong 1, Toa Payoh  
#01-1195

The Alzheimer's Disease Association runs support group meetings for family caregivers looking after persons with dementia. The monthly Saturday meetings (except June and December) are conducted in English and begin with a talk by an invited speaker on a dementia related topic. Following the talk, there will be a facilitator led discussion session where caregivers can bring up difficulties in looking after a person with dementia.

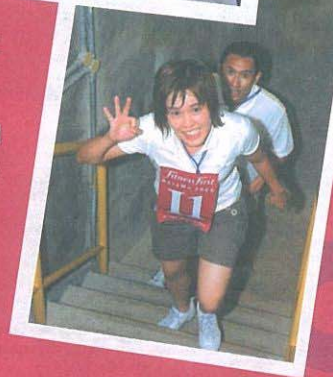
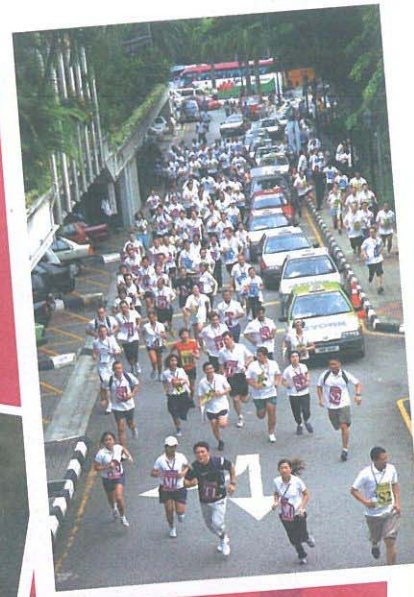
For more information and registration, please contact Ms Erni at 6353 8734 or email to [alzheimers.tp@pacific.net.sg](mailto:alzheimers.tp@pacific.net.sg) (For Carers Support Group schedule visit



## Fitness company contributes to charity

Fitness First held its annual regional event, Asia Momentum, in September 2006. In line with the theme 'Giving Back to the Community', Fitness First made a contribution of USD10,000 to the less privileged in Asia. 170 of its management staff from eight countries, including Singapore, competed for this fund by participating in several activities such as fitness challenges to earn points in exchange for an equivalent cash amount for their country's charity of choice.

The Singapore team emerged first and received additional personal donations from colleagues across Asia through another initiative called "Going Bald for a good cause" - a charity auction which saw three employees shaving their heads for a good cause. In all, Fitness First Singapore raised S\$8,100 for the Children's Cancer Foundation.



## 9th FESPIC Games... Kudos Team Singapore!

After six days of competition, Team Singapore returned from the 9th Far East and South Pacific Games for the Disabled (FESPIC) in Kuala Lumpur, Malaysia with a grand medal tally of 7 gold, 5 silver and 5 bronze medals. Overall, Singapore ranked 11th out of a total of 46 participating countries.

To celebrate the team's victory, a Welcome Back Ceremony was held at the National Stadium on 2 December 2006. The event, graced by Mr Oon Jin Teik, Chief Executive Officer of Singapore Sports Council, was a memorable evening for the whole contingent as it also marked the last FESPIC Games to be held.

Come 2010, the FESPIC Games will take on a new name - 'Asian Para Games'. This is to reflect the move towards equal sports opportunities for both able and disabled athletes.



## Corrigendum

Owing to a misinterpretation, RAPPORT erroneously reported on the state of well-being of Mrs Maisie Chow-Tsao in the article entitled "In loving memory..." on page 11 of the Nov/Dec 2006 issue.

RAPPORT expresses our deepest and sincerest apologies to Mrs Maisie Chow-Tsao, Dr Mary Ann Tsao and all their family members for any distress and inconvenience caused as a result of the erroneous report.

The correct report should read as follows:

## Commemoration of the Maisie Chow-Tsao Studio

11 October 2006 marked the commemoration of the Maisie Chow-Tsao Studio in the WINGS (Women's Initiative for Ageing Successfully) Centre.

Tan Sri Frank Tsao, Chairman of Suntec City Development and father of Dr Mary Ann Tsao, President and CEO of Tsao Foundation, contributed \$200,000 to WINGS in honour of his beloved wife, Mrs Maisie Chow-Tsao.

To commemorate this beautiful gesture of love and devotion, WINGS named one of its rooms, The Maisie Chow-Tsao Studio. The Tsao Foundation is one of the founding organisations of WINGS.