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A very good afternoon to all of you. I am very pleased to be here with you today to celebrate 14 years of caring for the environment and caring for the people of Singapore by Kampung Senang. Let me take this opportunity to congratulate Kampung Senang Charity and Education Foundation on this very special occasion.

Since its inception in 1999, Kampung Senang has developed and grown a whole range of programmes and continued to do very good work especially in looking after the physically handicapped, cancer patients, the elderly, young children and in promoting holistic living and an eco-friendly approach towards the environment. Earlier we heard from Dr Julia Lim about her experience of putting her child in the Kampung Senang’s Childcare. This emphasis on education extends beyond children. Kampung Senang has been promoting holistic living and today’s symposium and the Boundless Love exhibition that I have opened are examples of how Kampung Senang continues to promote various forms of learning.

Modern life today carries a range of different risks, risk to our health because of our diet, lack of exercise and sedentary lifestyles. (I am amazed that Dr Lim managed to lose 20 kilograms and look so trim.) As a result of all this, chronic illnesses continue to be on the rise. In Singapore about 60% of all death are due to cancer, cardiovascular diseases, and stroke. Cancer alone accounts for 30% of deaths. Recognising this, Kampung Senang has over the years been helping cancer victims with the holistic approach. To date Kampung Senang has supported 1,600 cancer patients. Cancer patients used to be in their sixties but today many are in the younger age groups. So it is important that we continue to focus on education and prevention.

It is important for parents, educators and students themselves to learn about the health risks and what each and every one of us can do to minimise those risks. Kampung Senang has been running various educational programs to showcase how a change in lifestyle and good dietary practices can help to reduce the incidence of chronic diseases. It is important to start as young as possible; the younger the students are the more receptive they are. Earlier, we heard from Dr Lim how when young children are exposed to healthy diets, they develop a taste for healthy food. In contrast, if they are exposed to very unhealthy diets, they will grow up developing a taste for unhealthy food.

I think what you do in the kindergartens is an excellent example of how we can do it right, when they are young. I want to commend Kampung Senang for doing this: for starting lessons in healthy living from young and extending to adulthood. I know you have your vegetable and herb garden, a very big one in Tampines just outside the Kampung Senang centre.
Now before I close, let me say some words on a few very important topics Prime Minister Lee touched on recently. One, the changes that are going on around us put a lot of pressure on Singapore. Singaporeans are concerned about the cost of living associated with housing or health care. I am happy that the Prime Minister having heard Singaporeans especially during Our Singapore Conversation has responded very substantively to issues that have been raised. You have read about the changes to housing policy to allow many more young people to own their first flat by keeping it affordable. You have heard PM’s announcement about Medishield Life and how that will cover all age groups without age limits. It will cover every Singaporean. The details will be announced by the Ministry of Health later. It shows a certain commitment by the Prime Minister to ensure that every Singaporean has access to good quality and affordable health care.

But at the same time, a very important point which the Prime Minister emphasised is the relationship between what the individual does, what the community does and what the government does. In a much more demanding environment, the government will have to do more. It is not possible for the government to do everything, nor is it desirable for the government to do everything. The simple reason is that in Singapore we don’t have natural resources; there is not a drop of oil you can tap into, you cannot mine for gold or tin and you cannot even grow rubber trees. So everything we have, we have to earn it, and we have to earn it through hard work.

In the same way, the government does not have unlimited resources to run all its programmes. In the end, whatever the government does will have to be paid for by tax payers. We have been able to keep our system very efficient, but despite that the Government will have to do more and see how best to do so. The Prime Minister also mentioned the importance of individuals and the community doing their part to make life better for all Singaporeans.

In order to do that, the community will have to step up and do what it can do best. And in this regard, Kampung Senang is a good example of how the community is able to reach out to many of you today to play your part. And to continue to do very good work, inspired by your vision, inspired by your conviction that this is the right thing to do. It takes a lot of commitment and a lot of effort on the part of Joyce and the team of volunteers. I want to commend you all for doing these.

At the same time, we as individuals need to respond to this. Healthy lifestyle is not just about having medical insurance, or having cheaper access to health care. Ultimately, it is also about what we can do and Kampung Senang has been emphasising over the years what we can do to take preventive steps, what we can do to help each other, and what we can do to create a sense of community and create a sense that we are together. With that everyone’s mental wellbeing, everyone’s psychological wellbeing will be much better. Our state of mind is also a very important aspect of staying healthy, staying active. This is a very good example of how each and every one of us can play a part as individuals and as members of our community.

On that note, I would like to congratulate Kampung Senang once again on its 14th Anniversary. I am particularly pleased that this symposium is attended by so many specialists in this field. You have two interesting talks and programs ahead of you. I hope that everyone will find something useful here. More importantly, something to practice and put into action. On that note thank you very much.
The adjacent pledge was seeded at our 14th Anniversary in the presence of our Guest of Honour Education Minister Heng Swee Keat.

**Sharing a Vision**

**Towards Zero Cancer** by 2050

To achieve our vision of a wholesome and cancer-free Singapore, we pledge to inspire people to happily adopt healthy diets and wholesome lifestyles.

**Sharing a Vision**

**Towards Zero Cancer** by 2050

Let us work together to create a world where people are inspired with positive human values to take personal responsibility for their health and emotions, a world in which there are no new cancer cases by 2050.

Let us work together to remake our world into a Global Village of Inner Peace.

**Sharing a Vision**

**Towards Zero Cancer with the Zero Cancer campaign** by 2050

Let us work together to create a world where people are inspired with positive human values to take personal responsibility for their health and emotions, a world in which there are no new cancer cases by 2050.

Let us work together to remake our world into a Global Village of Inner Peace.
In a recent book written by American economist, Jeffrey Sachs, he observed that America has become “a consumption-driven culture that suffers shortfalls of social trust and compassion and has lost its way”. If a society is driven and distracted by consumerism and sensory gratification, how genuinely happy can the people be?

How can we in Singapore and Asia avoid becoming “distracted” ourselves as we come under the influence of a rapidly changing world? How can we ensure that the rapid changes do not erode our rich tradition, cultural heritage and our endearing values, like filial piety, gratitude and compassion?

Our children and future generations are the ones who will be riding the material and mental ‘tsunamis’ beyond the likes of what we are experiencing today.

Research has shown that mindfulness practice helps one to cultivate the mental qualities of calmness, focused attention and clarity – qualities that foster well-being, improved interpersonal relationship and mental resilience. If mindfulness can bring about a better society, then it is the priceless gift we get to give our children to ride the massive waves and stay balanced in such rapidly changing times.

I quote from the Dhammapada: "If a person is energetic, mindful, pure in thought, word and deed, if he does everything with care and consideration, restrains his senses; earns his living according to the Dhamma and is not unheedful, then, the fame and fortune of such a mindful person increase."

May all beings be well and happy.

Ven Sik Kwang Sheng, Abbot
Good Afternoon Mr Heng,
Founder Joyce,
Members of Kampung Senang,
and all participants of today’s conference.

It is really nice to be here again. A thank you speech for all to come. I think I will say something I have not said before.

I have known Joyce since 1993 and that’s when Joyce asked me to be a doctor in one of the charity organisation. I still remember my interview on one of the evenings which led to me going to Taiwan to understand the culture of one association called Tzu Chi. The first thing that my wife said when I came back was that I was a changed man. She said I spoke better, spoke gentler and did not show my temper. So I told my wife I would stick on to Joyce wherever she goes.

When she formed Kampung Senang in 1999, I thought I could do something.

I am a doctor by training. I am not sure whether it is fortunate or not. With the concept of wellness – I am actually at a dilemma. Joyce and Kampung Senang has made me think that wellness is from what we see here: that is from beginning, from education, from food, from loving each other and because you care, things get better.

My organisation recently wanted me to form a wellness centre. So I thought: Hey! I have got Kampung Senang. Unfortunately, the wellness centre I was called to form was about anti-aging, aesthetics, about how to look good. Hey! If I know how to look good, look back at Betty, look at Florence, at their age they look 20 years younger. I don’t think anyone of them had any form of supplements. So maybe our sense of wellness has been to add more and more things. Maybe if we look back and go back to what Betty just said: Balik Kampung. We may be able to discover what we really need.
With that in mind, I think we have to re-evaluate how we want to manage wellness. The first speaker mentioned in the morning that nowadays we are managing health care costs. We should not be paying for illness, we should be paying for wellness. But here we are paying for chronic diseases like diabetes, hypertension, high cholesterol, and so on. But we are not willing to spend very much or invest in simple things like symposiums, devoting ourselves to the inspiration that you want to be a vegetarian for one day a week. Or fast for one day a month. These are things that can help us as well.

So I am glad that I have had the chance to be with Kampung Senang for the last 14 years. I hope Joyce still want me for the next few years.

For those who have been with us for the past few years, you will know that Kampung Senang does a lot of things. We may be a bit rojak. But we are very clear that we want to do good to people. Interestingly, I did a Chinese Medicine degree after my Western Medical degree and one of the things I love is how it changed my approach to seeing patients. In the earlier days when I saw a patient with diabetes or hypertension, I would just measure the blood pressure, do a blood sugar and tell the patient to take medicine. And whether the patient was happy or not when he walked out, I couldn’t tell. I was simply discharging my duties. Nowadays because of my training I ask them whether they eat properly, sleep properly, pass motion properly, etc. And I get a lot of feedback like: “I can’t eat properly” or “I couldn’t perform last night”. So now I know we are managing health, managing wellness.

As we move on in life, I really want all of us here with your loved ones who have disease to please remember that it is not diabetes or obesity that is being treated, it is about being well and treating the person. It is not just medicine; it includes diet, exercise, wellness, mental health and the ability to love someone with belief that they will love you back.

I want to thank all volunteers who have stayed with us for the past years. I hope more of you will stay and get more of your friends to join us. If you know someone good, please volunteer them in. With time all us will benefit from this. For myself, I feel I have benefitted more than I have given back to Kampung Senang. I feel that those who volunteer for Kampung Senang will get back more than what they have put in.

With that I thank you.
As Kampung Senang enters into its 15th year of existence, I have come to the realisation of the intimate connection between giving and well-being. What you give - whether it is money, time or effort – does not matter; it is whether you give that matters. It is the simple act of giving that triggers the feeling of satisfaction and joyfulfulness within our consciousness. It also transforms our life energy towards compassion and mindfulness.

So, I would like to sincerely and humbly implore all our friends, members and volunteers to proactively give more and want less so as to uplift our collective well-being and spiritual consciousness to the next higher levels. It will help us shift from a stressful life to a meaningful life and contribute to the creation of a better society. Our material life would also improve.

I am reducing my involvement in the day-to-day operation of Kampung Senang and its social enterprise-Eco Harmony but will continue with my journey of lighting up hope and promoting well-being. The reality is that a lot still needs to be done to bring about a joyful and harmonious society.

In the past 14 years, we have overcome many growing challenges with the support of many well-wishers such as you. Staff, volunteers, donors, members have generously contributed time, money and effort to care for people and the environment. I hope you will continue to do so and rope in your friends, colleagues and relatives in our noble endeavour.

May I express my heartfelt appreciations to all of you. Without you, our mission would not have sustained so well. May I wish every brother and sister inner peace always!

Joyce Lye,
Co-founder,
Kampung Senang Charity and Education Foundation
Kampung Senang is an eco-conscious charity with IPC status reaching out to serve all people regardless of cultural or religious background through compassion-filled charity programs and education on holistic environmentally friendly lifestyles. We are dedicated to the protection of life and our planet. Kampung Senang was established in March 1999 by Joyce Lye, James Low, Dr Swee Yong Peng and their like-minded friends in response to the aging community and the urgent need to reverse global warming.

Our Vision
A world which expresses the essence of Kampung Senang – the Village of Inner Peace: a world where harmony, beauty and unity prevails, where people are inspired to act with gratitude, respect and unconditional love towards life and nature.

Our Mission
To provide compassionate care for people in need, to spur adoption of health enhancing and eco-friendly lifestyles, and to foster harmony within our communities and our planet.
## Honorary Patron Advisor
- Venerable Sik Kwang Sheng
- James Low Kim On (Lama Namdol)
- Joyce Lye Geok Choo

## Board of Management

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<tbody>
<tr>
<td>President</td>
<td>Dr Swee Yong Peng</td>
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<td>Vice-President</td>
<td>Dr Kong Kian Hau</td>
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<td>Honorary Secretary</td>
<td>Dr Koh Tieh Koun</td>
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<td>Honorary Treasurer</td>
<td>Mr Martin Loh Weng Yhin</td>
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<td>Honorary Assistant Treasurer</td>
<td>Ms Tan Lee Cher</td>
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<td>Board Member</td>
<td>Ms Florence Lee Chwee Hoe</td>
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<td>Dr George Martin Jacobs</td>
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<td>Mr Kelvin Chan Weng Fatt</td>
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<td>Board Member</td>
<td>Dr Huang Ding Yin</td>
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<tr>
<td>Board Member</td>
<td>Ms Lai Sheau Wen (Hon. Co-Secretary &amp; EcoHarmony Board member)</td>
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**Giving Hope, Promoting Wellbeing, Caring for People and Environment.**
Kampung Senang’s Board of Management is supported by 5 subcommittees as mandated by IPC requirements. In addition, there is a subcommittee focused on Eco-Harmony, Kampung Senang’s social enterprise. Subcommittee members are drawn from volunteers with expertise in specific domains.
Awards & Recognition

2004

- “Active Senior Volunteer Award” by the Ministry of Community Development, Youth and Sports Awarded IPC Status

2009

- *Long Service Awards (5 & 10 years)* given to 10 volunteers from Kampung Senang by NCSS.

2010

- Awarded “President’s Challenge” grant for the first time.
- Awarded *Silver Prize in the “Community in Bloom”* competition by National Parks Board.

2011

- Awarded Silver Prize Winner in the “Community in Bloom” competition by National Parks Board for our organically nurtured community garden at Tampines.

2012

- Received Platinum Award from the National Parks Board.

2013

- Co-founder Joyce Lye received “Torch Bearer Award” from World Harmony Run.

2005

- Received “Best Volunteer Initiative Award” by National Volunteer Philanthropy Centre. The grant went to the fund the Gift of Good Food Scheme providing holistic support for people affected with cancer.
- Awarded 2nd Prize in “Community in Bloom” competition organized by National Parks Board for our Mini Organic Farm located at Tampines Block 840.
- Received “Good Samaritan Award” from the Rotary Club for co-founder Madam Joyce Lye

2006

- Awarded 1st Prize in “Community in Bloom” competition organized by National Parks Board for our Mini Organic Farm located at Tampines Block 840.

2007

- Received “Unsung Heroes” Award from the Rotary Club for Mr Eugene Tan of the Mobility Aids Services & Training Centre.

2008

- Received “New Non-Profit Initiative Award” from National Volunteer and Philanthropy Centre for *Wheels of Hope* project under our Mobility Aids Services & Training Centre.
1999
- Kampung Senang registered under Charities Act No. 1372 on 16th June.
- Elderly Day Care Centre established.

2000
- Start of Mini Organic Farm.
- Student Day Care Centre opens.

2001
- Singapore’s first Waldorf Playgroup established.

2002
- Clinic offering free Traditional Chinese Medical (TCM) services opens.

2003
- Gift of Good Food Scheme for people affected by cancer starts.
- Learning to Learn Centre for children with special needs commences.

2004
- Full membership of National Council for Social Services (NCSS) granted.
- Whole Child Nurture Centre and Waldorf Kindergarten and Childcare Centre — A preventive healing space for children with grandparents or parents affected by chronic illnesses.
- Holistic Support for People Affected with Cancer (HSPC) Programs launched with NVPC best initiative awards.
- Charity Concert for disabled & cancer patients organised at Kallang Theatre.

2005
- Weekend Mart and Eco-Friendly Kitchen starts.
- Integrated Student Care Centre at our Learning to Learn Centre approved by MCYS.

2006
- Aljunied Holistic Lifestyle Centre and Mobility Aids Services and Training Centre starts.

2007
- EcoHarmony Speakers Network formed.
- EcoHarmony Global Network established as a social enterprise to provide employment opportunities for senior citizens and provide holistic wellness public education programs.

2008
- NCSS renews IPC-status by 3-years and MCYS renews childcare licence by 2 years.

2009
- EcoHarmony launches the annual Holistic Wellness Symposium by inviting leading international speakers.
- Learning to Learn Centre becomes the Family Learning Centre to promote human values and classical ethics to children and parents.

2010
- Set up Rehab facility for elder and cancer patients within Elderly Day Care Centre. This is done jointly with the Tan Chin Tuan Foundation.
- Start annual Human Values essay competition for Singapore’s primary, secondary and junior colleges.

2011
- Become an independent social service arm of Bright Hills-Kong San Phor Kark See.
- NCSS and MCYS renew IPC status for 2 years.
- Veggie Thursday Project launches in Singapore jointly with NUS students and 25 support organizations.
- Boundless Love Collection created from Mrs Lee Kuan Yew’s donated items as appreciation items for sponsors and donors. First Boundless Love Gala Dinner & Exhibition held at Orchid Country Club during Parent’s Day Celebration.

2012
- Community Neurofeedback Services launched during 13th anniversary celebrations by Mr Heng Swee Keat, Minister Of Education.
- “Toward Zero Cancer” Movement launched in July.

2013
- Collaborate with CHUI Huay Lim Club and Towards Zero Cancer Initiative to hold Holistic Wellness Symposium and Boundless Love Exhibition during the 14th anniversary celebration.
- MSF renews IPC-status by 3 years.
Projects, Programs & Services

Wheels of Hope

Kampung Senang Charity & Education Foundation
轻安村慈善与教育基金会
NCSS Membership No: 3004-011/KAM  UEN-S99SS0044C

Day Care Centre for Elderly
护老及日间照料中心
Elders are cared for in an airy and friendly environment much like the Kampung of the good old days. Their program ranges from light physical activities (music & dancing) to singing, painting and coloring. Beds are provided for afternoon naps. There is an ‘Organic’ Farm for those who want to walk or garden. Meads provided are healthy vegetarian fare.

Holistic Wellness Centre — TCM
施医施药服务中心
Experienced homoeopathists, trained Chinese physicians (all volunteers) offer medical checkups, consultations and treatment with Acupuncture and / or Chinese medicines to the needy of all ages.

Organic Farm & Weekend Mart
有机园与周末市场
Our organic farm supplies chemical & pesticide free fruits, vegetables & herbs to seniors, service users and children under our care. We welcome members of the public to our Weekend Mart.

Mobility Aids Services & Training Centre
行动辅助器材服务与培训中心
Repairs, recycles and services wheelchairs, hospital beds, walking frames and other mobility aids. Our Community Partners are Medical Social Workers from various hospitals, corporate and Social Enterprises.

Wheels of Nurture

Holistic Lifestyle Centre & Eco-Friendly Kitchen
身心灵环保推广中心和轻安厨艺坊
Distribution of organic vegetable packs to cancer patients.
Seasalt hydro bath and Natural therapy.
Joint Library with Vegetarian Society Singapore

Whole Child Nurture Centre
青籽心园

Student Care Services
学生关怀中心
Manned by progressive & creative teachers.
We provide a caring and homely atmosphere with organic garden, study room and wholesome organic-vegetarian meals.

Family Learning Centre
家庭学习中心
Brain Enhancement & Energy Therapy

Eco-Harmony Global Network Limited

Website: www.eco-harmony.net
Email: admin@eco-harmony.net
Enquiry Tel: 6749 8509
Wheels of Hope Projects

**Giving Hope, Improving Wellbeing**
Our Wheels of Hope projects encompass 5 charity projects serving lonely elders, needy sick, as well as adults and children affected by cancer or mental deficiencies. Our Wheels of Hope team helps the community by “Giving Hope and Improving Wellbeing”.

**Traditional Chinese Medicine (TCM) Clinic**
Our TCM clinic is staffed by experienced volunteer TCM professionals. Consultations, treatments and good quality medication is provided free of charge to needy people in the neighbourhood.

**Cancer Support for Kids**
aged 3-12 with eye or brain cancer learn about health and foods through videos, cartoons, and hands-on workshops.

**Starseeds Support Group**
for cancer survivors

Towards Zero Cancer works to prevent cancer.
Mobility Aids and Training Centre
In order to reach out to the sick and needy, our Mobility Aids Centre works closely with social workers of community hospitals and Tan Tock Seng Hospital. Today, more than 3000 families are loaning and using our wheelchairs and hospital bed services.

Cancer (HSPC) Support Team
We also do our best to improve cancer patients’ wellbeing by providing organic vegetables or fruits through our Gift of Good Foods Scheme. Our 60 volunteers visit cancer patients every Saturday bearing organic foods, providing emotional support, counselling, and healthy living advice. More than 1,600 cancer patients, young and old, are registered with our Holistic Support for Patients suffering from Cancer (HSPC) Support Team.
Family Learning Centre
Kampung Senang’s members have used neurofeedback therapy to overcome a wide range of afflictions from tinnitus induced migraines, to poor examination performance, and childhood behavioural disorders. Unfortunately commercial neurofeedback therapy services are expensive and out of reach of the average Singaporean.
We are pleased to acknowledge the generous donation of $20,000 from the Patrick Harrigan Foundation to help upgrade the Neurofeedback system software at our Family Learning Centre. The donation also funds the training and certification of 2 Kampung Senang staff in neurofeedback therapy. Kampung Senang aims to make this highly effective therapeutic service affordable to Singaporean heartlanders.

Neurofeedback Testimonial
Daniel used to be easily provoked, hot tempered and had poor focus in his works. Whenever he was asked to do homework, he would throw a tantrum. Getting him to concentrate after he threw a fit was another challenge. He was never able to sit down and complete a task for more than 20 min.
After 15 sessions of Neurofeedback, we see great improvement in his ability to focus. He was able to sit down for at least half an hour and the quality of work greatly improved. With that, comes greater confidence and interest in completing his tasks. He is also able to play with his younger brother with lesser conflict and is always willing to give in.
We have certainly seen how Neurofeedback has done wonders in him

Provided by Wender Sng, Daniel’s mother

Day Care for Elders
Our day care centres for the elderly and students are located next to each other in Tampines Street 82. This colocation provides students and elders the unique opportunity to experience holistic intergenerational care, enjoy healthy organic vegetarian meals, and educational and recreational activities.
Whole Child Nurture Centre
Providing childcare & kindergarten services

Inspired by Rudolf Steiner’s Waldorf educational approach, our Whole Child Nurture Centre (WCNC) uses play as a medium for learning. Play involves the imitation of daily activities and use of rich language. Children are motivated to free play and allowed to make mistakes in their exploration in learning. In the process children learn how to cope with failure and build their confidence in expressing their feelings. Children at WCNC are given healthy organic vegetarian meals.

Whole Child Nurture Centre (WCNC) has also developed a curriculum based on MOE’s recommendations and the Waldorf system and a tool to analyse and identify individual learning needs. Each child’s learning is constantly monitored for alignment with I-TEACH. Numeracy and problem solving, language and literacy, exploring and discovery are integrated in our programs and are delivered through purposeful play. We also stimulate children’s imagination and creativity by using authentic/realistic materials. This year we set up the WCNC parents’ club for parents of past and present WCNC children. It allows parents to share their experiences and make constructive suggestions for improving our child care services.

Student Care Centre

Our student care centre provides a homely environment for students. The centre is equipped with tables for study and cosy corner with sofas. A paid private tuition service is available for parents who desire it for their children at the centre. We are also fortunate to have an experienced volunteer private tutor who gives free tuition to some of our students from low-income families. This year volunteers from the International Nature Loving Association (INLA) conducted a weekly Nature Joyful Exercise program, an exercise form to promote a healthy body and mind through lively, energetic music and meaningful song lyrics about the beauty of nature and beauty of life.
Educational Talks and workshops

The focus of our educational workshops is to drive home the point that disease prevention is the best way to safeguard our health and the security of our families. We teach about effective dietary practices, food preparations, holistic stress management based on current information through talks and hands-on workshops. We reach out to youths in schools to educate the next generations and reach out to the chronically ill to support them back to health. Health experts and governments across the world agree that disease prevention is the best strategy to stem the dramatic rise of chronic diseases globally.
Antioxidant workshop series

Antioxidants in natural foods protect against cell damage and boost our immune system to fight against so many health conditions, including aging and chronic diseases such as cancer and cardiovascular diseases. A high antioxidant diet also helps optimise our performance and saves the Earth. We cover many topics to empower people to better health through regular consumption of easy-to-make antioxidant rich smoothies.

5 Jan.
Antioxidant Preview at Serangoon Gardens Country Club

2 Feb.
Antioxidant 123. The basics

9 Mar.
Antioxidant 7. Weight Control… Naturally

18 Mar.
Antioxidant 123 & Liver Cleansing at Tanjung Sutera

13 Apr.
Antioxidant 6. Diabetes prevention and possible reversal

1 Jun.
Antioxidant 10. Food Addiction

27 Jun.
Antioxidant 123. The basics

13 Jul.
Antioxidant 8. Brain Foods

17 Aug.
Antioxidant 9. Vitality and Special Foods

24 Aug.
Antioxidant Preview at Brahm Centre

21 Sep.
Antioxidant 123. The basics

20 Oct.
Antioxidant and Non-dairy Yoghurt making

9 Nov.
Antioxidant and Guilt-free Ice Creams

14 Dec.
Antioxidant 12. Cancer prevention and possible reversal
Wheels of Nurture Programs 2013

Core Detox & Cleansing Programs
We offer regular weekly and monthly detox workshops to enable individuals to regain health, vitality and inner peace.

**Weekly on Wednesdays:**
Detox and therapy

**Monthly – every first weekend of the month:**
Liver and Gall Bladder Detox

Other talks and workshops
We support courses which are in line with Kampung Senang’s holistic interests. We have collaborated and reached out to many such organisations or individuals. Such synergy and partnership can bring about a better world.

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<td>17 Feb.</td>
<td>Homa Therapy (Level 2)</td>
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<td>14 Mar.</td>
<td>Eurythmy Retreat for parents</td>
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<td>13-27 Apr.</td>
<td>Healing Codes and Zero Limits</td>
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<td>1-29 Apr. (Every Mon)</td>
<td>Primary Kundalini Yoga phase 1, by Guru Pandita Anand</td>
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<td>6-27 Apr. (Every Sat)</td>
<td>Intermediate Kundalini Yoga phase 1, by Guru Pandita Anand</td>
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<tr>
<td>6-27 May. (Every Mon)</td>
<td>Primary Kundalini Yoga phase 2, by Guru Pandita Anand</td>
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<td>4-27 May. (Every Sat)</td>
<td>Intermediate Kundalini Yoga phase 1, by Guru Pandita Anand</td>
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<td>23 Jun.</td>
<td>Eurythmy workshop</td>
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<td>20 Jul.</td>
<td>Miracle in Cell-Gen Water</td>
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<td>Moving Math (for parents and children)</td>
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<td>3-4 Aug.</td>
<td>Ou Yang Ying: Whole Family Health and Detox Camp</td>
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<td>28 Sep.</td>
<td>Neck &amp; Shoulder Pain. Learning First Aid</td>
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<td>8 Oct.</td>
<td>Joyful and Healthy Living (in mandarin, for women) at WINGS</td>
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<td>12 Oct.</td>
<td>Keeping Dreams &amp; Aspirations Alive (English talk) at WINGS</td>
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<td>19 Oct.</td>
<td>I-Shine outreach to Singapore Pools volunteers and the elderly</td>
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11 April.
Nanyang Girl’s High School Assembly Talk

The Green Club invited us to give an assembly talk at which we shared the intimate connection between diet and health. What can we do collectively to encourage a healthy lifestyle? And what are the consequences of not taking action?

15 April.
Singapore Press Holdings: Antioxidant talk and Smoothie demo

160 staff members of SPH attended our “Benefits of Antioxidants” talk and smoothie demonstration. Board member, Dr George Jacobs, gave a talk on “Heart Smart Oil Free Cookbook”. Many delighted audience members later expressed interest in our seminars and Rejuvenation Retreats, as part of our cancer prevention effort.
Wheels of Nurture Programs 2013

Holistic Support For People Affected by Cancer

We actively seek out cancer victims in crisis who are seeking holistic and natural-based solutions. Our aim is to connect cancer victims with information on current practices in the healing arts through workshops and gatherings. We train volunteer counselors to handle home visitations to people who are fighting for their lives.

Starseeds support group: An informal group that includes cancer survivors led by Betty Khoo, author of “Cancer Healed Naturally” Towards Zero Cancer (TZC): A group committed to promoting disease prevention, sharing information for boosting immune systems with the aim of making cancer history by 2050.

13 April.
Kids can share on muesli making and being courageous

20 April.
Kids can share on popiah making

27 April.
Kids can share on smoothie making

11 May.
Kids can share on energy healing

15 May.
Home visitation training for volunteer counselors

18 May.
Starseeds meetup with Dr Priya

29 May.
Starseeds meetup and personal sharings

1 June.
Starseeds meetup sharing with EM demo

6 July.
Starseeds meetup on the cancer industry and ways to boost immunity

21 July.
TZC first anniversary

27 July.
TZC on Sprouting Wellness and salad buffet

31 Aug.
TZC - Holistic Wellness Symposium at Chui Huay Lim

28 Sep.
TZC on the wonders of WheatGrass, Laughter, Salad Buffet and Joint Health

26 Oct.
TZC with Laughter, Rojak Buffet and Bone Health

30 Nov.
TZC with Laughter and Healthy Salad Dressings
Laughter Therapy and Wellness

Laughter is an important and natural therapy for serious health conditions including cancer. It can boost our immune system, relieve us of stressful emotional states, and make us feel good and sociable.

**Aug – Sep.**
- Laughter therapy at TZC meetups

**8-10 Aug.**
- Laughter Yoga at Kampung Senang’s Staff Retreat

**31 Aug.**
- Laughter Yoga at Holistic Wellness Symposium

**27 Oct.**
- Laughter Yoga Certification Workshop

**Retreats**

We organize 5-day retreats in natural locations in the region. These are mind-body-spirit detoxification programmes with the aim of restoring health and wellness through holistic approaches. Detoxification through fasting has powerful healing effects, helps prevent diseases, enhances mental acuity and fosters longevity.

**17 – 21 Mar.**
- Rejuvenate at Tanjung Sutera

**15 – 19 June.**
- Relax Rejuvenate at KTM Resort

**8 – 10 Aug.**
- Staff retreat at KTM Resort

**5 – 9 Sept.**
- Human Values in Action at Dr Art Ong’s school in Thailand

**19 – 23 Dec.**
- Relax Rejuvenate at KTM Resort

**Volunteer Driven Events**

**24 Jul.**
- RI talk on Environment Consciousness

**31 Jul.**
- RI student-volunteers at blk840

**16 Nov.**
- Flag Day
Wheels of Nurture Program for Staff

Feedback on Staff Retreat in August 2013

Jenny Chew, General Manager

Though this is my first year at Kampung Senang’s staff retreat, I can feel that staffs were very happy and learnt lots of information in a fun way. Everyone got to know staffs from other centre by face as well. Overall I would say we have achieved the objective for the retreat. Thank you very much staff retreat working team for the effort putted in. A special thanks goes to Yovi for her selfless help in getting all things ready for us at KTM. She handled our complaints and tardiness admirably and with equanimity.
The retreat has ended, but our journey towards the vision of 7 storey building for Kampung Senang has just started. Let put our brains, hearts and hands together to achieve this goal in the coming years ahead.

Susie Chan, staff at Holistic Lifestyle Centre

Thank you for allowing me, a newcomer to join this retreat. The aim of the retreat was to relax, re-educate, rejuvenate and re-charge with positive vibes. Though many of us come back tired, we were happy and recharged with a brand new hope and vision for Kampung Senang. Retreats are supposed to be fun, interactive, and knowledge enhancing experiences. I believe the retreat met its objective.

Joyce Yeo, staff at Elderly Care Centre

Dear Colleagues who organized this staff retreat, Well done! Wonderful and Fantastic Activities…
Our staff retreat just ended a few days ago and I am already looking forward to staff retreat 2014. After speaking up and listening to all our colleagues say their piece and suggestions, my only wish and hope is that the management heard our suggestions. The next step is that management takes “action” on them and not let all the suggestions just float away and leave them in Batam. We work hard, we must also enjoy and play hard. Maybe if future we can add in “free-n-easy time” on the last day. Thank you very much and have a nice day.
Elaine Low, Staff at Family Learning Centre

Isn’t it wonderful that each of us gets to participate in the preparing food and grow our love for one another by enjoying a healthy barbeque? It was a memorable experience that will remind us to prepare tasty and healthy barbeques for our loved ones back home.

The programme “who am I?” is very important because it helps the management know if they have got the right people to fill the right roles. For me, it helped me to reinforce ‘who I am’ and question myself as to how I can fulfill the ‘who I am’ role in my current job.

Communication games helped me be more aware of how I communicate, how patient I am and what happens when management staff passes down 2 different sets of instructions. I became aware of the need to be a good listener as well.

Do we treat our co-worker as well as or better than our external customers?

Having identified who I am already, then doing the Pyramid is in good sequence because I become aware of how I come together to build the dream. The pyramid shape is known to be energizing, so it is great that it is built on many pyramids.

Now, I realize I always have a choice in front of me: to open the happy door or unhappy door whenever I have to respond.

We thoroughly enjoyed singing positive songs. We, the staff, sang Celine Dion’s “Because you loved me” to Mr. Love, Cassidy Loh/Love and the Organizers, and Cassidy Loh sang back R. Kelly and Celine Dion’s “I’m Your Angel” to us… ha,ha,ha!

Danily Campilan, Staff at Childcare Centre

The retreat was really fun. I have learned a lot about why the workers have miscommunication with each other. It is very helpful for me since I am working as a teacher in Whole Child Nurture Centre. I believe that most of the misunderstandings that teachers and management have are due to miscommunication.

It is actually somewhat difficult for me to communicate with Chinese teachers because I don’t know how to speak Chinese and they don’t speak English either. However, gestures and body languages, which were done also during the retreat, can be used to communicate.

The retreat also helped me to know more about the personalities of my co-workers since we never have the chance to be with each other. It is definitely a good way to build rapport.

I am very thankful to Kampung Senang who organized such a meaningful event.
EcoHarmony: Our Social Enterprise

Why EcoHarmony?

By 2007, Kampung Senang realised that it could no longer rely solely on donations to meet the ever growing demand for its services by the sick and needy. EcoHarmony Global Network (“EcoHarmony”) was set up as a social enterprise in 2007 to meet the challenge of generating a regular and sustainable flow of funds to support Kampung Senang’s educational and charity projects. Board members and volunteers of Kampung Senang contributed $83,000 to EcoHarmony’s initial share capital. As a social enterprise, EcoHarmony is allowed to use 40% of its net income for growing the enterprise and required to donate 60% of its net income to Kampung Senang. Directors of Kampung Senang act as trustees and do not profit from dividends of shares of the social enterprise. Where possible, EcoHarmony makes it a point to employ senior citizens.

What EcoHarmony does

EcoHarmony complements Kampung Senang’s efforts at disease prevention. EcoHarmony’s Holistic Support programmes adopt a preventative approach to diseases and incorporate a full complement of wholesome living practices that include meditation, diet, exercise and voluntary work. These programmes are inspired by the successful efforts of Drs Huang Ding Yin, Caldwell Esselstyn and Dean Ornish at their respective clinics in preventing and reversing chronic diseases. In 2010, Drs Esselstyn and Ornish convinced former US President Bill Clinton to make dietary and lifestyle changes after his 2nd coronary bypass. Nearly all of Kampung Senang’s 70 cancer survivor members who fully adopted the practices of the Holistic Support programmes have managed to remain cancer free.

Activities of EcoHarmony include:

- The Holistic Wellness Symposium is EcoHarmony’s annual flagship event. Now, in its 5th edition, the symposium reaches out to people who want to safeguard their holistic wellness and the wellbeing of all living things on planet Earth. Workshops and seminars on health, wellness, food preparation and holistic living.
  - Rejuvenation Retreats
  - Farm tour to our organic farm
  - Cancer Support and Laughter Therapy
5th Holistic Wellness Symposium: Symposium shows the way to a cancer free world

Set in the state of the art CHUI Huay Lim auditorium, over 400 participants marked the 5th Holistic Wellness Symposium with a resounding pledge to inspire people towards a lifestyle that would create a cancer free world by 2050. Master of Ceremony, Ram (short for Shantaram Jayaram) kept everyone’s energy and spirits up by injecting bursts of Laughter Yoga calisthenics, funny hats, singing and dancing throughout the day-long symposium.

The symposium included specially prepared video presentations by bestselling authors John and Ocean Robbins on the importance of eating the right type of foods for living vibrant disease-free lives.

Speakers Drs Kshitij Nadkarni and Vincent Tan opened the minds of participants to the possibilities of preventing and reversing chronic diseases such as cancer, diabetes, and heart diseases. They attracted an endless stream of questions from the audience members during the Q&A session ~ a sure indicator of the strong interest in the theme of the Symposium: Education for Cancer Prevention and Wholesome Living. Kampung Senang’s President Dr Swee Yong Peng joined the panel to provide contrasting views and opinions while MC Ram provided loving bear hugs to panellists to demonstrate the practical application of the power of love in wholesome lifestyles.

Needless to say, people went away from the Symposium with their minds opened and hearts inspired, with a spring in their steps and a smile on their faces.
A day to give thanks for all the Love we have. 8th of June bustled with activity as Kampung Senang hosted the first part of the 5th Holistic Wellness Symposium 2013 in the afternoon followed by the 14th Parent’s Day Charity Dinner in the evening.

5th Holistic Wellness Symposium 2013 Part I
The Symposium which featured distinguished Guest Speaker, Dr Art-Ong Jumsai Na Ayudhya was graced by Guest of Honour, Nominated Member of Parliament, Ms Faizah Jamal.

Guests were treated to a high anti-oxidant raw fruit smoothie prepared by our volunteers as our esteemed Emcee of the day, Dr. Julia Lim Tze Mien, revealed that she personally benefitted from a 90% raw food diet, losing 20kg in the process. A nutrition slideshow explained the importance of antioxidants and how it could help prevent premature aging. For the health conscious, Kampung Senang runs a regular Antioxidant seminar series at their centres.

NMP Ms Jamal, a strong advocate for preserving Singapore’s natural heritage felt honoured and grateful at being invited as a Guest of Honour. In her opening speech, Ms Jamal spoke about how we can all learn from anyone anywhere. It is important for us to keep an open mind so as to receive the important lessons in life. In closing, she borrowed the speech from Gandalf in “The Lord of the Rings”, which she often reflected upon when thinking about the state of affairs: “I wish none of this has happened, so do we all who live in such times, but it is not for us to decide; it is for us to decide what to do with the time we have”.

Dr. Art-Ong Jumsai Na Ayudhya has had a distinguished career as an inventor, an engineer, an educator, having been involved in a NASA project, and is currently running a school that teaches children how to live in harmony with the world. Speaking on the topic of “Education for Human Values for a Better World”, he gave a rousing speech peppered with personal anecdotes and parables.

Dr Art-Ong first spoke about how happiness was really easy to attain, when we get rid of the “I” and the “Want” in “I Want Happiness”. A lot of unhappiness arises because we take words we hear and things we see, and associate a negative meaning to them. Otherwise, what we hear and see are merely vibrations in the electromagnetic fields that cannot harm us, he said.

In a world inundated with negative messages, Dr Art-Ong encouraged parents and teachers to play an active role in inculcating children with positive human values and thoughts. We need more positive messages in our children’s subconscious system in order to handle the world with compassion and to raise consciousness.

Dr Art-Ong took the audience on a slideshow tour of the Sathya Sai School in Thailand, where he helped to raise consciousness in children. Nestled in the rural outskirts of Bangkok with mountains and rivers in its backyard, the school is fully self-sufficient, growing its own food, and producing its own energy. Teachers teach by example. Universal human values like truth, honesty, love, loyalty, sharing, compassion, courage, and determination are imparted in day-to-day activities.

There is only one Earth. Dr Art-Ong reminded us with sobriety. We cannot afford to lose the place we live in. Thus, the school sought to impart ways of living in eco-harmony and demonstrated that not only it is possible, but doable.

*The Symposium closed with a rousing, energetic and lively Nature dance led by the International Nature Loving Association (INLA) which all guests and volunteers participated in. The INLA expresses the concept of a “Harmonious World” through Nature Loving songs, dance and joyful exercise. Thereafter, the guests adjourned to mingle and visit the various booths from the various interest groups.*
Social Enterprise Activities

**Food Preparation Workshops**

These workshops offer healthier alternatives of everyday foods and help people transition to healthier lifestyles. These are fun hands-on bread making without using artificial preservatives, colourings or flavourings. Target audience are household members who cook for the family.

- **6 Jan.**
  Organic Tibetan Bread making
- **13 Jan.**
  Rye Bread making
- **20 Jan.**
  Salad Dressings
- **27 Jan.**
  Fruit Spread Making
- **3 Feb.**
  Wholesome Steam Bun making (beginners)
- **24 Feb.**
  Italian Bread making
- **3 Mar.**
  Mighty Multi Grain Bread making
- **2 Jun.**
  Grains and Breakfast
- **23 Jun.**
  Organic Tibetan Bread making
- **30 Jun.**
  Organic Steamed Buns
- **7 Jul.**
  Bagel making
- **28 Jul.**
  Wholemeal Bread making
- **4 Aug.**
  Fruit Spread making
- **18 Aug.**
  Salad Dressings
- **25 Aug.**
  Fruit Fermentation
- **1 Sep.**
  Rye Bread making
- **15 Sep.**
  Organic Steamed Bun making
- **22 Sep.**
  Bagel making
- **29 Sep.**
  Italian Bread making

**Farm tours and Weekend mart**

Kampung Senang’s organic farm in Tampines produces lots of delicious vegetables and herbs. We host regular guided farm tours in which visitors (who include families and organisations) can learn about local vegetables, herbs, spices, and medicinal plants. Visitors can also sample a vegetarian lunch made of home-grown organic greens and purchase organic vegetable from the weekend mart.

- **4 May.**
  Sisters from the Franciscan Missionaries of Mary (FFM) going green
- **25 May.**
  Gardening workshop for Vegetarian Society (Singapore)
- **3 Nov.**
  Green interest for parents
- **28 Dec.**
  Balik Kampung
This year’s Boundless Love fund raising exhibition was held at the CHUI Huay Lim Club as part of Kampung Senang’s 14th anniversary celebrations. The exhibition featured attractively framed collectibles of articles previously owned by the late Mrs Lee Kuan Yew, art pieces and calligraphy by renowned Singaporean, Chinese and distinguished Buddhist monks.

Minister of Education Heng Swee Keat graced the opening of the Boundless Love exhibition on the 31st August 2013.

A net amount of $44,113 was raised during the 14th anniversary celebrations and week-long exhibition.
“Boundless Love” collection items continue to be our gratitude gifts for donations above $3000
A BIG Thank You to all our corporate & individual donors/supporters

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And many others who we are unable to name due to limitation of space
Donor, Volunteer and Supporter Appreciation

We are very grateful that many of you came forward once again this year to contribute, motivated by the desire to make an impact in our community and environment. Your contributions of precious time, effort and funds have helped to strengthen our sense of global community and our human compassion. Be assured that your contribution, no matter how small, makes an impact in the lives of fellow human beings. Your caring gives hope to those who are lost, who feel forsaken, and whom society deems to be the least. It increases the feeling that someone cares about them in the midst of their daily struggles and gives them courage to overcome daunting challenges. Your caring helps many families find a pathway out of the gloom of distress and illness.

As volunteers, sponsors and donors, you are helping to change the lives of people across the country and helping to shape a more compassionate and sustainable society.

You have been very generous and gracious in supporting, sponsoring and volunteering for our charity. We could not do this without you, each and every one of you. We are grateful and proud to have you as our volunteer, donor and supporter.

And so please accept our heartfelt thanks and appreciation for your contributions.

Community Partners of Kampung Senang

- Agri-Food & Veterinary Authority of Singapore
- Centre for Inner Studies Singapore
- CHUI Huay Lim Club
- Credit Suisse Bank
- Franciscan Missionaries of Mary
- International Nature Loving Association (INLA) Singapore
- Nanyang Girls’ High School
- Raffles Institution
- Singapore Pools
- Singapore Press Holdings
- Sathya Sai School (Thailand)
- Seletar Golf Club
- Warren Golf & Country Club
- Vegetarian Society (Singapore)
- Social workers of Tan Tock Seng Hospital & Thye Hua Kuan Community Hospital
- Tampines/5RCs
- Macpherson RC Zone one
- Geylang East Home for the aged
- Women’s Initiative for Ageing Successfully (WINGS)