

SANA NEWS

Vol 43 Jul-Sep 2009 MICA(P) NO. 062/03/2009 ISSN 0219-6621

SANA NIGHT FEVER

Turn back the clock 35 years....and relive some great memories with SANA at our annual Volunteer and Donor Appreciation Nite 2009.



When

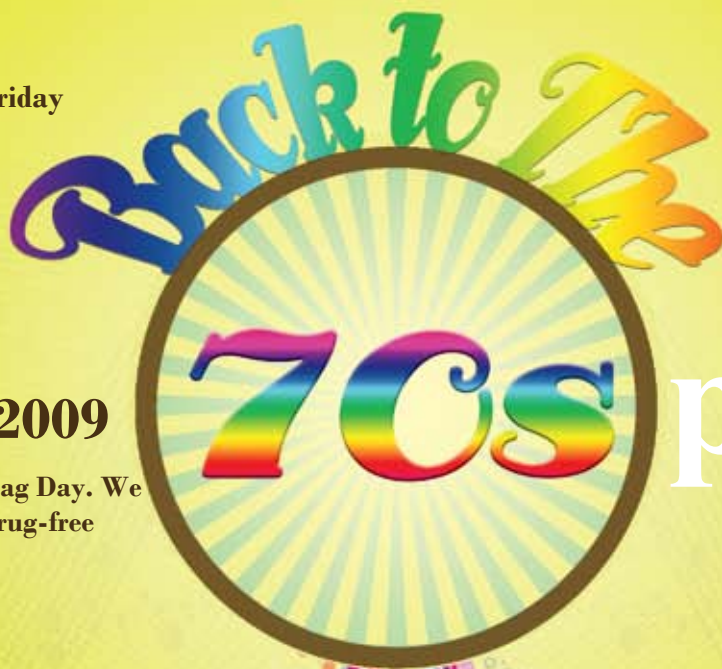
13 November 2009, Friday
6.30 pm – 11 pm

Where

Bukit Batok Civil Service Club
91 Bukit Batok West, Ave 2
Hilltop Garden Restaurant
Crystal Ballroom, Level 4

p2 Flag Day 2009

More than just a Flag Day. We are spreading the drug-free message!



p7 To Learn and To Serve

Volunteer Training is into the second run. Register now!

p4 Youth against Drugs

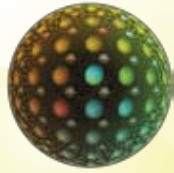
Youth Volunteers @ SANA
Anti-Drug and Inhalant Abuse
Badge Scheme.

p8 Kickstart a Dream!

The stars of Home United Football Club bring excitement to ASPIRE Camp.



SANA NITE 2009



SANA VOLUNTEER AND DONOR APPRECIATION NITE 2009

When 13 November 2009 (Friday)
6.30pm to 11pm

Where Bukit Batok Civil Service Club,
Hilltop Garden Restaurant,
Crystal Ballroom, Level 4

How much \$19 (for SANA volunteers);
\$38 (for partners)

How to gear up for the fun:

Glamorous halter neck catsuits ♦ Big square prints ♦ Mini skirts

The theme - 'Back to the 70s'. The music - glam rock, disco chic and hippie youth. The mood - nostalgic and sepia-toned with a splash of psychedelic colours. Celebrating commitment together with our dedicated volunteers and big-hearted donors - Timeless. SANA Nite is the time to appreciate you, our valuable partners in the community, who have put yourselves forward with SANA in the tough fight against drug abuse.

SANA Nite is your night and we invite you to amp up the vibes. On dressing to impress, here's some 70s fashion tips!



SANA FLAG DAY

Drug-Free Life Ahoy!

This event was also an occasion for us to reach out to as many of our fellow Singaporeans as possible, and in particular to spread the anti-drug message to the youth community that is constantly exposed to the many negative influences.

We thank all our **volunteers and flag-sellers** for participating in SANA's first ever Flag Day. Special appreciation also goes out to every **'Bag Adopter'** who gave a special \$50 donation to pen down a special drug-free message or a note of encouragement on the bags, which were then carried by our flag-sellers.

Our gratitude goes out to our main sponsor, **Premier Taxis**, who sent in a donation for the event that also included a gift of a sports bottle to every flag seller. They also assisted our SANA team greatly by providing transport of three mini-buses to convey the many items such as refreshments, snacks, chairs, etc to and from the various MRT stations. It was great that some of the staff participated as flag sellers too!

Our thanks also go to the **Rotary Club of Marina City** (who helped to defray the cost of printing the bags and stickers, as well as the cost of refreshment for all helpers) and **Public Utilities Board** for sponsoring Newater for the event.



More photos are available at our website. View 'snapshots'!



Our youth volunteer, Boey Coi Seng, Carson tells how volunteering at a Flag Day is like... behind the scenes.

SANA Flag Day for me started not on Saturday 27 June 2009, but on Friday 26 June. On the night before the event (when I came to join the rest of the volunteers for the SANA Recreation Club's activities), I joined the staff to tie up the remaining minor preparations for the next day such as preparing the 'work allocation' schedule for flag sellers and other logistics related matters.

In drawing up the work allocation schedule, we had to strategically assign our flag-sellers to the different locations covered by each particular area. For example, we allocated manpower to all the train stations, bus interchanges, shopping malls, commercial

SANA CHARITY GOLF 2009

EVERY SWING COUNTS!

Our annual golfing event will take place on **29 September 2009 (Tuesday)** at **Orchid Country Club**, with our Guest-of-Honour, **Dr Vivian Balakrishnan**, Minister for Community Development, Youth and Sports.

We thank **Audi Singapore** and **Transview Holdings Limited** for sponsoring the Hole-in-One prizes.

Our appreciation also goes out to all our golfers and donors who have joined us in our fight against drug abuse. A safe and peaceful environment for our children to grow up and our families to live in, and our economy to prosper is what we all desire, yet the shadow of drugs continue to lurk among our landscape. Every swing that you make will enable us to inch nearer to our vision for a Drug-Free Singapore. Thank you!



27 JUNE 2009

buildings, covered by the MRT route between Pasir Ris and City Hall stations.

On the day of the event, I arrived at 7am (this was really early!) at SANA to help load all logistics up the mini buses which then moved off to five of the six stations, mainly Woodlands, Ang Mo Kio, Jurong East, Outram Park and Pasir Ris. The last station was at Sengkang Community Hub itself.



Coi Seng briefing a flag-seller



A driver from our sponsor Premier Taxis helping Coi Seng with loading items up the minibus

I was stationed at Pasir Ris in the morning. Working with the staff, my duty was to allocate the students to their respective locations for the flag-selling. At Pasir Ris alone, we had about 150 volunteers! It was really busy and I also assisted with briefing some of the volunteers, and also helped to coordinate the return of the collection bags. I recorded the number of bags returned in a list on a pre-prepared form, tied up each bag and did a proper handover to the roving collection team (comprising staff who drove to the various stations to bring the used bags back to SANA HQ for auditing).

I rounded the day off at Pasir Ris and travelled back to Sengkang. I just could not resist dropping by at the SengKang

Flag Day station to assist the others until all the work was completed.

It was wonderful to see many students like myself who did not mind sacrificing their weekend to help SANA for a good cause. Many of the volunteers who helped out in the Flag Day are secondary school students from the various uniformed groups who attended the SANA Anti-Drug and Inhalant Badge Scheme Programme. As a Badge Scheme instructor, I have interacted with many youths who participated in the programme, and I am glad they helped so willingly in the Flag Day, to spread the drug-free message to the community. Thank you all of you.

- Coi Seng, Youth Volunteer



Mr Linus, our volunteer and Board Member, shares his day of fun and first-hand experience at the Flag Day. Go to 'Events' tab at www.sana.org.sg

Anti-Drug and Inhalant Abuse Badge Scheme

THE COURSE OF YOUTH

We all know that most young lives 'never did run smooth', with peer problems, family challenges, identity-searching and more. With a tough journey ahead, it is essential for youths to become aware of drugs being a danger zone. **Jamie Lim Jing, Liu Anqi and Tan Joo Gian** volunteer to give SANA a hand and share how they have added meaning to their young lives.

We joined SANA as Anti-Drug and Inhalant Abuse Badge Scheme instructors in the June 09 holidays through association with our uniformed group. In the course of helping to facilitate this course for secondary school students belonging to the ten uniformed groups, we feel that both students and facilitators have a more thorough understanding of the importance of preventive education catered for the youths

Facilitating a day long course for students was not easy; however, the knowledge and experience gained by both parties were worth all the time and energy put in by the organisers and facilitators. We believe that **hands-on activities as well as lectures and tests have allowed students to internalize the main learning points.** This avenue of allowing students to **spread anti-drug messages to their peers in school** as part of the requirements of course completion helps SANA to reach out to a greater audience.

We feel that **growth of the instructors as leaders and thinkers occurs in the course of facilitating the Badge Scheme.** As the lectures are divided between staff and volunteers, information which the participants gained should be accurately provided by the instructors. The instructors gained experience in conducting lectures, while students gained a greater understanding on the dangers of drug abuse.

One of the most fulfilling rewards from facilitating this course was the sense of satisfaction in knowing that we might have affected another student's life positively. Finding humour over very minor matters also helped to generate greater interaction between instructors and students, and also



among the students from the different uniformed groups too. **The underlying message about how positive friendship and peer influence may keep one away from drug abuse was also brought about through the group work elements of the course,** as well as the close interaction of the students of different uniformed groups.

Motivation to continue facilitation of the Badge Scheme manifests itself in many forms. The sense of satisfaction achieved when seeing the expression of understanding on a face or hearing the chorus of voices answering a question was very uplifting.

At the end of the day, when we heard the entire chorus of a few hundred students pledging themselves to be drug-free, we knew that this enriching and exciting experience was thoroughly worth every second of our effort and we look forward to repeating this experience in the future.

MID YEAR BADGE SCHEME REPORT 2009

From 1 June to 26 June 09, 4017 students from 144 secondary schools attended the one-day course. They are from these uniform groups:

National Cadets Corps

National Police Cadets Corps

National Civil Defence Cadets Corps

Boys Brigade

Boy Scouts

Girl Guides

Red Cross Youth

St John Ambulance Brigade

Singapore Youth Flying Club

INCARE RELIGIOUS PROGRAMME



Pastor Andrew Wee from Toong Chai Presbyterian Church sharing with the Fellowship

Since 2000, **SANA Christian Counselling Services** have been holding the **Grace Fellowship**, a bi-monthly meeting that takes place every first Monday of alternate months, beginning from February each year. Clients with their family members and the counsellors gather to build rapport and to encourage one another.

FELLOWSHIP OF GOD

Different speakers are invited to join the sessions. The 4th Grace Fellowship for this year was held on 3 August.

Mr Jerome Navoa
Staff
SANA Christian Counselling Service

SANA NEIGHBOURHOOD SCHEME

DRUG ABUSE PREVENTION EXHIBITION WITH BISHAN EAST DAPC 4 JULY 2009

To create greater awareness on the dangers of drug abuse to the residents, a drug abuse prevention exhibition organized by **Bishan East Drug Abuse Prevention Committee** was held in conjunction with **Bishan East Racial Harmony Day** held at Bishan Community Club on Saturday, 4 July 2009. About 800 residents of different races attended the event.



The GOH was Mr Wong Kan Seng, Deputy Prime Minister and Minister for Home Affairs and MP for Bishan-Toa Payoh GRC.

TALK ON THE DANGERS OF DRUG AND INHALANT ABUSE 17 JUNE 2009

To create greater awareness on the dangers of drug and inhalant abuse, an anti-drug talk was jointly organized by the **Macpherson Drug Abuse Prevention Committee**



Youths at T-Net Club learning about dangers of drug abuse

and Macpherson T-Net Club for members of the club on Wednesday, 17 June. The session was concluded with an educational video on the harmful effects of inhalant abuse, and a good sharing of feedback on the entire programme.

SMART PROGRAMME

MARCHING SMARTLY ON!

Find out more about the first run of the programme from SANA News Volume 40 and 41, available for download from the 'News and Media' section of our website.

After the successful completion of the pilot run in the first quarter this year, the **SMART programme commenced its second run on 11 July 2009** with added improvement to the programme content. Greatly encouraged by the attendance of parents in our previous run, we were able to include **more opportunities for them to join their children in the outdoor activities**, for greater synergy and bonding in the learning process. We would like to wish the youth and parents all the best in their journey through the SMART programme, and to give our thanks to our volunteers for supporting SANA's team of counsellors.



The participants designed their own journals, a place where they can express their thoughts and emotions



EVENTS

SANA ANNUAL GENERAL MEETING 20 JUNE 2009

SANA held its 37th AGM at our Sengkang premises with an election for the Board of Management (2010 – 2011).



President, Mr Poh Geok Ek chairing the AGM with Executive Director, Mr Lim Poh Quee (on the right)



View the updated list of members in the Board of Management at our website!



YOUNG CHANGEMAKER CONFERENCE 18 – 19 JULY 2009

It was a heartwarming affair, seeing more than 50 youths from secondary schools, junior colleges & polytechnics, attending this conference that spanned a weekend at Singapore Management University.

They brought much vibrancy, enthusiasm and spontaneity to our session, which comprise a volunteer recruitment drive and a sharing of the current drug situation in Singapore. SANA would be working with three groups of young people, and we are definitely looking forward to this wonderful partnership opportunity with these young budding leaders!



An engaging presentation to conference attendees

SANA'S ALL-CASH DONATION DRAW 25 JULY 2009



More photos are available at the Snapshots' section on our website



SANA thanks all the schools, the government and corporate organisations and individuals, and our sponsors (Singapore Pools and Orange Inc Pte Ltd) for supporting our annual event. About \$225,000 was raised for our various programmes and events under Preventive Drug Education and Aftercare Services.

Our appreciation also goes to our judge, Mr Percival Shepherdson (board member), Mr Kwong Kok Yew (auditor from Lo Hock Ling & Co.) and our volunteers who helped out in various duties like reception and drawing the winning numbers. Thank you and please continue to support all our future fundraising events!



Mr Ong (middle) with Mrs Ong (left) is the winner of the grand prize \$50,000. He is glad to contribute a token sum to SANA towards our cause against drug abuse. Mr Ong who is also a father, has this message for the young people out there, "Drugs can kill and it is most important to stay away from them altogether."

VOLUNTEERS CORNER

SANA VOLUNTEER ID CARD PRIVILEGE – CAR SERVICING

ComfortDelGro has recently been appointed by the National Council of Social Services (NCSS) to be the authorized vehicle workshop, and they are extending this privilege not only to our staff, but also to our volunteers (YOU)!

Flash your SANA Volunteer ID Card at any of the six ComfortDelGro workshops (Ubi, Braddell, Sin Ming, Pandan, Sungei Kadut, Loyang) across Singapore to enjoy discounted rates for car servicing. Booking is preferable.

We would also like to take this opportunity to request all volunteers to have their ID card made by simply sending us your photo to Nathan at Nathan@sana.org.sg. If you have already submitted your photo to us but have yet to receive your ID Card, rest assured we are in the process of having it made.



For enquiries regarding the servicing package, you can reach ComfortDelGro directly through Ms Connie Chan at 6383 6280 or their website at www.cdge.com.sg

VOLUNTEERS CORNER

VOLUNTEER IN-HOUSE TRAINING

Volunteer, **Daphne Ng** who completed SANA's first run of volunteer training in March 2009, invites you to join her on the learning journey.

With a revamped six-module volunteer training to encourage more holistic and comprehensive learning, the 2nd run started in August 2009. Each 3-hour session accommodated up to 30 volunteers, and was conducted on weekday evenings or Saturday mornings at SANA.

In the modules 'Counselling Theories' and 'The role of a Counsellor', the trainer shared with us the basic counselling theories and skills which helped us to get to know our clients well and to build good rapport with them. As a volunteer, we also need to listen actively and reflectively to what our clients tell us so that we can engage well with them. The goal of counselling is to work with the clients to help them sort out and discover solutions to their problems.

I have also learned that being a counsellor, we need to be warm and sensitive to our clients' need. We need to be sincere, non-judgemental, understanding, and supportive to our clients. Last but not least, we must never forget to respect every individual.

The module, 'Working with Youths', helped us to understand the youths in their internal and external world. While the former is about an individual's identity, their external world is made up of family, friends, school, religious affiliation, and even blogs and gaming. Hence, we also studied the changes (emotionally, intellectually and physically) in the different stages of their growth. In order to have a positive and successful relationship with youths of all ages, it is most important to understand and give them support.

Through the modules 'Helping Clients through Mentoring' and 'Crisis Intervention', the trainer shared with us on how to identify and understand problem from our clients' point of view by which we can use our listening

skills of counselling.

The training is fun and I have gained more knowledge and understanding which have help me to enhance my role as a volunteer. Most significantly, we have also learnt and understood the importance of self-care, so that we do not 'burn out' easily during our volunteer duties.

If you are an experienced volunteer, join us and feel energised while sharing your wonderful experiences with our newbies!

Let's talk Law

We thank Assistant Professor Cheah Wuiling for conducting this 2-session talk (4 & 11 September) for SANA staff and volunteers, covering legal issues in the context of SANA's work.



Name of Session

Tuesdays

Saturdays

Information about Drugs	11 AUG 7pm - 10pm	15 AUG 3pm - 5pm
Working with Youth	15 SEP 7pm - 10pm	19 SEP 9am - 12noon
Counselling Theories	29 SEP 7pm - 10pm	3 OCT 10am - 1pm
Role of a Counsellor	13 OCT 7pm - 10pm	24 OCT 10am - 1pm
Helping Clients through Mentoring	27 OCT 7pm - 10pm	31 OCT 10am - 1pm
Suicide & Crisis Intervention	24 NOV 7pm - 10pm	21 NOV 10am - 1pm

Basic Volunteer Training – Second Run

The second run of the basic volunteer training for our volunteers is now open for registration, limited to the first 40 registered SANA volunteers per session. Register at volunteertraining@sana.org.sg with your name (as per NRIC), NRIC number & contact number, preferably 2 weeks ahead.

SANA RECREATION CLUB KARAOKE COMPETITION 6 JUNE 2009

The competition, a joint project of SANA Recreation Club and Macpherson Drug Abuse Prevention Committee, was held on Saturday 6 June at Macpherson Community Club. In appreciation of the DAPC's support and sponsorship of the event, Mr Shepherdson Percival, Chairman of SANA Recreation Club presented Mr Anthony Lim, our Guest-of-Honour and Chariman of



Mr Anthony Lim, GOH and Chairman of MacPherson DAPC presented the champion trophy to Mr Shahrissai

MacPherson DAPC with an appreciation plaque. Mr Shahrissai B Johan outshone the other nineteen participants, and won the first prize (a trophy and \$100 NTUC voucher) with a Malay song titled 'Sekali Lagi (Once Again)'.

Kickstart a Dream!



Isa and Ismail gives support to our next big football star

May 2009 sees an exciting collaboration between SANA and Home United Football Club.

Ismail Yunos and Isa Halim joined the Compassvale Primary students at ASPIRE camp on 25 May, Rosman Sulaiman and Mohd Sharil Ishak came to SANA on 27 May with Temasek Primary, while Syed Fadhil and Fadzuhasy Juraimi met the Guangyang Primary children on 28 May.

The club shared their belief with us: that educating students and children alike on drug and inhalant abuse from young helps to instill the important message; these are serious issues which can ruin a person's life. HUFC sincerely hopes that their players have inspired those at the camp to enjoy sports such as football and lead a healthy lifestyle.



Rosman & Shahril at the Temasek Primary ASPIRE Camp

"It's not every time that such an opportunity comes along for us to interact with young children like this. It is great to see the children getting all excited, and even looking up to us! We will continue to set good examples for them."

"It is an honour to be a role model for these kids as it has inspired me to work harder to become the best that I can be as a person and as an athlete. I believe these are important aspects for living: discipline, determination and respect for elders.

I find it really fun to get up close with these children as there is still a child within everyone of us and these young ones are like younger brothers and sisters to me.

It is important that the pupils understand the effects that drugs have on our body and how drug abuse can also harm our loved ones. They have to learn to say 'No' to peer pressure."



Syed Fadhil & Fadzuhasy

"The ASPIRE Camp has given our pupils the opportunity to meet professional football players from HUFC. It has given these children an insight into these footballers' lives and aspirations, finding out what it was like to work full-time as a sportsman. The footballers also shared what the pupils could do to attain their goals. The pupils enjoyed their time interacting together, and definitely felt a connection with the football players!"

Mrs Louisa Leong and Mr Bernard Lee
Temasek Primary School

Rosman

I pledge to be drug-free because...

Isa

Isa interacting with the children of Compassvale Primary

Fadhil & Guangyang Primary

So what's your dream, kids?
-Ismail

Ismail & Isa with the volunteers

I pledge to be drug-free
Because... I want to look good and be strong and of course become a Superstar

USP...
ISMAIL

WE'D LOVE TO HEAR FROM YOU!

Friends of SANA, please send in your feedback on how we can make SANA News better for you. Volunteers, email us at news@sana.org.sg to share your experience at SANA. Please include your full name and contact details in the email.

We welcome all to donate to SANA in support of our mission against drug abuse. [Cheque payable to 'Singapore Anti-Narcotics Association']

Editorial Board

- Mr Handrick Ng
Board Member
- Charlie Goh
Head, Corporate
- Susana Ng
Executive, Corporate

Contributors

- Luke Pereira
Head, Preventive Drug Education
- Peter Tan
Liaison Officer, Preventive Drug Education
- Pamela Hee
Executive, Volunteer Management
- Jeremiah Mark
Executive, Volunteer Management
- Ulaganathan Suppiah
Executive, Volunteer Management
- Muhammad Ryan
Counsellor, Aftercare

Cover Design by:

- Murni Mastan
Executive, Corporate