

TAN CHIN TUAN FOUNDATION

Copyright © 2019 Tan Chin Tuan Foundation

ISBN: 978-981-14-3219-4

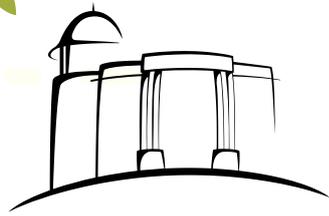
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright owners.

Printed in Singapore.

# ONE

This Book Belongs To





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.



# Contents

- 4. Foreword
- 7. Old & New
- 31. Nature & Nurture
- 51. Endings & Beginnings
- 76. Glossary
- 78. Acknowledgements

TCTF Editorial Team

Yap Su-Yin  
Angeline Kwong  
Fiona Lioe  
Valerie Tan

Book Design

Leap DS&C





# Foreword

by Yap Su-Yin  
CEO 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.



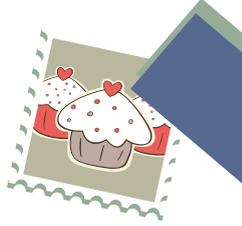
Ngee Ann Polytechnic Tan Sri (Dr) Tan Chin Tuan Scholar Benson Yee captured the smiles of PPIS Student Care (Jurong) on a photography outing with Ngee Ann Polytechnic volunteers to Jurong Lake Gardens.



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





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



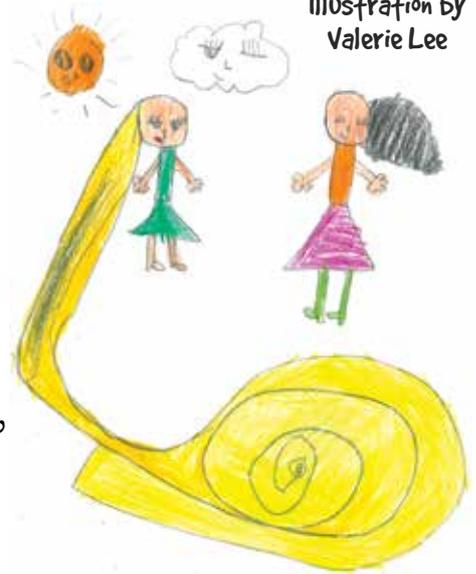
"Hi what is your name?  
Do you like soccer like me?  
Let's play together!"

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



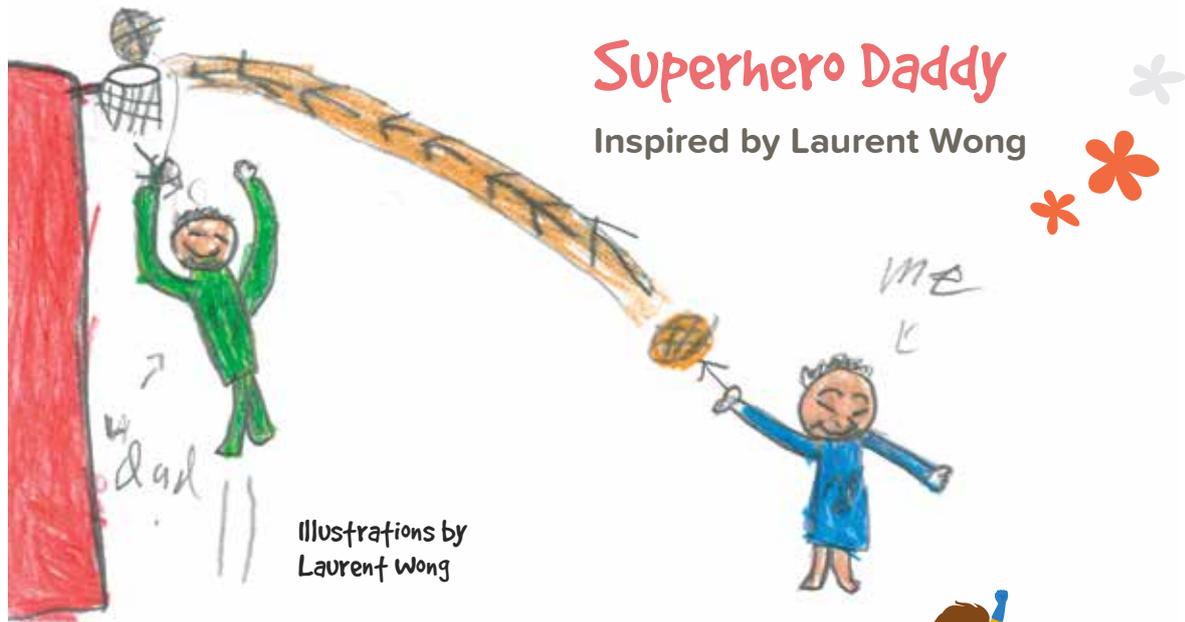
Illustration by  
Wayne Tan

Illustration by  
Wan Sum Yi



# Superhero Daddy

Inspired by Laurent Wong



Illustrations by  
Laurent Wong

I love my daddy,  
He is my superhero,  
Strong and supportive.

He loves basketball,  
And encouraged me to play,  
But I was too small.

He lifted me up,  
His other hand threw my ball  
In, we scored a goal!

My dad is the best.  
Ordinary, Dad may be;  
To me, he's special!



# Miss Brenda



Inspired by Muhammad Heryan  
and Tang Wei Wen



I love to go school,  
I have a favourite teacher,  
Pretty Miss Brenda.



She taught us kindness,  
For one day our minds may fade,  
But our values stay.



Illustration by Tang Wei Wen

She reminded us:  
'Believe in what we stand for,  
Stay humble, be brave.'

She is our candle,  
A role model and more than  
Just her lesson plans.



Someone inspiring,  
Who lights children's hearts and minds,  
To glow with knowledge.



Illustration by  
Muhammad Heryan





Illustrations by  
Rachel Sim



# 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.”

# Imagine a day as a Secret Agent

Inspired by Tan Hui Shan

“Yay! Finally, it’s time for bed!” I said tiredly. Before I could even lie down, my phone rang. I thought, “Who could it be? It is already so late. The call must be from the police’s secret agent department.”

As a secret agent, I have to stay alert at all times and anticipate any unexpected calls from the police department regarding important emergency cases.

Without hesitation, I immediately answered the phone. “Hello? Yes, noted. I will be on my way immediately!” As a secret agent, I often have to blend in with the crowd to investigate criminals without raising suspicion. Thus, I have to be in casual attire to disguise my true identity. Although being a secret agent can be difficult and dangerous at times, I like my work as I want to make Singapore safer.

As soon as I reached the secret agent department, my boss told me that there was a gang fight at Rosewood Avenue 5. My boss informed me that I would be leading a team of secret agents to capture the **elusive** Salty Egg Yolk gang, which was one of the most well-known terror gangs in the region. My team and I have worked together for a very long time. Over time, we managed to **nab** many criminals together. I was confident that we would finally catch the Salty Egg Yolk gang today!



Illustration by Muid Syakirin



We immediately drove to Rosewood Avenue 5, hoping to catch the Salty Egg Yolk gang as soon as possible. Upon our arrival, we hid in different corners and waited for an opening to attack as we had to ensure that they were off-guard.

As I crouched next to a rubbish bin to plan my team's next move, suddenly, to my utmost horror, the sound "Ring! Ring!" pierced through the air. My phone started ringing. Oh no! I had forgotten to switch my phone off! I scrambled to turn it off but to no avail. Someone shouted, "Who is that? Come out now!" Our undercover mission was **jeopardised**. Knowing that I had to act before they started attacking me, I **gestured** to some of my colleagues, instructing them to prepare for ambush. Using my hand to count down, I signalled 3, 2, 1, ready to act.

My team swooped in, upon my signal. They used handcuffs to nab each gang member. I called for more police officers as back-up. Soon, sirens could be heard from afar.

After the whole ordeal, my team and I could finally go home. We felt proud we were able to successfully complete our mission, with no lives lost. Without the help of my team mates, my blunder would have landed me in hot soup.

As the saying goes, "If you want to go fast, go alone. If you want to go far, go together." How important it is to work together as a team!



Illustration by Rachel Sim

# Nabbing the pickpocket

Inspired by Zach Chow



“Welcome to Woodvale Primary School! Please take the stairs up to the hall.” I grinned as I greeted a group of guests at the school gate. I was performing my duty as usher for my school’s 20th anniversary celebrations. The weather was **sweltering** hot, and I could feel myself sweating under the thick blazer I was wearing.

Staring absent-mindedly into space while waiting for the next batch of guests to arrive, I heard distant shouting. My curiosity **piqued** and I glanced around but saw nothing. However, the shouting soon grew louder.

“Help, help, he grabbed my wallet!”

I turned my head around and saw an elderly lady wailing after a running man. “That’s my money! Please don’t take it!” she cried as she wobbled after the pickpocket with her walking stick.



Immediately, I started chasing the pickpocket. At the same time,

I yelled, “Someone, call the police! He stole a wallet!” Immediately, some passers-by whipped out their phones to call the police.

I continued chasing after the thief.

Even though I was running out of breath, I **steeled** myself to sustain the momentum and continued running at a fast speed.





Closing in on the pickpocket, I took a leap and grabbed hold of his hand. With all my strength, I held on as tightly as I could to prevent the pickpocket from running away. However, with my blazer and tie, I was feeling really uncomfortable as beads of perspiration trickled down my face.

A thin layer of mist was forming on my spectacle lenses, making it harder for me to see properly. I felt a sense of despair as it was increasingly difficult for me to stop the pickpocket from struggling and trying to run away. Then, I heard police sirens wailing and saw police cars pulling up at the scene. The policemen ran out of their cars and nabbed the pickpocket immediately. I heaved a sigh of relief as I slumped onto the ground.

Even though I left my ushering duties midway, my teachers and parents were extremely proud of me for standing up for the elderly lady and seeking justice for her. The pickpocket was punished for taking advantage of such a helpless person. The elderly lady thanked me profusely. Her words of gratitude made my efforts truly all worthwhile.

Thereafter, I was awarded a Medal of Commendation from the police. They praised me for having stood up for the vulnerable. From this incident, I understood the importance of protecting individuals in our society who need our help. Every little action counts towards building a more gracious society!



# An Adventure

Inspired by Eitan Leong



Illustrations by  
Wong Sing Yi



It was already 2 a.m.! As I peered anxiously at my computer screen's digital clock, my fingers furiously typed on the keyboard. I was trying to complete final edits for a computer game I designed. The deadline for submission to make it for the prestigious "Game Design Cup" was at 10 a.m. so I had to quickly make some final adjustments. Exhausted, I could feel my eyelids drooping as I slowly drifted off to sleep.

Cock-a-doodle-doo! The sun shone brightly down on me. Startled, I opened my eyes. To my horror, I was sitting in a meadow. The scenery looked oddly familiar, but I was simply too scared to recall where I had seen it before.

"Greetings, brave knight. Your quest is to find the three-headed dragon and slay it! Then, the fairy of River Nymph can send you home." I stared in shock as a fairy in white robes flew towards me. How could it be? She was the non-playing character in my game! Finally it dawned on me – I was stuck in my own game, and the only way to escape was to find the dragon and defeat it! When I designed the game, I programmed the dragon to be as



ferocious as possible to make the game look more exciting. I trembled at the thought of it. It was impossible for me to do such a scary task!

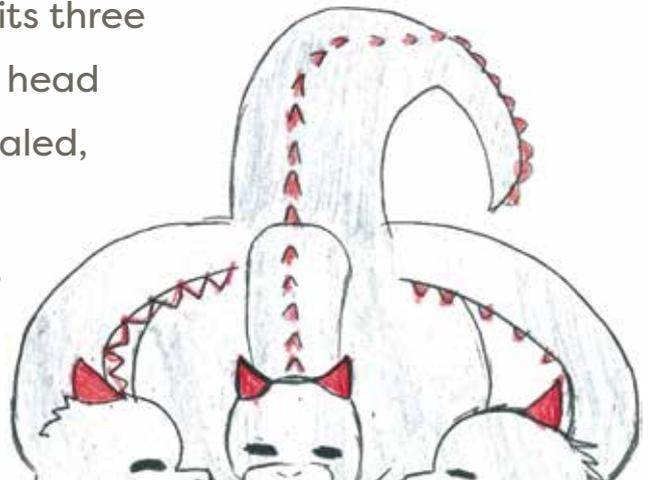
I looked at the fairy pleadingly and said,

“Please help me out! I cannot do this.” She smiled reassuringly and at the snap of her fingers, I was suited with a metal armour along with a sword and shield in hand. Looking down, I was also given magical flying boots. “Go now, brave knight. As soon as the dragon wakes up, we will all be doomed!”



Tightening the laces on my flying boots, I flew to the volcano where the dragon’s lair was. Perspiration trickled down my cheeks. My palms were **clammy**. What if I could not slay the dragon? I would lose the chance of going home! These fears began creeping into my mind and I started doubting the plan. “No! This is not the time to be afraid. I am properly armed to defeat the dragon. I can overcome this challenge!”

At the lair, I saw the dragon sleeping with its three heads resting on a towering boulder. Each head was disfigured. Every time the dragon exhaled, thick smoke poured out from its nostrils. Mustering up my courage, I carefully crept towards the dragon and flew onto the boulder with my flying boots. I raised my sword and swiftly stabbed one of its eyes.

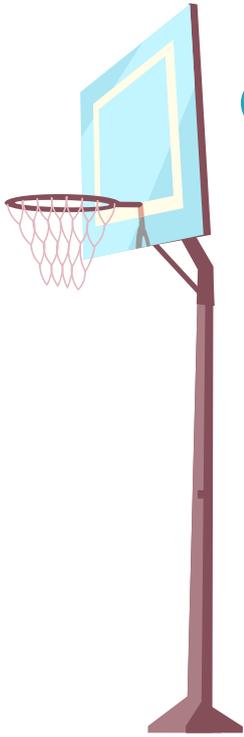




“Roar!” The dragon was shaken awake and started breathing fire. I **deftly** deflected the flames using my shield, and flew to the side. Taking advantage of the dragon’s wounded sight, I quickly chopped off its heads, while simultaneously deflecting its flames. Each of its heads dropped to the ground with a loud bang.

As the dragon slumped to the ground, the fairy of River Nymph appeared. “Thank you for your **gallant** efforts, knight! You have defeated the ferocious dragon and completed your quest. Your bravery in the face of the danger is commendable! You learnt to conquer your fear of the dragon and overcome the challenges. You are truly the bravest knight this kingdom has ever seen!” I beamed in delight as my surroundings started to fade. I opened my eyes and found myself back home. The clock on my table showed 3.32 a.m.

As I laid back down on my bed, I realised how important it was to be brave even in the face of **adversity**. The dragon in my game reminded me of all the fears and obstacles I had in my life, and it was up to me to be the brave knight and defeat it. What a lesson and adventure it was!



# Winning the Championship

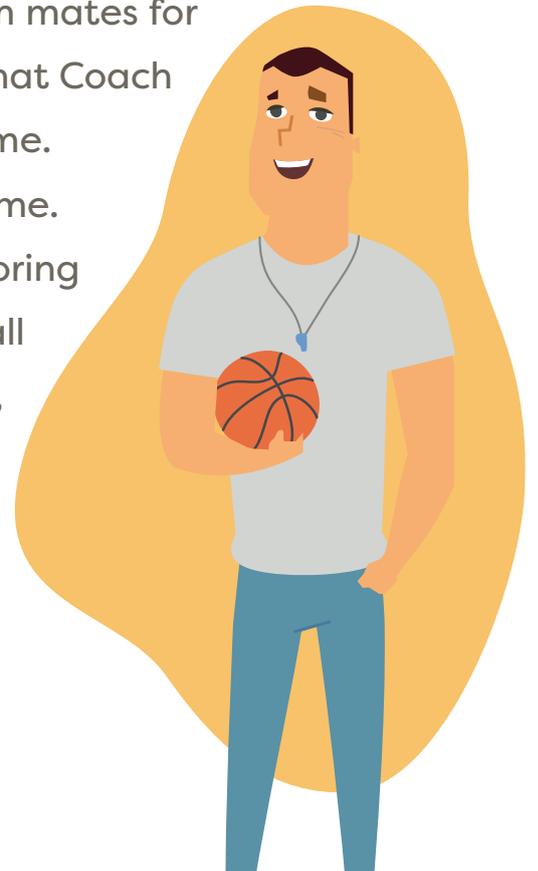
Inspired by Emiko Lau



Illustration by  
Tan Hui Shan

“VICTORY!” As I saw the opposing team cheering loudly at their win, I hung my head low and trudged back to the bench. Why did I not block that player from making that final shot? How could I have missed my free throw? As captain of my school’s basketball team, I felt ashamed and **demoralised**. We had lost this tournament season with an incredibly embarrassing score.

The next day, Coach Lee approached me and said, “Hey Sarah. I know you felt like the responsibility of the last tournament of the season was on your shoulders. However, you need to know that basketball is a team sport! You need to depend on your team mates for support too.” This felt like the hundredth time that Coach Lee reminded me of this and tried to motivate me. Still, I felt like the **onus** was on me to win the game. I believed that I was the only one capable of scoring the final goal and hence, refused to pass the ball to anyone else. Yet at the most crucial moments, I somehow always failed to score the goal. Feelings of guilt and embarrassment overwhelmed me. I burst into tears.





A hand rested on my shoulder, and a voice said, “Sarah, we are here for you.” Wiping the tears from my eyes, I looked up and saw my whole team smiling reassuringly at me. “We will work and improve together. You need to learn to allow us to help you too. We play as a team!” my vice-captain Beatrice said. Their support greatly touched me and I made a silent promise that I would do my best to follow their advice. Months went by and we trained harder than ever. This time, I learnt to play as a team and trusted them with the ball to take the shot. We improved greatly and this time, I knew that we had a shot at winning!

In a blink of an eye, we found ourselves in the locker room gearing up for the final round of the championship in the new tournament season. We had come a long way and won almost every match in this season over the past few weeks. This final round would determine the champions of the season. “It’s finally our time to bring home the trophy! Let’s do this!” We yelled in unison as we charged into the court.

Ten minutes into the game and our team suffered repeated loses to the opponent. I was getting anxious and automatically took things into my own hands. Dribbling the ball past my team mates, I charged towards the hoop, ignoring their **beckons** to pass the ball to them. Unbeknown to me, an opponent came up from behind me and took the ball from my possession!

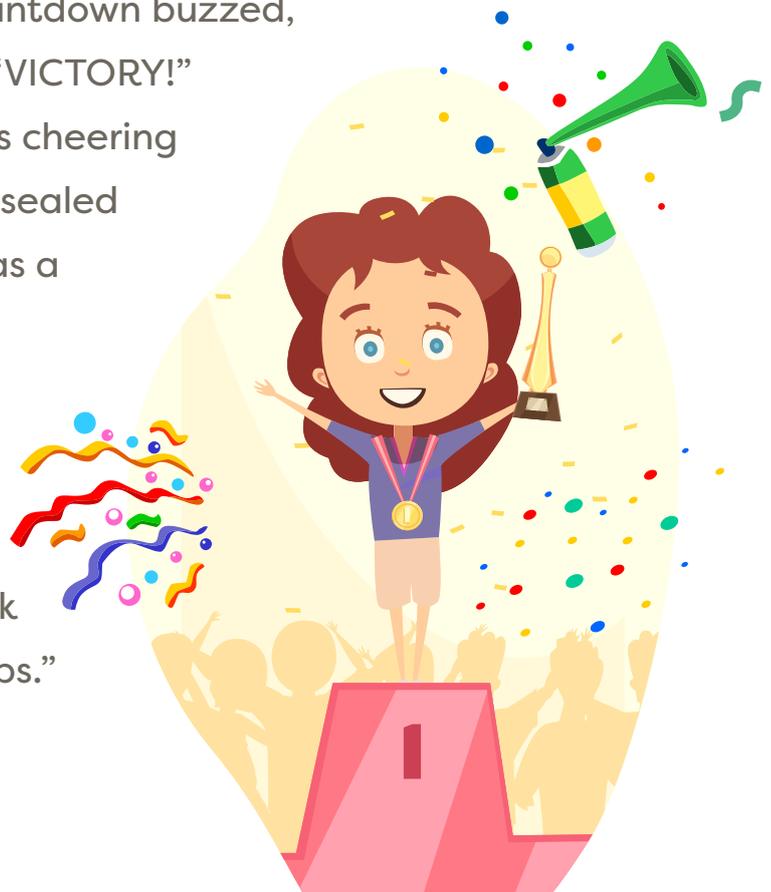


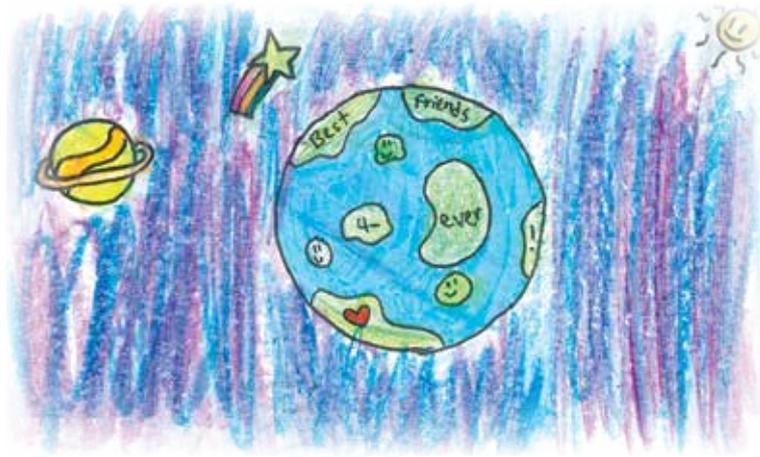
She bolted to her team's hoop and scored yet another goal. I suddenly remembered my team mates' words to play as a team. I had to believe in them. I watched as my team mates skillfully dribbled and passed the ball around. SCORE! Three minutes later, another team mate scored a shot! Slowly, our team climbed up the scoreboard.



The clock began to count down to the end of the match. We needed one more goal to seal our victory and I was determined to win. At the corner of my eye, I saw Beatrice closing in fast to the opponent with the ball. "We play as a team," Beatrice's words echoed through my mind and I knew she had a better chance at the free throw than I. Blocking the rest of the opponents from surrounding her, I cleared the area for Beatrice while she expertly swooped the ball away and made the shot. SCORE! The ball went through the hoop as the countdown buzzed, indicating the end of the match. "VICTORY!" However, this time round, it was us cheering jubilantly for that final point that sealed our victory. We did it! We played as a team and won.

I finally understood what my favourite basketballer, Michael Jordan, meant when he said, "Talent wins games, but teamwork and intelligence win championships."





Illustrations by  
Sysha Lim

## Friends, forever

Inspired by Zeng Xinjie

Once upon a time, there was a magical forest where animals of every kind lived together in harmony. Among them, the oldest animal was Caleb the Crane. He had a frail body and a long moustache that touched the ground. Everyone loved and respected Caleb as he was the Forest Doctor. Every day, he would bring along his 'first-aid kit' and walk around the forest, looking out for any injured or sick animals. Then, he would treat them by using herbs that he plucked from the hill nearby.

One morning, Caleb the Crane decided to take a dip in a nearby lake before going out to make his rounds to treat the animals of the forest. Caleb closed his eyes as his frail body floated gently on the surface of the lake. Suddenly, a pungent smell **wafted** through the air. Caleb opened his eyes and to his horror, the lake he was in was filled with thick dark liquid. It soaked his white feathers to a dark brown! Caleb immediately knew it was an oil spill and that he had to leave quickly. Unfortunately, the thick oil had coated his feathers, leaving his wings stuck together. Caleb flapped his wings with all his might



but his weak body could not lift away from the sticky oil. Not wanting to trouble anyone, he did not call out for help.



Caleb's sudden absence soon became noticeable. He has always been known for his jokes and contagious laughter which made his patients less nervous. Wherever Caleb went, the area was filled with joy and bursts of laughter.

However, the forest this morning was unusually quiet.

Where was Caleb? The animals of the forest frantically searched around but they could not find Caleb anywhere. Then, Richard the Rabbit suggested, "Shall we go to Caleb's wooden hut by the lake to see if he is there?" Other animals agreed with his suggestion and together, they started making their way there.



Upon seeing Caleb struggling to get out of the oil in the lake, all of the animals rushed to him. By then, Caleb was already very weak from trying to fly out of the oil and could barely keep himself afloat. Richard the Rabbit instructed the strong honey bears to **hoist** Caleb out of the oil and the birds to fetch pails of clean water. Caleb was coated with dark brown oil on every inch of his body and his wings were almost completely stuck together! Caleb shivered violently and the animals knew they had to act quickly.

They wrapped a thick blanket around him as the otters got down to work, washing his wings feather-by-feather. The rest of the animals began putting together a special concoction that would **replenish** all of the

energy Caleb had lost whilst struggling to fly out. Hours later, all the sticky oil was washed off Caleb and the animals brought him to lay down on his bed. Caleb was exhausted by then and his tired eyes closed shut. Over the next few weeks, animals from all corners of the forest volunteered to look after Caleb and would routinely bring herbs and medicines they made from home. They ensured that he was being attended to every day.

One sunny morning, Caleb the Crane picked up his ‘first-aid kit’ and emerged from his wooden hut. When the animals of the forest saw this, they cheered for Caleb and at his strength for making a full recovery. Caleb was very touched by this and he exclaimed, “Thank you everyone for having looked after and saved me. You are all definitely my friends, forever!” The animals agreed in unison and clapped excitedly.

This experience showed them what true friendship was. True friends help one another in times of need and never shy away from looking out for each other. From then on, the animals *forged* deeper friendships with one another and the community in the magical forest became closer.

BEST ♥ FRIENDS



4-EVER!





# Time to Assemble

Monsters are threatening to invade your city and will soon destroy everything in its path if they are not stopped. As leader of the SG Force, it is time to assemble your team of superheroes and fight the monsters!

Fill in the case file on how you will save your city!



Superhero Name:



How will my superpower(s) help others?

Age:

Gender:

Superpower(s):



# 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

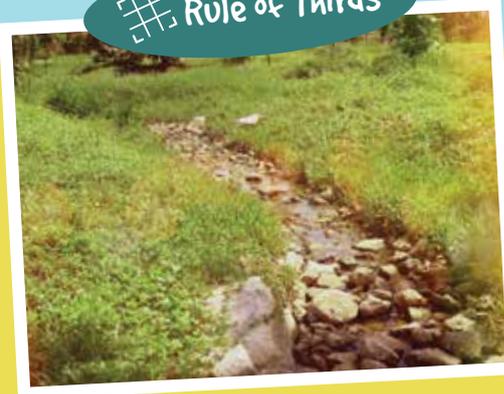
### Lighting



"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

6



"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

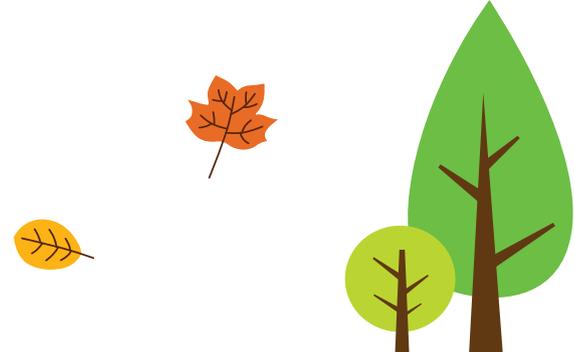


# Taking Responsibility

Inspired by Arydan and Nordi  
Written by Adrian Tay and  
Neo Hui Mei



Once upon a time,  
In a forest filled with flowers of different blends,  
Lived Peter the Porcupine,  
And his fellow animal friends.



One unfortunate morning,  
A group of boys gathered in the forest.  
They began picking and digging,  
Collecting stones to compete who  
could throw them the furthest.



The boys laughed and cackled in glee,  
As stones and pebbles were flung with  
their slings.  
The animals had nowhere to flee,  
Leaving them bruised and cowering.

Illustrations by Shakyul Yushi



Peter the Porcupine was enraged,  
He wanted justice for his wounded friends.  
Homes were destroyed and the forest rampaged.  
Peter the Porcupine wanted this to end.

Storming up to the boys,  
Peter the Porcupine rebuked them fiercely,  
“How dare you treat us like toys?  
You have left us wounded and bloody.”



Illustrations by Putri Nur Salihah

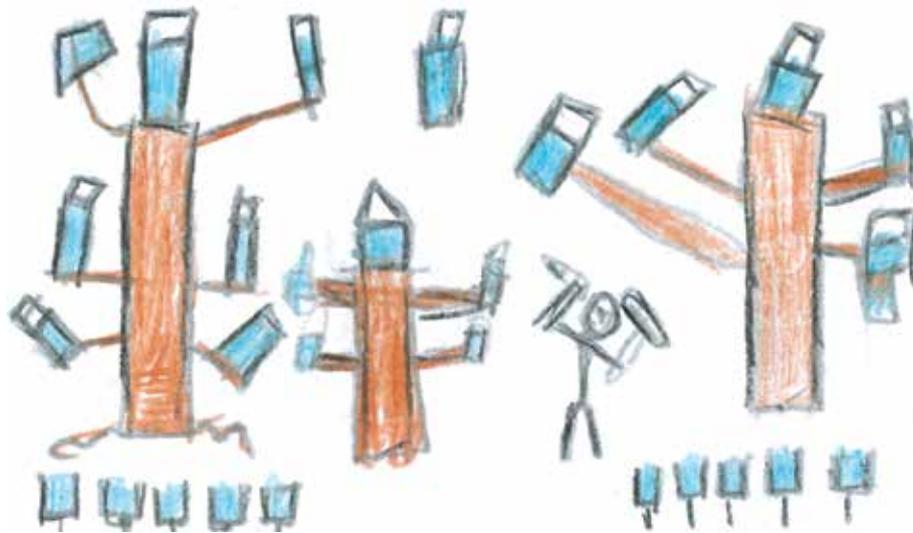


The boys hung their heads low in shame.  
“We are sorry for the pain we brought,  
Our actions have brought hurt and we  
are to blame.  
This is the end we never would  
have thought.”



“We take full responsibility,  
For we had been hasty.  
We seek your forgiveness,  
And we promise no more of such foolishness.”





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!



Illustrations by  
NUR Aqidah

# The Wasteland

Inspired by Juan Hayder

Written by Shern Kai

“What is this grandfather?”  
asked little Tim curiously as he  
peered over the village wall.

With brows furrowed, 85-year-  
old Juan cast his gaze towards  
the fields littered with dead  
plants. Letting out a sigh, he



replied, “This, my  
dear boy, is The  
Wasteland or what  
used to be Jurong  
Lake Gardens. Let  
me tell you what  
happened here.”

Illustrations by Shanyul Yushi



**T**he Wasteland was a beautiful garden,  
**H**ordes of people thronged here to see  
flowers by the dozens.

**E**verything was magical like fiction!

**W**hat happened next was catastrophic,  
**A** meteorite struck one day.

**S**hrubs and trees began to wither, animals  
were in a panic.

**T**he rivers dried up with nothing to offer.

**E**arth was heating up,

**L**ifeless were the plants that had  
no water.

**A**las, the once beautiful garden became  
lifeless and dead,

**N**o animal nor human dared to thread.

**D**ear boy, will you save the garden  
and pave the way ahead?

**Did you know?**

An acrostic poem is formed when  
the poet starts at the top and  
uses the first letter of each line to  
write new phrases, going vertically  
down the page. Each letter of  
the word is capitalised.

# Family

Inspired by Mohammad Danish Adrian  
Written by Marcus Yap

Julia is a little girl who lives with her parents in sunny Singapore. However, she was often described as a spoilt girl and evidently so! Julia often demanded that her parents bought her the most expensive toys to play. If they refused, Julia would throw huge tantrums. What was worse was she would occasionally steal things that caught her eye. It seemed no amount of scolding would change her attitude and ways.

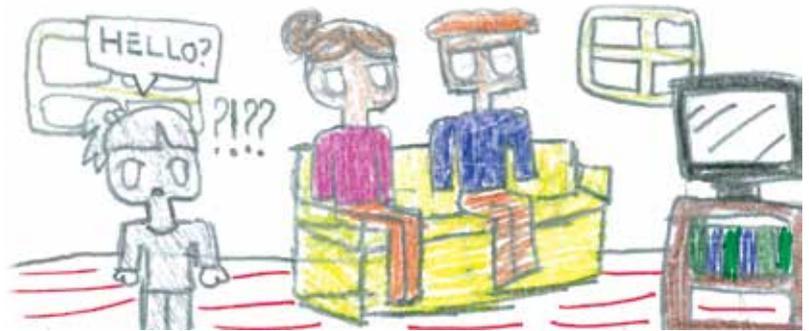
One day while strolling along a boulevard with her parents, she saw the most amazing potted plant she had ever seen. It had bright neon green leaves dotted with yellow spots. It caught her attention immediately. The price tag read \$500. She was certain her parents would not agree to buy it. Hence, Julia decided to steal a few leaves from the plant. She swiftly plucked and shoved the leaves into her pocket.



Illustrations by  
Putri Nur Salimah

However, this was no ordinary plant, but a magical plant. Back home, the moment Julia touched the leaves, they **pulsed** with light, and Julia vanished. Gasping, she started waving her hands

Illustrations by Siti Nurzahrah



about but they could not be seen. She screeched, “Oh my goodness!” But no one could hear nor see her. She had turned invisible!

“YAY!” she exclaimed, “I can get all the things that I want!” Julia skipped past her parents and out of the house to the nearby candy shop. She shoved bags of candy into her pockets, squealing in delight at her new superpower. After a whole day of running about town, she returned home exhausted.





Illustration by  
Mohamed Ammarul Haq

“Mummy! Daddy! I am home. Give me my dinner,” Julia demanded. However, her parents did not respond. “Daddy, can you see me?” Julia asked, a slight panic in her voice. Once again, her parents did not *budge*. At this moment, Julia realised how she had taken advantage of her parents. A voice came from the pulsating green leaves saying, “Was this not what you wanted? You can get any toy that you want without worrying about what your parents say.”

“No! I want my parents back. I don’t care if I cannot have any more toys. I just want to be back with my parents,” Julia cried. She wished that she had never tried to steal the magical plant.

POOF! Her sincere wish was granted. She could see herself in the mirror. She was back in her own skin. She was visible again. She ran straight to her parents to hug them. She learnt a huge lesson from this dream – to never take your loved ones for granted!

# Robbie the Recycling Bin

Inspired by Umayrah Urayzah  
Written by Rachel Sim

On the side of the bustling roads of Singapore,  
Sat Robbie the Recycling Bin on the floor.  
He loved gobbling down trash from passers-by,  
No piece of garbage would he deny.

Illustrations  
by Akiff



However, people gradually stopped feeding him,  
And the situation turned really dim.  
They threw their trash on the ground,  
Far from where Robbie was found.

Rumble, rumble his stomach would go,  
Robbie soon felt a great sense of woe.  
“Please, somebody give me something to eat,  
Even if it is just a little bit!”



Suddenly, a little boy stepped forward.  
Paper cup in hand, he answered,  
“You look incredibly hungry, dear recycling bin.  
Let me call my friends and we can all chip in!”



Illustration by Muhammad Idris

A group of children soon showed up,  
Each holding on to recyclables and paper cups.  
They hurriedly fed Robbie the Recycling Bin,  
Till he was slowly filled to the brim!

From that day onwards,  
The children kept to their words.  
They brought recyclables collected from around,  
And fed Robbie till he weighed a pound!

Robbie the Recycling Bin was eternally grateful  
For his friends who were sent like angels.  
He vowed to help others who were in need,  
Just as the children did him this good deed.

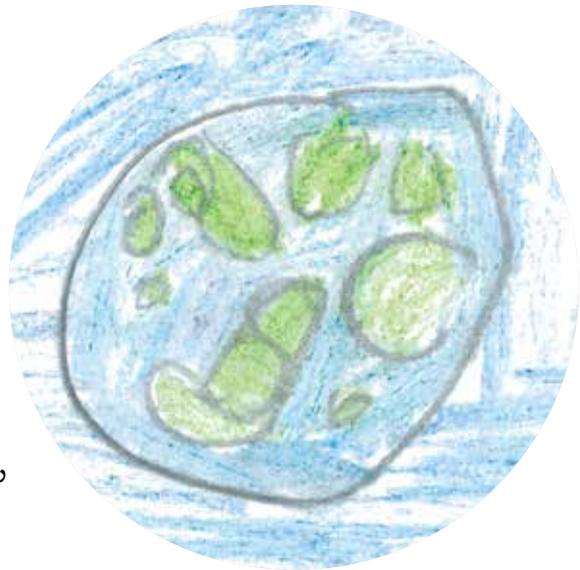


Illustration by  
Ahmad Huzairy



Illustrations  
by Arydan

# A Magical Tree

You spotted a magical tree while you were on a Nature Hunt! How does it look like?



Look at my tree!



You can use:

Colour pencils,  
markers and crayons



Natural objects such  
as leaves and flowers



Coloured wool  
and beads



# 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.



## ***Sf. 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!



# Whistle Champion

Inspired by Lee Ah Lee's illustrations  
Written by Wayne Lok



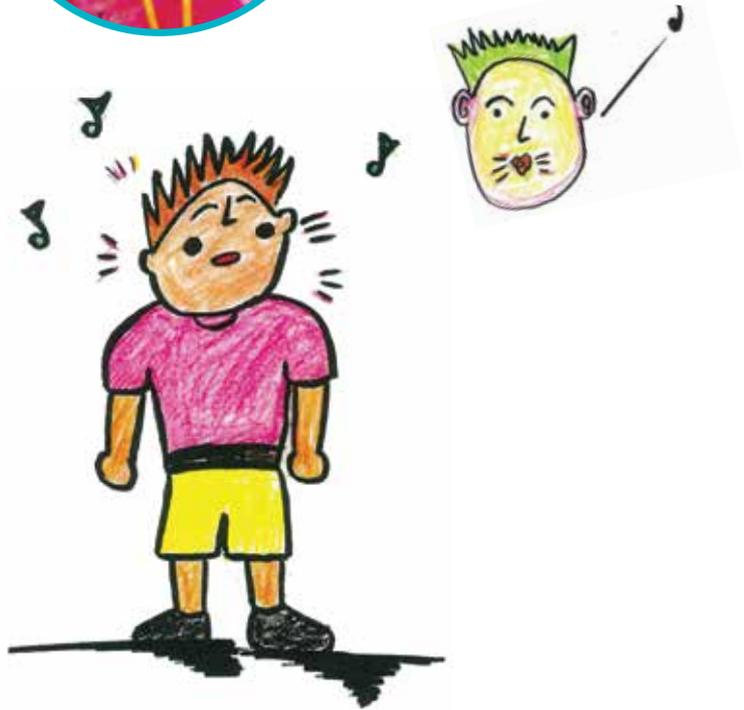
When I whistle, different birds come calling,  
Soon, I became famous for my whistling,  
The little birds respond with their tweeting.

When I dance, different birds start flying,  
Soon the news guys filmed me dancing,  
Now the whole town is all about smiling.

I wondered: If I continued whistling,  
Would people find me entertaining?  
Could I be a champion?

So, I entered a contest,  
Leaving my whistling to do the rest,  
And now people look at me and think I am the best!

My name's all over the press,  
I, Lee Ah Lee, became the best  
Let's whistle to my story of success!



# Great Little Things

Inspired by Tan Hoe's illustrations

Written by Bethany Lim



Choppy sounds up high,  
Helicopter in the sky,  
Please don't say goodbye!



Melodic chirping,  
Beautiful, vibrant flowers,  
I'd stay for hours!

Sip afternoon tea,  
I love feeling so carefree,  
Grinning wide in glee.



This red umbrella,  
An old favourite of mine,  
Whether rain or shine.

An enormous ship,  
In the middle of the sea,  
Its flag waves to me.

It's time for some fun,  
Playing with balls in the sun,  
I love this so much!



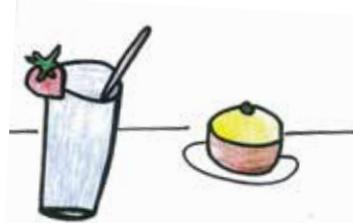
I glance around me,  
See and hear these sights  
and sounds;  
I am so content.

# Never Far From Home

Inspired by Yeo Leng Neo's illustrations  
Written by Muhammad Hafiz



Us  
High up  
Wandering  
To Wherever



*Selamat Siang Mbak*

Weaving through the crowds, heat, smoke, cacophony of peddlers,  
Bargains and cuts, hustle to hawk their wares, for a tote and a handbag.

The bright yellow sun paints the mid-day sky, a cartload of fruits clatter by  
Sun begins to wane, but the city grows livelier, as the streets buzz to life  
Our feet grew weary, resting over high tea, marvelling the land. I wondered,

How far are we from home?

*Selamat Sore Mbak*

*Minum Apa?*

Never far  
from  
Home.



### Malay Translation

*Selamat Siang Mbak:* Good morning Sir/ Madam  
*Selamat Sore Mbak:* Good afternoon Sir/ Madam  
*Minum Apa:* What shall we drink?

# A Beautiful Journey

Inspired by Ding Hua Ing's illustrations  
Written by Kenneth Chee

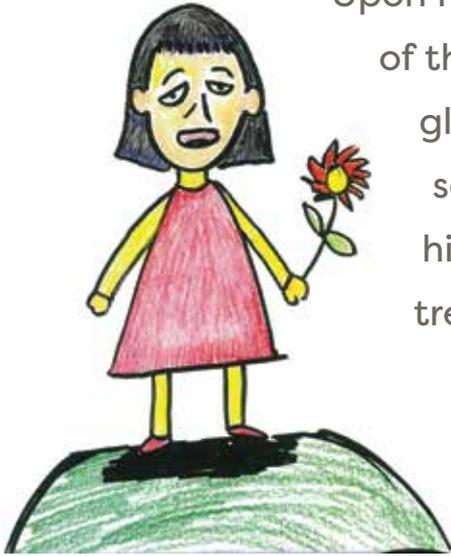


Legend has it that a bed of **exquisite** flowers can be found only in one place on Earth - the mountain of Timar. This is not far from the vibrant city of Busby. The flowers were said to be so pretty that seeing them brought **instantaneous** joy. However, in Busby, everyone was caught up in the pursuit of material wealth, leaving them with no time to do anything other than work. They were only concerned about making as much money as possible. Nobody cared about anything unrelated to money - except for one girl named Helen.



Helen loved nature. She **fervently** believed in the legend of the flowers on Mount Timar when she first heard it as a child. Unfortunately, her parents were always too busy to bring her. They were also unwilling to let her hike up the mountain alone. On the morning of her 18th birthday, Helen finally got her parents' approval to hike up Mount Timar. She was excited about her maiden climb.



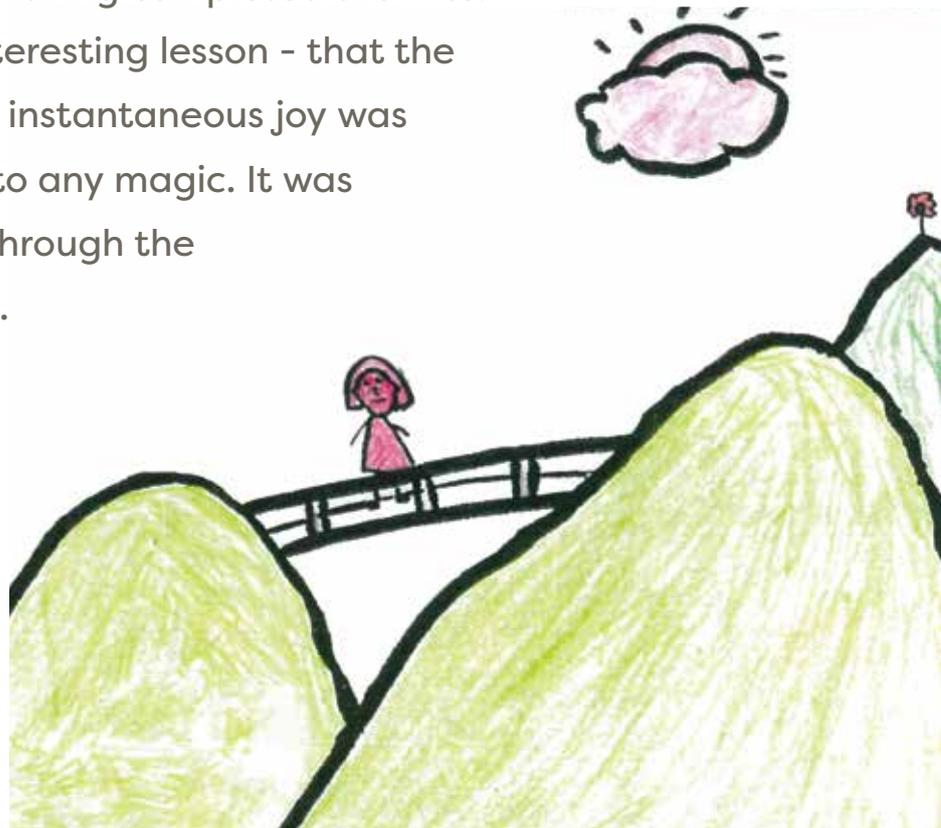


Upon reaching the base of Timar, she caught a glimpse of the flowers atop the mountain. The flowers glistened in the sunlight, as if beckoning to her saying, “I have been waiting for you.” The steep hills, long bridges and tall grass made the journey treacherous at some points. Yet the greenery, fluffy clouds and cute mountain animals she encountered along the way lifted her spirits and encouraged her to continue her ascent.

After what seemed to her like an **eternity**, she finally reached her destination. Not only was she greeted by the exquisite bed of flowers, she spotted a beautiful rainbow in every imaginable colour and filled the air with a beautiful aroma. She was overwhelmed with an immense sense of **accomplishment** from having completed the hike.

Moreover, she learnt a very interesting lesson - that the legend of the flowers bringing instantaneous joy was true. However, it was not due to any magic. It was simply the joy of persevering through the journey and reaching her goal.

Truly, what a beautiful journey it was!



# 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!



# My Childhood

Inspired by Soh Peh Guat's illustrations  
Written by Bryan Lim

The most **memorable** moments of my childhood were spent in school. I remember it was a small and **cosy** place, amid a large field filled with beautiful flowers. I loved going to school as a child because I made many new friends there. Today, when I see students walking around in groups after school, I am reminded of the time that I spent with my friends.



I have especially fond memories of school back when I was six years old. I **vividly** remember music lessons, where my friends and I would sing songs together in class together with our teacher. I also enjoyed learning about numbers. Although it was difficult when we started, we had toys to help us learn how to count up to ten which made it very fun for all of us.

The most interesting thing we did in school was having picnics. I remember the



teachers guiding us to make sandwiches. Thinking back, we must have made such a big mess.

Yet the teachers were very patient and never got angry with us. After preparing the food, we would head out to the field for our picnic.

I remember standing under the shade of a huge

tree and setting up the mat on the grass for the picnic.

We would always bring a ball or kite with us. My friends and I would run around the grass playing with the ball and some of us would fly the kite.

Back in those days, we had a lot of fun. All of us loved school. We were all excited to go to school every day because we wanted to see each other. I really miss the enjoyable times I spent with my friends. The times we spent running around carefree in the field were the best moments of my childhood.



# A Day in the Life of Melissa

Inspired by Yuen Lai Meng's illustrations  
Written by Kang Hwee Young



Melissa loved having a cold drink on a hot afternoon with her friends. Over drinks, they discussed about anything under the sun. Sharing their daily lives with each other was their way of relieving the stress from their hectic lifestyle.

Every Saturday, they met at their country club and hung out at their favourite café. The café had outdoor benches. There, Melissa and her friends would bask in the sunlight while sipping their ice-cold drinks.



The café was situated at the top of a hill. Below was a golf course, a large field of grass with trees peppered near the sides, giving it a **serene** look. Melissa liked to close her eyes and feel the breeze run through her hair and gently tickle her face.



When Melissa was younger, she would come to this country club frequently to practise golf. Her coach would ask her to take shot after shot, pushing Melissa to her limits. It was tough, but she enjoyed the challenge. After many years of





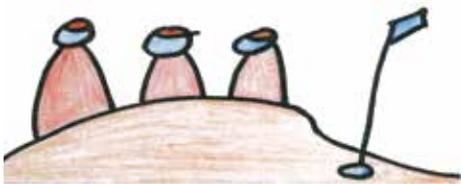
**rigorous** training, Melissa’s coach saw her potential and encouraged her to sign up for a pro-golf championship.

The training for the championship was intense. Melissa had to practise every day. On the day of the championship, Melissa was excited but also afraid that she would disappoint her coach if she did not do well.

Her coach saw that she was nervous and told her, “Melissa, do not be afraid! Whatever we do in life, we do our best and success will follow. No matter the result of the championship, we learn to improve ourselves.”



Upon hearing this, a wave of calm descended upon Melissa as she stood tall and mentally prepared herself. When it was her turn, her many hours of training showed through her excellent techniques as she gracefully outperformed the other competitors. Every hole she scored gave her even more confidence. In the end, she crushed her competition and even scored a hole-in-one.



From this competition, Melissa learned that life is about doing your best and not giving up. Do your best and success will follow!



# Never Give Up Hope

Inspired by Ang Peng Hong's illustrations  
Written by Liao Xing Peng

The year was 1944. But I remembered what happened, as if it was just yesterday.

Whoosh! went my scooter as I raced down the hill. I let out a cheeky grin as I took a quick glance behind and saw that my friends were still far behind. I finally stood a chance at coming in first for the daily scooter races on the steep hill behind our houses. Since I was a little boy, I had always been an **adrenaline junkie**. When my parents pushed me around on a stroller, I would imagine that I was in a race car, swerving and turning on the pedestrian sidewalk.

“VROOM!” I would squeal in excitement.

As I was busy **reminiscing** about the past, my friends steadily closed the distance between us. Seeing that my friends were fast catching up, I panicked. I raced even faster, glancing behind at them.

“Turn right! Turn right!” my friends screamed behind me. I turned my head back to the front and to my horror, I was headed towards a huge pit that some gardeners had dug last week to make a pond. I stepped down on the brakes as hard as I could but it was too late, I was going too fast. I braced myself as my scooter hit a rock by the edge of the massive hole. My scooter was now





in mid-air as it flipped. As I landed at the bottom of the hole, I heard a loud crack and felt intense pain shoot up my right shoulder. My friends rushed over as fast as they could to my side. Soon after, the pain was so intense that everything else just went blurry.



I remember waking up in the hospital with a bright white cast over my right arm and shoulder. I later found out that my friends had rushed back to tell my parents and they called an ambulance. Looking down at my **immobilised** right arm, mixed feelings of dread, anger and regret crept into my head. “There goes my chances of being a race car driver when I grow up,” I thought to myself. At this moment, my parents walked in. I braced myself for the barrage of scolding that I was about to receive.

To my surprise, my parents rushed to my side and gave me a big hug and asked if I was all right. I assured them that I was fine but distraught over how I had just lost all chances of being a race car driver. Their next words would stay with me for the rest of my life, “Did you think heroes got to where they are today without a few broken bones?”

Keeping their words in my mind, I gave my best during the **physiotherapy** sessions and steadily, my arm began to recover. Eventually, my arm healed and was as good as new!



When I looked back at this incident, the lessons learnt were **invaluable**. Never give up no matter how hopeless your situation may seem!

# 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



Aunty 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



Aunty 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. Aunty Thevi: Former Tekka Market
  3. Uncle Pak Kim: The Padang
  4. Aunty 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.

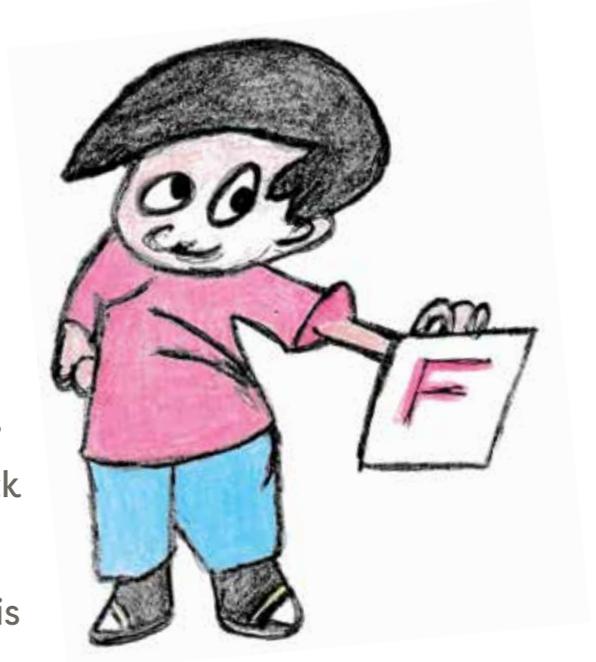
Internalising lessons learnt and  
Noting down reflections whenever  
Stories are made  
and shared;  
Inspiring change and  
Defeating odds  
Even if we're weary.



# The Puzzle of Life

Story and illustrations by  
Ignatius Pereira and Monica Francis John

Louis opened his report card and left out an audible sigh. He had performed poorly in the examinations. Although the school holidays that signalled an end to the school period was due to begin, it was, right now, the furthest thing from Louis's mind. He was **anticipating** the scolding that he was about to receive from his father back home because of his poor grades. With his head drooping down, Louis clutched onto his report card and proceeded to head home.

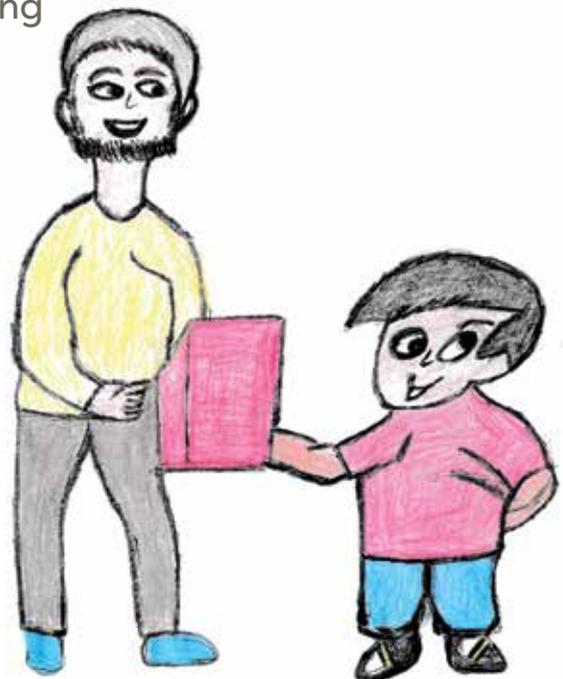


Upon reaching home, he trotted into the living room where his father was already seated, waiting for his arrival. “I had just gotten off the phone with your teacher,” Louis's father said, spotting his son’s appearance. “I understand that given back their report cards today?” his father questioned. “Yes Dad, it was for the recent examinations, which



were challenging.” Louis muttered, hoping to **placate** his father. Louis wished that he would be the first to break the bad news to his father. Unfortunately, he hadn’t expected his form teacher to beat him to it. His father nodded at his reply, then stood up and went to the study. He returned to the room holding a red box.

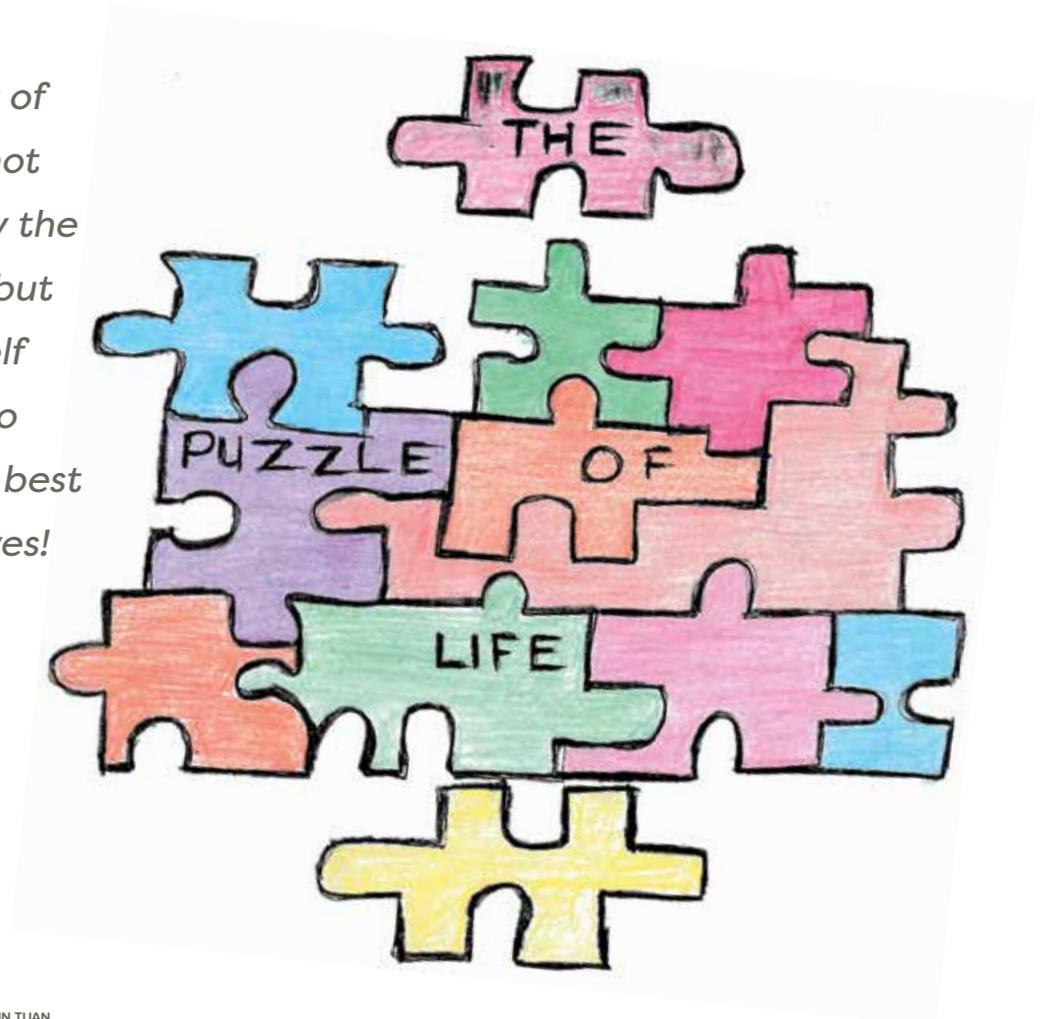
“What do you think of this picture?” Louis’s father asked him, as he turned the box towards him. The box, a jigsaw puzzle set, displayed an image of the Esplanade on its cover. “That looks really beautiful!” Louis uttered, staring at the picture in amazement. His father then opened the box and tipped its contents out onto the coffee table. “Well, Louis,” his father said, “When I was much younger, the Esplanade was still in the midst of construction. Your grandfather took me to the site to see first-hand the hard work the construction workers did to create the iconic structure we all love today.” Turning to Louis, he placed his hand on Louis’s shoulder and said gently, “While that structure has been completed, this jigsaw puzzle embodies the meaning of that hard work. Life is like a puzzle. It may seem messy and challenging at first, however, if you do your best and unapologetically press on and even seek assistance, if you require it in completing



your tasks, you will – like the Esplanade – eventually become a complete piece, one that would be cherished by all.”

His father continued, “Your recent academic results, though they might seem bad right now, represents merely a piece of the entire puzzle of your life. Keep your chin up, right your wrongs and continue to improve. You will eventually find your own way with the right piece that you seek to help you in your journey in completing the puzzle of life.” Louis nodded in agreement. He felt like a burden had been lifted of his shoulders. Hugging his dad, he announced confidently, “I will press on and make you proud!”

*Life, my friends,  
is indeed like a box of  
puzzle pieces! Do not  
be disheartened by the  
failures in your life but  
instead pick yourself  
up and persevere to  
piece together the best  
versions of yourselves!*





# 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.



Sing

Am Gsus F7 CM7

We're young, We're old, We're dif - ferent ma - ny ways Yet

3 F C Bb G Dm Am

We're si - mi - liar We smile through good and bad days, O - pen - our hearts and

6 F G Am

make us hap - pi - (i) er That's all what we

8 F7 G C G6 Am

need Love nou rishes us, Hand in hand We can be

10 F G F7 G C

an - ywhere with dear friends Yet We feel as One

Coda

13 Am G F7 C

We're young, We're old We may - be dif - fe - rent Yet

16 F C F G C

We're si - mi - liar We are One (hmm)

# 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

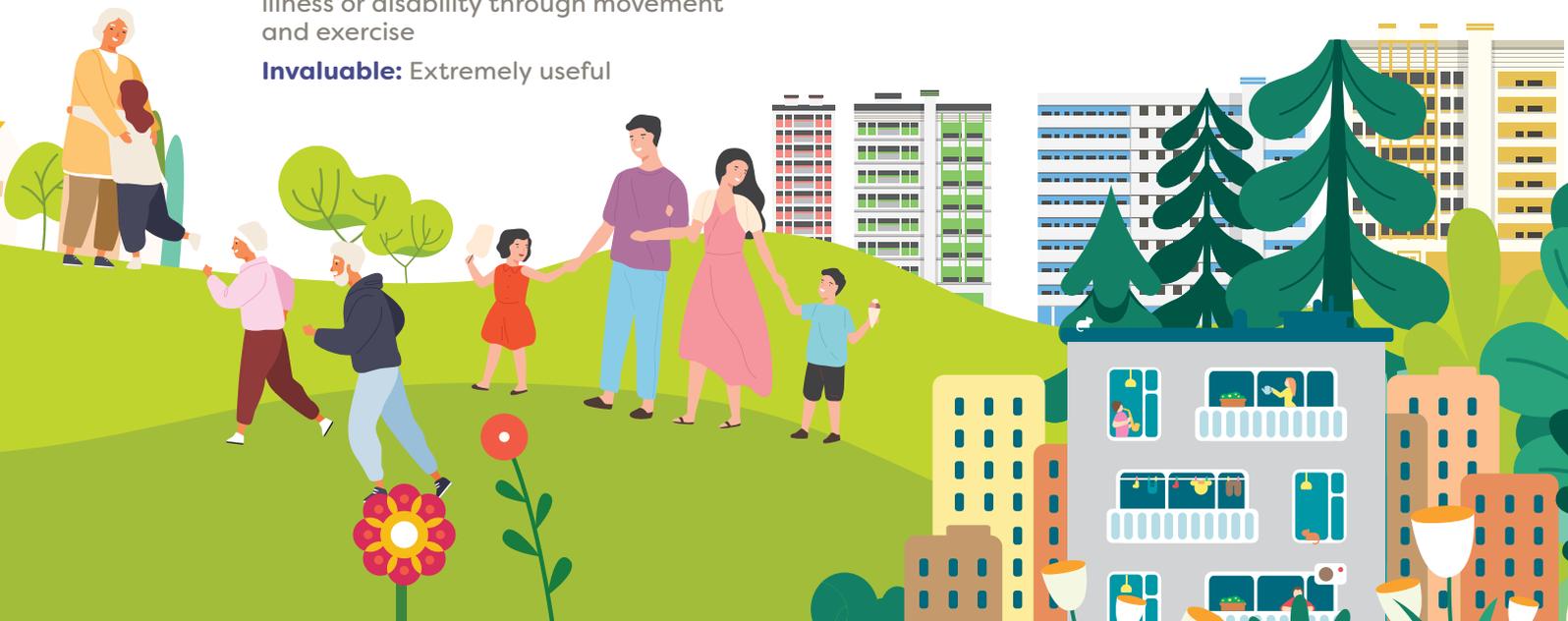
**Physiotherapy:** Treatment of injury, illness or disability through movement and exercise

**Invaluable:** Extremely useful

## The Puzzle of Life

**Anticipating:** Expecting something to happen

**Placate:** Make someone less angry



# Acknowledgements

## Hougang Sheng Hong Student care

Hing Yu Qing  
Jairus Goh  
Jordan Tang  
Laurent Wong  
Muhammad Heryan Bin Amran  
Putri Inah Syiarah Binte Salliman  
Shina Koh  
Tang Wei Wen  
Valerie Lee  
Vivian Tan  
Wan Sum Yi  
Wayne Tan

## Life Student care - Park View

Chong Xiao Kuan  
Eitan Leong Hoi Kit  
Emiko Lau Xuan Le  
Muhd Syakirin Bin Borhan  
Syasha Lim Miyi  
Tan Hui Shan  
Wong Sing Yi  
Zach Chow Jia Jie  
Zeng Xinjie

## PPIS Student care (Bedok)

Aadil Zulhaqem Bin Zulkifli  
Aalia Binte Mohamed Yousuf  
Aaliyah Zulaikha Binte Zulkifli  
Aasif Ahmad Bin Jalal Ahamed  
Alicia Jong Yi Xuan  
Annasa-i Bin Anuar  
Ayza Binte Affendy  
Hannah Sufiyyah Binte Is Haans  
Kaven Ng Jun Yuan  
Khayyira Qaseh Binte Arifin  
Muhammad Haaziq Farrel Bin Hadi  
Muhammad Akid Rusyaidi Bin Roslan  
Mujir Hayyan Bin Md Taufiq  
Nufayl Bin Mohamed Yousuf  
Nur Aleeyah Binte Abdullah  
Nuri Rusydi Bin Nurisman  
Nurlaila Aaqilah Binte Mohammad Ismail  
Putra Amirul Shah Bin Abdul Aziz  
R Danisyah  
Rayner Chua  
Shayaan Ghadafi Bin Abdul Ghafoor  
Sumayyah Suhail  
Tang Wen Ting  
Tiara Qistina Binte Abdul Halim



## PPIS Student Care (Jurong)

Ahmad Huzairy Bin Suhardi  
Akiff Bin Ariff  
Alisha Hana Binte Abdul Hamid  
Arydan Bin Mohamed Isran  
Eryna Adriana Binte Munim  
Juan Hayder Bin Junizam  
Mohamed Ammarul Haq Bin  
Mohamed Royce Faizal  
Mohammad Danial Alfian Bin  
Mohammad Sufian  
Mohammad Danish Adrian Bin  
Mohammad Sufian  
Moosa Kalim Bin Syed Maricar  
Muhammad Idris Bin Sahuan  
Nawfal Al-Ameen Bin  
Muhammad Darwis  
Nordi Bin Mamat  
Nur Aqidah Bte Azmi  
Nur Sumayyah Binte Sallehuddin  
Putri Nur Salihah Binte Abdul Rahim  
Shahyul Yushi Bin Youzimanto  
Siti Nurzahirah Az-zahrah Binte  
Kamarruzaman  
Umayrah Urayzah Binte Elshukrin

## St. John's Home for Elderly Persons

Chong Lian Choon, Henry  
Jean Atkinson  
Loh Pak Kim  
Sandathevi w/o  
Thomas Lourdes

## St Luke's Eldercare

Ang Peng Hong  
Ding Hua Ing  
Khoon Kwon Hup  
Lee Ah Lee  
Ng Kwai Ying  
Soh Peh Guat  
Tan Hoe  
Yeo Leng Neo  
Yuen Lai Meng

## TCTF contributors

Adrian Tay Qi Yuan  
Bethany Lim  
Ignatius Pereira  
Isabella Cordelia Chua Yong Yi  
Kang Hwee Young  
Kenneth Chee  
Liao Xing Peng  
Lim Zhe Yin, Bryan  
Loh Han Kiat  
Macasieb Erika Joie Espanol  
Marcus Yap Sai Wei  
Monica Francis John  
Muhammad Hafiz Bin Mohammad  
Neo Hui Mei  
Rachel Sim  
Shern Kai  
Teo Pei Qin  
The Christiera Programme Youth  
Expedition Project - Philippines 2019  
Student Volunteers (Ngee Ann Polytechnic)  
Tran Tranh Xuan  
Wayne Lok



# Over the Years

You can find previous editions of our More Than Words book at your nearest library! E-copies are also available on our Tan Chin Tuan Foundation website at

[www.fanchintuan.com](http://www.fanchintuan.com)







Tan Chin Tuan Foundation  
[www.tanchintuan.com](http://www.tanchintuan.com)