

Highlights



New SANA Recreation Club
Learn more about this new club for volunteers and how you can join!
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ASPIRE Gains Support
This relatively new initiative which only began last year has received support from an unexpected source, thus giving the camp the chance to educate more youths on the dangers of drugs.
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Change through Giving
A former drug addict gets a new lease on life and draws the strength to remain drug-free from volunteering.
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Contribute to a Good Fight

SANA All-Cash Donation Draw 2008

Just as any addiction is a tough battle to win over, the fight against drug abuse is also an uphill challenge. But with the hope for a drug-free Singapore, where each and every husband, wife, father, mother, daughter, son and friend will not find themselves and their loved ones victimised by drug addiction, where each is free to enjoy life on a day-to-day basis and share that happiness with others, we persevere. We have fought drug abuse for 36 years and ask if you would join us in this battle. Together as a community, we can fight the scourge of drug abuse for a better society for all.

The SANA All-Cash Donation Draw is an annual fund-raising event to support the fight against drug abuse. All proceeds from the Draw will be used to fund and sustain our various intensive preventive and aftercare programmes, which are crucial in the steps taken to strive towards a drug-free society for all Singaporeans. This year's Draw will be held on 19 July at the SANA Auditorium.

Rally your friends and family to make a difference now. Contact Charlie Goh at 6732 1122 (ext. 67) or reach him at Charlie@sana.org.sg before 4 July to purchase your tickets. Supporters also stand a chance of bringing home the top cash prize of \$50,000.



SANA Recreation Club

With the inaugural General Meeting for SANA Recreation Club (SRC) in March, is a new vision and direction for the club which was initially known as SANA's Volunteer Club.

Members of the club will see more social, cultural, and recreational and sports activities organised to promote fellowship among SRC members.

In his address to all who were present at the meeting, SANA's President, Mr Poh Geok Ek, pointed out that there is a need to formalise SRC so as to ensure there is corporate governance in place. A club can only function effectively with structure and transparency. But despite being formally set up, the club will not be restrictive with its activities.

The new Management Committee is now headed by Nominated Chairman Mr Percival Shepherdson. Also nominated are: Mr Daneshwaran Ranganathan as the Treasurer and Mr Azman Bin Osman as the auditor.

The elected members are:

Mr Ismail Jaffar, Vice Chairman

Mr S Sundram, Secretary

Mr Jalaludin Peer Mohd, Committee Member

Mr Salim Suri, Committee Member

Mr Kent Phoa, Committee Member

Mr D Sellakannu, Committee Member

Mr Jasbir Singh, Committee Member

Mr Sito Wei Son Kavan, Committee Member

The Club's Administrator is Jeremy Tan, Head of Volunteer Management. With his team, they will support the function of the club with its daily running and secretarial work.

To reach out to volunteers, members, staffs as well as encourage others to join us, SRC will be organising both sports as well as social and heritage activities. The Club House, formerly known as the Volunteer Corner, will also soon be bristling with people engaged in fun and healthy activities.



Some of the Volunteers present at the meeting



Volunteers mingling and enjoying a delicious lunch



Sitting at the panel, from left to right, are Mr Daneshwaran Ranganathan, Mr Percival Shepherdson, Mr Poh Geok Ek, Mr Teo Cheng Tee and Mr Kenneth Kee

Club House

Volunteers and members can now relax at the Club House and have a fun and leisurely time.

The Club House has indoor games for all to enjoy including pool, balut, bridge, chess, draught, carom, Scrabble, darts and mahjong. We'll be looking into organising friendly competitions for these games.

For those who want to have a chance to flex their vocal cords, plans for karaoke sessions at the Club House are in the pipelines. More details to be announced soon.

Members can also keep themselves fit with the three exercise equipment found at the Fitness Corner.

The Club House is open from Mondays to Fridays, 10am to 6pm. It is closed on public holidays.



The Club House comes with a pool table and a television which plays DVDs

SANA Recreation Club

Sports activities

In keeping with the healthy lifestyle, members and volunteers can take part in SRC's sports programmes. Friendly tournaments and matches will be organised.

SRC has a budding football team. Those interested to join the training can contact team manager, Mr Sundram, at 9026 3341.

SRC also has a number of bowling enthusiasts. You are invited to join us for training and practices – even if you're just a beginner. Booking fees for the bowling alley is partly subsidised. If you're interested, please contact Mr Jalaludin at 9678 7786.

Social & Heritage activities

SRC will be having these exciting upcoming events!

Bird's Eye View

SRC members will be riding the world's largest giant observation wheel – the Singapore Flyer – on Saturday 21 June.

Annual Bowling Competition

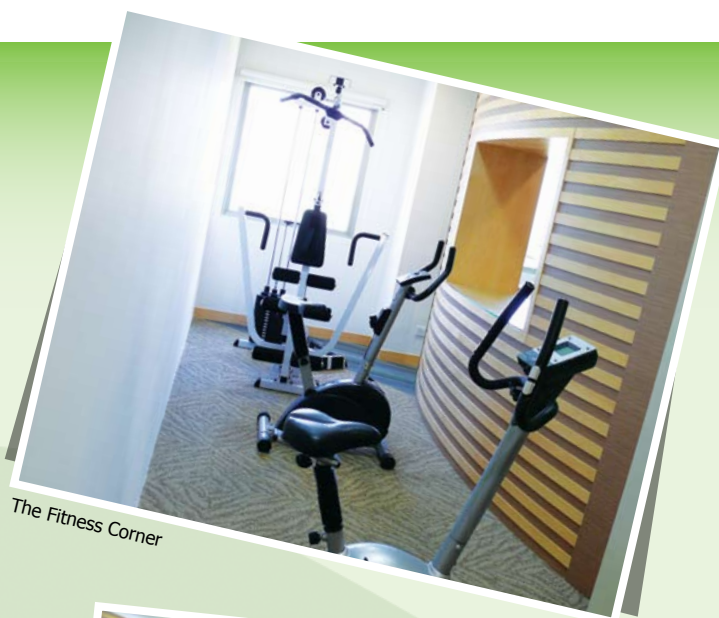
The SANA Recreation Club Bowling Tournament will be held on Sunday 16 November 2008 at SAFRA Mount Faber.

Members must form teams of four to register for the tournament. Registration fees are \$80. To register, contact Mr Jalaludin at 9678 7786.

More details and attractive prizes will be announced closer to the tournament date.

Membership is open to all volunteers. For enquiries and membership registration, email src@sana.org.sg.

Mr Percival Shepherdson
Chairman, SANA Recreation Club



The Fitness Corner



Members can sit on these comfy armchairs and have a good time talking and socialising

In Loving Memory

Reverend John Stephen began his ministry to help drug addicts among the inmates at Khalsa Crescent Drug Rehabilitation Centre in 1970. In 1980, he joined SANA as a counsellor and speaker, and was involved in giving talks to schools. He then joined SANA Christian Counselling Service as a member and went on to be the Chairman in 1990 till 2005. He also sat in the SANA Board of Management as a member since 1995. SANA will remember his devoted effort and contribution as a volunteer. He passed away on 13 April 2008.



Reverend John Stephen

Ms K Kasthuri Bai joined SANA in March 2001. She had been an active member of SANA Hindu Aftercare Counselling Service (HACS) and was involved in various anti-drug abuse programmes, including the Yellow Ribbon Project. She had assisted in the organising of the SANA Charity Dinner in 2006. Her dedicated volunteer work contributed to SANA's dream of a drug-free Singapore. It is with regret to hear that she has left us on 19 March 2008.



Ms K Kasthuri Bai

ASPIRE Camp Continues to Educate

ASPIRE Camp, first launched in May 2007, continues to be part of a critical step in preventing drug abuse among youths by educating and informing.

The first ASPIRE camp of 2008 was held on 21 February for 50 students from MacPherson Primary School followed by another camp for 31 students from Guangyang Primary School on 15 March. Both camps were held at the SANA Training Rooms.

The interactive camp focuses on the prevention of drug abuse among youths by reinforcing self-confidence and developing the students' leadership and communication skills. Volunteers were recruited as youth facilitators for the camp to create a better rapport with the students, and received specialised training at SANA.



Briefing by SANA Programme Executive



A challenging game - 'Turn Over a New Leaf'



Teamwork for Tug Of War



Enthusiastic pupils and volunteers



A game of unity - Legs and Pail

Our Notable Donor



On 4 April 2008, the **Kwan Im Thong Hood Cho Temple** donated the sum of \$30,000 for running ASPIRE Camp. The temple, which is located at Waterloo Street, is a popular place of worship for local devotees of the Goddess of Mercy. It was built in 1884 and was designated a historic site by the National Heritage Board in 2001. For many years, the temple has been engaging in philanthropic activities. These include the building of a Kidney Dialysis Centre at Simei, the setting up of a Professorship in Computing at the National University of Singapore and giving educational bursaries to needy students irrespective of race or religion. SANA thanks the Kwan Im Thong Hood Cho Temple for its generous contribution to our cause to fight against drug abuse and so strive for a drug-free Singapore.

Badge Scheme Going Strong in 2008

The Anti-drug and Inhalant Abuse Badge Scheme, which is a one-day course held during school holidays, saw this year's first batch of uniformed group students educated on anti-drug abuse issues from 10 to 14 March.

These 961 students, from the Boys' Brigade, Singapore Scout Association, St John Ambulance Brigade, National Cadet Corps and National Police Cadet Corps, will act as advocates of the anti-drug abuse message among their peers.

Drug Abuse Prevention Committees

Public Pledging Serves to Heighten Awareness of Drug Abuse

Since March, five Drug Abuse Prevention Committees (DAPCs) have actively engaged communities in the pledge to be drug free. This serves to heighten awareness of drug abuse to citizens of all ages.

These public pledging sees people from all walks of life pen down their reasons to be drug-free. Pamphlets educating them on the types of drugs and their dangers were also distributed.

Toa Payoh Central Drug Abuse Prevention Committee

The Central Toa Payoh Anti-Drug Pledge organised by the committee was held on 8 March at Toa Payoh Lorong 4 in conjunction with the Toa Payoh Central Emergency Preparedness Day.

The event saw over 200 residents pledge to be drug-free. They were entitled to a lucky dip for souvenirs.



Toa Payoh Central DAPC educated the public on the dangers of drug abuse

Radin Mas Drug Abuse Prevention Committee

About 200 residents attended a Drug Abuse Prevention Exhibition held in conjunction with the Radin Mas Community Safety & Security Programme on 6 April at Telok Blangah Crescent.

Residents took part in an anti-drug abuse quiz. Those who completed the quiz with the correct answers were rewarded with a souvenir.



A committee member engaging the public in the anti-drug abuse exhibition organised by Radin Mas DAPC

Marine Parade Drug Abuse Prevention Committee

The committee held a public pledge to be drug-free in conjunction with the Marine Parade Community Safety & Security Programme on 22 March at Marine Parade Crescent. About 100 participants took part in the pledge and a quiz.



Marine Parade DAPC engaged citizens of all ages in the pledge to be drug-free

Drugs are addictive. After that, you cannot... study or work well. Singaporeans must contribute to society by doing his best in what he does well and most importantly, BE DRUG-FREE. - Pledge by Mr Tang Wing Kee, Chairman of Marine Parade DAPC

Kaki Bukit Drug Abuse Prevention Committee

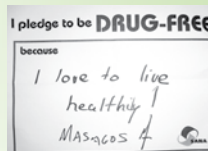
About 150 residents were entitled to a lucky dip for souvenirs provided by SANA when they participated in the pledge to stay drug-free on 23 March 2008 at Chai Chee Avenue.

Tampines GRC Anti-Drug Committee

The committee held a public pledging with about 250 residents participating on 20 April at Tampines Street 81 in conjunction with Tampines West Emergency Preparedness Day.



Member of Parliament, Mr Masagos Zulkifli Bin Masagos Mohamad, pledging to be drug-free at the Tampines West Emergency Preparedness Day



Affiliates

SANA HACS Charity Dinner

The SANA Hindu Aftercare Counselling Service (HACS) organised the SANA HACS Charity Dinner 2008 at the poolside of Golden Landmark Hotel on 12 April.

The Senior Minister of State for Law and Home Affairs, Associate Professor Ho Peng Kee, graced the event as the Guest of Honour.

The event includes a sumptuous dinner, a variety show with performance by local artists and a fashion show.

Funds raised by the dinner will go to supporting their various programmes to facilitate the reintegration of former drug dependants into mainstream society.

MCS Workshop at Batam

SANA Muslim Aftercare Counselling Service (MCS) held the SANA MCS Volunteer Team Building Workshop cum Family Day at Batam, Indonesia, from the 29 to 30 March 2008.

The relaxed atmosphere of the island resort was conducive to achieving the workshop's aim of strengthening the bond of camaraderie among the volunteers, who participated in interactive team building sessions.



Professor Ho presenting an award to Organising Chairman Mr Nathan Gopakumar



Cheesecakes, Rabbits and a Whole Lot of Fun with WAFS

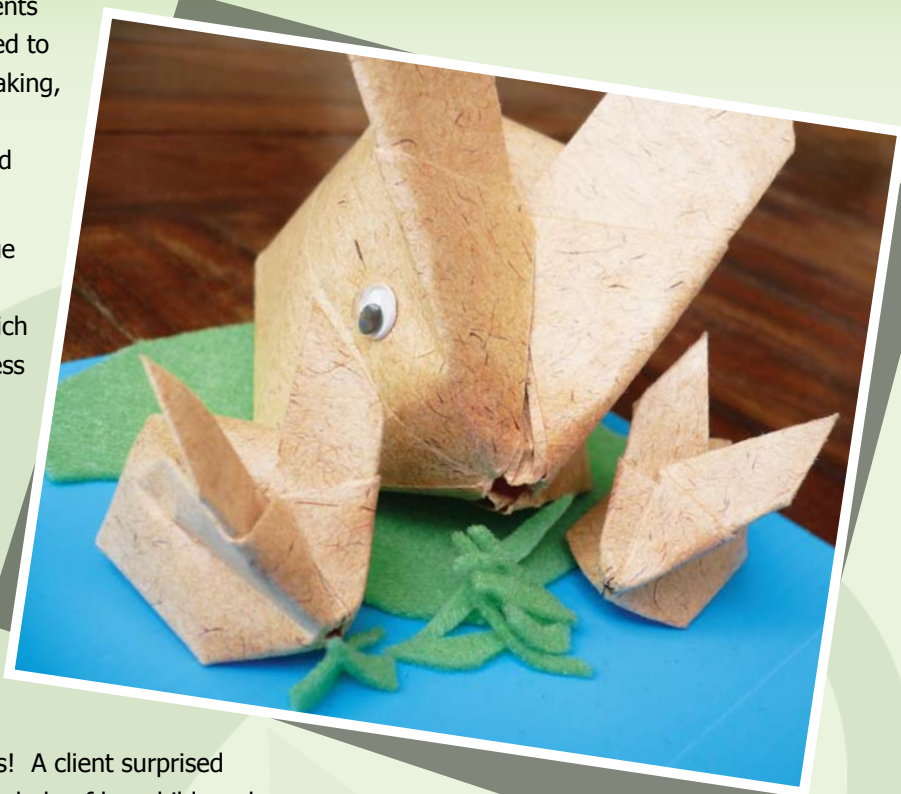
The latest Women and Family Support Group and Activities (WAFS) workshops were held on 15 and 22 March in SANA.

The Aftercare team polled feedbacks from clients in WAFS to determine the activities most suited to their liking. Suggestions included jewellery making, yoga, clay work and painting but a handicraft and cheesecake workshop were decidedly held instead.

Our Aftercare ladies were led through a unique process to learn Origami. Our facilitator, Ms Mandy Tan, introduced a learning process which helps clients to achieve patience and awareness of their hidden creativity. Folding papers is also very therapeutic!

'Freezzzzzy' cheesecakes, no baking required. These were amazingly popular with our clients' children as chocolate and raspberry toppings were added in large portions. The aroma from the biscuit base mixed with butter was delightfully appetising – passerby would have easily mistaken our office for the Community Centre's baking class! A client surprised herself by completing the cheesecake with the help of her child as she never had a hand in making cakes.

We hope that WAFS' activities will continue to aid clients to interact in group settings, build their confidence and enhance their knowledge and skill sets.



Events

Let's Party!

SANA Volunteer and Donor Appreciation Nite

Strike off 3 October on your calendar as the night will be spent at Meritus Mandarin Hotel for this year's SANA Volunteer and Donor Appreciation Nite.

It will be a night of fun and entertainment, as well as heartfelt appreciation, for your kind and enthusiastic support.

National Youth Council Brings Drug Awareness to Regional Arena

The National Youth Council of Singapore and the National Anti-Drug Association Of Brunei Darussalam (Basmida) held the first ASEAN Youth Extemporaneous Speaking Competition on 29 February in Bandar Seri Begawan, Brunei.

The theme "Do Drugs Control Your Life? Your Community, No Place For Drugs" was also the official theme of the United Nations International Day Against Drug Abuse and Illicit Trafficking last year.

The competition, funded by the Singapore-ASEAN Youth Fund, represents a joint effort between two non-government organisations in a mutual cooperation at the international level to increase awareness on drug abuse among youths.

Youth leaders from all ten ASEAN countries persuasively delivered their views, opinions and positions as they expounded on randomly chosen topics pertaining to prevention of drug abuse.

Swinging for a Challenging Cause SANA Charity Golf 2008

Come tee off in support of the combat against drug abuse on 16 September at Tanah Merah Country Club Garden Course. We have invited President S R Nathan as the Guest of Honour.

Donate \$5,000 for a golf flight inclusive of a delightful lunch and dinner. Double tax-exempt receipts will be issued. We thank Coty Prestige Southeast Asia Pte Ltd, one of the world's largest fragrance companies, for sponsoring \$1,800 worth of goodie bag for every golfer. More prizes will be announced soon.

This will be a wonderful time for golfers to bond with friends and associates over a challenge at the golf course. For queries and bookings, please call 6732 1122 and ask for Charlie (ext. 67) or Susana (ext. 64). We look forward to welcoming you to this prestigious and memorable event.

Workshop on Drug Abuse for Youths in Thailand

As part of the attachment experience with SANA, four students from Meridian Junior College attended the Training Workshop for Youth Leaders on Social Development and Drug Abuse Prevention organised by the Office of the Narcotics Control Board in Thailand.



Our four representatives learning and interacting with youths from the participating countries



From left are students Lee Zhi Kang, Kee Zhen Zhen, Sufandy, their Thai host, SANA mentor Mr John Ho Cheow Kuang, Teo Cheng Yoke and the students' supervisor Mr Tan

The workshop was held from 24 to 30 March at Chiang Rai and Bangkok and involved youth leaders from China and all 10 ASEAN countries in the exchange of knowledge, experiences and ideas on preventing drug abuse among youth groups.

The students said "The whole experience was amazing! It was not just about learning issues relating to volunteerism, social work and drugs abuse, but also a chance for us to improve our inter-personal skills and strengthen our passion to serve the community."

Flag Day to Unlock Second Prison

The Yellow Ribbon Flag Day 2008 will be held on 7 June to raise funds for programmes aimed at reconciling ex-offenders with their families to better rehabilitate and reintegrate them into society.

By organising participants to throng the streets for donations in groups of family members and friends, we hope to send the message to families coping with the incarceration of a loved one that they are not facing the often unheard psychological, emotional, financial and social challenge alone.

The support shown through this Flag Day is a gift of hope, acceptance and love that is priceless to ex-offenders, providing them the strength for a new beginning by helping to unlock the second prison.

Correction Note in Volume 36, SANA News

The National Day Award 2007, conferred to Mr Elendrus Bin Haji Osman (BBM, PBM) is The Public Service Star. We apologise to Mr Elendrus for the earlier error.

Mr Elendrus is the Secretary of Tampines West Citizens' Consultative Committee, and the Chairman of Tampines GRC Anti-Drug Committee.

Giving, and Receiving *a Changed Life*

To many of us volunteers, we make a difference by bringing a little joy to others. But one former drug dependent discovered that by volunteering, she was making the biggest difference to her own life.

By Tengku Kamillah, Volunteer

Dressed simply in a plain white polo shirt and jeans, 26 year old Shafiqah Abdul Samat stands with such confidence and sureness, it made her seem larger than her small petite frame of 1.58 metre. Her practical and down-to-earth personality manifested itself in her candid words.

"It's nonsense to say you're too busy to do this or that. If you're really committed and dedicated to volunteering, you will definitely find the time to be there at events and meetings. It's just a matter of planning your schedule in advance."

Shafiqah divides her time between school, sports and volunteering for a diverse range of organisations. On some days she'll be caring for abandoned pets and on other days, she'll be tutoring children. "Being busy is a good thing. I like knowing that my time and energy is well spent", says Shafiqah earnestly about her eight year long involvement in volunteer programmes.

However, her own beginning at SANA nine years ago wasn't as a volunteer but as a young girl newly released from the Drug Rehabilitation Centre. Since then, Shafiqah has been accompanying Central Narcotics Bureau Officers to schools to conduct awareness talks for students who are at risk of falling into the gripping claws of drug addiction.

She is also the captain for the SANA netball team which was formed to involve former drug dependents in healthy recreational activities and also to help them in the process of reintegration into mainstream society by playing and mingling with volunteer players. The team practices at least twice a week and had went on to win the gold medal for the netball category at the Yellow Ribbon Sports Carnival 2007.

Shafiqah says that initially, there were more former drug dependents on the team, but as the years passed, she had seen some of her team members tumble into drug use once more. She is determined to keep her head high above the water.

"Volunteering has made me stronger. It changed my perspective on life. I used to think my life was hard and depressing until I met others whose stories will really break your heart. That got me thinking about myself in a less selfish and more positive way. It made me realise I have so many things to be grateful for."

Describing volunteering as a colourful and fulfilling experience which expanded her world and her interaction from beyond just the classroom, friends and home, she also explains that at times, it can be a sad and disappointing experience when she is unable to reach out to those she wants to help.

However, she found that in such cases, just being present in their lives and willing to lend a hand in all the small ways is a gift in itself to them. She says that volunteering is about giving, but often, she is rewarded with beautiful heartfelt moments which further fuel her passion for volunteering.

Shafiqah and her boyfriend, who is also a volunteer at SANA

"Volunteering has made me stronger. It changed my perspective on life... It made me realise I have so many things to be grateful for."

Editorial Board

Mr Handrick Ng
Board Member

Charlie Goh
Head, Corporate

Susana Ng
Executive, Corporate

Tengku Kamillah
Volunteer

Contributors

Dalilah Abas
Head, Preventive Drug Education

Robert Tham
Programme Executive,
Preventive Drug Education

Evelyn Goh
Programme Coordinator,
Preventive Drug Education

Jeremy Tan
Head, Volunteer Management

Peter Tan
Liaison Officer, Preventive Drug Education

Rachel Tan
Counsellor

Cynthia Chng
Head, Aftercare

Norhatijah Binte Esa
Liaison Officer, Aftercare

Lum Wai Mun
Counsellor

WE'D LOVE TO HEAR FROM YOU!

Email us at news@sana.org.sg to share your touching stories as a volunteer at SANA. You can also email us if you have any feedback to make reading *SANA News* a more enjoyable experience. Please include your full name and contact details in the email.