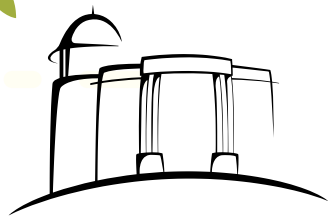


TAN CHIN TUAN FOUNDATION



TAN CHIN TUAN FOUNDATION

About Tan Chin Tuan Foundation

The Tan Chin Tuan Foundation (TCTF) was set up in Singapore on 10 April 1976 by the late Tan Sri (Dr) Tan Chin Tuan to help the needy. Aligned with our founder's giving philosophy, the foundation supports causes and projects that are viable, sustainable and have positive impact on our society.



About More Than Words

In line with our focus on education and community development, this programme offers opportunities for children to learn and communicate creatively. Initiated in 2013 and fully funded by TCTF, the programme has reached more than 3,500 beneficiaries.

Enrichment workshops were also extended to charity staff to equip them with creative approaches to engage and connect with children and youth, who may come from vulnerable backgrounds. We hope to ignite their imagination and instil in them a love for learning beyond words.



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Foreword

by Yap Su-Yin
(EO of Tan Chin Tuan
Foundation)

Imagine every child with an invisible bucket. Imagine if this bucket represented a child's emotional and mental health. When we provide nurture and loving attention to a child, we fill the child's bucket. Likewise, children must be taught how to care for others.



Ngee Ann Polytechnic Tan Sri (Dr) Tan Chin Tuan Scholar Benson Yee captured the smiles of PPIS Student Care (Jurong) on a photography outing with Ngee Ann Polytechnic volunteers to Jurong Lake Gardens.



PPIS Student Care (Jurong) analysing their photo stories with Ngee Ann Polytechnic volunteers.

When they show us love, we feel good too and our bucket gets filled.

When we sing, play, smile together, we experience the joyful companionship of family and friends. Break the ice today by giving a warm smile to a stranger. Pick up a pen to compose a poem as a gift to a friend. This is something a few lower primary pupils have done through their *haiku* poetry creations under the chapter “Old & New”.



Or we could simply invite someone to join us for meaningful activity. That’s what the Tan Chin Tuan Foundation (TCTF) hoped to achieve through our More Than Words 2019 programme. We invited friends from charities to enjoy the beauty of Singapore together. We visited the River Safari to reconnect with animals and confront the issues of conservation. We also invited children and youth to appreciate nature, by taking photographs of the Jurong Lake Gardens. These photos can be found in the chapter “Nature & Nurture”.

Republic Polytechnic Tan Sri (Dr) Tan Chin Tuan Scholar Wayne Lok delved into the intricacies of *Haiku* Poetry with Hougang Sheng Hong Student Care.



We listened as senior citizens from a charity called St. John's Home for Elderly Persons shared memories of their past with us. Their recollections catalysed activity sheets to engage children on valuable life lessons. We also shared the drawings done by the elderly clients of St Luke's ElderCare. These drawings became the source of inspiration for TCTF scholars and other youths to re-invent new stories from the old ones, which the editorial team has captured under the chapter "Endings & Beginnings".



TCTF Programme Executive Fiona Lioe chatted about Singapore's history at St. John's Home for Elderly Persons.

What we say or do will help fill someone else's bucket in positive ways. Let us start by telling our family and friends how special they are to us. We are after all connected to one another in more ways than we can imagine. We are **ONE**.

Intern and Tan Sri (Dr) Tan Chin Tuan Scholar from Hwa Chong Institution, Teo Pei Qin, guided children from Life Student Care – Park View on how to create imaginative stories.



OLD & NEW





This chapter represents the value of innovation – the re-invention of thoughts and ideas. To innovate, does not necessarily mean we have to create something completely original. We can simplify processes or just connect new dots in new ways.

What happens when we continue old and start new partnerships? The content of this chapter involved a long-time MTW partner, Hougang Sheng Hong Student Care and a new partner, Life Student Care – Park View!

Life Student care – Park View

Students from Life Student Care – Park View imagined themselves in different occupations.

Some wrote from the perspective of a story character. Others took on the first person narrative and gave detailed job descriptions.

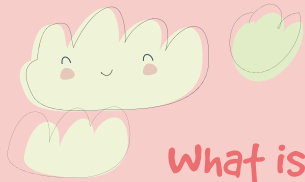
Some created new jobs for e.g. Dragon Slayers from their imaginations!



Hougang Sheng Hong Student Care

TCTF taught the students how to compose a simple *Haiku* about their role models. *Haikus* help younger children to express themselves as it only requires short phrasing for each line of the poem.





What is a Haiku?

Haiku in English appears in three lines parallel to the three phrases of Japanese *haiku*. Excerpts from the children's *haikus* were combined like jigsaw puzzles to create a new poem.

A typical *Haiku* comprises the structure of 5 syllables in the first line, 7 syllables in the second line, 5 syllables in the third line. Check out our new poem made up of five *Haikus*!

Chapter Old & New
Inspires re-invention
Of thoughts and ideas.

Ideas came flowing,
About hopes, dreams, role models
and great ambitions.

Creativity
Is life's buried treasure that
Must be uncovered.

See how those pens moved,
When swift inspirations sparked,
Words were on fire.

Key to Old & New
Is not to remove the old,
But to build on it.

Try to compose your
very own Haiku Poetry!



Making a New Friend

Inspired by Hing Yu Qing, Jairus Goh,
Jordan Tang, Putri Inah Syiarah and Valerie Lee



"Hi what is your name?
Do you like soccer like me?
Let's play together!"

Illustration by
Valerie Lee



Illustration by
Jairus Goh

Vivian is her name,
She has hair like Rapunzel,
She is beautiful.

To the fields we go,
Kicking the ball to my friend,
And she scored a GOAL!



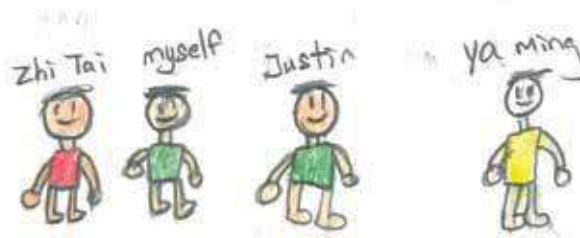
What a happy day,
Endless laughter and giggles,
I made a new friend!



Illustration by
Hing Yu Qing



Illustration by
Putri Inah Syiarah



best friends
forever

Illustration by
Jordan Tang



A Perfect Mother

Inspired by Shina Koh, Vivian Tan,
Wan Sum Yi and Wayne Tan

World's population:
Seven point seven billion,
One perfect mother.

My mother taught me,
How to be helpful and kind,
With her loving heart.

My mother hugs me,
Cares for me and wipes my tears
When I am upset.

Thank you dear mother,
For everything you have done,
I love you so much.



Illustration by
Shina Koh



Illustration by
Vivian Tan

Illustration by
Wayne Tan



Illustration by
Wan Sum Yi





Imagine a day as a Veterinarian

Inspired by Chong Xiao Kuan

It was the wee hours of the morning. I had just completed an emergency 10-hour surgery on a cat, which had suffered heart failure after being startled by a goldfish. “Is it morning already?” My puffy eyes were slow to blink and my eyelids were heavier than usual.

As I shuffled out of the hospital, I heard loud screeching sounds. “Bang!” A chill ran down my spine. I knew something terrible had happened. Without hesitation, I **bolted** out of the hospital. I heard a faint whimper amidst the pitter-patter of the rain.



A dog lay in the middle of the wet road. It was clearly a hit-and-run case. The poor dog was left to die on the road! I ran over to help. After a quick assessment, I realised that his ribs and legs were broken by the force of the impact. I called for immediate medical assistance.

Tensions were high as the medical team brought the injured dog to the operating theatre. Everyone worked against time to save the little dog. A nurse conducted a full body x-ray. A veterinary **anesthesiologist** administered anesthesia to the dog. I prepared bags of blood for a blood transfusion. All eyes were on the heart rate monitor as the patient’s heart rate was very faint. Its breathing was shallow.





We immediately performed the surgery. For the next five hours, adrenaline coursed through our veins as we fought to stabilise the dog's condition.



As I sewed my last stitch, I heaved a sigh of relief. Outside the operating theatre, I was frantically greeted by a lady in her twenties, whose face was **etched** with worry. Her eyes were filled with tears. "How's Buddy? Please tell me what happened to him! My poor dog...!" I brought her to a comfortable sofa and offered her tissues and a hot drink. I slowly explained Buddy's condition and assured her that she would be able to see her dog as soon as he woke up. I was finally done with my duties. I was suddenly overwhelmed by a wave of fatigue and looked at my watch. "What? Four o'clock in the afternoon already! I have been awake for close to 31 hours... I really need to go home and sleep!"



After reading all this, you might be wondering if being a veterinarian is worth all that stress and responsibility. I would still choose this career in a heartbeat because it gives me a huge sense of accomplishment to give animals another chance to live! I will uphold all guiding principles in my Veterinary Association Code of Ethics. The one that is especially close to my heart is: "To constantly **endeavour** to ensure the welfare of animals committed to a veterinarian's care."

NATURE & NURTURE





Nature & Nurture



This chapter represents the value of character evolution, and what shapes a child's values. Like little seeds, children develop into trees when given the right combination of care and nutrients.



PPIS Student Care (Jurong)

The content of this chapter comprises photos taken by children from PPIS Student Care (Jurong) during an excursion to Jurong Lake Gardens. Ngee Ann Polytechnic volunteers planned an obstacle course, where they taught the children different aspects of environmental conservation. From the captions in the “We are going on a Nature Hunt” segment, you can read how attuned the children have become to the fragility and importance of nature. At the same time, the children were taught basic photography skills, using donated digital cameras from well-wishers.



In pairs, the children interviewed each other about their photographs when they returned back to their centre for a creative writing workshop. Why did they take it, what thoughts were going through their minds, what they hoped to convey through the photos, what were their desired messages behind the photos.

They scribbled their responses into their “I am a photojournalist” notebooks!



“The children were awesome amateur photographers. The Ngee Ann Polytechnic volunteers led by TCTF scholar Benson Yee planned the excursion. I saw meaningful interactions between the youth and the children. I'm glad that with TCTF connecting them together, they were able to learn more about nature during the June holidays.”

TCTF Programme Executive Valerie Tan



We are going on a Nature Hunt

Let us embark on a Nature Adventure with the Children from PPIS Student Care (Jurong)!



Rule of Thirds

Imagine a tic-tac-toe board and place your subject on one of the thirds of the image so it will not be at the centre of the photo.



Leading Lines

Use lines on objects to direct the attention of your viewer's eye to your subject.



Fill the Frame

Use the entire frame to draw attention directly to the subject.



Lighting

There are different types of lighting photography. You can use the sunlight to illuminate or overexpose your photos.



Perspective

You can change the way an object looks depending on the object's size and the distance the object is from the camera. You can play with objects, people and even reflections on the water surface.

Here are some examples of how the children from PPIS Student Care (Jurong) applied the photography techniques!

Rule of Thirds



"I am taking a picture of the bubbles and creatures in the lake. It looks very calming and the water has many small bubbles. I hope that my picture will remind people of the beauty of nature so that they will appreciate it more!"

- PuTri Nur Salimah



Fill the Frame



"My friends and I used our hands to form a heart-shape against the sky. In our heart-shape, you can see a background of the beautiful park. I really love nature and hope that my friends and I will continue to come here and play."

- Nawfal Al-Ameen

Lighting



"I took a picture of the lake because I saw that the waters were moving. I liked how the water moved like it was making small waves. It made me think that no matter how small the things we do, it will affect others."

- Eryna Adriana

Rule of Thirds




"This shows a family of dragonflies on the rocks. I took this picture because of its beauty and it looks very calm. I want to keep the park clean and pretty so that people can continue to come here and take nice photos."

- Mohammad Danial AlFian



The children captured some flora and fauna! Can you identify which one of the five photography techniques was applied in each photo?

 Rule of Thirds

 Leading Lines

 Fill the Frame

 Perspective

 Lighting



"You can see from the photo that the sun is covered by the trees and plants below it. Do you know what would happen if global warming gets worse? You won't see the trees and plant covering the sun anymore. As much as I love the sky, we should save the trees and plants so that we will still get shades, and enjoy cleaner air."

- Umayrah Urayzah



"The title of the picture is 'The National Flower'. I love being a Singaporean and so I was happy to see an orchid in the garden. The reason why I felt happy was because orchids are known as Singapore's national flower. That's why I took a picture of it. This flower may have other meanings for different people but I hope that it brings you joy!"

- Moosa Kalim



"In this photo, you can see many lalang in the lalang field, accompanied by the beautiful blue sky with puffy clouds. The camera captured the movements of the lalang as it swayed in the wind. I really love the simple beauty of this picture. I hope people in the future will properly conserve and take care of our beautiful plants as they are very precious."

- Nur Aqidah



"This photo shows the butterfly drawing nectar from a flower but I realised it was closing its wings while doing that. I heard it was because it will not be blown away by a strong gust of wind and not spotted by predators (birds) easily when it is resting on the flower for a long period of time. I love the nature because there is always a reason why things are set the way they are."

- Alisha Hana

5



"I took this photo because the parrot is very beautiful with its pink streak. I took it when my friend was feeding the parrot. The parrot is a pet and he is visiting the park. We were lucky to have met an interesting visitor."

- Nur Sumayyah

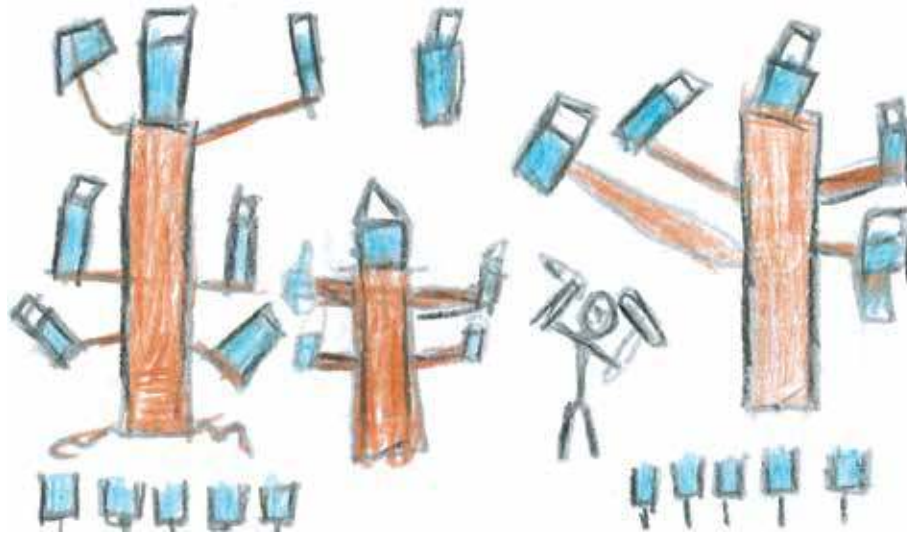
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"I feel that this photograph is very special because the dragonfly eggs actually look like a monster's eggs and that is really cool! It is something that is not commonly seen too."

- Shakyul Yushi

Answers
1. Lighting
2. Rule of Thirds
3. Fill the frame
4. Fill the frame
5. Fill the frame
6. Perspective



Illustrations by
Ahmad Huzairy

The Plastic Forest

Inspired by Shahyul Yushi
Written by Rachel Sim



Once upon a time, city-dwellers were constantly dumping their rubbish into a nearby forest. All the garbage began **insidiously** entering the forest's ecosystem. One day, something very strange began to happen. Plastic bottles began growing on the branches while glass cups began sprouting from the ground! Flowers of the forest grew petals made from aluminium metal. Scientists were baffled by the **phenomenon** and some even chose to ignore the situation.

However, there was a group of children who realised the severity of the issue. "We need to save our forest!" said Shayna, a nine-year-old girl from the city who was determined to change things. Without hesitation, the children banded together and **ventured** into the forest. With rivers contaminated with all kinds of waste, sea creatures were being washed

up on the river banks choked with plastic. The leaves on trees turned into green paper and could no longer absorb sunlight for photosynthesis. Many plants withered away, forcing animals to migrate elsewhere for food. The grass had turned into hard plastic strands, poking anything that walked over them. It was a disaster!



“We have a huge task ahead of us but I know we can do it,” said Shayna encouragingly. With her shovel and trash bag, Shayna and the team began **meticulously** picking up all the litter. The children tended to the forest every day. Although it was exhausting, the children were determined to save their precious forest.



They laboured day and night, picking up every piece of trash. Weeks passed and one morning, as the children headed to the forest as per usual, they caught a whiff of fresh flowers!



The sound of birds chirping filled the forest for the first time in a long while. In a nearby creek, the crystal-clear water **teemed** with life. The forest was clean! The children were overjoyed and rolled on the soft forest bed. Leaves rustled in the wind, as if singing their gratitude to the children.

Shayna smiled to see the forest finally cleaned. What a sight to behold! It was as if the forest could breathe again and so could she. Shayna picked up a little pebble from the ground and let it drop into a nearby pond. As it made ripples in the water, she realised how one small desire for change could bring a larger ripple effect!



ENDINGS & BEGINNINGS



Endings & Beginnings

This chapter highlights how endings can be viewed as new beginnings. We invited senior citizens to join us to contribute their creative works. Our youthful scholars and volunteers in turn created new pieces of works inspired from the senior citizens' contributions.



St. John's Home for Elderly Persons

We visited the seniors who shared their interests, family life, jobs and their first National Day Parade experience in 1966.

PPIS Student Care (Bedok)

After training with Wildlife Reserves Singapore (WRS) as volunteers, PPIS Student Care (Bedok) manned information booths at the River Safari. They shared about WRS's conservation efforts with the visitors. Spot the animal illustrations that were gleaned from the children's experiences!



St Luke's ElderCare (Clementi Centre)

When does one story end and another one begin? Intrigued by the comics produced by the elderly clients of St Luke's ElderCare, we shared these with TCTF's scholars and volunteers who recreated fresh stories, that were interpreted from or spun off from the original comics.

Why I Love To Go To School

Inspired by Khoon Kwon Hup's illustrations

Written by Loh Han Kiat

School life is exciting,
Rain or shine, I will go to school.
School is a place for us to learn,
There is an abundance of resources and helpful teachers.
We should not take it for granted,
Maximising our time in school is what we can do.

Pursuing my passion after class,
To learn to sing and to dance,
Boosts my self-confidence.
Homework may be tough sometimes,
But when in doubt, I ask teachers and friends for assistance.

To live life to the fullest,
We should find ways to improve ourselves,
Learning should never cease,
It is the way to go!



Don't Give Up, Little Flower!

Inspired by Ng Kwai Ying's illustrations
Written by Isabella Cordelia Chua



Down the road lived a kind elderly woman, Ms Kwai Ying. At a ripe old age of 79, she spent most of her retirement days in a **quaint** garden. Every morning, she put on her favourite purple straw hat and gathered her gardening tools. Ms Kwai Ying finds great joy tending to the gerbera daisies in the garden. She normally used four gardening tools: rake, fork, shovel and cultivator.



She began with a rake, a tool that has metal parts sticking out at the bottom to rake over the soil. Then, Ms Kwai Ying took a gardening fork to dig and break the soil into smaller pieces. With the help of a cultivator, she turned the soil to prevent weeds from disrupting the plant's growth. Once the soil was ready for new life, she took a shovel to dig a hole and sprinkled five gerbera daisy seeds over it. Finally, she covered the seeds with soil and watered them with her trusty watering can!



Little by little, the seeds began to sprout. With a cheery song and a twinkle in her eyes, Ms Kwai Ying



watered the flowers **faithfully** every day. Out of the five seeds that she planted, only four bloomed flowers. One did not grow at all.

Ms Kwai Ying was determined to bring the last seed to life and did not give up. She tended to it daily with extra care and added the best fertilisers. Rain or shine, Ms Kwai Ying would spur the little seed to grow with encouraging words. Months passed and Ms Kwai Ying remained undaunted.

One afternoon, wearing her trusty purple hat, she took a stroll in her backyard garden. Her eyes caught a glimpse of a splendid sight! A little bud was **glistening** in the sunlight. The last seed finally blossomed into a pretty pink gerbera daisy. The flower swayed with the gentle winds and waved happily at her gardener. Ms Kwai Ying jumped for joy and named her little flower, “**Tenacity**”, which means perseverance.

Ms Kwai Ying truly **embodied** the meaning behind the gerbera daisies: innocence, purity and cheerfulness. With a cheerful heart and

perseverance, the pink daisy gerbera bloomed in its own time.

Sometimes, you may feel like you are lagging behind. However, you do not have to compare your journey with another person. You will surely blossom into the beautiful flower that you are. Don't give up, little flower!



Activity Page

Seniors of St. John's Home for Elderly Persons, aged between 78 to 84 years old, are here to share with you about their most memorable life experiences during the 1940s to 1970s. Your goal is to connect their description to the place you think that they are talking about!



Uncle Henry

"I used to take the train to Butterworth, Penang until this place officially closed for service in 2011. It is now closed for renovations. I hope to visit again when it reopens."

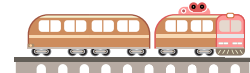


The Padang



Auntie Thevi

"I used to go to this market to buy my groceries. It was very crowded with many illegal stalls. Soon after, the government licenced all the hawkers there. Many of the stallholders still continue their family businesses at the market today!"



Former Tanjong Pagar Railway Station



Uncle Pak Kim

"I was part of the marching contingent for the most memorable National Day Parade in 1968. Despite the heavy rain and being drenched, all of us at the parade marched on as one united Singapore. What is the rain when we braved through storms?"



Changi Chapel and Museum



Auntie Jean

"My name is Jean Atkinson and my name is on the Prisoner of War (POW) list at this museum. I was kept as a POW for 2 years with my family. The scars of the war remain but the end of war also meant a new beginning for the next generation that we pin our hopes on."



Former Tekka Market

- Answers**
1. Uncle Henry: Former Tanjong Pagar Railway Station
 2. Auntie Thevi: Former Tekka Market
 3. Uncle Pak Kim: The Padang
 4. Auntie Jean: Changi Chapel and Museum

Connected Inside

Poem and illustration
by Erika Macasieb

Collecting memories
Of a childhood where
New friends and experiences
Never cease to surprise and
Excite the young and carefree.
Conquering hills and mountains
That appear along the way and
Enduring raging storms that
D aunt even the most
seasoned travellers.

Internalising lessons learnt and
Noting down reflections whenever
Stories are made
and shared;
Inspiring change and
Defeating odds
Even if we're weary.



We Are one

Written and composed by Tran Thanh Xuan

This song is inspired by the main theme of More Than Words this year. When we feel as "One" – one community, one family, one role model – we can open our hearts to one another and make ourselves happier.

About composer Tran Thanh Xuan

Xuan is a Vietnamese pianist who completed her Degree (Music) from NAFA in 2015. She was a Tan Chin Tuan Scholar for Creative Education in 2013 – 2015 and interned with the foundation to train children in music for the More Than Words showcases in 2015 and 2016.



Musical score for "We Are one" by Tran Thanh Xuan. The score is written in treble clef with a key signature of one flat (Bb) and a common time signature (C). It includes lyrics and musical notation for the main body of the song, a coda, and a final line.

Lyrics:

We're young, We're old, We're dif-ferent ma-ny ways Yet
We're si-mi-lar We smile through good and bad days, O-pen-our hearts and
make us hap-pi-er That's all what we
need Love nourishes us, Hand in hand We can be
an-ywhere with dear friends Yet We feel as One

Coda:

We're young, We're old We may-be dif-ferent Yet
We're si-mi-lar We are One (hmm)

Chords: Am, Gsus, F7, CM7, F, C, Bb, G, Dm, Am, F, G, Am, F7, G, C, G6, F, G, C, Am, G, F7, C, F, G, C.

Our Young Conservationists

Hi I am Shane!

Join me in my adventure to find all 25 animals! Can you spot them in the picture?



Illustrations by
children from PPIS Student
care (Bedok)



Glossary

old & New

Imagine a day
as a Veterinarian

Bolted: Made a sudden run

Anesthesiologist:
A medical specialist who
provides pain relief

Etched: Outlined clearly

Endeavour: Try

Imagine a day
as a Secret Agent

Elusive: Difficult to find

Nab: Catch

Jeopardised: At risk

Gestured: A movement
of part of the body,
especially a hand or
the head, to express
an idea or meaning

Nabbing the pickpocket

Sweltering:
Oppressive heat

Piqued: Aroused curiosity

Steeled: Mentally
prepared (oneself)
to do or face
something difficult

An Adventure

Clammy: Unpleasantly damp
and sticky, or slimy to touch

Deftly: Neatly skillful and
quick movement

Gallant: Brave or heroic
person or behaviour

Adversity: A difficult
or unpleasant situation

Winning the
Championship

Demoralised:
Low morale

Onus: Responsibility

Beckons: A nod, gesture
that signals, directs,
summons

Friends, forever

Wafted: Passed gently
through the air

Hoist: An act of raising
or lifting something

Replenish: Restore to a
former level or condition

Forged: Created (something)
strong or enduring

Nature & Nurture

The Plastic Forest

Insidiously: Unpleasant and develops
gradually without being noticed

Phenomenon: An unusual occurrence

Ventured: Undertook a risky journey

Meticulously: Showing great care
and attention to detail

Teemed: Filled with the activity
of many people or things

Family

Pulsed: Short burst of energy
that was sudden and strong

Budge: Move



Endings & Beginnings

A Beautiful Journey

Exquisite: Very beautiful and delicate

Instantaneous: Done immediately

Fervently: Very passionately

Eternity: Unending time

Accomplishment: Something that has been done successfully

Don't Give Up, Little Flower!

Quaint: Pleasantly old-fashioned

Faithfully: In a loyal way

Glistening: Reflecting a sparkling light

Tenacity: Quality of being very determined

Embodied: Represented

My Childhood

Memorable: Something worth remembering or likely to be remembered

Cosy: Comfortable and pleasant

Vividly: Clear and detailed images in mind

A Day in the Life of Melissa

Serene: Peaceful

Rigorous: Strong and Serious

Never Give Up Hope

Adrenaline junkie: A person who loves excitement and adventure

Reminiscing: Enjoying the process of remembering past events

Immobilised: Could not move

Physiotherapy: Treatment of injury, illness or disability through movement and exercise

Invaluable: Extremely useful

The Puzzle of Life

Anticipating: Expecting something to happen

Placate: Make someone less angry

