



The new life news

MITA (P) No. 055/09/2004



Initially, the teenager's response was far from positive. But Boon Leng persisted – meeting regularly with him once a week, every week, for the last 6 months; and so did his mentee*, a Secondary Three student of Zhenghua Secondary School, albeit dragging his feet. As the programme progressed, the mentee began to embrace important values and acquire essential life skills such as self-awareness, friendship and financial management, with Boon Leng – New Life's volunteer mentor – holding his hand. Almost to his surprise, perhaps, the sessions gradually became more enjoyable.

A mentor has been described as someone who has "been there, done that" and is therefore better equipped to lead a younger individual through the storms of life and the darkness of the soul. A printing coordinator by profession, Ong Boon Leng is, by nature, a people-oriented person. More importantly, he is passionate about community outreach, and in particular, about helping youths, and has volunteered his time and energy, for the past three to four years, to do so.

Boon Leng stresses that, in order to work most effectively with the mentee, a strong collaborative relationship with his family must also be forged. The father of three therefore went the extra

mile to cultivate trust with his mentee's family. His success in this not only gave him a more complete understanding of his mentee's background, but also helped to set his mentee's mother at ease knowing that her son was with Boon Leng every Saturday afternoon.

The **1-2-1 SMS** (Student Mentoring Scheme) is one of the key components of the school-based work that New Life is doing in Zhenghua Secondary School. Every Saturday for 6 whole months, a small handful of 5 students – specially selected by the School for this pilot-test programme – would meet with their mentors – volunteers assigned by New Life – for an hour to share their struggles and learn from their mentors.

Besides the 1-2-1 SMS, New Life also conducts talks, groupwork, and counselling in Zhenghua Secondary School. In 2004 – the first of a five-year partnership with the School, New Life has completed about 40 sessions of talks, 5 groupwork programmes, and 40 hours of counselling, targeted at various student populations from Secondary 1 Express to Secondary 5 Normal. Topics covered include, for example, Character Building, Friends and Family, Career Preparation, Time and Stress Management, and Peer Pressure. Under the STEP-UP ("School Social Work to Empower Pupils to Utilise Potential") Programme, the Ministry of Community Development, Youth and Sports (MCYS) provides 75% funding to New Life for this work. *If you are interested to find out more about the STEP-UP Programme or to volunteering as a mentor with New Life, please contact Nelson Ong at nelsonong@newlife.org.sg or 6892-7196.*

Mark Lim



Boon Leng in Action

***A Hand to Hold**
~ A Poem by Mark Lim ~*

*His outstretched hand
Was just before me
Hesitant at first
then realising I really
Had none to lose, and all to gain
Reaching out I gingerly
Took his hand
Not sure what to expect
It felt firm to hold
Yet gentle and reassuring
It felt bruised from life's hardship
Yet strong enough to bear my weight*

*I clung on as he walked with me
Step by step
Through the gaping darkness
Spanning as far as my eye could see
He had been this way before
And he would take me through
So long as I held on
Long and arduous, cold and dark
But he held on to me
I knew he would take me through*

*When I get across
I will come back
For it would be my turn then
To cross this vast darkness again,
But with my hand outstretched
For another like me to grasp*



* The identity of the mentee has been withheld for confidentiality reasons.

新加坡知新馆之游

Excursion to the Singapore Discovery Centre

九月十七日，一个风和日丽的早晨。新生托儿所的八十多位小朋友，在教师和家长们的带领，陪同下，向着目的地——新加坡知新馆前进。一路上大家说说笑笑，心情是兴奋的，期待的。

抵达目的地。引入眼帘的是一幅美丽的湖景。湖中除了整齐美丽的花卉树丛，带有热带风味的亭台楼榭，还有小朋友最爱看的喷泉！来到知新馆门口，各班级先拍照留念。

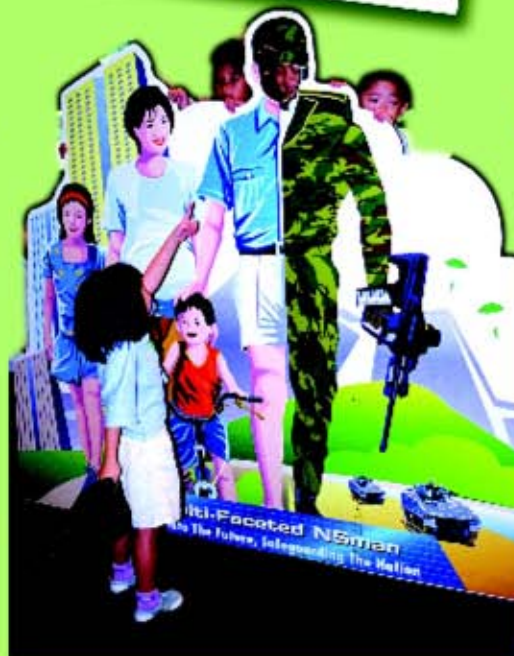
在导游的带领下，登上旅游巴士，开始军营之旅了。沿途导游一一为大家讲解。介绍各个景点、设施、武装配备、战斗机等，小朋友也看到身穿军服的阿兵哥们在模拟救伤演习。收获真是不小。

接着，大家又回到知新馆，开始探索之旅。馆里除了各种新奇、先进、刺激、好玩的仪器、设备、电玩，也展示了五六十年代的家居陈设、咖啡店、理发店等，让孩子们大开眼界，增进不少知识。还有那会转动、会说话的机械人，小朋友都不肯错过和他聊天的机会。还有那悬挂在墙壁上，还有那紧张、刺激的森林之旅。还有，还有……要看要问的东西简直太多了。

虽然大家还兴致勃勃，意犹未尽，但时间已不早了，肚子也在闹革命了。下一站我们就到小朋友最喜爱的麦当劳，享受丰富美味的一餐，然后再打道回府。

“什么时候我们再去？”

Cindy Chua



Anticipation and excitement mounted as the group – more than 80 children accompanied by teachers and parents – from New Life Childcare journeyed towards the Singapore Discovery Centre on 17 September 2004.

Upon arrival, a scenic lake laced with tropical plants and trees and most eye-catching of all – a favorite with the children – the fountain, made the urge to take photographs most irresistible.

The little discoverers then proceeded to tour the outdoor military campus, during which the guide introduced the military facilities, weaponry and apparatus. Fascinating the children, too, was a live demonstration of rescue and resuscitation performed by soldiers in uniform.

Returning to the Discovery Centre, the young visitors found the centre packed with interactive displays, games and facilities. One section featured a coffee shop and barber of Singapore in the 1950s. This historical snapshot gave the children a valuable peek into what life was like Singapore before.

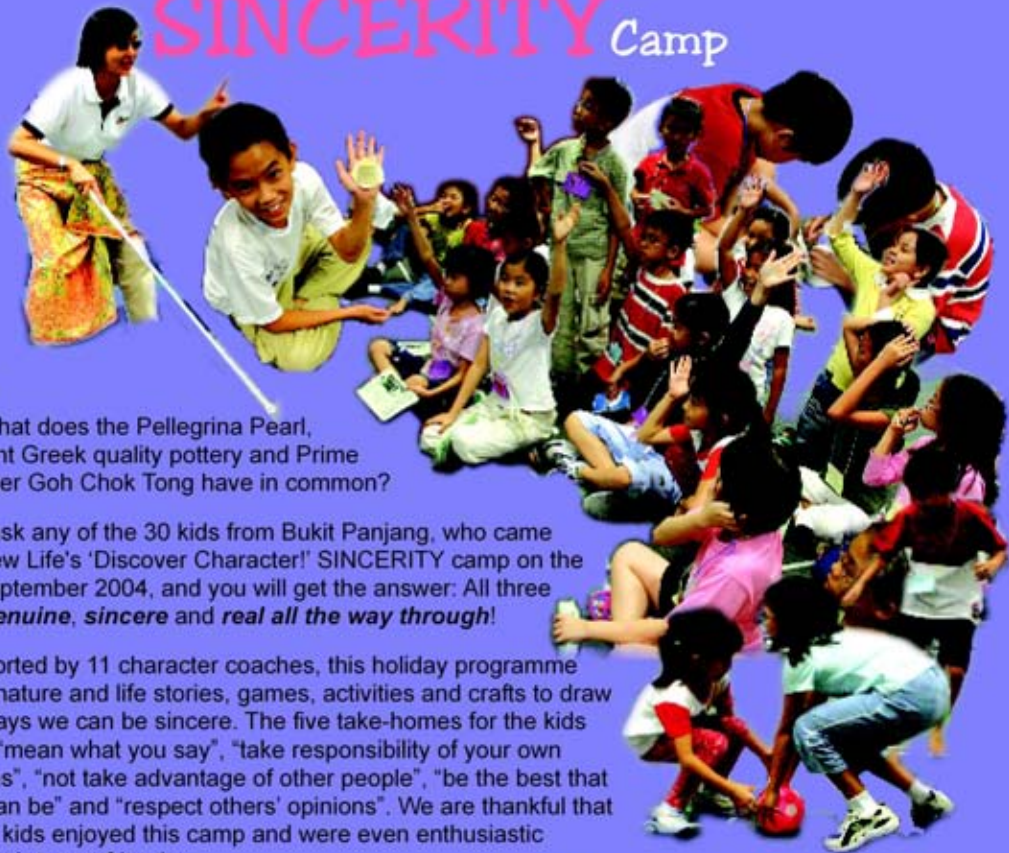
A sumptuous meal at McDonalds – of course the all-time favorite of children – brought the exciting trip to a memorable close.

"So when do we go again?"

Translated by Charlotte Choo

Character First!

SINCERITY Camp



What does the Pellegrina Pearl, ancient Greek quality pottery and Prime Minister Goh Chok Tong have in common?

Just ask any of the 30 kids from Bukit Panjang, who came for New Life's 'Discover Character!' SINCERITY camp on the 10 September 2004, and you will get the answer: All three are *genuine, sincere* and *real all the way through!*

Supported by 11 character coaches, this holiday programme uses nature and life stories, games, activities and crafts to draw out ways we can be sincere. The five take-homes for the kids were "mean what you say", "take responsibility of your own actions", "not take advantage of other people", "be the best that you can be" and "respect others' opinions". We are thankful that many kids enjoyed this camp and were even enthusiastic in bringing new friends.

Betty Lee



Fong Pei Ting (Age 10)
shares her thoughts.

I find that the sincerity class would show us how to be sincere. There were many kind, friendly and helpful teachers. I have learned that sincere mean to be thoroughful. It was very fun playing games, doing art and craft, making friends, collecting stickers and singing songs. Sometimes when we answer questions correctly, they may give you a gift. Doing art and craft and others things are very enjoyable. When you watch the teachers they sometimes maybe funny. I hope you can join us and learn more about the next camp. Remember more people is more fun and you would have a bigger group. Nice to see you there!

Sandwiched In Love

Inter-Generational Family
Sandwich Making Competition.

Date: 27 Nov 2004 (Sat)
Time: 3.00 pm – 5.00 pm
Venue: LOT 1 Shoppers' Mall
Contact: 6892-0937 or
tricialim@newlife.org.sg



Discover Character! Camp ~ Virtue

A 1-day character building camp for kids 7-12 yrs old.

Date: 3 December 2004 (Fri)
Time: 10.00 am – 6.00 pm
Contact: 6892-0979 or joshuacheng@newlife.org.sg

Creative Learning Workshop

Children will discover new ways of learning & expand problem-solving abilities through creative thinking, arts & music expression, and team building activities.

~ The Toolbox 1 (2nd run)

Date: 9 & 10 December 2004 (Thu & Fri)
Time: 9.00 am – 5.00 pm
Contact: 6892-0979 or joshuacheng@newlife.org.sg

~ The Toolbox 2

Date: 17 December 2004 (Fri)
Time: 9.00 am – 5.00 pm
Contact: 6892-0979 or joshuacheng@newlife.org.sg

Our Programmes & Services

CHILDCARE CENTRE

Playgroup
Nursery
Kindergarten

YOUTH CENTRE

S.U.P.E.R. Kidz Club
School Social Work
(Zhenghua Primary School)

STEP-UP Programme
(Zhenghua Secondary School)

FAMILY LIFE CENTRE

Counselling
Legal Advice
Family Assistance
Family Life Enrichment
School-Family Education Programme
(Fajar Secondary School)

COMMUNITY HEALTH CENTRE

Home Care
Health Care

New Life Community Services Centre is
affiliated to a full member of



How Can I Give in Support of New Life?

BY CHEQUE: Payable to "NEW LIFE COMMUNITY SERVICES CENTRE". Please furnish your name, FIN/NRIC number, address, and contact number.

BY CREDIT CARD: Follow on-line instructions at
www.donation.org.sg/call_newlife_frame.html
(requires credit card number)

DONATE YOUR ERS SHARES: www.ers.org.sg
"Cash Exchange Instruction" and follow on-line instructions.
(requires SingPass ID and password)

Donations received in current year are eligible for tax deduction in the following year. Until further notice, tax deduction will be twice the value of donations made. Individual donors need not claim tax deductions if they have furnished their full name and FIN/NRIC number, as New Life will submit details directly to IRAS.

For more help, contact 6892-0849 or serenatan@newlife.org.sg

Mastering
Life's
Transitions

Published by:
New Life Community Services Centre

Editor
Lee Da-Win

Writers
Mark Lim, Betty Lee, Cindy Chua

Kindly obtain written consent from
New Life before reproducing the contents
of this newsletter.

WANT TO BE KEPT "IN-THE-LOOP"? Subscribe to New Life's eNews – brief fortnightly snippets of easy-to-digest updates and news happenings by email – and it's free! Simply send an email to email@newlife.org.sg with "Subscribe eNews" as subject