

SANA NEWS

Vol 44 Oct-Dec 2009 MICA(P) NO. 062/03/2009 ISSN 0129-6621

Looking Forward to 2010!

Friends of SANA,
thank you for making 2009 an eventful year. With your support, two new initiatives, SANA Support Group and Central Coordinating DAPC were launched in the last quarter. SANA Nite in November was a resounding success and we are so glad many of you enjoyed the 70s theme party.

We think 2010 is going to be awesome too. We are reaching out in many ways that are fun and enriching, to the young charges who attend the Badge Scheme and ASPIRE Camp, to the youth population and to the community. With the new initiatives up and running, we will be able to do more for our clients and their families.

In the meantime, check out how we have wrapped up 2009 with some 'edu-tainment' for the kids and plenty of family fun!



A Close Encounter with Drugs
(Zhonghua Sec)

'Edu-taining' with Podcast

To be continued on page 2... ▶▶

p3 Going Forward for 2010!

Updates on new programmes



President S R Nathan presenting an appreciation plaque to Dr Tan Choon Kim, Chairman of Kwan Im Thong Hood Cho Temple during SANA Nite 2009

p4 We went back to the 70s...

Was SANA Nite 2009
as memorable for you as it was for us?

p6 Every Swing Counts

Thank you for supporting
Charity Golf 2009.

p8 Gearing up for Family Fun

... with our clients and
their family members



Singapore Anti-Narcotics Association • Sengkang Community Hub 2 Sengkang Square #05-01
Singapore 545025 • Tel : (65) 6732 1122 Fax : (65) 6732 4564 www.sana.org.sg

EDU-TAINING WITH PODCAST

The **National Schools Podcast Competition (NSPC) 2009**, with Elchemi Education, saw students from all levels competing to be the best in hosting their own mini-series, with each entry comprising four podcast episodes.

More than 500 entries were entered for the 'SANA' category alone, despite this being the first time this category was included. The winning podcasts, designed by young people for young people, have been used as anti-drug 'edu-tainment' during SANA's **ASPIRE Camp** follow up sessions.

Congratulations to these winning schools!		
First	Zhonghua Secondary	A Close Encounter with Drugs
Runner Ups (Tie)	Bedok View Secondary	BV Drug News
	Zhonghua Secondary	The Xia Xin De Lan Family
Notable mention	Paya Lebar Methodist Girls' Secondary School	1) Drug Story 2) Drug Lesson



Drug Lesson (PLMGSS)



BV Drug News (Bedok View Sec)



The Xia Xin De Lan Family (Zhonghua Sec)



A Close Encounter with Drugs (Zhonghua Sec)



Drug Story (PLMGSS)

Catch the winning podcasts at
www.sana.org.sg



JAZZING UP THE SPACE!

Working with Lasalle College of the Arts



Since August 2009, SANA has been working with the student volunteers from the Lasalle College of the Arts to spice up our Training Wing with vibrant artworks. After weeks of brainstorming through the various designs and concepts, we finally settled on having a splash of colours. These paintings, done on large metal sheets, will be ready for the 2010 ASPIRE Camps. The vibrancy and use of colours will create a friendlier and more conducive environment for learning and creative expression.

NEW PROGRAMMES

GOING FORWARD for 2010!

In the last quarter of 2009, SANA launched two new initiatives that are both volunteer-grassroots driven, the **SANA Support Group** and the **Central Coordinating Drug Abuse Prevention Committee**.

The **SANA Support Group** is a volunteer and grassroots driven initiative to reach out to SANA clients and their families to provide a more sustained, structured and robust post-aftercare programme to address their psychological/emotional and socio/economic needs and help their reintegration into the society.

There are representatives from all our various religious affiliates – the **Catholic, Christian, Hindu, Muslim, and Sikh Counselling Services**. There is also representation from **Taoist Federation (Singapore)** and **Singapore Buddhist Federation**. From the grassroots, there will be representatives from the

“As we are new, we will focus on building up the team and reaching out to all the other DAPCs and the community. We hope to leverage on one another’s strength and resources to contribute to our common Vision. It is important to intensify our efforts in community outreach to emphasize the danger of drug abuse to all.”

*Mr Anthony Lim,
Chairman of Central Coordinating DAPC*

Drug Abuse Prevention Committees (DAPC) which are formed from various constituencies.

The last meeting in 2009 was held at Silat Road Sikh Temple on 8 December 2009. The committee looks forward to the **Support Group meetings, which will be held at the various religious locations.**

The **Central Coordinating DAPC** will bring together the 18 disparate DAPCs under one central taskforce to strengthen our preventive drug education outreach programmes. This committee will also play an important role to bolster the work undertaken by the **SANA Support Group** to provide a more sustained, structured and robust post-aftercare programme for our clients and their families.

The last meeting of the year was held on 12 Dec 2009 at SANA’s premises.



Mr Anthony Lim receiving the Certificate of Election from Mr Poh Geok Ek, SANA President



From left - Mr John Ho, Mr Muhd Haniff (Vice Chairman), Mr Linus Manuel (Chairman), Mr Adrian Long, Dr Rev George Seow (Treasurer), Mr Chung Kwang Tong (Wei-yi) (Secretary), Ms Lina Choudhary and Mdm Sarjit Kaur

“As a brand new committee, our team of volunteers is working closely with SANA right now to ensure we continue in the right direction. It is crucial that we all come in together with an open mind, while being sensitive to the various religious groups. We want to strive for the best together, and hope that the public and community can give support to our work.”

*Mr Linus Manuel,
Chairman of SANA Support Group*

SANA VOLUNTEER AND DONOR APPRECIATION NITE 2009

Behind the curtains of SANA Nite 2009

It was one fabulous journey back to the Seventies with all our volunteers and donors on 13 November 2009 at Bukit Batok Civil Service Club. We have seen the games; we have joined in the fun. Now let's hear from volunteers in the SANA Nite working committee, **Muhd Nurhakim and Wiewiek Najihah**, the sweat and the tears (of laughter) behind the scenes.

Togetherness was indeed the theme for us, a group of SANA volunteers whose work began as early as August to find time aside their busy schedules, to get acquainted (and subsequently bonded!), brainstorm, discuss, plan, reeve, practice and rehearse for the performances on SANA Nite 2009.

Many interesting ideas were resurrected from the 70's theme filling many meetings with hearty doses of laughter looking at Afro hairdos and the many 70s bands with names starting with the word "The".

We came up with an idea to bring together the talents through a running skit bridging the past to the present, taking the audience on a time-travelling myriad of colours, music and excitement. Soon enough, the engines roared and work was on the way with weekly rehearsal sessions of skit practices and Line Dancing choreographed by Corina.

As the weeks rolled on, the excitement of the team grew along with the coming together of the other elements of SANA Nite such as the sponsorships, guests attendance and performance items. Everyone started to feel the heat as the event drew near.....

On the afternoon of 13 November 2009, the culmination of hours of preparation and rehearsals was beginning to shine through despite the thunderstorm that threatened to dampen the mood prior to our final rehearsal. Amazingly, Aslam's experience of (accidentally) purchasing a \$40 umbrella (and a very ordinary looking one too) to brave the weather for the rehearsal was the spark to put everyone in the right spirit to give their all for the performance.



*A dream you dream alone is only a dream.
A dream you dream together is reality.
-John Lennon*



Smells like Team Spirit



Corina (in the middle) choreographed the Line Dance



In the mood for SANA Nite Fever



Asraf, Aslam and Wiewiek in retro cheer



Asraf, as Ting Ting Man and Wee Kiat as Kachang Puteh Man

In a glitz of colour and a kaleidoscope of talents, SANA Nite 2009 was a resounding success with the audience who truly enjoyed the 70s theme for the night. To sum it up, we felt moved to see so many people from different backgrounds being given the opportunity to contribute to the success of this night. We couldn't have done it without the team effort of the volunteers, donors and staff!

A Positive Outlook

SANA catches up with **The Lens Men**, our long-time partner who is sponsoring free spectacles for our clients and their family members. We are glad that **Mr Peter Koh** (Managing Director) and **Ms Desiree Koh** (Marketing / P.R. Manager) enjoyed SANA Nite 2009, where they also sponsored lucky draw gifts for our volunteers. Thank you for partnering SANA in our vision to strive for a drug-free community!

We felt that celebrating 37 years of SANA's service to the community was very meaningful – it shows that the community's role is an integral part of the welfare support in helping the many SANA clients in their journey to recovery. And we must all give them a second chance and help them have the best resources possible to build a new life for themselves.

We were extremely honoured and touched to be in the presence of our President, Mr SR Nathan. That His Excellency graced the occasion with Mrs Nathan only goes to show the importance of SANA's work and the urgency of substance abuse prevention and the rehabilitation of the recovering addicts in Singapore.

Also, we were humbled and impressed by the number of award recipients – we are very happy to be a small part of this great effort by everyone of all ages and from all walks of life who have volunteered their time and resources to help others in so many different ways.

We would like to remind our fellow SANA volunteers that what little we can give of our time and resources means a lot more to the people we are helping than we can ever imagine. Facing little opportunity and desperation in life is a situation few of us will ever experience or understand, and we would like to congratulate everyone on showing compassion to SANA clients, rather than judging them for their past mistakes. Positivity will always lead to more positivity!

Our work at **The Lens Men** would not be complete if we couldn't give back to our communities – after all, where would we be without the support of our friends? Our philosophy is that everyone deserves an equal opportunity to enjoy the basics of a quality life, such as helping a SANA client to be able to study better or find a job by correcting his vision with brand new spectacles. We whole-heartedly believe in SANA's mission and look forward to many, many more fulfilling years of partnership!



Dr Tan Choon Kim, Chairman of Kwan Im Thong Hood Cho Temple, presented the Study Awards to 5 pupils



His Excellency and Mr Ho Linfo from Jit Poh Investments Pte Ltd



Back to the Past with Bubble Competition



Getting the guests to boogie - Thanks to Asraf and the ladies



Finalists from Danceworks bring action to the fore front

“Thank you for your Support!”

We are grateful to our sponsors for making this event a success. Under ‘Events’ at www.sana.org.sg, view the list of our kind sponsors and the list of award recipients, as well as find out more about the inaugural presentation of Kwan Im Thong Hood Cho Temple-SANA Study Awards.



To check out more photos of SANA Nite in 70s fashion, go to ‘Snapshots’ at our website!



SANA Charity Golf



Teeing in Support (left to right): Mr Gan Boon San (President, Asia South Sun Microsystems), Dr K Abraham (SANA Board Member), Dr Vivian Balakrishnan and Mr Poh Geok Ek (SANA President)

SANA Charity Golf was held on 29 September 2009 at Orchid Country Club this year. We would like to thank **Dr Vivian Balakrishnan**, Minister for Community Development, Youth and Sports, for gracing the occasion as the Guest-of-Honour.



Registration followed by Lunch



Mr Tan Seck Kang, Chairman of Charity Golf Organising Committee



We thank Audi Singapore for sponsoring the prestigious Hole-in-One prize

Golfers, sponsors and donors, thank you for the strong support in making this event a success! Thank you again.

Main Sponsors

Audi Singapore Pte Ltd
Strumm's Holding Pte Ltd
Sun Microsystems Pte Ltd
Tote Board and Singapore Pools
Transview Holdings Limited

Corporate Sponsors

BureauServe Pte Ltd
EMC Computer System (South Asia) Pte Ltd
Great Eastern Life Assurance Co Ltd
Home United Football Club
Home United Sports & Recreation Association
Hong Aik Property Pte Ltd
Hong Leong Holdings Limited
Li Teck Chuan Cin Tong

NEC Asia Pte Ltd
PCS Security Pte Ltd
Seawaves Frozen Food Pte Ltd
Singapore Daito Engineering Pte Ltd

Personal Donations

Mr. Peter Lim
AETOS Security Management Pte Ltd
Follow Me Japan Pte Ltd.
Koo Chye Ba Sheng Hong
Temple San Qing Gong Pte Ltd
Man Fatt Lam Buddhist Temple
Meiban Group Ltd
Scansys Pte Ltd
Singapore Corporation of Rehabilitative Enterprises (SCORE)

Team Flight Sponsors

Certis CISCO Security Ltd
DFS Technology Pte Ltd
Keppel FELLS Ltd
Kim Joo Guan Pte Ltd
L.K. Ang Construction Pte Ltd
Space IT Design & Planners Pte Ltd
Zone X Leisure Pte Ltd

Personal Flight Sponsors

Mr. Chan Chong Beng
Ms. Cheong Yoke Keng
Mr. Koh Kim Huat
Mr. Lim Boh Chuan

Hole In One Sponsors

Audi Singapore Pte Ltd
Transview Holdings Limited

Beverage Sponsors

Mama's Carribean Bar Pte Ltd
YHS (Singapore) Pte Ltd

Goodie Bag Sponsors

Audi Singapore Pte Ltd
AGEL Enterprise Pte Ltd
Central Narcotics Bureau
Golf Digest Magazines
Naspac Marketing Pte Ltd
NEC Asia Pte Ltd
SCORE

Sun Microsystems Pte Ltd
Spa Anew
Storck Asia Pacific Pte Ltd
Super Coffeemix Manufacturing Ltd
Universal Integrated Corporation Consumer Products Pte Ltd (UIC)
Zone X Leisure Pte Ltd

Lucky Draw Sponsors

The Ascott Group Limited
Estee Lauder Cosmetics Pte Ltd
Goodrich Global Pte Ltd
House Of Sundanese Food
Luxasia Pte Ltd
Meritus Hotel & Resorts
National Council of Social Service
Park Hotel Group
PCS Security Pte Ltd
Ritz Carlton Hotel
Sin Hwa Dee Foodstuff Industries Pte Ltd
Spa Anew
Transview Holdings Limited

VOLUNTEERS CORNER

Date	SANA Affiliates	Events from Sept to Dec 2009
19 Sep	SANA Hindu Aftercare Counselling Service	Anti-drug Quiz Competition for East Zone Secondary Schools (Tamil students)
20 Sep to 18 Oct	SANA Muslim Aftercare Counselling Service	Hari Raya Celebration for Muslim inmates at all prison institutions
2 Oct	SANA Muslim Aftercare Counselling Service	Hari Raya Gathering cum dialogue session for volunteers
05 Oct & 07 Dec	SANA Christian Counselling Service	Aftercare Grace Fellowship - A bi-monthly group counselling session catered for ex-inmates and their families - Worship service and fellowship between counsellors and ex-offenders
10 Oct	SANA Hindu Aftercare Counselling Service	An outing with the boys from Ramakrishna Mission
7 Nov	SANA Hindu Aftercare Counselling Service	Deepavali Celebration for inmates
19, 20 & 21 Dec	SANA Christian Counselling Service	Christmas Celebration for inmates
26 Dec	SANA Hindu Aftercare Counselling Service	Community service at SWAMI Home
26 Dec	SANA Sikh Aftercare Counselling Service	Guru Nanak Celebration for Sikh inmates



Winners at Poh Geok Ek Challenge Trophy Bowling Tournament Saturday 5 Dec 2009 @ Orchid Country Club



Dear Volunteers,

We would like to express our sincere appreciation to all of you for your selfless dedication in partnering SANA in this difficult but very important task of helping to keep Singapore drug free. We in SANA would not have been able to carry out our work successfully without your participation.

With the wonderful and selfless support shown by so many of you in 2009, we are looking at 2010 with greater confidence that together we can only do better. We are planning for more talks by professionals and experience sharing by staff and volunteers from other VWOs on topics relevant to our work. In the area of enhancing our volunteers' work skills, we will also be taking a more organized approach in supporting your training with relevant training vendors. We have also initiated a more proactive approach in nurturing this very important relationship with all of you. We recognize the importance of sharing with you the purpose and details of our many programmes and our new initiatives.

Last but not least, we would also like to say a BIG Thank-You to all those who have worked so hard in making SANA NITE 2009 such a great success. And a BIG Thank-You also to our SANA Recreation Club committee members, for organizing the many fun-filled recreational activities throughout 2009 to promote bonding among our fellow volunteers.

Thanks again and
May we take this opportunity to wish each and every one of you and your loved ones a Blessed and Joyous New Year.

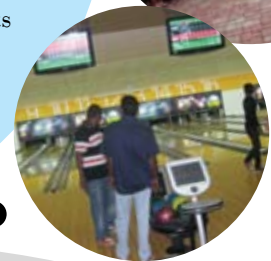
Your partners in SANA,
Volunteer Management Department

* On-going Weekly In-care Counselling Sessions - SANA CCS, SANA HACS, SANA MCS, SANA SACS

* Community Reintegration Programme with all Affiliates

GEARING UP FOR FAMILY FUN

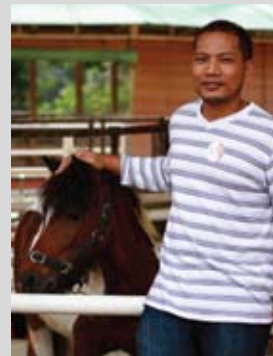
Under the **Aftercare Family Enrichment Programme (AFEP)**, SANA held two outings for our clients and their families in 2009. The first Family Day is held at **Orchid Bowl @ E! Hub** on **12 September 2009**. About 100 clients and their family members came together to join in this bowling tournament. The most recent family gathering was held at the **Singapore Zoo** on **5 December 2009**, Saturday. 144 clients and their families embarked on a fun and challenging race, our very own SANA Amazing Race. Clients had the opportunity to team up with their family members to achieve a common goal and share their experiences with others.



"The last time I bowled was about 10 years ago! This is the first time my daughter tries out bowling. The zoo trip was interactive and informative. We get to learn and participate as a family, with my children, nephews and nieces.

Initially after my release, it was a little difficult to bond with my children. It was through SANA and church activities that helped me. Work makes it difficult for me to spend quality time at home with them. These events help to create opportunities for us to bond. Hope SANA can organize more family activities!"

Charlie Toh (47 years old) attended the outings with his 16-year-old son and his daughter who is nine years old. He was caught the second time in 2001 for drug offence, and was incarcerated for a long seven years. During this period, he was deeply moved by Christianity. Till today, his faith has kept him free from drugs for 2 years and 8 months. (Keep it up, Charlie!)



Through a friend who was an excellent at SANA, **Hamzah Bin Mohamed** (36 years old) approached SANA in October 2008 for help. At that time, Hamzah was looking for a job after his release, but he could not even pay for transport when he needed to attend job interviews.

SANA was supportive of his initiative and hard work, and helped him to apply for the Yellow Ribbon Fund. We were very glad that his efforts paid off and he landed a job as a stall assistant at a hawker centre. He was very thankful to SANA.

Hamzah performed well and has now taken on the responsibility of cooking as well. Always looking to improve himself, he is currently studying the Qur'an at PERGAS (Singapore Islamic Scholars & Religious Teachers Association).

Bringing his siblings, nieces and nephews to the outings, Hamzah enjoyed the rare chance to be with his family members and connecting with them.

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. (Cheques can be made payable to 'Singapore Anti-Narcotics Association')

Editorial Board

Mr Handrick Ng
Board Member

Charlie Goh
Head, Corporate

Susana Ng
Executive, Corporate

Rachel Tan
Counsellor

Norhatijah Esa
Liaison Officer, Aftercare

Jeremiah Mark
Executive, Volunteer Management

Contributors

Luke Pereira
Head, Preventive Drug Education

Peter Tan
Liaison Officer, Preventive Drug Education

Dennis Ling
Executive, Volunteer Management

Ulaganathan Suppiah
Executive, Volunteer Management

Pamela Hee
Executive, Volunteer Management