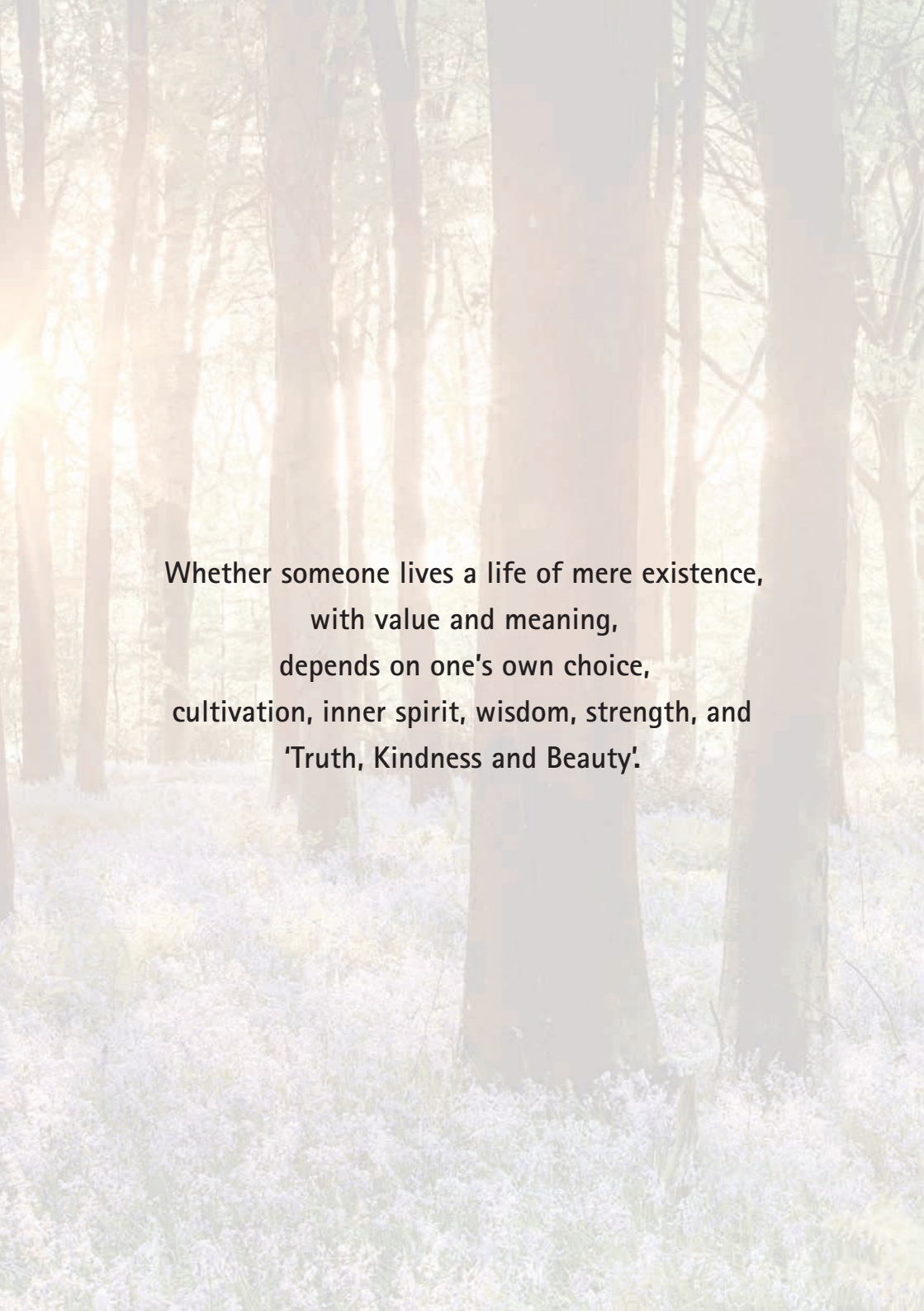




# Cherish This Life: A Thanksgiving

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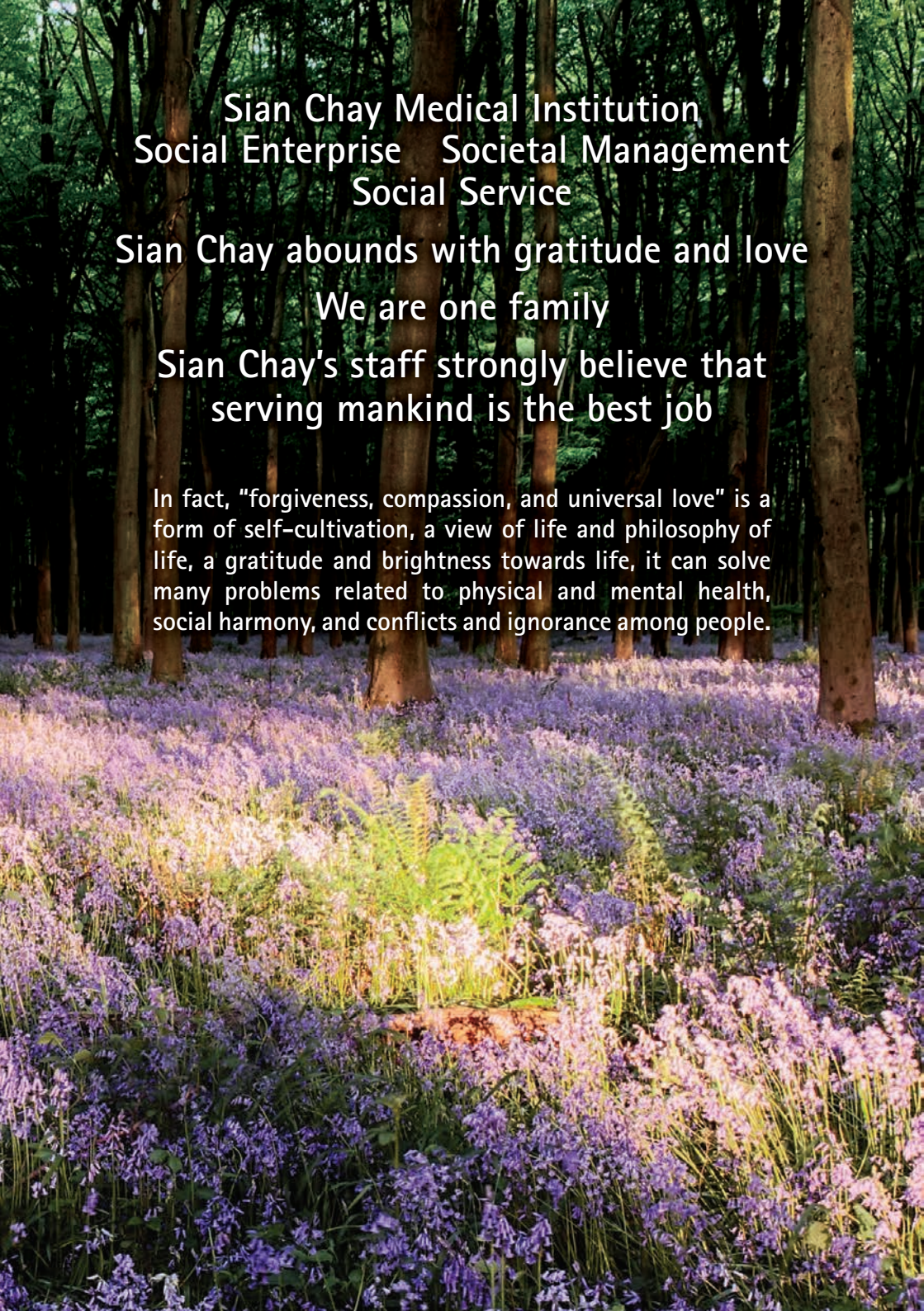
**Toh Soon Huat** JP, BBM(L), PVPA



Whether someone lives a life of mere existence,  
with value and meaning,  
depends on one's own choice,  
cultivation, inner spirit, wisdom, strength, and  
'Truth, Kindness and Beauty'.

A photograph of a forest floor covered in a dense carpet of purple flowers, likely bluebells. The scene is illuminated by soft, golden light filtering through the trees, creating a warm and serene atmosphere. The text is centered in the upper half of the image.

Forgiveness  
Universal Love  
Compassion  
Gratitude  
Blessing



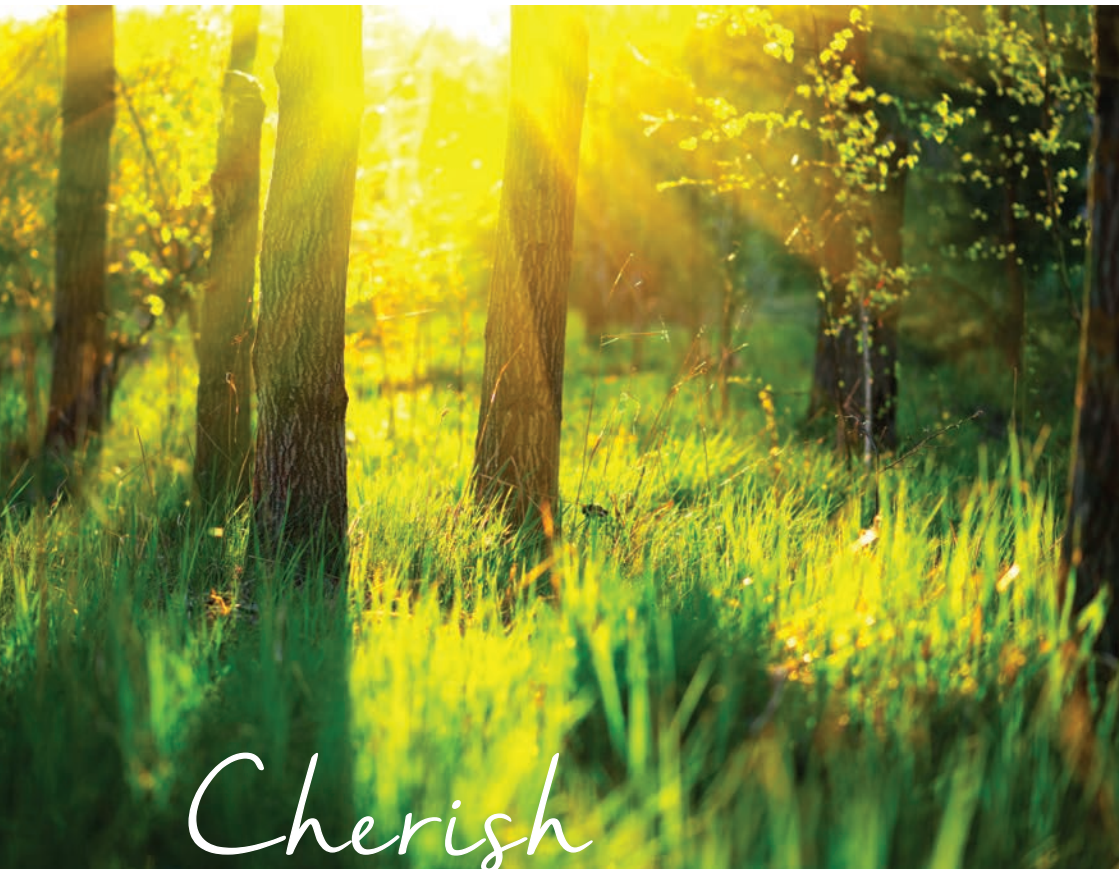
Sian Chay Medical Institution  
Social Enterprise Societal Management  
Social Service

Sian Chay abounds with gratitude and love

We are one family

Sian Chay's staff strongly believe that  
serving mankind is the best job

In fact, "forgiveness, compassion, and universal love" is a form of self-cultivation, a view of life and philosophy of life, a gratitude and brightness towards life, it can solve many problems related to physical and mental health, social harmony, and conflicts and ignorance among people.



*Cherish*

**What You Have**

National Library Board, Singapore Cataloguing in Publication Data  
Name(s): Toh, Soon Huat.  
Title: Cherish this life : a thanksgiving / shared by Toh Soon Huat.  
Description: Singapore : Lingzi Media Pte Ltd, [2022]  
Identifier(s): ISBN 978-981-4992-14-5  
Subject(s): LCSH: Conduct of life. | Gratitude.  
Classification: DDC 158.1--dc23

PUBLISHED BY

**Lingzi Media Pte Ltd**  
48 Toh Guan Road East  
Enterprise Hub #06-106  
Singapore 608586  
Tel: 65-6293 5677  
Fax: 65-6293 3575  
Email: [info@lingzi.com.sg](mailto:info@lingzi.com.sg)  
[www.sgchinesebooks.com](http://www.sgchinesebooks.com)

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DESIGNED BY

**Lingzi Media Pte Ltd**

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**ISBN 978-981-4992-14-5**

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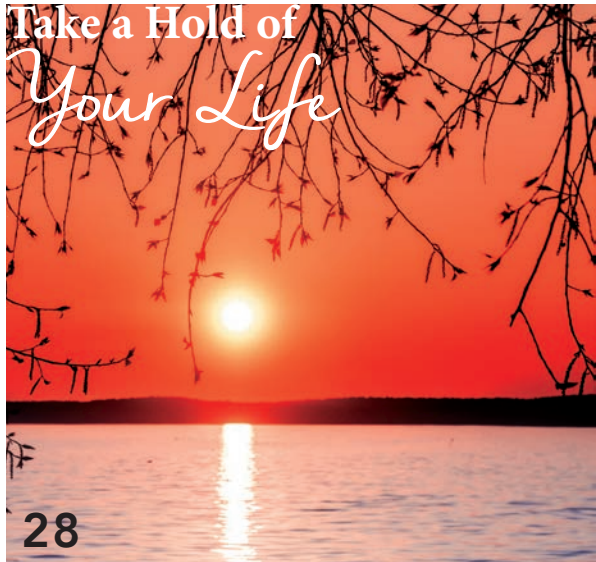
Printed in Singapore

# Cherish This Life: A Thanksgiving

*Shared by*

**Toh Soon Huat** JP, BBM(L), PVPA

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A Thanksgiving



*Cherish*

Now



Life is but a fleeting moment,  
so cherish it as you go.



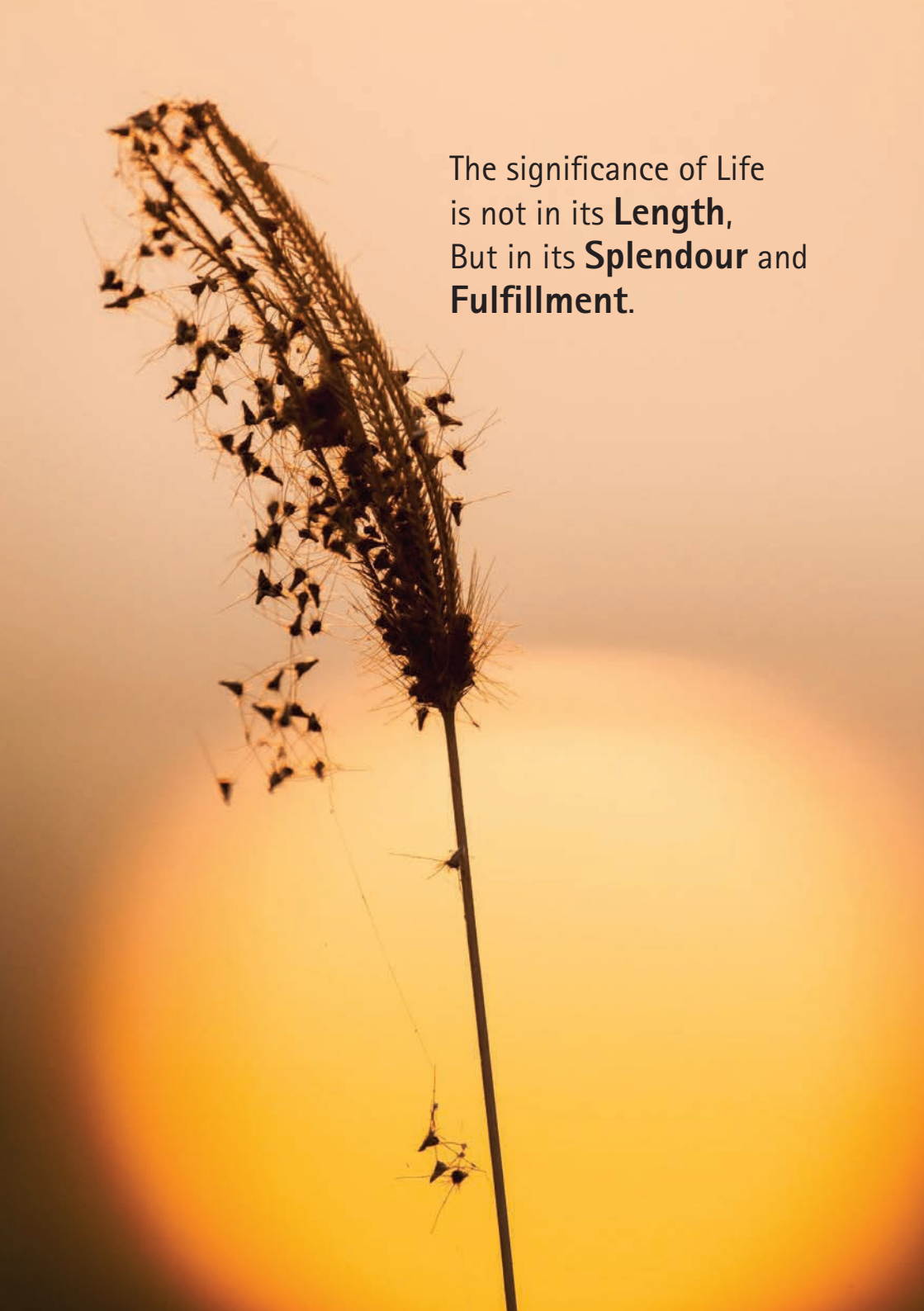
- ☀️ A heart of virtue, kindness, beauty, mercy, and righteousness is the LIGHT, the TRUTH, the positive energy on the right path. It rises above all else for all time.
- ☀️ With promise comes responsibility, not avoidance, only fulfillment.
- ☀️ The greater state of being is out there, there's no free lunch, no easy way out. It is a sophistication beyond this "level".
- ☀️ Glamour and Beauty on the exterior is transient. Cultivation and knowledge deep inside are ever-lasting. Do not, for the sake of the short-lived glamour, give up on ever-lasting glory.

Money is a necessity in Life, not the whole of it.  
Do not relinquish the Light of Life for money.

- ☀️ Giving Alms<sup>1</sup>: The gift of wealth; The gift of teachings/knowledge; And most importantly, The gift of courage to be fearless.

---

<sup>1</sup> Giving Alms (or Dāna in sanskrit or 布施) in Buddhism culture comes in 3 types according to traditional religious teachings 财布施, 法布施, 施无畏 from Mahaprajna Mita Sutra 《大智度论》 "Great Treatise on the Perfection of Wisdom".

A close-up, low-angle shot of a single grass seed head, likely a foxtail, silhouetted against a bright, warm sunset. The background is a gradient of orange and yellow, with the sun's glow creating a soft, hazy atmosphere. The grass seed head is the central focus, showing its intricate structure of many small, dark, pointed seed heads. The stem of the grass is thin and extends from the bottom towards the seed head. The overall mood is contemplative and serene.

The significance of Life  
is not in its **Length**,  
But in its **Splendour** and  
**Fulfillment**.



The **Path**, is our own choosing,  
The **Fate**, lies in not knowing.

- ✿ Those that harm you, those that break you, are here to transform you, to test you and to elevate you, "they are destined to come by Yuan"<sup>2</sup>, "there is no good and evil", in the end it is all up to one's refinement, behaviour and moral practice, to stand the test of wisdom, and to challenge your outer limit and inner self.

What is missed will be missed, (without Yuan)  
Things taken by force, will never last,  
From which you will never  
receive true joy and happiness.

- ✿ With Bodhi<sup>3</sup> in your heart, Evil thoughts depart.
- ✿ One will stay true to one's nature. A leopard cannot change its spots. It is not up to him/her. It simply cannot be done. Do not wish for the impossible.
- ✿ Life is never constant. Life is full of disappointment. Being stubborn is foolish. So, let go, and be freed.
- ✿ Sweet are the fruits of labour, harvest is upon us. Calmly looking back now, only smoke remains. Grin and bear it, make good affinity with all. Keep your choices wise, and let the burden fall.

---

2 Yuan 缘 (fated coincidence) is a traditional concept in Chinese and Asian societies describing good or bad chances, and potential relationships. It can be loosely translated as "destiny" and is comparable to the concept of Karma in Buddhism.

3 Bodhi 菩提 Sanskrit for Enlightenment or Awakening, also the name of the sacred Fig tree under which Buddha sat and achieved his Enlightenment.

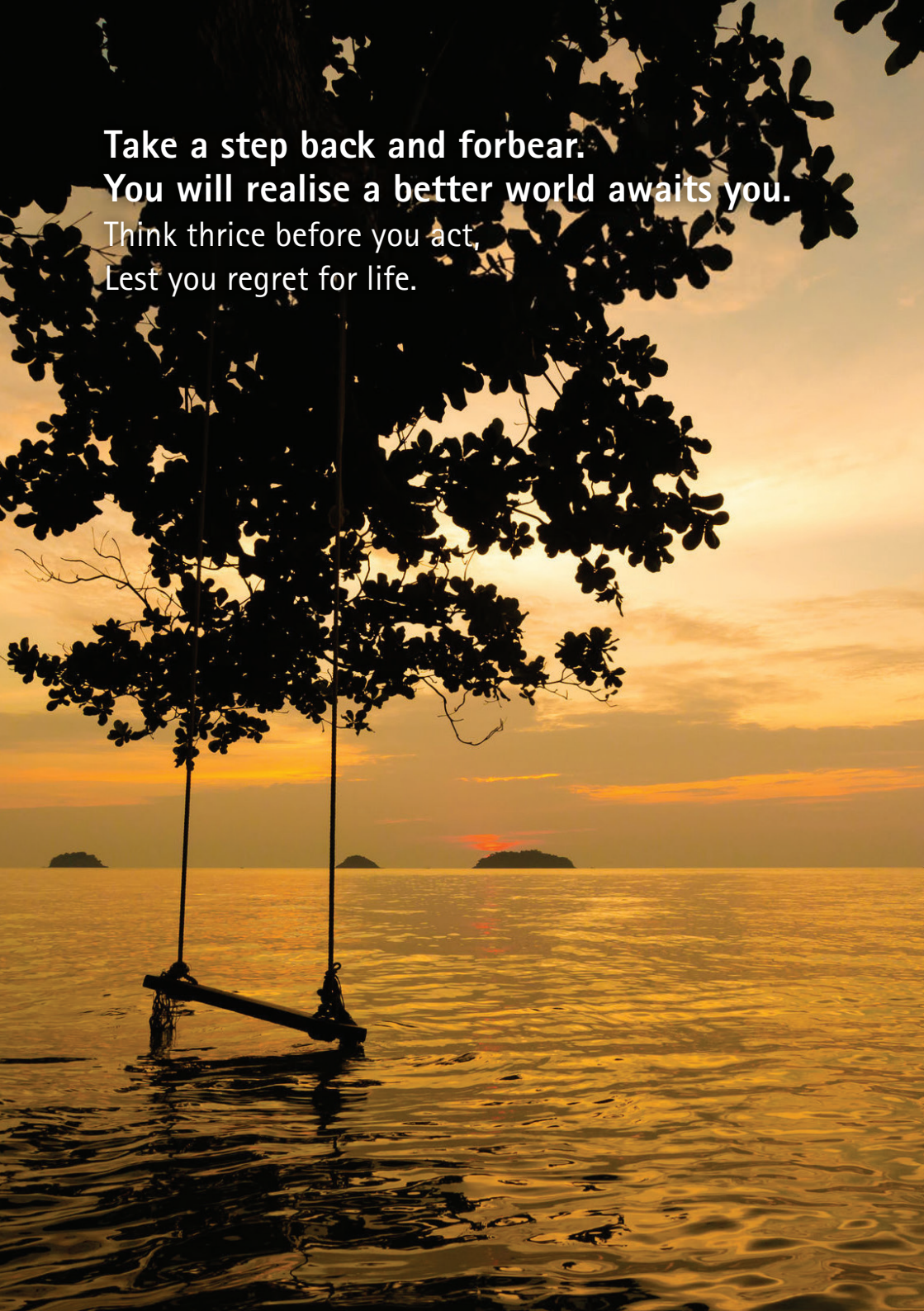
- ☀️ Compassion is the principle of Life. Do not haggle over every ounce.
- ☀️ All the right and wrong, good and evil. There is no need to debate. Over such, you must not fixate. Give it a little time. Only time will tell. The outcomes await.
- ☀️ Heaven is always fair. Karma is the rule. Fate is the law and all should be aware.
- ☀️ Nothing stays with you forever, except your own Karma. Keep a moral heart, speak kindly and perform good deeds. Do not cause misfortunes with your words. They are good for no one.
- ☀️ You can never find reason with fate or fortune, but Karma, which is always crystal clear.
- ☀️ To show mercy is benevolence. It is devotion and dedication towards joy and fortune. It contributes towards a harmonious society too.

All Lives start and end the same,  
One only possesses the journey in between.

- ☀️ Time of opportunity comes from one's fate and fortune. You cannot be obsessed nor insist upon it, and you cannot make demands of it.

When a fated encounter **(Yuan)** sailed past,  
time will move on. It calms and settles at last.  
**Just let it be.**



A photograph of a sunset over the ocean. In the foreground, a tree branch with dark leaves hangs down, and a wooden swing seat is suspended from it, partially submerged in the water. The sky is a mix of orange, yellow, and light blue, with the sun low on the horizon. The water is calm with gentle ripples. In the distance, there are silhouettes of islands or landmasses.


**Take a step back and forbear.**  
**You will realise a better world awaits you.**  
Think thrice before you act,  
Lest you regret for life.

- ✿ A heart of kindness, brightness, virtue, has an omnipotent presence. It gives out immeasurable Light and brightens all around us.
- ✿ "Great Truths are always simple." Simplicity is the principle. Simplicity is happiness. Simplicity is self-cultivation. Simplicity is wisdom. Simplicity is the Light.
- ✿ Find a balance between emotion and reasoning, to be able to solve the issues at hand, and stand trial in the process. You will indeed benefit and improve your Life. Therefore, you will gain happiness in the end.

The Promise comes with the fated affinity (Yuan).  
How to make promises come true,  
when fate (Yuan) has gone past?  
If you do not cherish this fated affinity (Yuan),  
it will be gone and missed, it will never return.

- ✿ If the fated affinity (Yuan) comes to me, I shall fight for it, and cherish it.
- ✿ "To yield is not admitting fault", bow down, learn to be flexible, learn to appreciate, learn to respect, learn to interact, learn to cherish. Such is wise indeed, a person of wisdom.
- ✿ The most ideal state of Life, is being balanced and quietly calm.





Let go, let go, you must let it go,  
Only by letting go,  
Can you bring it back again.

- ✿ In this world, though good men are plenty, they are quite far away from me.  
I have persisted and persevered, never given up, not for a single moment. I have always held myself to Truth, to the Light, to the positive energy and "Truth, Kindness and Beauty"<sup>4</sup>. ( The perfection of virtue)

## Why insist on this petty selfishness and ego? Is being in life really so shallow and ignorant?

- ✿ Real is simply real, fake is simply fake.  
The real cannot be "fake", and vice versa.  
Enjoy and appreciate the real and a honest person's character, his style, taste and his finesse.
- ✿ Parents love with all their heart, this is only natural.  
Their hearts are filled with compassion.
- ✿ Others have no reason nor starting point to help you, when you are not sincere, not attentive and give only half-hearted efforts.
- ✿ If you cannot adhere to "Truth, Kindness and Beauty", and cannot serve the common good towards a symbiotic fortune, then do not harm the environment, disrupt the calm and peace for your own selfish interests and desires. It will be beneficial to no one in the end.

---

<sup>4</sup> "Truth, Kindness and Beauty" 真善美 refers to the most ideal state of humanity, or the natural state of human spirit and morals, a perfection of virtue. Used extensively in literature around the world.

- ☀ "One can be firm and virtuous when he has no selfish desires".  
One is most respectable when he is not in need.  
One is most honoured when his vanity is gone.  
Do not fight or haggle over such matters,  
"Go with the flow, Take things as they come."
- ☀ A family living together without quarrel or fights, enjoying life with contentment and living a simple, healthy life in safety, this is happiness.
- ☀ Charity requires one's maximum potential, not half-hearted effort, always do more, and do not neglect the minor tasks.
- ☀ Charity is given without any regret, just a little hopeful, for a little gratitude.

To achieve Truth, Kindness and Beauty,  
There is no shortcut, no free meal, and  
you can never get there by pretty words alone.

- ☀ Truth, Kindness and Beauty, a charitable heart of Thanksgiving.  
Be merciful, give alms of wealth, of knowledge, with courage,  
build this world of Great Harmony, of encompassing love, of  
symbiotic fortune.  
"It is born from the heart, it stems from kindness",  
Compassion saves the world, the world saves with compassion.  
(Sian Chay)<sup>5</sup>

---

5 Sian Chay 善济 in Chinese literally means "saving, helping or giving with kindness and compassion" the world.

- ☀ No fear of giving, for the sake of benevolence, and saving of lives. "Keep on going, even if one has to kneel and crawl".
- ☀ Everyone ages. It is normal. It is only a natural process of Life. It is the learning and distilling of Life. Keep a wonderful memory of the past, with one's youth and beauty. Make life more meaningful and practical, more splendid and valuable.

To know what's important and what's not,  
release your burden.

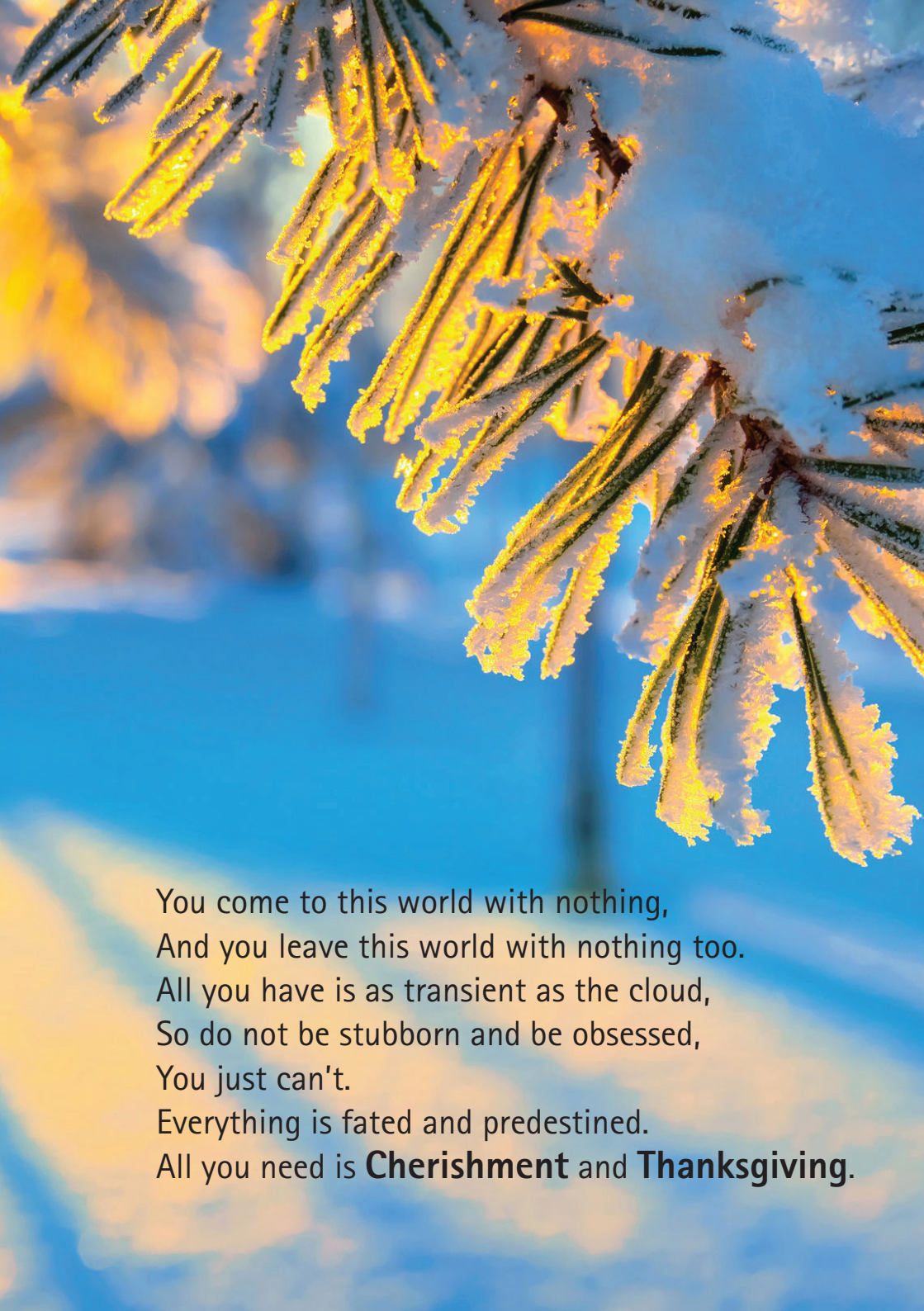
Goners be goners, keepers stay keepers.

"This is wisdom".


- ☀ Life is not a dream, wake up from it, you must. Kindness brings you to Light, be grateful in your heart.
- ☀ Donation is an act of kindness. Charity with Compassion takes much more effort and more kindness and more devotion and more gratitude, more shouldering of responsibility.
- ☀ "The world unites after a lengthy split; it does the opposite after prolonged unity." Make some space for time to work, give future a chance, one should not be stubborn, and hold onto a misguided course, especially, avoid "Greed Hostility and Ignorance"<sup>6</sup>.

---

6 Greed Hostility and Ignorance 贪嗔痴 these are the "three poisons" in Buddhism, the negative forces affecting human lives.



You come to this world with nothing,  
And you leave this world with nothing too.  
All you have is as transient as the cloud,  
So do not be stubborn and be obsessed,  
You just can't.  
Everything is fated and predestined.  
All you need is **Cherishment** and **Thanksgiving**.



If you do not understand something,  
**Take your time to observe,**  
You will understand, after a while.  
If you are unclear about what to do,  
**Take your time to find out,**  
You will find out, after a while.  
Everything will have its answer,  
so make some space for time.

- ✿ On this journey through Life, having a clear conscience, being kind, sincere and charitable, will always put your heart at ease and justified. It will always bring you Light and positive energy, it will always be Good.

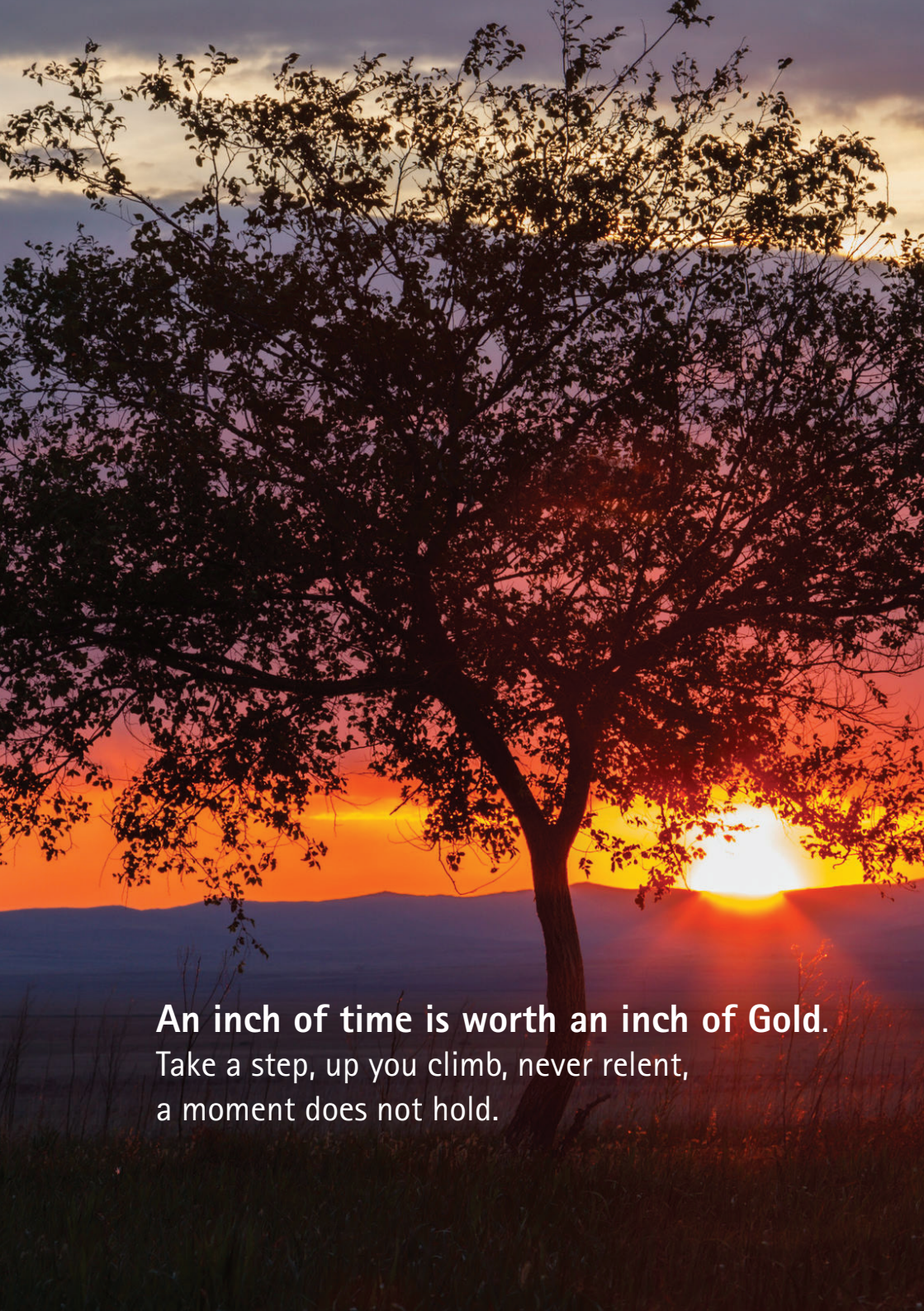
As one gets older, it is important to know that "happiness lies in contentment". And one must learn the same, when they are still young.

- ✿ To possess a lot without receiving any blessings, but only illusions and false appearances, they are of not much use.
- ✿ Sian Chay is a TCM organisation helping the weak and poor in our society, taking away their sickness and pain, to create happiness in their lives. But we are so much more than that. We actively promote the five main core values of Sian Chay: Forgiveness, Compassion, Universal Love, Gratitude and Blessing. We also contribute by working hand-in-hand with the infrastructural development of our nation and Sian Chay's beliefs: Nation Progresses, Family Prospers, Family Harmony, Successful Endeavours. Forward with the Nation, Bonding with the People. We strive to promote compassion and providing convenience, giving others hope and confidence. When one takes from society, one should give back to the society, this is our righteous path of light, and our positive energy.

- ✿ Ignorance is bliss "I am not stupid really, it's just an act." Do not use your cleverness to insult the wisdom of others, do not take others as fools and forsake your own path of Light.
- ✿ Whenever there is disappointment or dissatisfaction in Life, you can laugh it off, move on. That is the refining of character, an elevation to a higher state of being, it is a Light of Life.

## Death is an end, and a new beginning too, Cherish the space you are given when alive.

- ✿ Life was "born out of nothing" originally, it is always uncertain, bounded by the law of causality. "It is unpredictable, beyond one's expectation", being kind and virtuous is the only right path.
- ✿ Be thankful for the existence of Life, its value, potential and meaning too. What matters is forgiveness, compassion, universal love, gratitude, devotion, contribution, blessing, responsibility, relief and acceptance.
- ✿ Gone with the old, in with the new.  
It will be a bright tomorrow, it will be a better tomorrow.  
Just shoulder the burden for now, do not hold grudges and complain.
- ✿ A Hero is a Hero, regardless of his origins.  
Compassion is his foundation, and responsibility is his roots.



**An inch of time is worth an inch of Gold.**  
Take a step, up you climb, never relent,  
a moment does not hold.

Time flies, like the speed of an arrow,  
Another day passed, another day less.  
Cherish the fortune of life,  
With compassion, forgiveness and gratitude.  
Cherish every second, every minute and every day.

- ✿ Compassion has no place for stubbornness.  
Being compassionate is knowing what really matters.  
Take charge and contribute, be selfless always.
- ✿ If you are unclear at this moment, do not argue unreasonably with arrogance, do not make things up. Time will prove everything and show you the outcome eventually.
- ✿ Without faith and compassion in one's heart, without gratitude and sense of Justice,  
"No amount of teachings and studying will be enough".
- ✿ Ignorance is bliss. To keep a low profile is great wisdom.
- ✿ We talk about love everyday,  
how many actually know love?  
We show our gratitude everyday,  
how many actually give?  
We study and learn everyday,  
how many actually improve themselves?  
We accept and promise everyday,  
how many actually take responsibility?  
We admit our mistakes everyday,  
how many actually make changes?

- ✿ "True Wisdom" defeats all forms of cleverness.
- ✿ The more you complain and blame, the more jealous you will become, the more you indulge and compare, the more desires you will possess.  
The more you hate, the further you will be from health and longevity, joy and happiness.
- ✿ There are different meanings, definitions and the true value of success. Do not spend too much effort to pursue superficial rankings, positions and extreme vanity. More emphasis should be put on virtue, justice, responsibility, gratitude and the spirit of reciprocating.

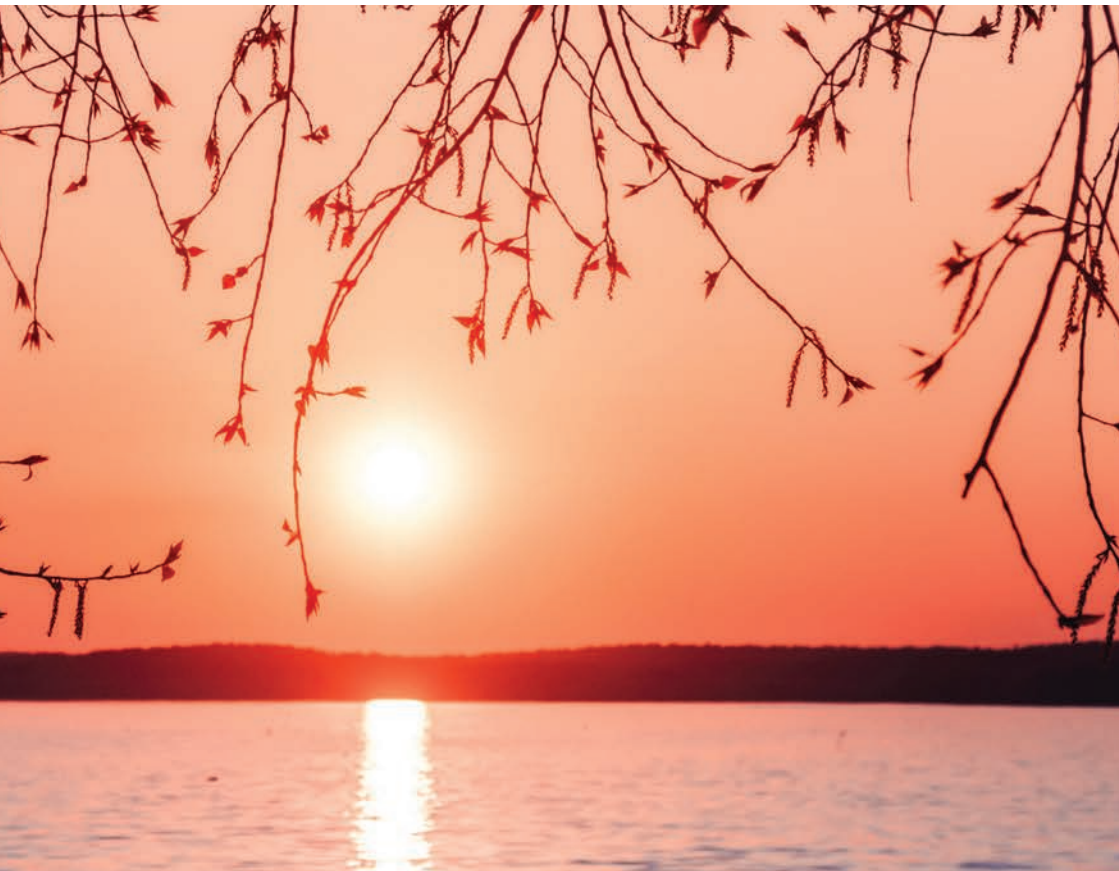
Learn to forget that which you should not remember,  
Learn to remember that which you should not forget.

- ✿ The past is in your possession, the future is undetermined, when you possess it but do not enjoy it, what is left is only a dream.
- ✿ Forgiveness, empathy, universal love and compassion are practices of refinement. A benevolent compassion, unlimited giving with no expectation, it is an absolutely high moral and virtue standard, it is also a good life practice.
- ✿ To gain the respect of others does not come free. Respect is a learning process, a positive energy, an acquired knowledge, a practice of sophistication, it does not come easily.

Cherish This Life:  
A Thanksgiving



Take a Hold of  
*Your Life*



Life is incomplete,  
Without Gratitude.



- ❁ Yuan<sup>1</sup> begins and Yuan grows, Yuan grows and Yuan ends.  
It could be Yuan, it could be not, it could not be Yuan,  
but it could be.  
Good Yuan may not be so, bad Yuan may not be so too.  
In the beginning there is nothing, there is nothing,  
in the beginning.  
Whatever will come, will come, whatever will go, will go.  
You cannot win anyone's heart.  
All appearances are unreal, unreal are all appearances.

Misfortune comes out of the mouth,  
Sickness goes in through the mouth.  
Misspeak you will for sure, by over talking,  
Harm yourself you will for sure, by over-eating.  
Just have enough, enough is good enough.


- ❁ Being charitable, making donations, devotions, commitment and compassion, they all lead to wisdom, they are a blissful reward. "Practise bliss and wisdom", do not be afraid or nervous, as "highest virtue carries and tolerates all beings".

---

<sup>1</sup> Yuan 缘 (fated coincidence) is a traditional concept in Chinese and Asian societies describing good or bad chances, and potential relationships. It can be loosely translated as "destiny" and is comparable to the concept of Karma in Buddhism.

A vibrant autumn scene with falling orange and red leaves against a bright, hazy sky. The leaves are in various stages of fall, with some showing deep red and others bright orange. The background is a soft, glowing light, suggesting a bright day or a sunset. The overall mood is peaceful and nostalgic.

Losing something brings about other possessions,  
now you have **naturality, freedom,**  
**flexibility, and simplicity.**



How many flowers wilt, I wonder  
When does it bloom again, I wonder.  
If **one is sincere,**  
**new blossoms will appear for you.**

- ✿ With true sincerity, a long story does not matter, old age does not matter. Simple words have deep meanings, and they are truly refine.

Please cherish living this life,  
it happens almost by accident, and  
departs just as unpredictably,  
With it, comes joy,  
With it, brings pain.

- ✿ Without gratitude for the source of benefit, without reciprocation for the gratitude, without compassion, without commitment, life has no way to express its value, meaning and existence, life must be a blank then.
- ✿ Peace, good health and longevity are the highest state of being, one cannot insist and make demand of it, there is no easy way to get there.  
"Bliss and wisdom practice".  
"One's virtue and talent must correspond to his position".
- ✿ "Charitable acts" and "Compassionate Charity", are two different matters, different in level and realm.  
Charitable acts are casual, they come and go as they please. "Philanthropy" is a committed responsibility without choice or preferences.

- ✿ Rather than being arrogant, and unreasonable, why not draw on collective wisdom and create good affinity and relationship with more people.
- ✿ One can buy status and position with money and power, but one can never buy wisdom, self-cultivation, inner depths, compassion and dignity.
- ✿ Be compassionate, do not be proud and egoistic. Give a chance today, in case you meet again in the future.
- ✿ When something is false, it can't stay false for long with continuing and false appearances, when something is real, it will stay true for eternity, with sincerity, elegance and refinement, never by bluffing.
- ✿ To retire at the height of one's career, it is a level of finesse, it is wisdom, it is compassion, it is a higher state of being, it does not come easily.

To be able to live a healthy and joyful life,  
and have a clear conscience, this is happiness.

- ✿ Have gratitude in your heart, have compassion in your heart, have charity in your heart, "Truth, Kindness and Beauty" are the perfection of ideals, have a great affinity with all people, giving alms with wealth, with knowledge, and most importantly, be courageous and fearless.



The passage of **Life**, every bit of it,  
is a **trial** and **experience**.

The aftertaste is worth pondering indeed,  
"the ups and downs", "**sweet and bitter**",  
they too, are the value of Life.

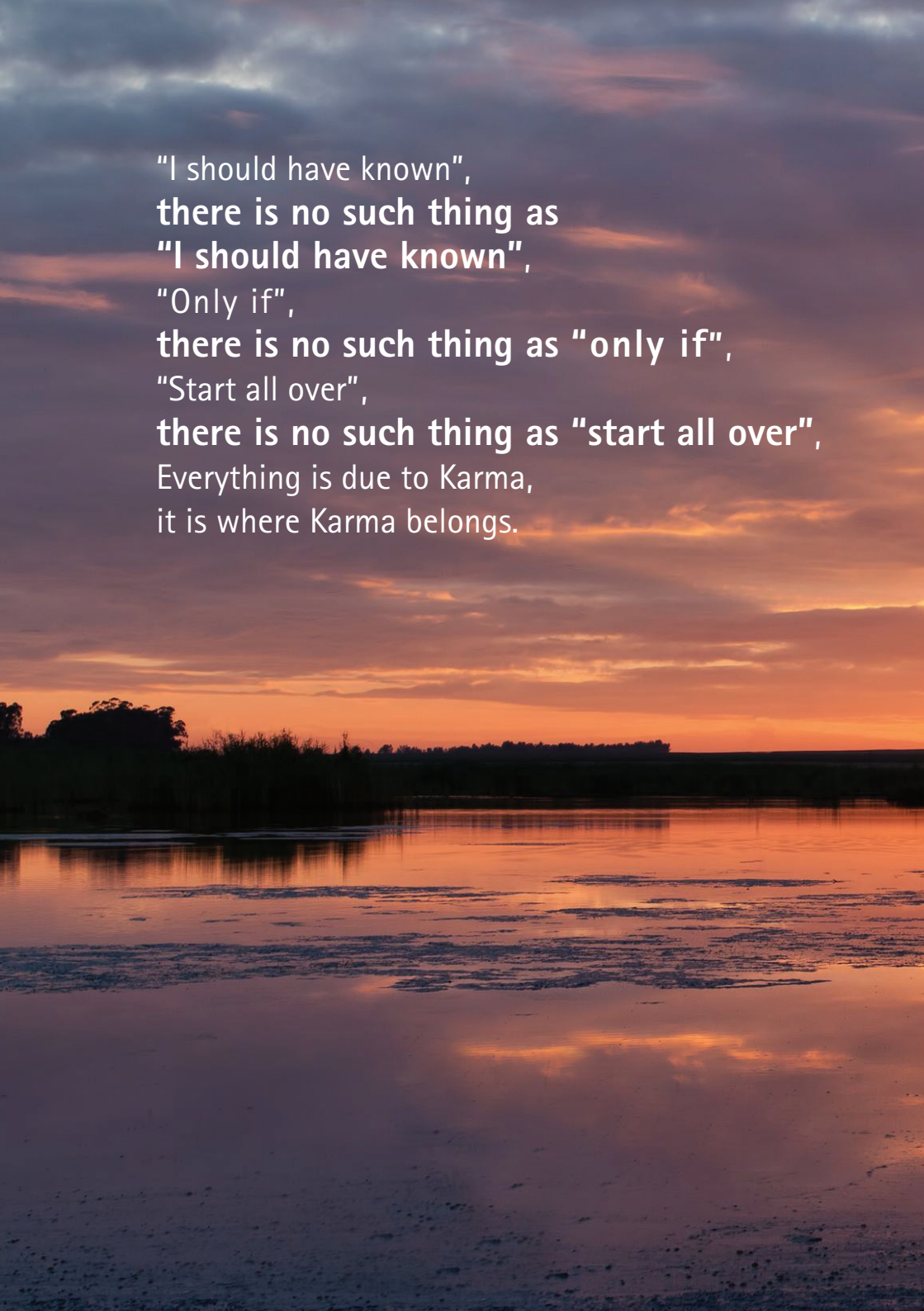


To achieve balance is a **higher state of being**,  
To achieve ordinary simplicity, is **happiness**.

- ❁ Life is a spiritual training, life is an undertaking.
- ❁ Being kind to a kind person, is to bring kindness to your own compassionate and forgiving heart.

Speak your mind now, do not wait,  
When the chance slips away,  
Words shall never get spoken.

- ❁ One did not wish to go, one had hoped to stay,  
It is so unpredictable, and when one has to go, 'Yuan' is over at that time.
- ❁ Blessing is visible, virtue is inside.  
It is not sustainable with only blessings but no virtue, only when you have both, you can obtain fortune and wisdom, and receive fulfillment and reward for life.
- ❁ It is much better to know right from wrong, than to criticize what is right and wrong.
- ❁ The forcefield in the business world is like magnetism, it could be harmful and hurtful to others. The forcefield in charity is one of compassion, it is an absolute fulfillment.
- ❁ The same element can bring you success or failure, the difference is in a split-second, it is unnecessary to be obsessed and fixated on it, you simply can't.

A sunset over a body of water with a forest silhouette in the background. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The water reflects the colors of the sunset, and the forest on the horizon is silhouetted against the bright light.

**"I should have known",  
there is no such thing as  
"I should have known",  
"Only if",  
there is no such thing as "only if",  
"Start all over",  
there is no such thing as "start all over",  
Everything is due to Karma,  
it is where Karma belongs.**



Just calmly take on the trials, cultivate in silence,  
undertake and contribute, compassionate and  
empathizing with no regrets, only gratitude for  
the blessings of this life, that is truth,  
kindness and beauty.

- ✿ To keep a low profile is an inner refinement, a state of being, a self-cultivation, it does not come easily at all. Most people prefer the 'high profile' instead, and distance themselves from the 'lows'.
- ✿ If you realized the uncertainty of life, if you knew to live for the moment, then this life has plenty to offer you, there is truly no need for the next life.
- ✿ When the 'yuan' is over, do not seek trouble, stay at a distance, and grow your wisdom.
- ✿ To 'just live' is different from having a 'Real Life'. It is different in values, meanings, and what's inside. No matter how high up you 'live', it is still 'just living', do not mistake it for the 'Real Life'.
- ✿ Truth, Kindness and Beauty, even a tiny gift, is still an empathized blessing, a Universal love with compassion. This is encouragement for all.
- ✿ The heavens know everything in our world. There are 3000 ways to enlightenment, black is black, white is white, light and darkness. They are crystal clear.

- ✿ Suffering a loss is a bliss, and being a fool is blissful too. Just do not haggle over every ounce nor to be too clever, if you only try to gain without giving up anything, you can never enjoy being a fool.
- ✿ When it is easy to take up, it will be hard to let go, when it is easy to let go, it will be hard to take up. Everything is Cause. Everything is Effect. Karma is the beginning, karma is the end.
- ✿ A good medicine may be unpleasant to taste but effective for the disease, an honest advice may be unpleasant to hear but good to follow. Bitter medicine helps to cure, honest advice helps to solve problems.
- ✿ Everything is bound by causality, you cannot find a balance within. Accept what you need to accept, let go of what you need to let go.

**No matter how far how high how long  
you had flown, never forget the initial  
intentions in your heart, never forget home.**

- ✿ Be grateful for everything, we need to show gratitude, it does not come easily, as forgiveness and compassion are not there yet.

- ✿ You can spend a day on food and life's pleasures, or on thanksgiving and being compassionate.  
It's 24 hours, day after day. Nobody knows how many more are left, as uncertainty is a fact of life. So cherish each day, cherish and be grateful, commit to a great cause, don't just live, but make it a special and extraordinary day.
- ✿ Be grateful for the gift of Life. The most pathetic thing in life, is to have only money, and 'nothing else'.

Life is but a moment, no need for dilemma,  
No need to be obsessed, cherish as you go along.

- ✿ Donations are not indispensable, but a charitable act. They are not a must. 'Philanthropy' is a must-do.
- ✿ You come with nothing and leave with nothing, just a game or a dream.
- ✿ It's easy to talk but hard to do;  
It's easy to do and hard to put in the effort yourself.  
It's easy to put in effort and harder to do it with kindness.  
This is still easy, compared to being truly compassionate.
- ✿ The Causes of this moment brings, the Effects in the future; the Effects of the future, is the circle of Causality.

Learning is an endless process,  
And one should constantly strive to self improve.  
There are no failure or success in Life,  
Only **sharing** and **learning**.





There is no free lunch in this world  
It takes hard work to receive a harvest.  
**You reap what you sow**  
Always adhere to a virtuous belief.

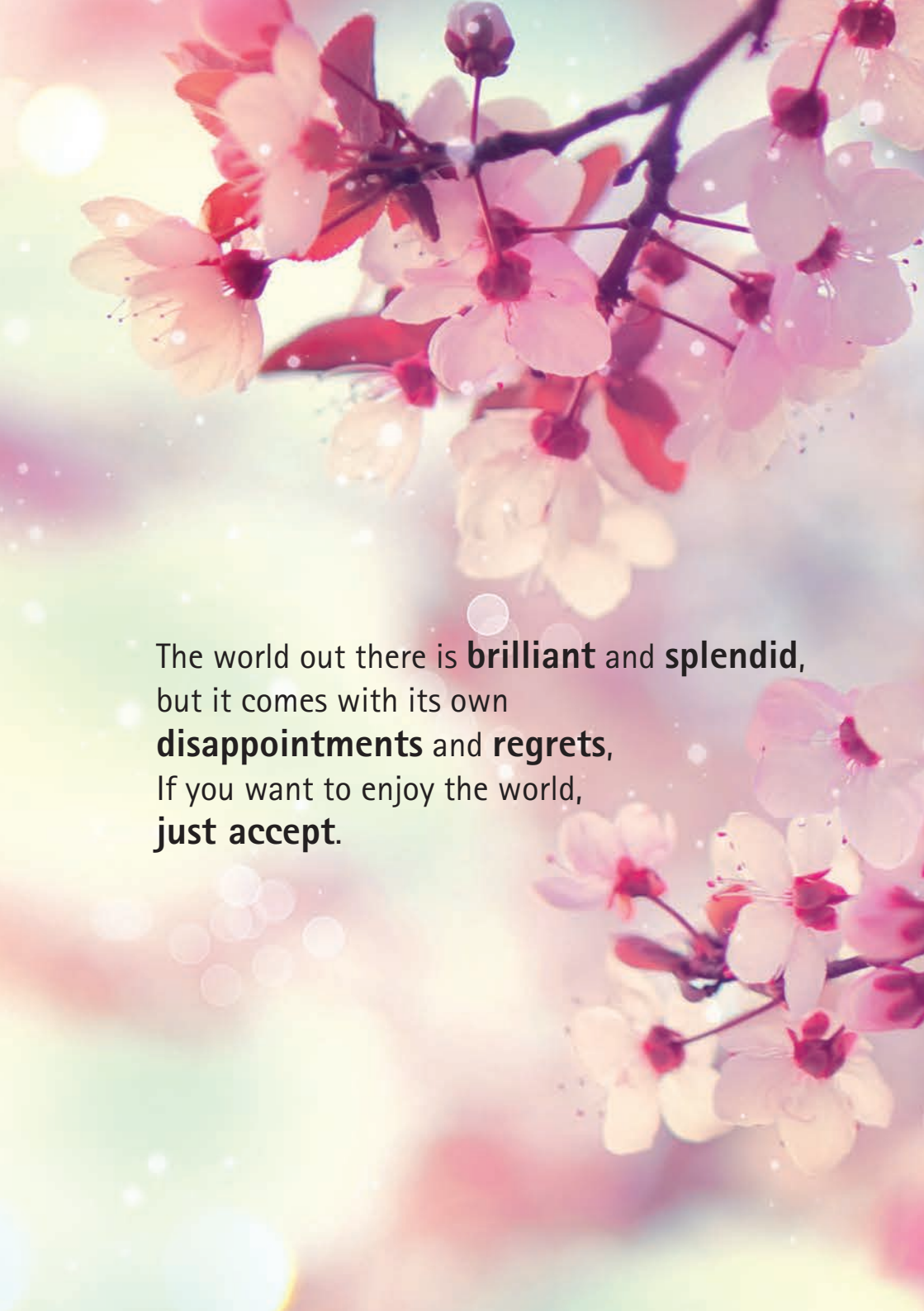
- ✿ "Truth, Kindness and Beauty"—the perfect and ideal virtues which people run away and hide from.  
"They don't need to", as life is so full of uncertainty.  
Will you still be here tomorrow?

Doing is better than knowing,  
Action is better than thought,  
There is no need for talk,  
Only strive to improve through effort.

- ✿ It will be with you, if it is destined by Yuan, it will not be with you, if it isn't so.  
You can never swap for the real one with falsehood.
- ✿ It is a joy to help others, it is the basis of happiness.  
As long as it is 'Truth, Kindness and Beauty', and though it may be a simple word or a small deed, it will be meaningful and valuable, Just Do It.
- ✿ 'Truth, Kindness and Beauty' is a good deed but not an easy feat to perform.  
With a compassionate heart filled with light, persevere to do good right to the end.
- ✿ Living is enjoying good food and life's pleasures, be affected by human emotions.  
While giving out hope and energy, being compassionate and full of light, that is 'Real Life'.

The mouth may spew lies and untrue words  
But physical health does not.  
It shows your real and honest conditions.  
"Cherish Your Life, take good care of your Health".

- ❁ It is better to speak with few words, even better to speak with kind words, speaking words of compassion, they are the best words of all.
- ❁ Facts are better than a strong argument.  
Sensibility is better than impetuosity.  
To be modest and have a low profile is much better than condescending with a high profile.  
Great wisdom is better than petty cleverness, giving is better than receiving, compassion is better than being dishonorable.
- ❁ Money is tied to 'just living', it is never tied to 'Real Life',  
It is the obsessions of human beings. It is "Greed Hostility and Ignorance" that made our simple lifestyle and routines into complications, arrogance, idleness, injustice, heartless and realistic.
- ❁ Stay away from the negative energy, knowledge of evil.  
Stay close to the positive energy, and knowledge of virtue.  
Increase the field of compassion on the glorious right path, enhance the wisdom and blessings.
- ❁ When love is strong, feeling is abundant and the Yuan is deep.  
When love is weak, feeling is scarce and the Yuan is shallow.



The world out there is **brilliant** and **splendid**,  
but it comes with its own  
**disappointments** and **regrets**,  
If you want to enjoy the world,  
**just accept.**

- ❁ Life is not simply just living from day to day, living for something or for someone, and running in circles. Life has its own inner depth, value and meaning.
- ❁ If there is destiny in Life, learn to commit to the responsibility. There is no reason to be hurt, no excuse to be disappointed.

Everyone has their own ambitions and their paths,  
You can't satisfy all of them, so keep a clear conscience,  
a guiltless and regret-less soul.

- ❁ When it comes to 'Truth, Kindness and Beauty', so many people try to flee and hide, this is really not necessary. To give is a greater blessing than to receive, Kindness will be repaid in kind somehow.
- ❁ Whether to love or not, to commit or let go, it's all Yuan in the end. Yuan begins and Yuan grows, Yuan heightens until it ends. One just cannot be obsessed and ponder over it, not with 'Greed, Hostility and Ignorance'. Perhaps it is a relief, to 'not love' in the first place.
- ❁ "Enjoy Mutual Joy from achievement and reward"<sup>2</sup>, "Achievement and reward brings us Mutual Joy". It is not so simple to accomplish, no easy feat at all.

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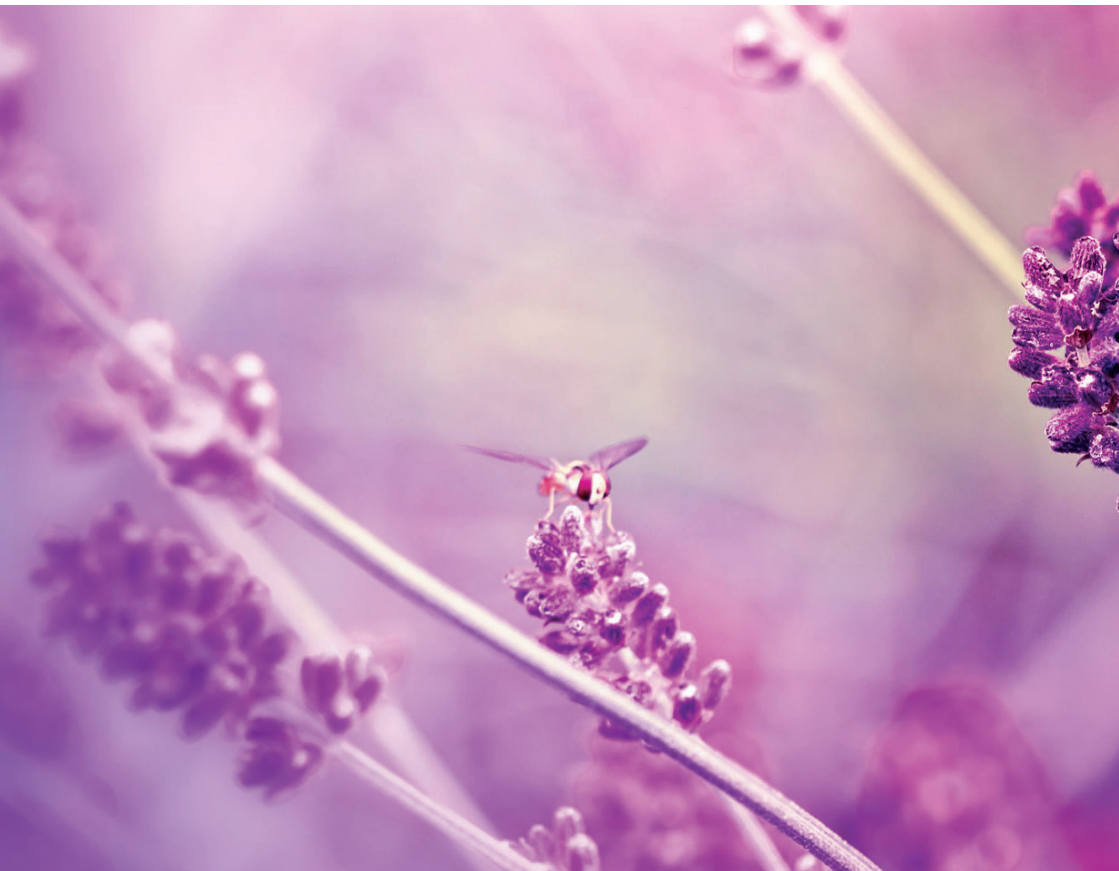
<sup>2</sup> Mutual joy from achievement and reward 隨喜功德 refers to one of the Ten Wishes of 普賢菩薩 Samantabhadra, a Bodhisattva from Buddhist scripture. It teaches us to enjoy other people's achievement and rewards. This is supposedly not easy to achieve because of the jealousy that is in human nature.

- ✿ In 'Truth, Kindness and Beauty', give as much as possible, perform as much kindness as possible.  
Most importantly, "with gifts of courage to be fearless".
- ✿ Life cannot be seen nor touched, it can only be perceived but cannot be described with words.  
Life is a mission and a responsibility, it is a spiritual and cultural commitment, it is not physical, not 'Greed Hostility and Ignorance', it is never about boundless desires, it is about wisdom, courage, strength and compassion above all else.  
It is the Light within the depth of the soul, the natural state of being.

There is no eternity in the world,  
Time proves everything in the end.  
Do not be stubborn and haggle over everything,  
In exchange for a life of pain and misery.

- ✿ If something is destined to be yours, it will always be there.  
If it is not, then it will not come to you, you will still lose it in the end, if you take it by force.
- ✿ With a great will and wisdom, you can accept and resolve everything, no matter the setbacks or stress, you can pass the test.  
Without willpower, you can never achieve fulfillment and completion, it is only cleverness and selfishness in the end.

Cherish This Life:  
A Thanksgiving



A life of thanksgiving,  
Starts from compassionate love.



*Be Grateful*


**to the World's Kindness**



- ❁ To be alive, is happiness. To be alive, is to be grateful.  
Improving oneself is the hard part.  
The bottleneck is only a trial, failure is a distillation.
- ❁ A life of Thanksgiving, starts from compassionate Love.  
Devote oneself with sincerity, the universal love is empathy.
- ❁ Life is impermanence, it is cherishment and Thanksgiving;  
If one does not see this, it can be very confusing, full of  
dilemma and helplessness.  
If one has the realization and understands Life, he will pass  
the test.  
Accept and improve, he will learn to let go and be grateful.  
He will devote himself and give back in kind.

One must learn to care about oneself,  
'who will really care about you'.

- ❁ When you are doing something to show him, he does not  
wish to see it, as he is not destined to be with you.  
If he does not see it, then you are actually doing it only for  
yourself.

A close-up photograph of a purple flower petal, heavily covered in small, glistening water droplets. The petal's texture is visible, and the background is a soft, out-of-focus purple and white. The lighting is soft, highlighting the individual droplets and the delicate structure of the flower.

**Time is Life itself,**  
Wasting the time of others,  
Is in fact, wasting their life.



To be **healthy** and to lead a simple life,  
It is a **joy and happiness** indeed.

- ❁ Self cultivation and refinement, be knowledgeable with good manners, be modest in life with a low profile, this is always good.

Life in reality is heartless and helpless,  
It is difficult to follow one's heart,  
Just do as one pleases.

- ❁ A virtuous person needs no comparison, the world will be his judge, time proves everything, the Truth will find its way.
- ❁ One cannot contribute and devote oneself, without a heart of gratitude,  
One cannot forgive the mistake in others, without a heart of compassion,  
One cannot let go of oneself, without a heart of benevolence,  
One cannot be harmonious with others, without a heart of empathy.
- ❁ If you are in the higher state of being, you can stand the trial, know about accepting, settling down, and letting go. All the problems are no longer problems, they are just experiences in life.
- ❁ To be smiling and a proud Wanderer, to be smiling and observe the life, to love and speak about the great matters.

- ✿ Do not make yourself the boss, if you are not the 'Big Brother'.  
The Big Brother must know about respect, sharing, devotion, pleasures in giving, contributing and taking care of others. It is not about selfish desires, playing trickery always, taking advantage of others, possessing others' properties, "and gloating about it without humility".
- ✿ When someone reaches a certain stage in life, he will never be moved by money, he will only be affected by emotions and feelings.
- ✿ Whether one is performing up there on the stage or down below, it's the same except for the height only. It seems like different levels but is another state of being entirely. The crowd will always disappear when the performance ends.

Do not be a 'busybody',  
Always gossiping about the affairs of others,  
Cherish and keep your time, 'mind your own business'.

- ✿ A simple matter is easily understood and trusted by others. A meaningful matter of greatness and glory, concerning many people, is not so easily understood and trusted. One must be resolute and persevere in his undertaking, in order to move forward.

It is not easy to forgive and  
show mercy on something or someone,  
Not by simple words alone.  
In order to do that,  
**one must possess great wisdom,**  
Have a **heart of compassion and wisdom.**



A photograph of a path lined with wisteria trees in full bloom. The purple flowers hang in dense, cascading clusters over the path, creating a tunnel-like effect. The path is paved and leads into the distance, flanked by green grass and more trees. The lighting is bright, suggesting a sunny day.

A blissful happiness  
**does not come easily,**  
A blissful happiness  
**relies on faithful perseverance.**

- ✿ Life is an act on stage, you are already in it, performing everyday, so why bother buying tickets to watch.
- ✿ To have self awareness, is wisdom, enjoy an ordinary life. One does not wish for much to accomplish or to have no faults at his or her passing. This is all, and what he or she is asking.
- ✿ If this is your dying moment, who will you think of? Who is the person you miss? Who is the person you wish to see? Who is the person you love the most? Who is the person you need to express your gratitude to? At this moment, you should change your attitude and thoughts, let go of all obsession and ego, transform yourself, to strive to truly cherish, the single moment at this 'Now', even every single minute and every fleeting second.

Use your time wisely on the right places,  
Use your people wisely on the right matters,  
Think about that which you should,  
which are positive, filled with the Light,  
Do the things which you should,  
which are compassionate.

- ✿ It's easier to talk than to do, it's easier to do than to persevere, it's easier to persevere than to be compassionate.

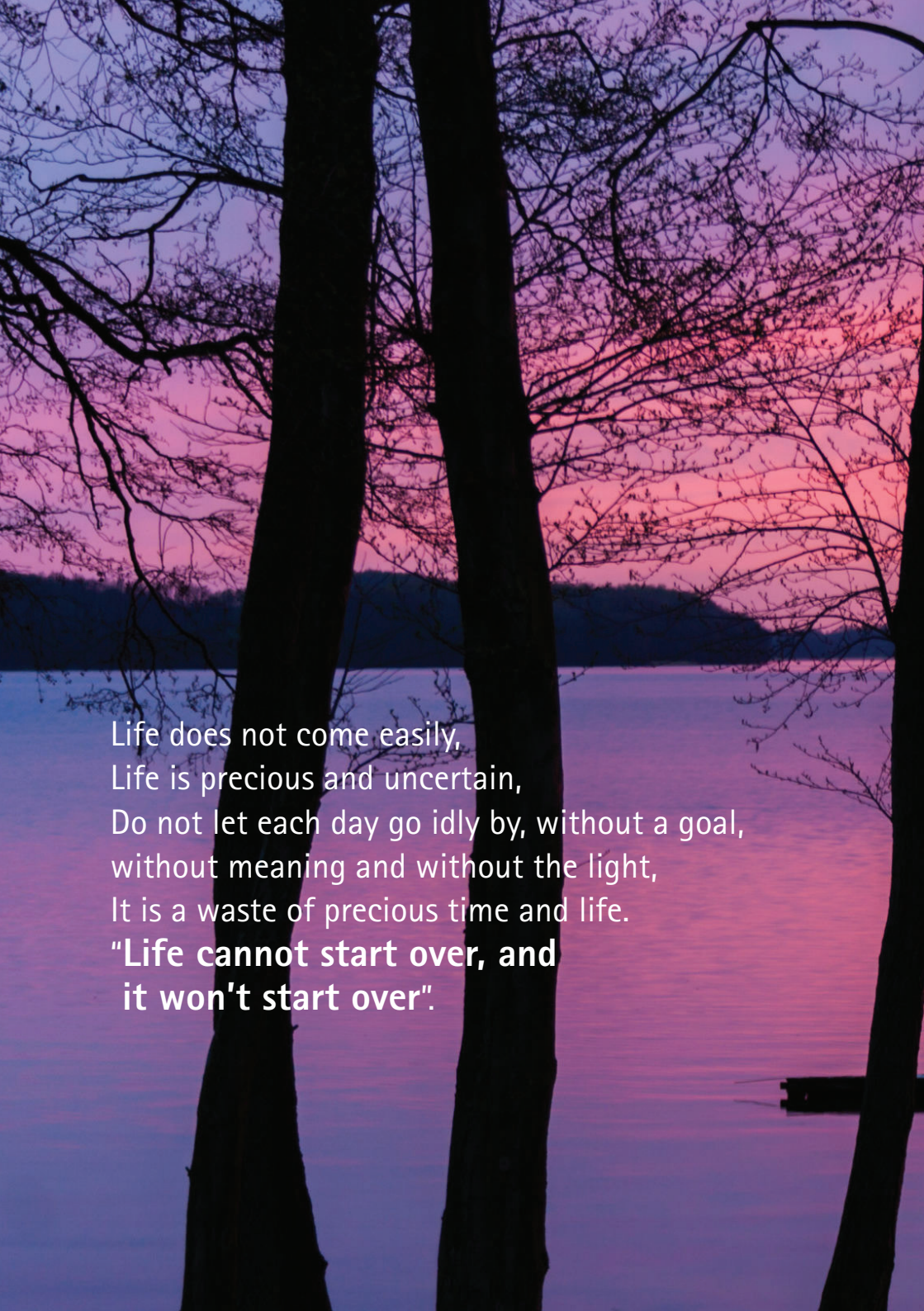
- ✿ To win others over by virtue, to treat others with sincerity, put humanity as the foremost basis, manage everything with great care.
- ✿ Sometimes to forget yourself, and start from a new beginning, isn't it wonderful? To be selfless is a whole new level, a greater state of being, a self cultivation and refining process.
- ✿ If you cannot achieve the goal, do not be boastful, or tell lies and nonsense.  
A virtuous gentleman is accountable, he always means what he says.

Nothing in this world truly belongs to you,  
they are all not permanent,  
including everything you have.

- ✿ Hang in there, be strong, "it's better to rely on oneself than on others."
- ✿ No matter how much you possess and enjoy, no matter how high is your position, you are still "just living", you can never reach the inner depth and greater state of True Life.
- ✿ Do not work so much as to affect your health, waste your time, and lose your freedom. What you need is innovation, wisdom and the path to enlightenment.

**True feelings** are so precious,  
When you are of old age.





Life does not come easily,  
Life is precious and uncertain,  
Do not let each day go idly by, without a goal,  
without meaning and without the light,  
It is a waste of precious time and life.  
**"Life cannot start over, and  
it won't start over".**



- ❁ "Will you still be here tomorrow?"  
— A quote from another higher realm of being.
- ❁ Life is short, Life is uncertain, there's no time for petty argument, there's no time for so much wrong and right. In the end, "There's always a higher mountain out there". "There's always someone better than you, out there".

You do not need too many people,  
Most important is the heart,  
Find the right person, to do the right job.

- ❁ Many people pursue results to the extreme, they care and obsess too much over the outcomes, but achieved nothing in the end. The result is the "Now", it is the process and experience. The result is that there is no result, it will be the endpoint in Life.
- ❁ One who favours quietness and serenity, cannot achieve it. When he attained quietness and serenity, he turns towards the opposite instead.
- ❁ For hundred and thousands of years, so much has remained the same.  
The only difference is in the colours. It has changed from black and white into a multitude of colours.

✿ "Talk with laughter all the affairs of this earth. Nothing was here at first, so why the worry here after".

We come to this world with nothing in our hands, we cannot take anything with us when we leave!

You have made so much wealth from society, so take a portion of it to repay the society. Helping the weak and minority group is a Just Cause, it is only natural and normal behaviour. When you have made a fortune but are reluctant to use it, saving it all in the bank, and the end is "money in banks, children in the courts", what a shame!

So when you have made a fortune, spend it on compassion and gratitude, then go out and make some more, this is very meaningful and gracious and very challenging indeed. Meanwhile life can be uncertain and helpless sometimes, nobody knows what will happen tomorrow, so cherish the time you have, keep empathy and universal love in your heart, have more wisdom and compassion, perform more good deeds and contribute more.

Each person must fill his own stomach, and each person must deal with his own life and death.

Disappointment is the beginning of hope,  
Darkness is the arrival of the Light.  
Failure is the test for success,  
A fall often enables one to stand up again.

✿ Fighting and struggling is no match for the "impermanence of Life", but it is worth the effort.



You must learn to know **Gratitude**, and  
to **cherish**,  
Then Life will be **filled with love**,  
with the **Light, value** and **meaning**.

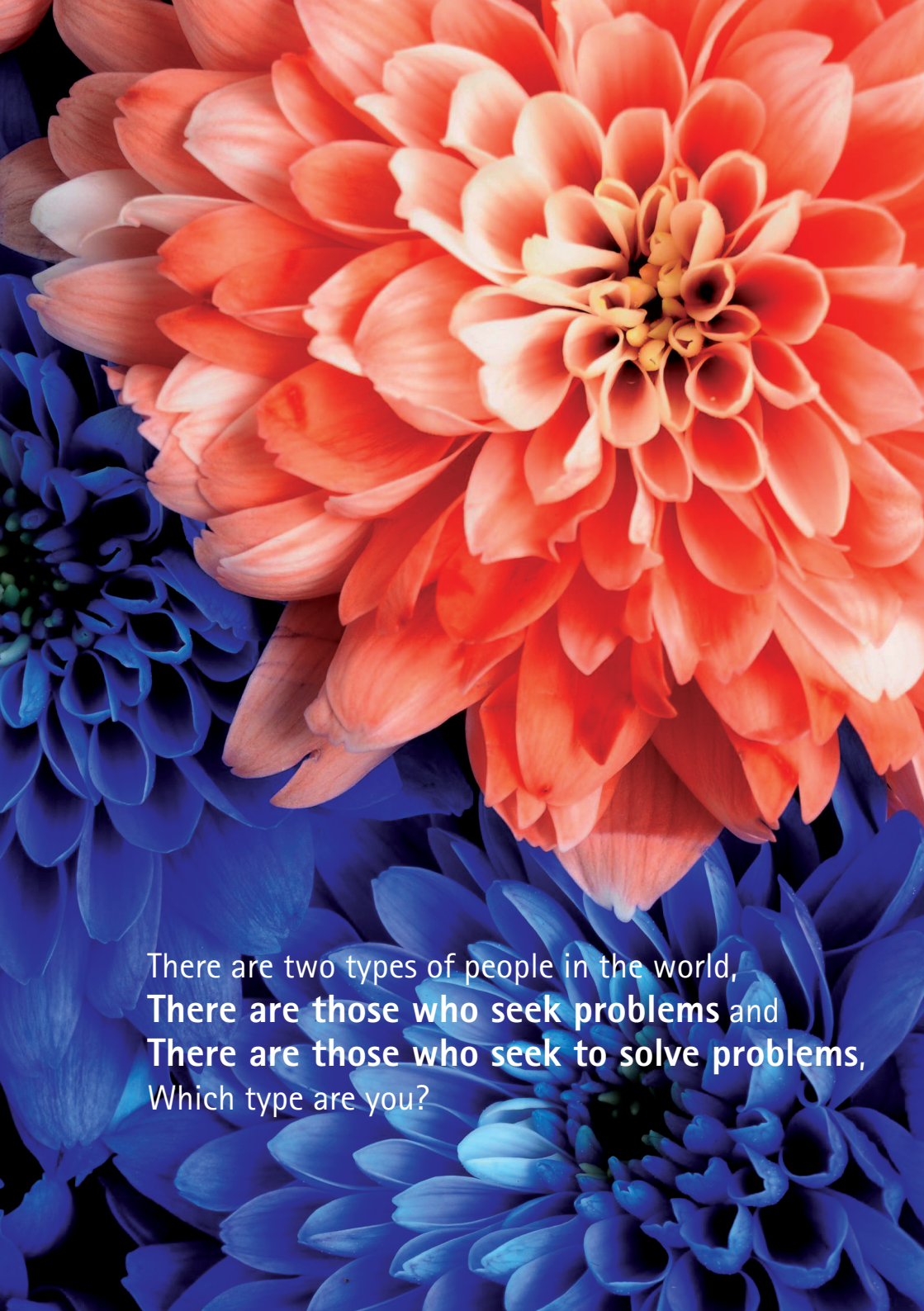
Have confidence in yourself,  
Even if everything is lost,  
There is still a bright future,  
You can still rise from the ashes.

- ✿ Mistake in destiny passes by, go separate ways, you and I, shoulder it with acceptance, and learn what's truly important.
- ✿ One has been thinking and saying so much, while times goes on day by day, there's not much left. Have you started doing anything? Did you put in effort?  
Any actions at all? Or is it "only noise without any action" and you still say that you are waiting for an opportunity.
- ✿ You cannot insist on demanding the world indeed, there is no easy pickings or free lunch in this world.
- ✿ "There are no rewards for hard work, only blame for one's mistakes."  
If everyone has such a mentality, trying to evade responsibility, what chaos will the world bring? There will be no harmony in society, someone has to stand up and be selfless, to serve the public and to serve the people.  
"The world will be calm and safe if everyone knows gratitude,  
The world will be at peace, if everyone is self-aware".
- ✿ It is understandable for the young to be immature and ignorant, it is pathetic for the aged, to still behave the same.


- ❁ Life does not come easily, it is precious and invaluable. When someone spend such precious time on boasting and faking his or her appearance, it is beneficial to no one. He or she should instead be down to earth, be sincere in learning and giving to others, "be beneficial to self and all".

In the past, when I was young,  
The hardship and obstacles were the tests and  
encouragement for my later life.

- ❁ Often times, it is not that you are unable to make choices, but fated to make the arrangement and decision actually. It took away the choices from you, and predetermined your future and destiny.
- ❁ You do not need much in life, but desires are limitless. Universe is so vast, how can you have it all? Enjoy yourself in knowing contentment, never go too far in Life, know your limits.
- ❁ When you dislike others, it's due to your own lack or manners;  
To show forgiveness to others, is being kind and elevating to yourself.
- ❁ The one with only cleverness, is far from compassion.  
The one with True Wisdom, is close to compassion.



There are two types of people in the world,  
**There are those who seek problems** and  
**There are those who seek to solve problems,**  
Which type are you?



To fight a battle single-handedly, is no easy feat.  
It is a **character**,  
It is a **learning process**,  
It is a **test**,  
It is **finesse**,  
It is **fated in destiny**.

- ✿ This world gets united after a long-time split, and it will do the opposite after a long-time together. So do not care too much or pay too much attention to the current time, it's all bound by fate and natural law. So act normally towards all matters and relationships, take the world as it is.

The relationship between gentlemen  
is as bland as water.

The vile person is always agreeable but  
never in harmony with others.

- ✿ Someone who does not put in effort when he should, does not pay attention when he should, instead he wastes his time on unworthy business and entertainment, and ends up with wishful thinking and troubles for himself, this is "no wisdom".
- ✿ Those that should come, do not, those that should not come, do instead.  
"Should come" or "should not" do not exist, it's all fated. Things only happen when it's destined to be so.
- ✿ Forgiveness, devotion and responsibility, these are all part of compassion, if one cannot forgive, he cannot devote himself, he cannot shoulder the responsibilities, it is because his compassion and cultivation are not sufficient deep within his heart, there is room for improvement.

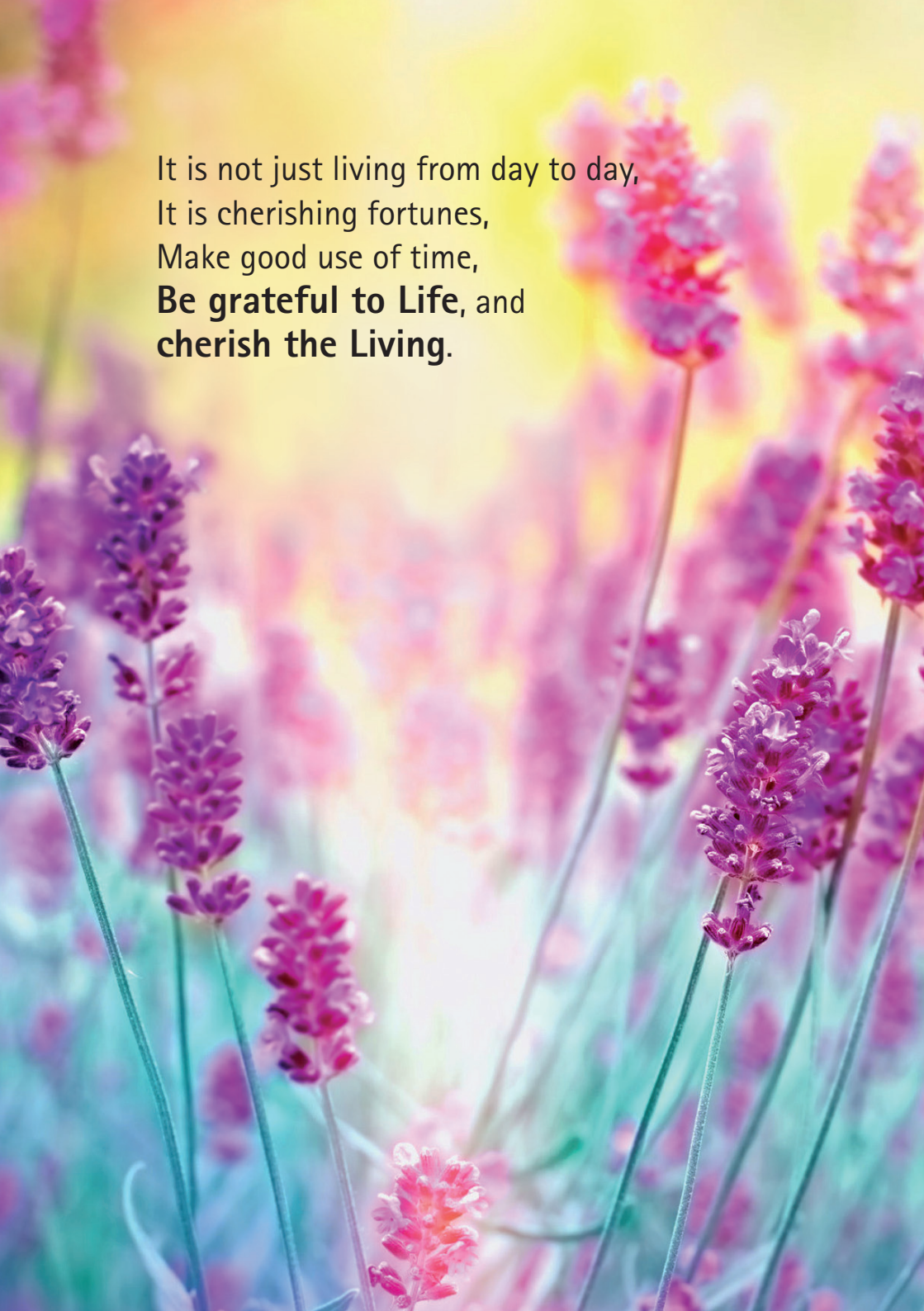
- ✿ You are extraordinary, because you are compassionate, you are devoted to shoulder responsibility, you are steadfast with unwavering dedication to contribute to society. You are unique because you are selfless in serving the public, and never succumb to one's own selfish desires.
- ✿ It is a Gentleman's philosophy to assist others in achieving their goals, and having compassion in one's heart, long is the path and heavy is the responsibility.

If you are faced with many problems each day,  
It is due to a lack of capabilities,  
Working with wrong methods,  
Going in the wrong directions,  
Having bad relationships or lacking in wisdom.

- ✿ A change of heart is better than a revolution in society, changing hearts is better than changing lives. Everything begins from the heart, Light is created from the heart.
- ✿ Failures and successes depend on so many different factors, no need to be obsessed, and no need to compare with others.
- ✿ One strives to study to improve oneself and, to understand other people, but often neglects one's own original intents.

If one is **indecisive in a moment**,  
He will face troubles down the road.  
Such outcome one could prevent,  
When **decisions are not made**  
**in a moment.**





It is not just living from day to day,  
It is cherishing fortunes,  
Make good use of time,  
**Be grateful to Life, and  
cherish the Living.**

- ✿ Be clear-minded in everything you do, Be clear-minded with living your Life, all must be clear-minded.
- ✿ As one ages, his time shortens, cherish this Life, be thankful for every minute, every second of it.
- ✿ Some people keep on accumulating wealth, but are always reluctant to spend their money even when they are of an old age. Nobody knows why.
- ✿ On the things that happen around you everyday. If you are obsessed and dwell on the right and wrong, win or lose, you will lead a tiring life, it will be "all for nothing" in the end.
- ✿ A Great Cause is no simple matter, and not easy to persevere, "there is nothing difficult in this world, for those with perseverance".

When difficulties and problems arise,  
resolve them by yourself,  
It is better to rely on yourself than on others.  
It is better to ask yourself than to beg others.

- ✿ Be grateful for Life, for as long as you live, you must have gratitude in your heart, even if you have nothing else. "Be grateful for your existence, cherish the meaning of Life".

I thank the love and blessings,  
that Heaven bestowed on me.  
It made me **compassionate**,  
It made me understand **gratitude**,  
It made me shoulder **responsibility**,  
It made me able to face  
the **Light** and the **future**.





One day, if you are no longer jealous of others,  
No longer comparing with others,  
Have stopped haggling over every ounce,  
Then you have indeed excelled,  
Possessing good inner quality deep within you.

- ✿ If you'd never been poor, you do not know what it's like;  
If you'd never been in suffering, you do not know the pain of it;  
If you'd never been in pain, you do not know the horror of it;  
"Have compassion in your heart", witness the suffering of others, and realize your responsibility and the Light.
- ✿ Rather than blaming and complaining, change yourself instead,  
Rather than giving up hope, move forward instead,  
Rather than being in Darkness, go to the Light instead.
- ✿ Do not be too presumptuous, or indulge yourself in wishful thinking, otherwise you will have a tiring life full of sufferings.
- ✿ 'Destiny' is the beginning, all things happen for a reason. All difficult problems, and bottleneck situations taking place will come to an end with an outcome. There is no escape. Escaping only worsens it. Just accept, undertake and persist on improving and facing them.
- ✿ Get a grasp on one's own destiny, get a hold on one's own future.

- ❁ Time will clarify and prove everything, the Truth will be known in the end. No need to insist on arguments at the moment, often there is only voidness and illusions, no need to be stubborn at the moment.
- ❁ You can make jokes but never to the extreme, they are hard for others to accept; You can make jokes but never to be nonsensical, they are hard for others to tolerate.
- ❁ You talk about Life and Death, using some simple words or an example. You still can't let it go. Isn't this too stubborn and persistent, it's very tiring to go on like this, it's bad for your health and a waste of precious Life. It benefits to no one.
- ❁ The number of people that you are able to see, are not that many, and some are far away, so cherish those who are with you.

Sometimes, to lose is to possess,  
"to possess freedom".

- ❁ It's not nagging and chattering, it's interaction with mutual understanding, mutual respect, mutual cooperation, mutual assistance, facing the Light with each other, going further, making greater and more meaningful accomplishments.


- ❁ One must not be too pragmatic in life, thinking only of self interest everytime. When you have nothing else, except wealth alone, it is undeserving to the existence, meaning and value of life.
- ❁ If one wishes to enjoy, he must accept that all happenings, all rewards, all riches come at a price.
- ❁ "The vile person is always agreeable but never in harmony with others", when every man is only for himself, working for his own profit and desires, it's all because of vanity, lust, Greed, Hostility and Ignorance. No matter what he does, the reward and achievement will never be complete.
- ❁ When someone is so stingy, so mean, so petty and persistent, then it is unnecessary for him or her to spend so much, time thinking of making so much money. "The meaning and value of wealth is no more".

You cannot insist on having things that are not yours.  
They will never last,  
even if they are in your possession.

- ❁ Be grateful for the blessings of Life, for its existence, meaning and value. Discover one's own responsibility and conscience from the suffering of others, and devote oneself without any regret.

In your life's journey,  
**"Events shape the person, and  
the person accomplish the events".**  
This is worth thinking and reflecting.





The **One who appreciates** you,  
will always **wait**.

The **One who does not**,  
is **never** your soul mate.

Everything is up to Fate.

- ✿ Sometimes, in a public place, where it is crowded, you are not yourself and he is not himself. There is no calmness and sincerity. Only when one is alone in a quiet place and a quiet moment, can the natural state of being be truly enjoyed in serenity.
- ✿ For the sake of vanity, desires, greed, anger and ignorance, human beings have constrained their compassion and love, wasted their precious life, neglected the inner depths, value and meaning of Life. This truly demonstrates that humanity is pathetic and helpless.
- ✿ Your dedication, compassion, devotion and kindness, "you have accompanied me for a while, you have my gratitude for life", thank you.

Being a good person may not  
guarantee peace and safety,  
But one should strive to be good nonetheless.

- ✿ For the person who is lost and confused, "everything belongs to me, even if they are not mine", such is the extreme greed and desires.
- ✿ Put yourself in the shoes of others, have more empathy and care about their feelings. Do not focus on your feelings alone and neglect others, and build your happiness upon their sufferings.

No one can stop you from succeeding in this world,  
except yourself.

No one can stop you from failing in this world,  
except yourself.

❁ 'Do not forget the beginnings, when striving to achieve and complete.'

People are always spending too much time to understand others but are reluctant to spend time getting to know oneself, or improve oneself. The Self has been neglected and forgotten.

❁ Do not live your life in the lives of others.

❁ Everyone is busy, some are busy with making money, some over fame and vanity, some with their desires, others with "Greed, Hostility and Ignorance", yet some are busy with helping people, saving people, serving the public, while a number of them are stealing a little leisure in their busy lives.

Some are busy sitting idly by, and others are busy with living for survival.


Everyone is so, so busy, that they have forgotten about Life itself, the blessings, existence, inner depth, value and the meaning of Life.

"So busy over nothing until one day you are old,  
On the path of this life, tears and laughter behold.<sup>1</sup>"

❁ "Greed, Hostility and Ignorance" can never be cleansed from this world, never in a whole life, as long as humanity is still here.

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1 "无事忙中老，空里有哭笑" These two lines are quoted from the proverb poem and dying words of Master Sheng-Yen, a well known Buddhist scholar and religious leader, founder of the Dharma Drum Mountain organisation of Taiwan.



No matter **who you lose**,  
Most importantly, **do not lose yourself.**

In order to **do even better and greater things**,  
Why not **take a break** from time to time,  
Take a rest, reflect on yourself,  
**Then move on after the break.**



- ❁ How bad is the world becoming, with moral degeneration day by day, as heartless and cold relationships between humans grow and grow?  
Just like the monkeys, they scatter when the tree falls, people scatter too when the song ends.  
How sad and pathetic this is.
- ❁ Due to the ignorance of human beings, we have been causing damage to nature, fighting and challenging mother nature, and passing the debt and hardships to our future generations, causing them pain, suffering and fear. It is meaningless and unwise, to pass on the massive amount of money and properties that we own, since they may be completely useless in the future.

There was nothing here at first,  
so why worry about it?  
One cannot let go  
if he or she keeps worrying in the heart.

- ❁ If you save others everyday, heaven will help you. When heaven starts helping you, this is the path to achievement and a virtuous reward in Life.
- ❁ Whether it's his or yours, yours or his, the arguments never stop. "It's all uncertain" in the end.

If one lives the same way day after day,  
without any change, just as always,  
Today is the same,  
tomorrow is the same and so on, this could be  
**"Same old living till life ends".**





- ❁ During your journey through Life, when cancer has not approached you, heart disease has not reached you, impermanence has not yet come to you, then why still so much unhappiness and dissatisfaction, why so much to grumble!
- ❁ A mean and petty person will never receive the blissful reward. Even if you have given out a lot of money, but if you are mean and petty, you will not receive goodness in the end.
- ❁ For those people who have been kind, helped and cared for you, they are a sort of good affinity with you as destined. You must learn to appreciate the source and learn to show gratitude. You must not be treacherous and ungrateful. Because everything is related to fate which can either create or destroy.

Know your limits and never go too far in everything you do.  
Because things will turn the opposite  
when pushed to the extreme, such behaviour is unpopular.

- ❁ Those at the foot of the mountain climb to the top and those on top may fall to the bottom.  
It is all moving around the mountain, after all, the mountain is still the mountain.

- ✿ When you face difficulty and a bottleneck situation, be resolute and hang on, you have the wisdom, so do not give up easily, accept the responsibility. Be grateful for life, show gratitude to the virtues of others, be kind and charitable in your lives. Do not ask for reward, just hope to avoid mistakes.


The world is moving too fast, all because of vanity, desires, "Greed, Hostility and Ignorance", There are so many people who act foolishly but with cleverness in this world, They are so incredible, it is not an easy matter.

- ✿ Why can't you see others clearly? Because you do not understand yourself, you still can't see yourself clearly.
- ✿ Do not underestimate your own life's potential, everything is about persistence and perseverance, you will have good outcomes one day, so long as you put in real effort.
- ✿ In our world, all good things must come to an end. So one must not fixate too much on life and death.
- ✿ Do not linger on how long you will live, whether you can live to a hundred. You should instead reflect on your days past and your life, the things that you did, and the contributions that you have made to society.

- ✿ The follower respects the Big Brother, and helps to make a lot of money for him, but the Big Brother does not lend a helping hand when the follower is in trouble, and instead takes advantage of him, kicks him when he is down to make matters worse. What a heartless and ungrateful leader. "We should not learn from such an example".

Human beings do not need so much,  
But have much more desires and greed,  
To the point that it knows no bounds.

- ✿ Worries are caused by incidents in life. They will trouble one's mind and cause upsets to affect one's health and mood. So we have to learn to release and let them go. To understand and solve the problems with Yuan, restart on the path towards the Light.
- ✿ Why can't human beings see themselves but be lost without directions in Life?  
It is all due to the much unfiltered thoughts and endless desires or demands, baffled by 'Greed, Hostility and Ignorance'.
- ✿ We are faced with issues such as Life, Death and diseases even as our lives are filled with happiness and sadness. So stop looking for troubles, "You'll only trouble yourself".



One must have **expectations** and **demands** on his own goal, **time** and mental energy. Manage them well enough, and he can **achieve good things** and **accomplish great things** in Life.



It is better to **offer help** when necessary,  
than adding flowers to brilliant embroidery,  
One should **remember to be kind** and  
**be grateful**, rather than being unfaithful.

- ✿ Whether you know someone well enough, how good your relationships can be, does not depend on a few words or what you do superficially. It takes many years to truly know someone through thick and thin; In order to maintain a relationship of everlasting loyalty, you need more than pretty words and changing of minds, it takes steadfast resolution and full hearted sincerity.
- ✿ Do not underestimate the gratitude you show in getting a grain or a bowl of rice, it is beyond what words can describe.
- ✿ One should better fix oneself rather than bully others.  
One should better improve oneself rather than lecture others.


To strive for something or  
simply wait for something,  
To bring or to take something,  
they are all different matters.  
Positive and negative energy,  
they also come in different states and levels.

- ✿ There is no perfect end to Life, that is not what Life is about. It is normal to have regrets and disappointments through the journey of Life. Have a clear conscience, give your best effort and be sincere to those around you in everything you do. Be guiltless in your heart.

- ✿ When someone has a nightmare, it is caused by negative Yuan. Transform it into Good affinity (Yuan), and all nightmares will turn into sweet dreams.
- ✿ Mosquitoes may suck your blood to survive, once you take action, you will take its life. "Be good and be kind, towards a symbiotic and mutual fortune".
- ✿ The respect and admiration that you receive from others, are not gained easily, and you cannot insist upon it. You should be aware in this, "you reap what you sow".
- ✿ "Social events or dinner parties are endless", there are an unlimited number of such activities, instead of entertaining others, you should save more time and space for yourself.

After you have spent so much time  
understanding others,  
And you still do not know yourself, what is the use?

- ✿ At Sian Chay, with each branch that we open, we can provide service for 100 to 200 or more low-income residents with free consultations and subsidies for medicines.  
We can see that more and more seniors are getting our help. By taking away their illnesses and sufferings, we create healthy and happy families for a harmonious society.

A low-angle photograph looking up at the branches and leaves of a tree. The leaves are a bright, vibrant green, and the sky is a clear, bright blue. The branches are dark and intricate, creating a complex pattern against the sky. The overall mood is fresh, natural, and uplifting.

You can **never rely** on the Heavens  
for **your own health**.

There are billions talking in this world,  
but you have only a pair of "soft ears".  
If you fall for their words too easily,  
there will be trouble for you down the road,  
there will be sufferings.

- ✿ A big crowd in a public place is communal space. One should behave with refined manners and not be self-centered. If one is arrogant, and cares only about his own self interest and ego, that is 'beneficial to no one including himself'.
- ✿ Work hard when it is time to do so, be a fool when it is time to be foolish, let go when it is time to let go, bring the matter up when it is time to bring it up, shoulder the responsibility when it is time to shoulder, go away when it is time to go away, finish it when it is time to finish.
- ✿ A good person is always a good person, the good person is compassionate, at peace and will enjoy happiness in life.
- ✿ When someone is disloyal, taking advantage and lying to you, then you should stay away from him. Is it not worthy and unnecessary?
- ✿ If something does not belong to you, you should not have it. If you take it by force it becomes ill-gotten wealth.

- ✿ Do not linger on what you have lost, use your heart to cherish and care for what you own now.
- ✿ Never forget your initial intentions. Act on them.  
Talk is easy, but hard to do.
- ✿ It was not for fame, vanity, desires, 'Greed, Hostility and Ignorance', or 'sometimes clear-minded sometimes with obsession'. It is also not for the numbers, reputation, satisfaction or to please someone. As for me, I have never collected a single cent in salary from Sian Chay. I have never claimed any transport and other expenses, even the coffee and tea in the office come from my own pocket.
- ✿ When someone belongs to a different state of being, he can never understand the inner quality and the spirit of another Realm. You can never make such comparisons.

An able man is always busy,  
but this is not easy as it is all void and  
empty without sincerity.

- ✿ Save yourself from trouble whenever possible, especially the troubles that you create for yourself.
- ✿ Those that are capable, work hard to make money.  
Those with wisdom work hard for charity.



Life is never full and complete,  
Perfection is not life.



Live a

*Regretless Life*



- ✿ For whom do we live for, is it for survival? Is it for livelihood? Or is it for the gift and blessing of life.
- ✿ Society is not chaotic, the chaos is in the heart;  
To live is not to suffer, the suffering is in the heart.
- ✿ How many lives can we live? How much you can get from life? What can you do by being obsessed and lingering over the past?

Life is like a play on stage,  
It is still being played,  
Do not be proud and arrogant,  
It's always better to be humble and modest.

- ✿ With Yuan, people become "good brothers", without Yuan, they are "just mere acquaintances". Different levels and state of being.  
When you have money and power, you are a "Big Brother", when you have no money and power, you are "little brother". Different levels and state of being.

**Many people do not understand you,  
Never mind.**

"You know what you are doing",  
You know your purpose.



Though **pressure is great**, test yourself.  
**Hold on and persevere**, learn to improve.



- ✿ Those who compete and are hostile to you, they are from a different level. Those in the higher level of being, will not be easily moved, they will ignore such pettiness.
- ✿ Human beings with their ignorance accumulate huge amount of wealth for the next generation, "but they have destroyed the Earth", the Earth has changed, the Earth is damaged, you know it, all know it.
- ✿ When someone is more wealthy and powerful than you, you choose to follow him blindly and willingly, you keep calling him Big Brother with loyalty and flattery, hoping to gain favors to make you successful in your career, "It is no use if it is not fated in Destiny", it's all for nothing and beneficial to no one, not even yourself.

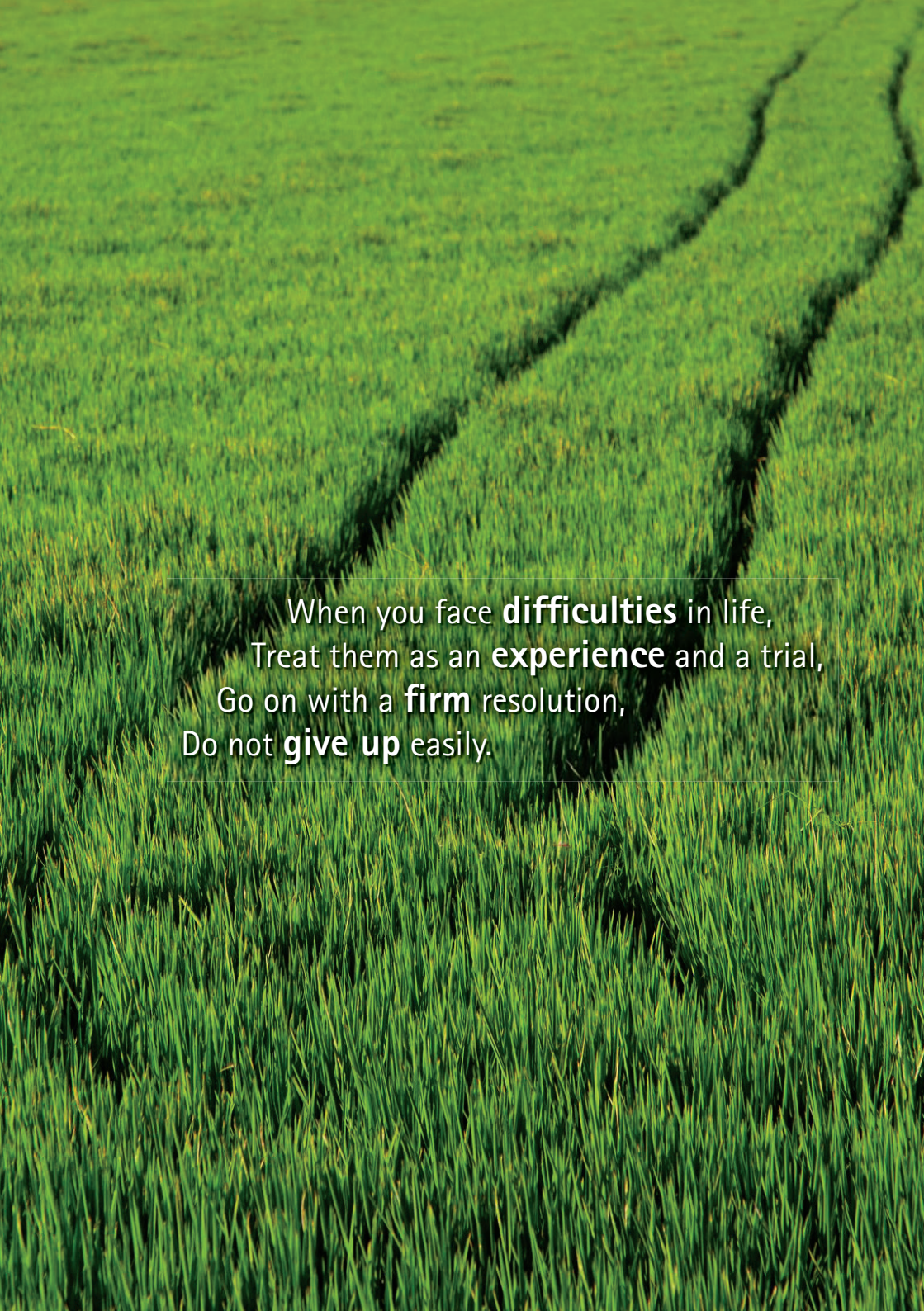
If there is no change in work attitude,  
No good raise in standards,  
And with 8 hours of work every day,  
What miracles can there be?

- ✿ It is difficult to gauge and understand the hearts of men. Don't force your way. It is not possible. Leave it to later, it may work.

- ✿ In life's journey, these must be empathy. Kindness and mercy are objective, right and full of positive values. They are good.

To be unkind, unforgiving,  
dishonest and showing no compassion to others  
is going against oneself,  
and not giving oneself a chance.

- ✿ People say that the best love songs are the old ones, and the deepest feelings are from old acquaintances. This is not certain, as all "depends on fate or destiny".
- ✿ When something happened, steadfastness in charity work and a true heart for mercy will be known one day. The day will certainly come, make changes instead of just complaining.
- ✿ I care not for eternity as I cherished only the time I possess something material or otherwise. Have you experienced it?
- ✿ Do not forget who you are, because you have changed position. The tide rises and recedes and flowers bloom and wither, "the same element will create success for you, and cause you failures too".

A vibrant green field of crops, likely corn, with a winding path leading into the distance. The path is formed by a slight depression in the rows of plants, creating a natural guide for the eye. The lighting is bright, highlighting the texture and color of the leaves.

When you face **difficulties** in life,  
Treat them as an **experience** and a trial,  
Go on with a **firm** resolution,  
Do not **give up** easily.

Self cultivation  
is not an easy task,  
Most people **cannot stay  
committed to it.**



- ✿ Things change and cannot be predicted, everything is impermanent, unpredictable. Do not seek to create problems, they will only cause trouble for everyone. There is no end to taking vengeance and holding grudges, for that is a waste of Life, an insult to the Light. Never forget your initial purpose, stay true to your heart, everything is possible due to the law of cause and effect. There is an answer to everything, The outcomes are predetermined by fate. Gratitude for all your caring and support, Be a common person, leading a simple life.
- ✿ "Turning back is difficult, although one wishes to do so", It is hard to go back, as you would wish to do, be flexible and natural, you may turn back as you wish.

**Sickness comes in through the mouth,  
Misfortunes come out from the mouth.  
Be mindful of what you eat and say.**

- ✿ Heaven is watching what you are doing. Justice lies in the hearts of others. The recognition and respect that you gain from society, do not come easily at all.
- ✿ That which you do not understand now, will be made clear to you one day, but perhaps it makes no difference by then.

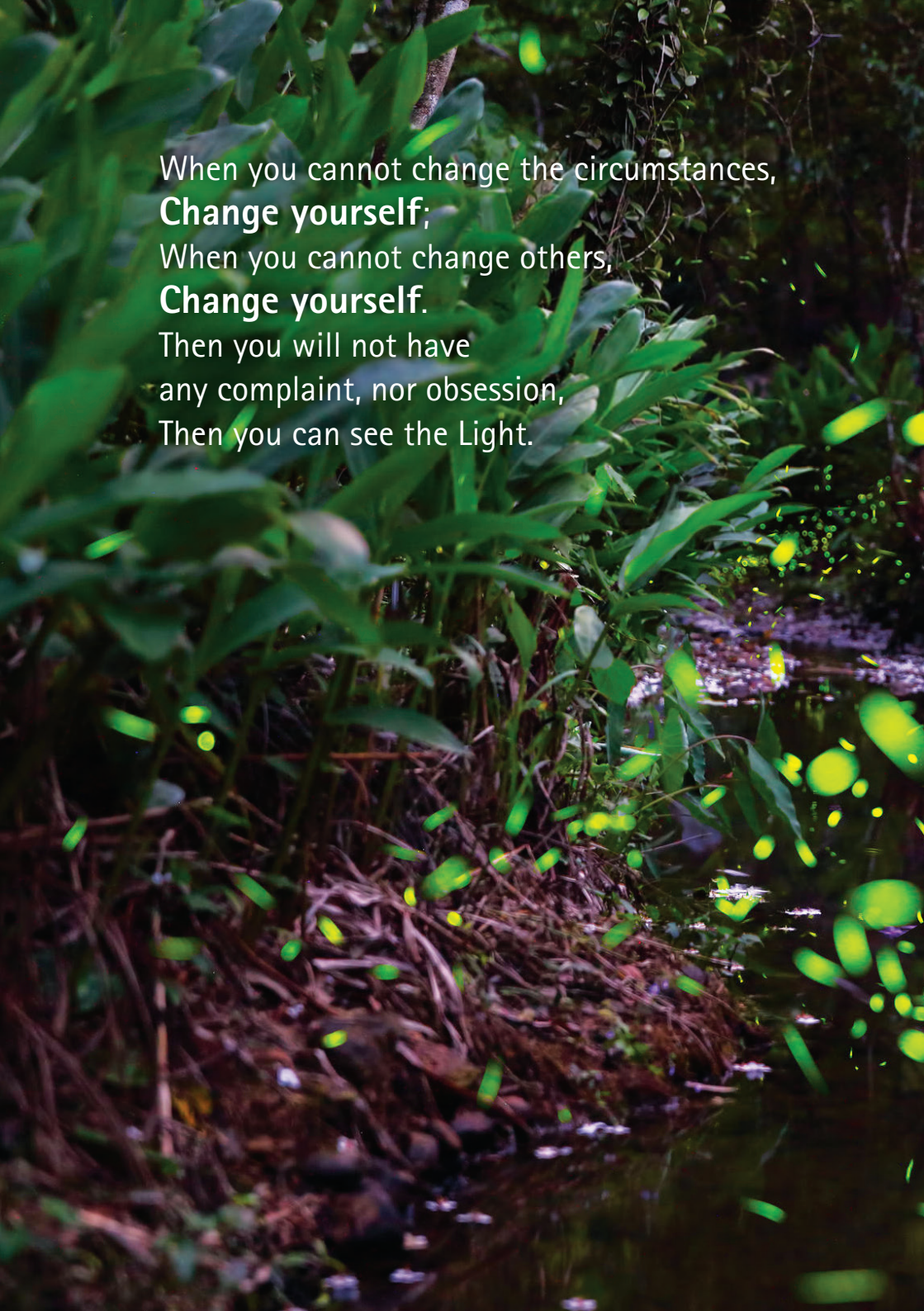
- ❁ When someone shows you kindness and charity, you choose to harm the person instead of repaying with gratitude. Where is the basic decency and the moral values of being human? Where is the Light of Life?

## Did life choose you, or did you choose life? Is life influencing you, or are you influencing life?

- ❁ To be simple is beautiful, to have compassion is meaningful.  
Do not be so poor that money is all you have and nothing else.
- ❁ When you have no ticket but demand a seat, when you have only a small role and yet want to change the script, is "Forgetting one's origins and one's own place".
- ❁ It takes time to know someone, to find out the truth. Everything is a test of your character, patience and inner quality. Do not be rash when it comes to relationship and interaction with others.
- ❁ A kind person is not complicated,  
A compassionate person, will not be calculative,  
A grateful person understands giving,  
A person with universal-love, knows how to forgive.



The country and society  
**made you into what you are,**  
What did you **leave behind** as your legacy?

A lush green forest scene with a stream and a path, serving as a background for the text. The image is filled with vibrant green foliage, including large leaves and dense bushes. A narrow path or stream bed is visible on the right side, leading into the distance. The lighting is soft and natural, highlighting the textures of the plants and the overall serene atmosphere of the forest.

When you cannot change the circumstances,  
**Change yourself;**  
When you cannot change others,  
**Change yourself.**  
Then you will not have  
any complaint, nor obsession,  
Then you can see the Light.



- ❁ "Be a good person, one must first do well in his or her personal affairs, be patient and not no fussy for the time has not yet come."  
If you do not know it now, you will do so in future.  
If you are not clear about it now, you will do so in future.  
If you cannot accept it now, you will do so in future.  
If you do not let go of it now, you will do so in future.  
The day will come, it is a matter of how soon.
- ❁ The bonds of brotherhood, is unforgettable;  
The heart of a true friendship, extends between Heaven and Earth.
- ❁ What you assume, is your assumption, what they assume is their assumption, they are often different in directions, so do not insist and be fixated on this.
- ❁ Everything happens for a reason, just accept and take responsibility.

Age is not the biggest issue of concern,  
What matters is one's inner quality, state of mind,  
responsibility and attitude.

- ❁ One desires it, when he or she does not own it, but the same person stops to cherish it once he or she owns it. "What a confusion".
- ❁ Never be pretentions, for when you get in the habit of pretending, you cannot find the Truth anymore.

- ✿ Choose quality over quantity, make a wise choice. When opportunities present, be cautious in making friends.

Those not destined for you,  
The treacherous, ungrateful ones  
Who seek troubles with you,  
Stay afar from them,  
Do not be concerned with them.

- ✿ "They don't come without reasons"  
Those who can be involved in your affairs are related to you in some ways. Otherwise, they can't get even close to you. "Happiness, sadness, anger and joy, parting and reunion" we must all accept. Take them in your stride. They are here to test you. Take it or leave it.
- ✿ The body will wear out, when it loses health.  
The mind will suffer, when thoughts are weakened.  
The future is unclear, when the Light is no more.
- ✿ Whether you have faith or not, it does not matter, for I am too small and insignificant to be insistent.
- ✿ When someone cannot find himself, cannot understand himself, he is already lost.  
Still he makes many appearances to entertain at events, to get acquainted with others, "what use is it?"



It is easy to perform  
a single deed of kindness.  
But to achieve perfection in  
a single deed, that is no easy matter.

- ✿ To become a leader, one must learn to give sacrifice and be honourable. He must not be calculative, but be brave and responsible. He must be a man of substance and take responsibility. He must be fair in handling matters, be a principled man and always see the big picture and be selfless, willing to share his reward and show consideration for others with everything he does. "Can you do it?"
- ✿ Do not look down on others in life's journey. Never look down on others and yourself. Give time and outcomes a chance.
- ✿ Do not be arrogant and unreasonable, do not make a fuss with loud noises, do not make up baseless slander and bully others to the extreme as "they benefit no one including oneself and a waste of energy and money".

**Do not use your thoughts and desires to fill up another's mind.**

**"The world will become chaotic, without peace and serenity."**

- ✿ Never let your desires dominate the spirit, never let your body dominates the mind.

Think of what you own now,  
do not dwell on what you have lost.  
Life will become better and fulfilling this way.

- ✿ For those who understand you, they do not need so many words, or do much and be intentional. For those who do not understand you, it will be useless even if they are numerous.
- ✿ Do not be so proud and arrogant, you will forget your place and think too highly of yourself. One day when you are old, and have lost your health, love from family and friends, "then you will realize what is meaningful, precious, important and inner quality".
- ✿ Everybody is desperate making money, and it is to make a living of course.  
Life has various demands, different styles, pursuits, and expectations. In addition, there is fame, desires, status and positions to clamber.  
"There are still more, besides these".
- ✿ You weren't in the show, others had brought you in to give you an opportunity to play a small role. But you overestimated yourself, and "demanded to change the script".
- ✿ That which you possess, you do not necessarily like and appreciate; That which you have lost, you may actually like and appreciate. This is Life.



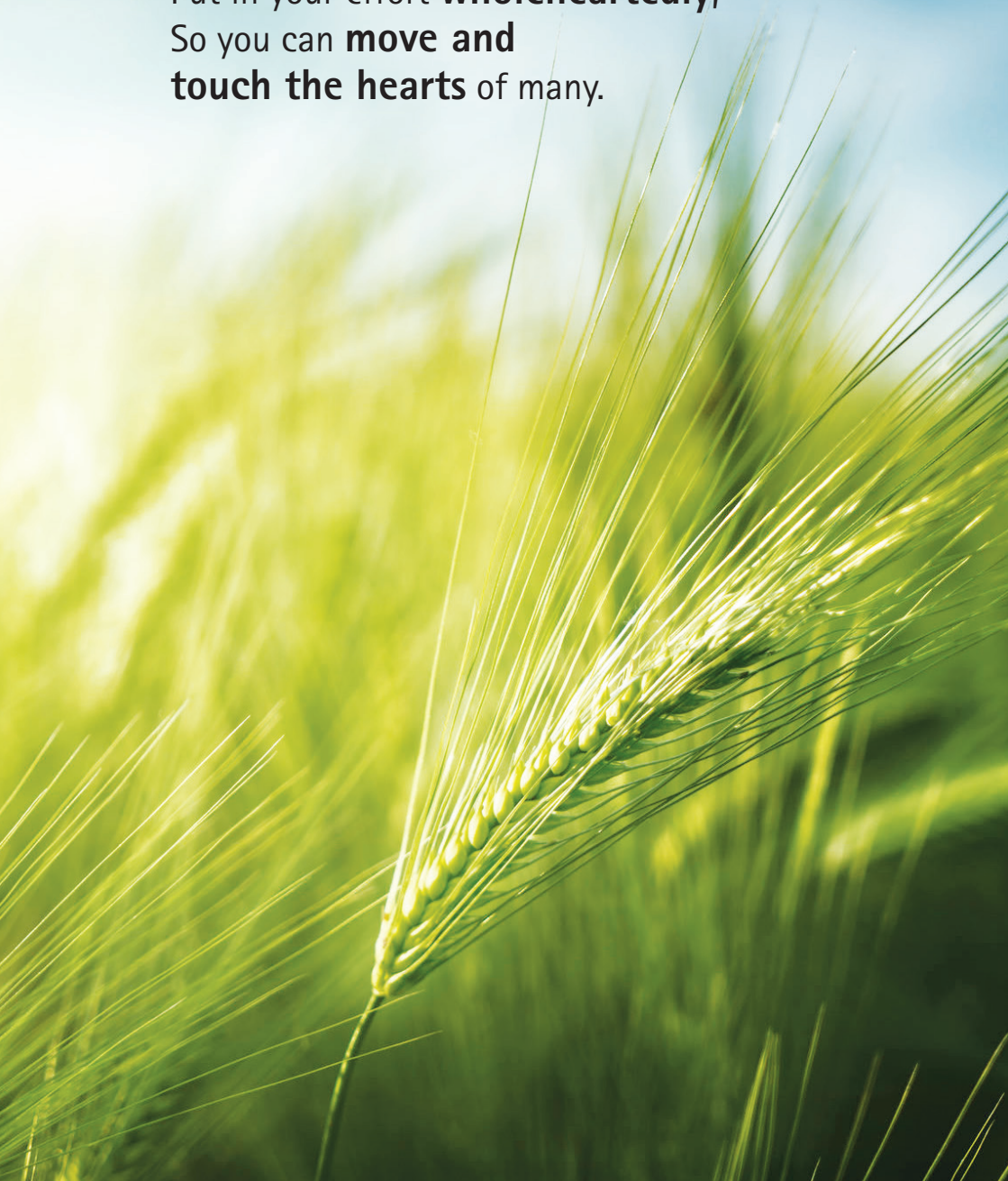
A house is good when it is **adequate**.

A family is good when it is **simple**.

What's more important, is to live with **health** and **joy**,

With **harmony** and **happiness**.

No matter how you behave and what you do,  
Be **sincere**, and **compassionate**,  
Put in your effort **wholeheartedly**,  
So you can **move and**  
**touch the hearts** of many.



- ✿ A relationship built on money will never last.
- ✿ When I was young, I never understood why parents insist on waking up early, despite the bad weather or sickness. As a grown up, I have now realized that it was not the alarm clock nor the work. It was in fact the greatness of their responsibility, endearing love, devotion, dedication and traditions they followed.
- ✿ "It is a time of turbulence in our world", the conflicts and dispute of the powerful at the top, will create anguish and suffering for those below.
- ✿ Our world is full of troubles, it is impossible to have calmness and peace. Calm and peace is not of our world, only trouble is.

**Does tomorrow belong to you?**

**Do not be so stubborn if the answer is no.**

- ✿ The past is no more yours in the heart, the future is not really yours yet. "So cherish the present moment now".
- ✿ Everything comes for a reason, repay what you must, and give what needs to be given. It's unavoidable.

You are not the best for this world,  
but to me personally, you are the best.  
"Compassion, gratitude, all-encompassing love,  
empathy," the world needs such qualities.

- ✿ The real masters are always behind the curtain, they will never show up themselves.
- ✿ "Always be considerate, give face and show respect to others", everything has rooms for negotiations. If problems can be resolved privately, don't put them on the table, so everyone is respected and nobody gets embarrassed, such an outcome will have a happier ending.
- ✿ Justice and fairness resides in all our hearts. Heaven knows how you treat others; Heaven knows how he treats others too. Heaven is always fair.
- ✿ Everything is predetermined by Fate, it is helpless even if you know this fact. For things that you wish to know, persevere, be firm and unwavering, never give up and you will get to know one day.
- ✿ In a competition, the outcomes will be known in the end, time will slowly show you the realities of the world, it will show you the outcomes, it will show you the truth.
- ✿ You may think very highly of yourself, as a very talented and capable, but it is impossible for you to call the shots in all the affairs of this world.



Just a **few words** to say about oneself,  
But for the lives of All Beings,  
there are **so much** to be said.

Some of us have no opportunity,  
Some of us had an opportunity but  
**did not cherish it.**  
Some of us do not understand,  
what opportunity is.

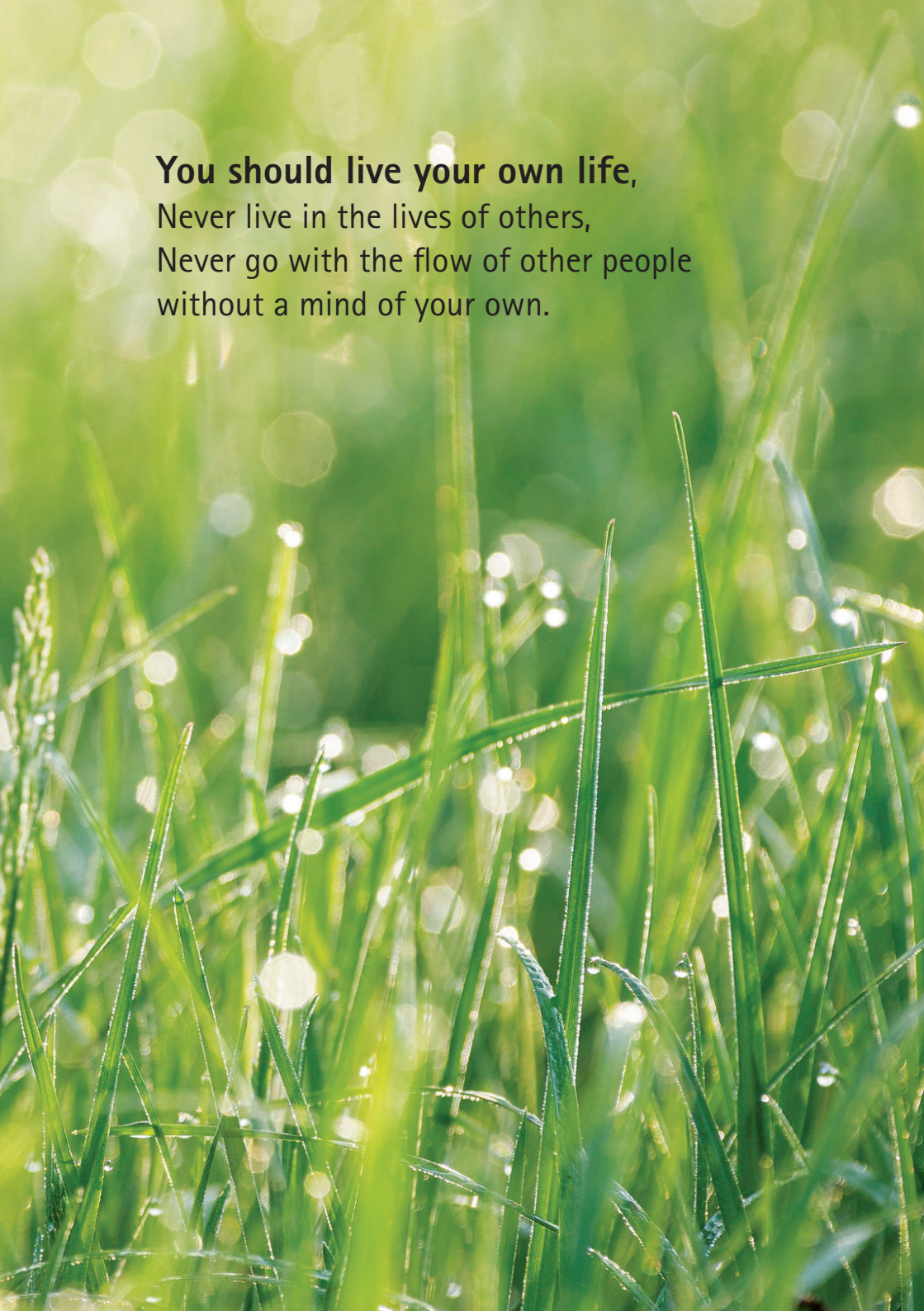


- ❁ "Never believe in what you hear, only believe half of what you see", what you see with your own eyes may not be true, not to mention those that you hear from others, or forwarded from others. One must have wisdom and compassion, to know when to shut up and show benevolence.
- ❁ When friendship, family love and romantic love, come to an end, "it's better to end with a few words than talking too much."

Those with a double face,  
They speak of one thing but do another,  
This is most pathetic.

- ❁ Do not think too highly of yourself, have too much confidence in your driving skills.  
You can control your car but never the environment, accident and uncertainty.
- ❁ Everything is predetermined by Heaven, human calculations are nothing compared to Heaven's. Heaven has his own arrangement, Destiny will decide when it's time.
- ❁ Those who have shown kindness to you, those who love you, those who have good relations with you, take care and cherish them, do not let them get hurt.





**You should live your own life,**  
Never live in the lives of others,  
Never go with the flow of other people  
without a mind of your own.

- ❁ The magnetic field and that of charity are not the same, they will never go hand-in-hand, they will never cooperate and achieve anything together.
- ❁ When someone is pushed to the limit and is desperate, he may do something he does not wish to do.
- ❁ In the beginning it was all mercy, empathy, universal love, sacrifice, dedication and responsibility. Where do competition, stubbornness and conflict come from?
- ❁ A great statesman, must have persistent empathy, universal love and fairness in his heart.
- ❁ You have never been to the other corner of this world, so you do not understand, and "I choose not to argue with you".

It's impossible to  
understand the heart of others,  
They are not easily understood.

- ❁ The father has watched his child growing up, but the child has never seen the father growing up. Therefore it is perfectly normal to have differences in their mentality and philosophy. It is all up to Yuan or destiny, so cherish each other, "this is beyond the description of words".

- ✿ Use wisdom to solve problems, respect and courtesy in treating others, moral values to cultivate oneself, and compassion in our daily living.

What you really possess,  
are your past and experiences,  
and not your future,  
as the future is uncertain.

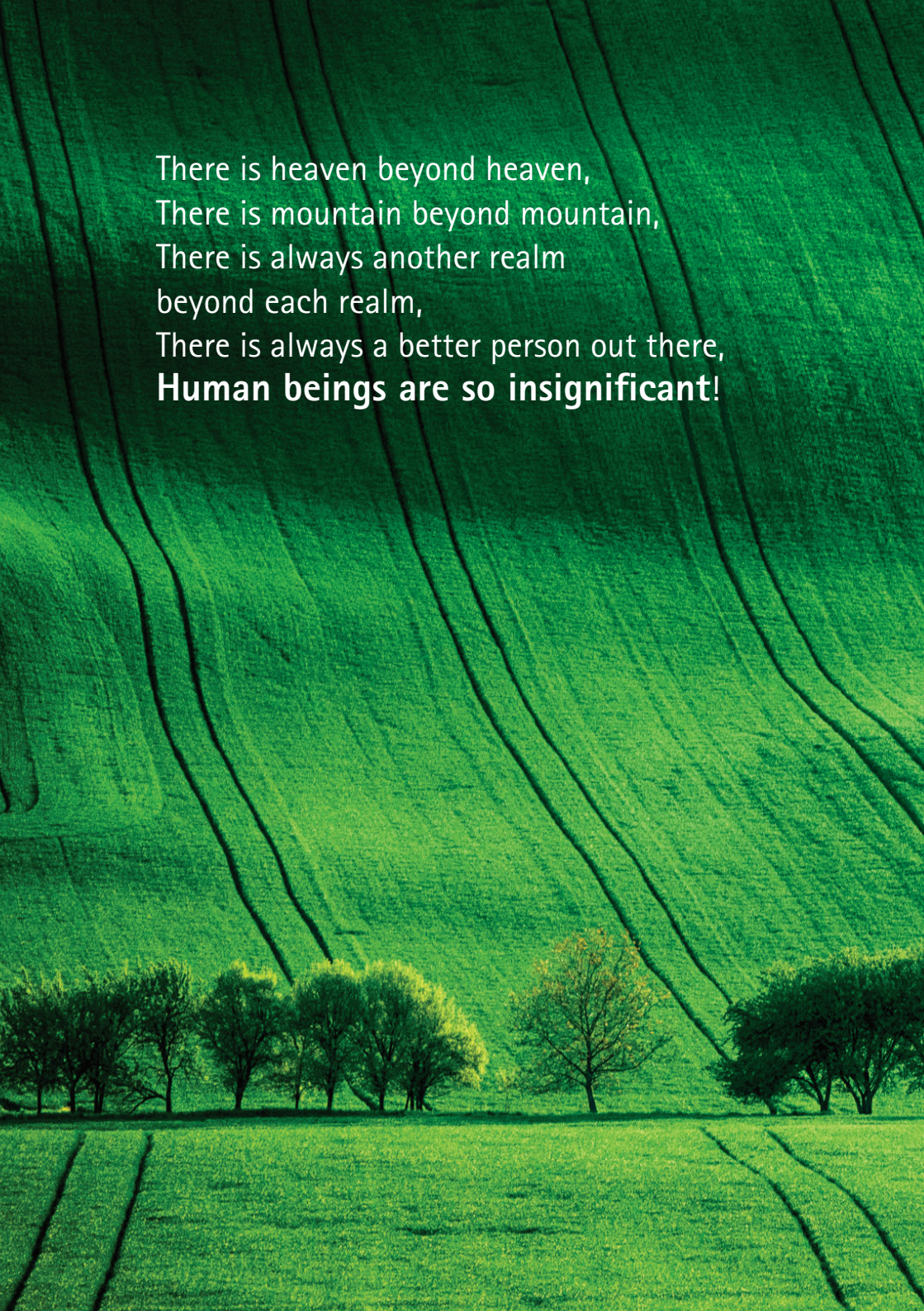
- ✿ The clever takes others as fools, the wise takes himself as a fool.
- ✿ Do not ruin or lose yourself over the loss of something or for a single misdeed.
- ✿ When it comes to compassion, dedication, gratitude, giving back to society, a wise gentleman will not stand idly by, he will be eager to participate and give.
- ✿ Only care for those that you should care and those with good affinity, "don't be a nosy busybody", you will be exhausted.
- ✿ Let go, let go, everybody talks about letting go, can they really do that? Is it really so simple? Is it really so easy? or is it merely talk?

Do not grumble and blame others  
when you are the one who made the decision,  
Keep going on with firm resolution, be without regrets.  
All matters will be resolved one day,  
it is only a problem of when and where fate lies.

- ✿ When the affinity is gone, and when you have tried your best, and yet the feelings to act are no more there, you should try to stay away, do not seek embarrassment or trouble for yourself.
- ✿ If one always find fault with others, he must have many faults of his own, if one always find others to be unkind, then he himself must be unkind as well.
- ✿ There is nothing that you cannot let go. It is the heart that does not want to let go.
- ✿ You need a past to have a future. With future comes hope and light, so never forget the past, never mistreat the past, learn to show gratitude and respect the past.
- ✿ Would you respect a feeling and a smile neglected by the modern city? Would you be touched by it? Did you find it?
- ✿ "It's too late when we meet", there's no such thing. Only the time is not right yet or we are not destined.

People climb upwards and water flows downwards,  
It's not about height,  
this is a state of wisdom.



An aerial photograph of a vast green agricultural field, likely a cornfield, with distinct curved furrows running across it. In the foreground, a line of trees with varying foliage colors (green and yellow) stretches across the width of the image. The overall scene is bathed in a bright, vibrant green light.

There is heaven beyond heaven,  
There is mountain beyond mountain,  
There is always another realm  
beyond each realm,  
There is always a better person out there,  
**Human beings are so insignificant!**

- ✿ Take tolerance as your master, kindness as your foundation, benevolence as your faith and love as a human being.
- ✿ The same word or sentence can be drastically different owing to each individual destiny, sensibility, mentality, goal and demand. Therefore, the whole process and the eventual outcome may be different too. But due to "Greed Hostility and Ignorance", we often cannot distinguish Light from Darkness.

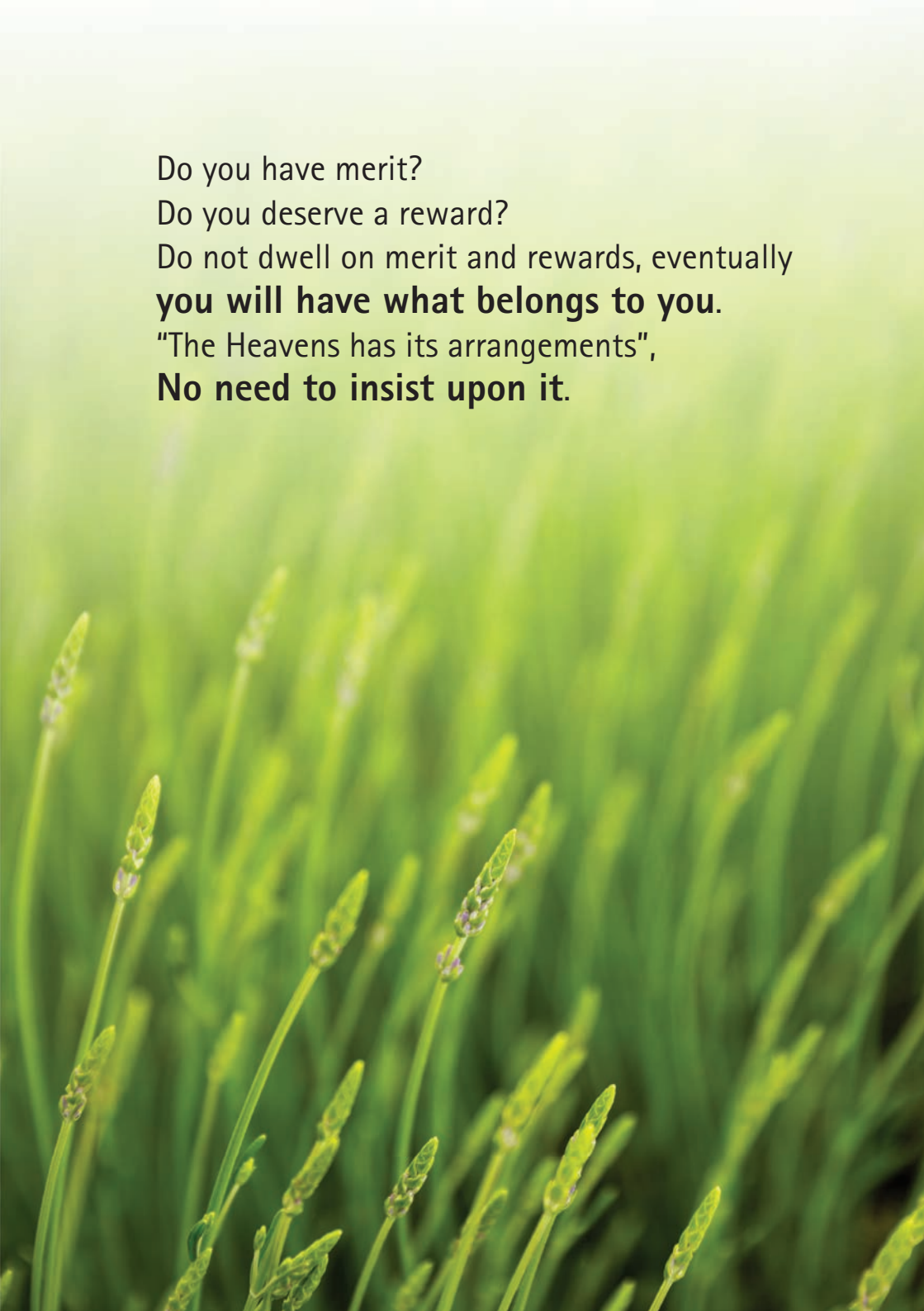
**Do not change your mind  
just because you changed position,  
Never forget all the small things  
before your change,  
Never forget who you really are.**

- ✿ In life, whether you have regrets depends on fate or destiny, it's beyond your control.
- ✿ Failure and disappointment in life are some kinds of test.
- ✿ It is all right either way, as long as it is beneficial to all and the problem can be resolved.

- ❁ Have you been considerate to your family members? Returned gratitude to those who helped you? Forgiven those who wronged you? Taken care of those who were in need? Given back to the society that helped you before? Have you also thanked family members like brothers, friends, the society and country which saw you grow? "There is still time."
- ❁ "Stick with those with positive energy and the righteous." Follow the right person to do what is right, find the right person to do it to.

It is common for people to be "cold and heartless",  
uncommon if it is otherwise.  
It's all depends on how you manage,  
balance, accept and appreciate.

- ❁ "Who can I share this lonely world with". The heart is not cold, though the weather is, ambition never freezes, though the weather is cold.
- ❁ A person can be stubborn and arrogant, but one day he or she will have many regrets. "Do you understand?"




Do you have merit?

Do you deserve a reward?

Do not dwell on merit and rewards, eventually  
**you will have what belongs to you.**

"The Heavens has its arrangements",

**No need to insist upon it.**

A top-down view of a pond covered in a dense carpet of small, round, green duckweed. In the center, a single, large, fully bloomed pink cherry blossom flower floats. Several other pink petals are scattered around it, some appearing to be in the process of falling or having just fallen. The contrast between the vibrant pink of the flower and the lush green of the duckweed is striking.

Let go of your own heart,  
you will be relieved.  
**There will be no relief,**  
if you cannot let go.

- ✿ When someone is lonely, empty and insecure, he will show his "Superficiality".

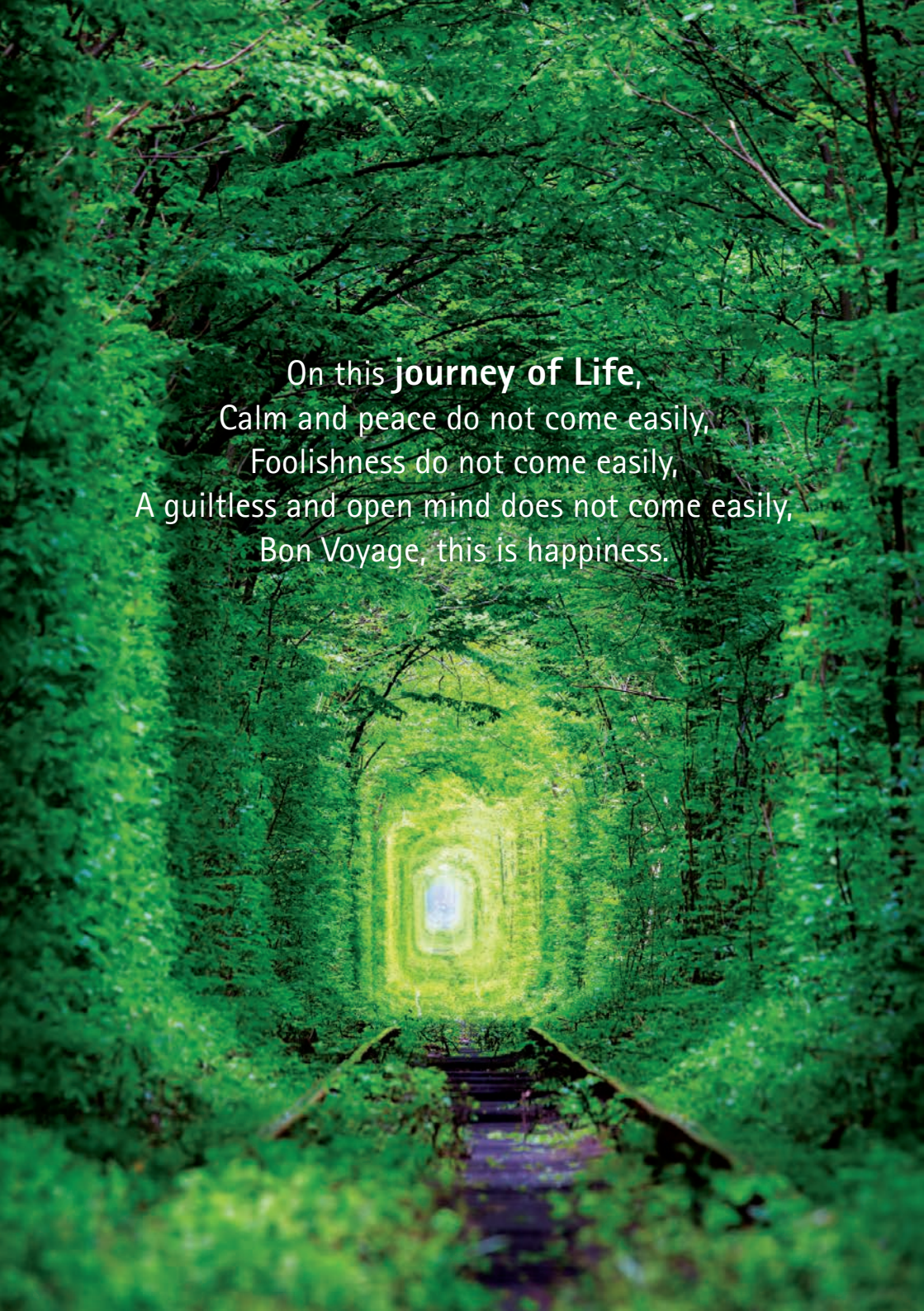
The relationships among people  
are not just about words,  
They involve a process and experience,  
and may not withstand the test of time.

- ✿ How can you understand it in the future,  
if you do not know it now?  
How can you cherish it in the future,  
if you do not value it now?
- ✿ When you require assistance the most, who do you think  
will be by your side to walk with you? You should think  
about this, there is time to do so.
- ✿ Sometimes you feel you cannot let go of something, a  
decision may seem harmful, but it is often a relief for  
both parties after the event.
- ✿ Some words will harm the bright future when spoken  
rashly and at the spur of the moment. So take a step back  
to exercise control and you will realize a better world  
awaits. Swallow the words, do not speak, have some  
wisdom, "they are merely words not worth uttering."

- ❁ A human life is about numbers, you risk your life for them, so be careful as they can make you suffer and lead a life without peace, health and happiness.
- ❁ A lower state of being is always low, it can never touch the realm of a higher state. There is ego in the lower state, but not at the higher realm.
- ❁ If he does not want you to stay, it is no use remaining behind. There is no purpose when it is not fated. "Do not have wishful thinking."

Everything happens for a reason,  
Do not insist on taking revenge,  
As there is no end to that vengeance,  
Accept and let go of the burdens,  
in order to journey further on life's path.

- ❁ Even if you are gone today, it is not a complete loss. "There is still your karma."  
"It's not whether you own it eternally, but you possessed it at one time."  
More importantly, the issue will be your reluctance to let it go.

A photograph of a dense green forest. A path of wooden planks leads from the foreground into a tunnel-like structure formed by the branches and leaves of trees. At the end of the tunnel, a bright, glowing light emanates, creating a strong contrast with the surrounding greenery. The overall atmosphere is serene and hopeful.

On this **journey of Life**,  
Calm and peace do not come easily,  
Foolishness do not come easily,  
A guiltless and open mind does not come easily,  
Bon Voyage, this is happiness.

There's no **right** and **wrong** in life,  
or **success** and **failure**,  
There is only **sharing** and **learning**,  
do not dwell on the happenings,  
failures or loss of each day,  
Do not be persistent and unforgiving.



- ❁ A person is upright when he has no desires, virtuous when he has no demands, this is a higher state of being and rich spiritually.
- ❁ Learn to forgive, show mercy and compassion. Do not push people to the extreme, forgive someone when you can, "Have good relations with more people." Do not burn your bridges, in case you need them tomorrow.
- ❁ You should improve yourself rather than criticize others, learn rather than teach others.
- ❁ One who wins hearts wins the world. The heart of friendship stretches from Heaven to Earth.
- ❁ When one has reached a new height in life, stop pursuing higher, instead he or she should reach for greater wisdom, move towards the realm of selflessness and Light.

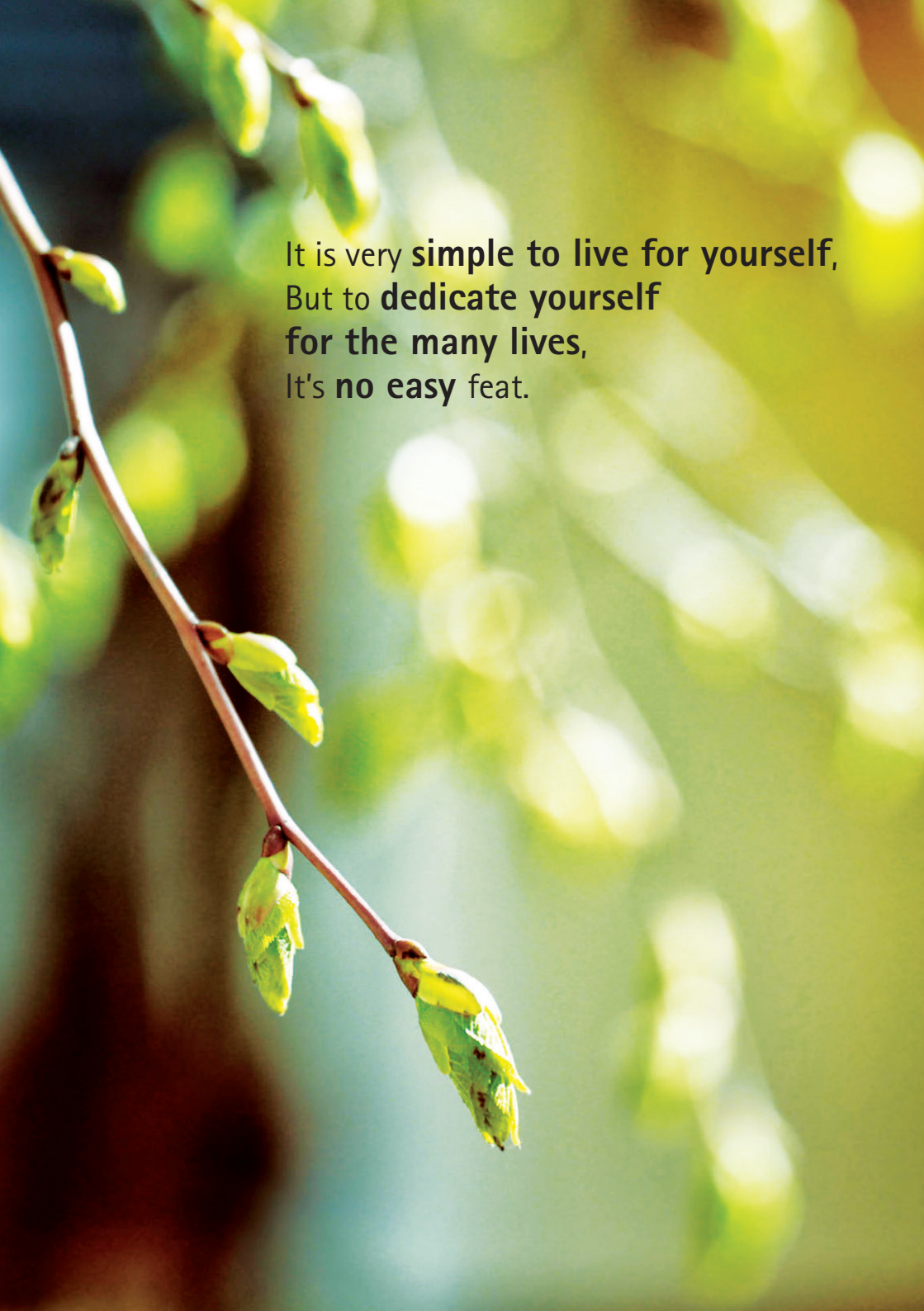
Drink less, talk less, boast less,  
Drink more water, cultivate and refine yourself,  
They are absolutely beneficial.

- ❁ What do you let go? Let go of yourself, what do you take on? Take on selflessness.  
What is the challenge for? Everything around us.

- ❁ When one has an incorrect attitude, his or her strong character will pay the price and affect justice, the Light, hope and the Life.
- ❁ Be frank to one another, willing to be responsible, accept challenges and the Light will be yours forever.

Unity is strength, let's all work together.  
To save people, save lives,  
Save them from sufferings and difficulties.  
A century of Sian Chay accumulates compassion.

- ❁ Gratitude, kindness, compassion, empathy, can help many people, but not necessary yourself.
- ❁ Be sincere in your behavior, be honest in your dealings.
- ❁ Human being's, "Greed, Hostility and Ignorance", have caused so much harm to the environment and Mother Nature, so much damage to human survival and life that they have also ruined the happiness of countless healthy families.
- ❁ The distance between us does not matter, there is nothing to fear if there is faith in your heart.



It is very **simple to live for yourself,**  
But to **dedicate yourself**  
**for the many lives,**  
It's **no easy** feat.

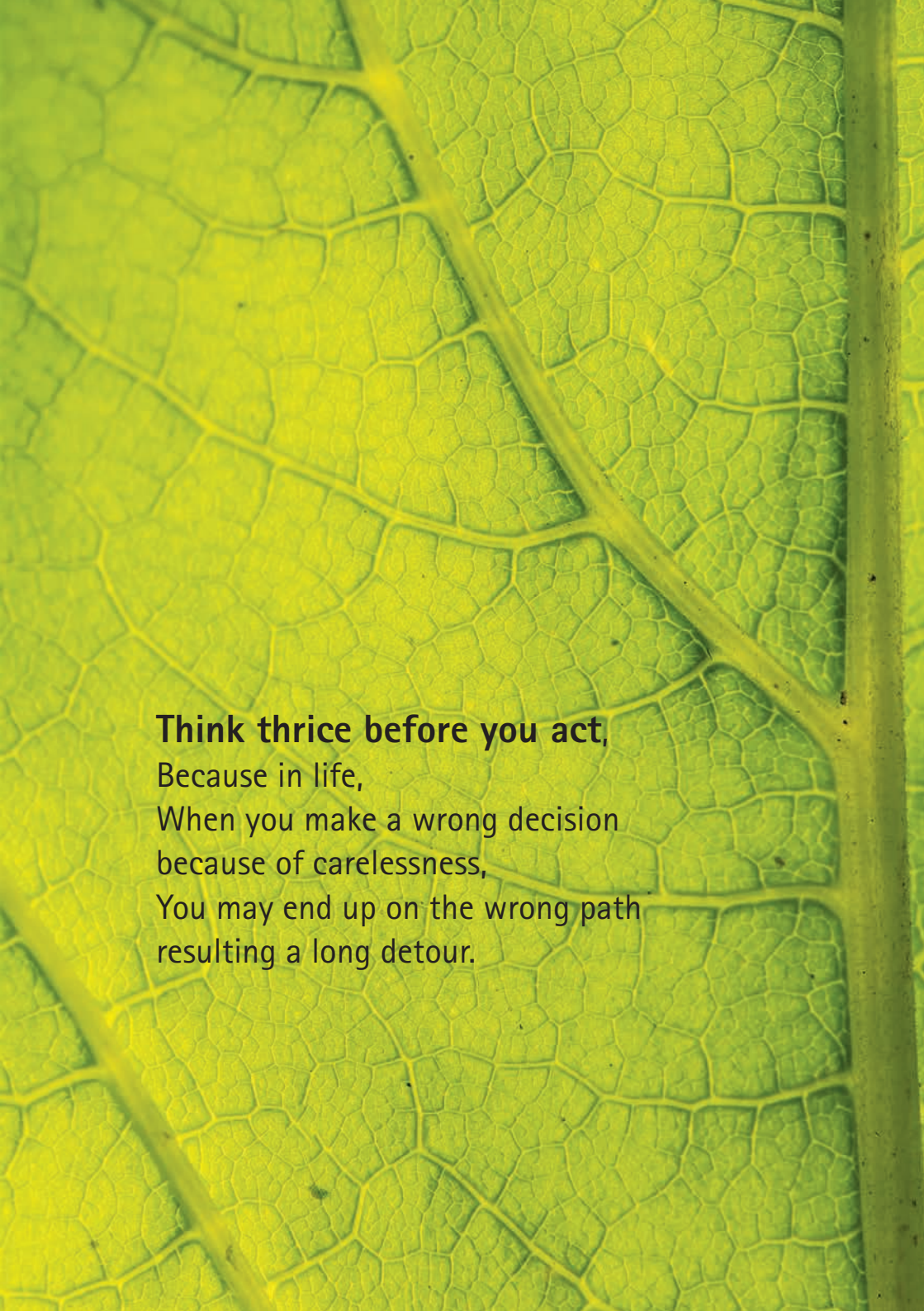
- ❁ When people are discussing and talking about you, that is when you are transforming, taking on responsibility and choosing between the forces of Good and Evil.
- ❁ To live a harmonious life and pursue happiness, helping others is key. For those who are able, should always help others. If the strong prey on the weak, taking advantage of others, what's the point then?
- ❁ Sometimes you cannot find a reason to be sad, nor the causes for being hurt. It's all due to Karma, they are all destined.
- ❁ Do not put the cart before the horse, be quiet, reflect, examine yourself in order to improve.

If one does not want to fail,  
The best choice is to give up.  
But there's no chance of success  
after giving up.


- ❁ One may not be rich, but he or she has a wealth of inner qualities, not easily tempted, not boastful, confident and persist on the Light. 'One has a higher moral value when one is without desires!'

Do not be insistent and demanding,  
When you cannot even control yourself,  
Then stop to make decisions for others,  
Altering their course.

- ✿ You know the opponent is not your match, has no potential to win, yet you still choose to fight the opponent. 'When a major power goes to war with a smaller nation, it is not war, it is bullying.'
- ✿ In life there's no way to know the eventual outcome, or change the outcome. However you can do something to influence the process. Since you can't know the outcome, it is necessary to care about the process.
- ✿ Will you still be here tomorrow? Why can't you be open minded and try to let go. If you insist on fighting with the precious time you have today, it will bring regret and sadness to yourself and others.
- ✿ When you are in a certain position, you must use your responsibility, strategy and heart in your dealings. 'Those who have different beliefs should not work together', for they can never walk together with one heart.
- ✿ One patient may have a thousand kinds of suffering, a single doctor may have a thousand ways to heal and care.

A close-up photograph of a green leaf, showing the detailed network of veins. The veins are a lighter green color, creating a complex, branching pattern against the darker green background of the leaf. The texture of the leaf surface is visible, with small, irregular cells forming a honeycomb-like structure.

**Think thrice before you act,**  
Because in life,  
When you make a wrong decision  
because of carelessness,  
You may end up on the wrong path  
resulting a long detour.



It is **not easy to be calm**  
after an unexpected event.  
It is **even harder to be calm,**  
**keep your composure and let it go.**

- ✿ The world has changed, humanity has changed. You will not be used to the things around you nor able to accept and tolerate them. This is life, a learning process and challenge. If one wishes for a free and casual life, be close to nature, one must learn to let go, accept and shoulder responsibility.
- ✿ Gossip is a terrible thing, show respect to dignity by saying only what needs to be spoken, never speak nonsense.
- ✿ Leave the future matters for a later date, handle the ongoing business right now.
- ✿ Things that you are curious about, may not be what you need to know.  
That which you need to know are often discovered in rash and curious moments, and after knowing, the outcome may not be desirable when made public.

**Human beings are strange creatures.  
They do not like to be lied to by others.  
But so often they lie to themselves.**

- ✿ When you cannot see others clearly, you cannot see yourself clearly too.  
When you cannot understand others, you cannot understand yourself too.

- ❁ The benefits from the economy is growing, the numbers is improving, the society is progressing and the times evolving. The common folks cannot seem to keep up with the pace. Harmony is gone, the simple happiness of families is gone. Most people are no longer happy with life due to the mounting pressure and poverty. Such changes and progress have caused Life to be so fragile and insignificant. Is it really worth it?
- ❁ You may not love the person who loves you, the person who care for you may also not be the one you care about. "It's all fated, not up to you."

A friend in need is a friend indeed,  
and only time will tell who will really care about you.  
It is all destined.

- ❁ If someone is willing to shoulder responsibility, no reason is needed, if someone is unwilling, these will be countless excuses.
- ❁ In life, there will be problems, bottle-neck situations and despair. They are all experiences, lessons and burdens to challenge you.
- ❁ To live is to work for oneself, but in life we work for others. I exist to live, but in life I am nothing.

- ✿ The person without a ticket is still looking for a seat; The person with a ticket, chooses not to enter, "This is cleverness and wisdom".

Make the choices yourself,  
Be responsible to yourself,  
Handle it yourself.  
You deserve it yourself,  
Make the changes yourself,  
Put an end to it,  
Let go of it and finish it yourself.

- ✿ For an advanced and developed nation, the livelihood and happiness of the population is the top priority, everything else is false! If the population lives in poverty, cannot even feed themselves, what prosperity, what success and strength are there to talk about?
- ✿ People in high position have great power and enjoy high salary, but if they perform only minor tasks, it does not seem logical and reasonable. That should be changed.
- ✿ Make more friends, know right from wrong, tell apart what's true or false, have compassion in your heart, with universal love and empathy, have a great affinity with everyone.

# True Essence of *Friendship*

If you were the sea,  
Ignore that boat.

Initiated by the mind and held firm by the heart,  
Cherish affinity and life, which are not easy to come by.  
Serve our society to benefit humanity.

Keep calm in the face of honour and shame,  
Maintain your composure amidst the sorrows and joys.  
Face them together naturally.

Be considerate, not troubling or making others worry for you,  
Is an act of a cultured person and a spirit of loyalty and self-sacrifice.  
When you treat others with absolute sincerity,  
The truth will show as a mirror at critical moments.

Cherish the affinities, without which there is no fate.

With a clear conscience,  
Naturally, you will feel at ease and happy.

Heaven and Earth know it,  
So do you and me.  
Fairness resides within our hearts.

Be sincere with ourselves and others.  
Treat others with a clear conscience.

Let our world be multi-faceted,  
To make us beautiful,  
To make us cherish one another,  
And to make us great.

We share our responsibilities, regardless of you and me.  
We learn and improve together.  
There is no right or wrong,  
We just accept and face it together.

It is that simple,  
It is that meaningful,  
It is not as complicated as imagined.

True friends,  
Regardless of where they are,  
Will always shower you with concern,  
And never fail to ask about you.

*A sharing by* **Toh Soon Huat JP, BBM(L), PVPA**  
With blessings and gratitude

# Understanding *Life*

If you were the sea,  
Ignore that boat.

When all beings are **grateful**, the world becomes **peaceful**.  
When all beings are **self-conscious**, the world is at **peace**.

It is better to be happy with others than to be happy by yourself.  
It is better to be happy with the world than to be happy with  
others.

When you are contented, you are always happy.  
Be satisfied with what you have:  
When you are contented with yourself, you bring joy to others.

When you walk, don't trudge, for the road will be hurt.  
You pursue your endeavours, but you stop when appropriate and  
not go overboard.  
Forgive others when you can.

A grateful person cherishes fate,  
and one who cherishes it knows what compassion is,  
A compassionate person knows universal love,  
and one who practises it contributes,  
A person who contributes knows how to let it go,  
and one who let it go will know how to be at ease,  
A person who is at ease knows what happiness and bliss is.

Without a heart of forgiveness, compassion, kindness,  
gratitude, and universal love,  
It will not be of any use even if you are rich.  
Any amount of wealth is meaningless and a mere illusion.

Fame, fortune, desires, and pursuits knows no boundary.  
Don't be insatiable, amass what is required and move on.  
Don't allow yourself to lose focus in life and squander it.

One's appearance and beauty will fade with time.  
One's compassion and culture will exist and shine forever.

When you are overwhelmed with comparisons, desires,  
obstination, arrogance, stubbornness, greed, aggression,  
ignorance, and unwillingness to let go,  
you will leave the world with regrets.

The matters of others are major,  
while the matters of yours are trivial.  
Major matters are meaningful,  
while trivial matters are insignificant.  
Those who deal with major matters are not bothered with trivial  
matters.  
Those who are bothered with trivial matters are incapable of  
handling major ones.

If you were the sea,  
Ignore that boat.

Desires, fame and fortune, status, standing and material enjoyment,  
They are part of life, but they are not everything.  
Don't take them too seriously and harm the simple life,  
which is bliss,  
As well as its meaning and belief.

Distinguish between right and wrong with wisdom and  
treat others with respect.  
Cultivate one's body and mind with morality,  
Conduct yourself and manage issues with compassion.

Accept, let go, change, learn and improve yourself,  
To go further and do better things.

When one doesn't need to guard his image,  
he is at the pinnacle of moral standards.  
When one doesn't need dignity,  
he is at his most dignified moment.  
In this world, many will think that everything you have done,  
Your contributions and dedications are acts of individualism,  
and pursuits of fame and fortune.  
If these thoughts are not in alignment with your heart and  
mind, there is no need to be overly affected by them.

Modern society is led by economics.  
Whenever there are people,  
different interests will come into play.  
There will be conflicts, comparisons, and disputes.  
This is the principle of nature.  
It is very natural and dependent on how you digest and  
accept them.

*A sharing by* **Toh Soon Huat JP, BBM(L), PVPA**  
With blessings and gratitude



# TOH SOON HUAT

JP,  
BBM(L)  
PVPA

Singapore Philanthropist

“ The gratitude and consciousness from the public shall make the world peaceful and in harmony. ”

- Dato' Seri Toh Soon Huat JP, BBM(L), PVPA.
- Ancestral home in Fujian, China.
- Facing financial constraints in his family, he dropped out of Hwa Chong Institution in Secondary 3.
- He worked hard to earn money for the family during childhood and later founded Novena Holding Ltd and served as CEO. The company was listed on SGX in 2000, primarily engaged in investment in NOVENA furniture and BEAUTE SPRING brands.
- Since 2008, he has been serving as executive chairman of the board of directors of Sian Chay Medical Institution without any remuneration till today.
- He sold all his shares in the company in 2009, and established Novena Foundation, serving as executive chairman. Dedicated to charity cause for more than 20 years, he has been given the 10 years, 15 years, 20 years and 25 years Long Service Awards by Singapore People's Association.
- Conferred the Public Service Medal (PBM) by the President of Singapore in 2004. The medal is awarded to one who has rendered commendable public service in Singapore.
- Conferred the Public Service Star (BBM) by the President of Singapore in 2009. This is awarded to one who as rendered valuable public service to the people of Singapore.
- Being awarded Friend of Heritage by Singapore National Heritage Board in 2011.
- Selected as one of the 50 Chinese philanthropists featured in the "Management World" magazine of the State Council Development Research Centre of China In 2013.
- Awarded the President Volunteerism & Philanthropy Award (PVPA) in 2015. This is the highest recognition of achievements and contributions to Singapore's philanthropy.
- Awarded Philanthropist of the Year by China Pride Model Personalities Annual Festival in 2015.
- Awarded the 25<sup>th</sup> Annual Community Service Award by the Singapore People's Association in 2016.
- Awarded the Ten-Year Long-Term Volunteer Service Award from the Singapore National Council of Social Services in 2016.
- Awarded the annual Chinese model in the second Annual Chinese Dream and Chinese brand Entrepreneurship and Innovation Ceremony in 2016.
- Awarded Outstanding Contribution Award for Charity Personalities of West China Development, at the 6<sup>th</sup> Investing in West China—Excellent Entrepreneur Commendation Ceremony in 2016.
- Appointed the Peace Ambassador by the 7<sup>th</sup> Peace Flag in 2016.
- Awarded the Education Service Award by the Ministry of Education of Singapore in 2017.
- Awarded the 15 years Volunteer Long Service Award by National Council of Social Services in 2017.
- Received China Philanthropist Award by the Organizing Committee of China International Philanthropy Forum in 2017.
- Appointed Justice of the Peace by the President of Singapore in 2018. JPs are outstanding Singaporeans who have made significant contributions in their professions, the public service, social services and the community at large.
- Awarded the Friend of the Arts by the Singapore National Arts Council in 2018.
- Awarded the Philip Kotler Marketing Excellence for Philanthropic Leadership by the Marketing Institute of Singapore at the World Marketing Summit in 2018.
- Named as honoree of Forbes Asia's 2019 Heroes of Philanthropy.
- Awarded the honorary titles of 2019 Personality of the Year Award and 2019 Charity Leader Award by Chinese Model Personality.
- Being awarded Friend of the Arts by the National Arts Council in 2020.
- Nominated as among the 100 "New Generation Fighters" in conjunction with the special publication to mark the 100<sup>th</sup> anniversary of the Chinese Communist Party in China's golden era in 2021.
- Being awarded Grand Award for Community Service for thirty years of dedicated voluntary service to the community by Singapore People's Association in 2021.
- Awarded the Education Service Award by the Ministry of Education of Singapore in 2022.
- Being conferred The Public Service Star BBM(L) by the President of the Republic of Singapore in 2022. This is awarded to any person who has rendered valuable public service to the people of Singapore, or who has distinguished themselves in the field of arts and letters, sports, the sciences, business, the professions and the labour movement.
- Awarded The 17<sup>th</sup> Compassion Award by Hong Kong Taiwanese & Macau Charity Fund Ltd in 2022. This award was established by the Founding Chairman, Mr. Lin Tian Maw to promote positive role models of compassion and enhance positive energy in the society. The purpose is to spread love, encourage good deeds, promote filial piety, correct social atmosphere, and build a harmonious society.

### **Born in Bukit Panjang**

In 1960, I was born in the "10 miles" area, which was called "Coconut Mountain Tail", now the Bukit Panjang new town.

Among the 12 brothers and sisters in my family, I was ranked seventh. My father was a taxi driver, earning a few hundred dollars a month which was not easy to feed more than ten persons. My mother was a housewife and sold groceries and eggs to subsidise the household expenses. We led a frugal life and the whole family lived on a few pieces of fermented bean curd and a can of Ma Ling choy sum every day.

I saw that my mother often took only half a piece of fermented bean curd with porridge. Despite the hardship of life, everyone still happily shared two fried eggs my mother made occasionally. This kind of sharing brought joy and warmth. When we had a little more money, we could afford fried rice noodles with pork knuckles.

Even today, I still eat Ma Ling luncheon meat, meat sauce and canned choy sum frequently. Breakfast is sometimes served with only Kopi-O and Khong Guan crackers, reminiscing my childhood memory.

**In life, happiness simply means  
living healthily in the light, and  
keeping our conscience with the heavens right.**

When I was young, I did not understand why my parents kept waking up so early despite the bad weather or sickness. As I grew up and experienced life, I began to understand that it was not the alarm clock or work that woke them up. It was about their way of life, responsibility, affection, dedication, giving, imparting and greatness.

### **Picking Eggs and Bathing Pigs**

During my school holidays in secondary school, when I was 13 years old, I picked eggs and chased ducks into their cages at midnight at my

second uncle's farm and sold the eggs at the market. At that time, I did not receive any salary for the work, but my uncle would give me angbaos. My favourite little animals at the farm were ducklings. I did not want the ducklings to grow up because they would then be slaughtered and I would be very sad and even weep for them.

When picking eggs at the farm, I tasted the fresh eggs that the hens had just laid. They tasted warm, soft, with a fresh fragrance.

Pigs would grunt when they were hungry and dirty. After I bathed them, they would wag their tails to express their gratitude and then slept soundly with a snore. Even today, I am still fond of pigs because they are simple and lovable creatures.

I saved up the money earned from the farm and bought a bicycle for \$80 so that I could ride to visit my grandmother and I would give her a \$10 angbao and she would be very happy. I always chatted with my grandmother for many hours.

## **A Secondary School Dropout Who Took Risk of Climbing Heights to Earn An Extra \$2**

It was not easy to enter the Chinese High School after completing my primary education at Cheng Hwa Public School. My dad could only pay my tuition fees and textbook costs after he received his salary. I was not able to concentrate on studying because of the family's financial difficulty.

In 1975 when I was in Secondary 3, I left school to ease the financial burden on my parents.

Unfortunately, it was difficult to find a permanent job as I was below the legal working age. As a result, I swept the floor at the theatre or worked as a handyman to earn tens of dollars every month.

At the age of 16, I worked as a labourer carrying construction materials. The working hours were from 8:30am to 5:30pm but I often worked overtime until 9:00pm to earn an extra \$100 more every month to help my family.

When the foreman said that whoever dared to climb heights, their daily salary will be adjusted from \$8 to \$10. I took the risk to earn the extra \$2.



When I climbed to the outer wall of the 4<sup>th</sup> floor carrying the wood, my feet shook with fear because I didn't have the courage to climb so high.

Hence, I realised that money is hard to come by, and money is exchanged with lives. From a young age, I knew that life is precious, and life never comes easy.

I do not regret my decision to leave school, because the experiences and honing I went through built up my endurance and commitment today.

### **Founded Novena Furniture**

In 1984, Singapore embarked on the track of rapid economic development. Many residents moved from Kampung into government HDB flats and this drove the demand in the furniture market.

I seized the opportunity and founded "Eng Choon Huat", which was the predecessor of Novena Furniture. It enjoyed a good reputation with HDB dwellers.

In 1986, "Eng Choon Huat" opened two branches in Bukit Batok and Yishun. Following our business strategy, we expanded into the bustling downtown area and established our flagship store named "Novena" along Thomson Road right opposite the Novena Church.

With more experience and product upgrades, Novena Furniture quickly entered the medium-income market. "Novena Furniture Company" was born. Later, we created the new brands - "Castilla Premium" for high-end furniture, "Modern Living", "The White Collection" and "Natural Living" for different consumer markets. Novena maintained its leading position in the local furniture industry and became a high-quality outstanding Singapore retail brand.

With growing reputation in Singapore, we began to enter the international market and launched branches in China, Malaysia, and Vietnam.

### **Affinity with Hundred-Year-Old History Sian Chay**

I chose Sian Chay because of compassion; I chose to undertake because I am willing to let go; I chose commitment because of karma; I chose to give because of gratitude; I chose universal love because that is life.

Before I joined the Board of Directors of Sian Chay Medical Institution, this century-old charity was on the verge of closing. My good friend Mr. Teo Kim Chuan invited me to join Sian Chay three times, but I rejected him.

For the last time, he said to me solemnly, "if you don't take over Sian Chay, Sian Chay will have to close." These words touched my heart. I became thankful for the gift of life, compassion, universal love and empathy. After much deliberation, I decided to join Sian Chay, so that the century-old Sian Chay can continue to survive.

Chose Sian Chay, for Compassion;  
Chose Undertake, to Let Go;  
Chose Commitment, for Karma;  
Chose To Give, for Gratitude;  
Chose Universal love, for Life.

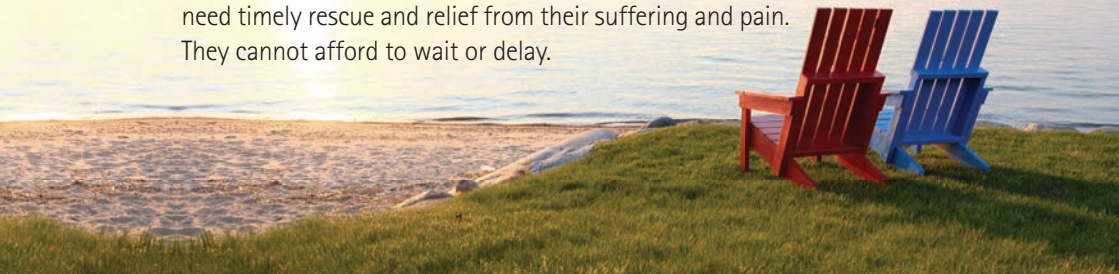
The reason is, Sian Chay is a charity TCM platform that can help many people obtain relief from their illness, maintain their health, prolong their life, and bring harmony to society and happiness to families.

When I was young, due to my poverty, I had to help my family at a young age to make a living, so I could lighten the burden of my parents and alleviate the financial predicament of my family. Since then, I realised many people need help from others when they are in difficulties.

Heaven will care for and help those who are able, sincere, and willing to work hard. They will have the opportunity to solve different problems slowly and come out of poverty gradually.

However, there are still many people suffering from unexpected accidents, or suffering from diseases and lose their ability to work. They need timely rescue and relief from their suffering and pain.

They cannot afford to wait or delay.



Charity cannot wait. It must be done now and realised at this moment.

### **Commitment to Philanthropic Work**

I started serving in 77<sup>th</sup> Board of Directors (2006-2008) as the Honorary Secretary and have served as Volunteer Executive Chairman since 2008 without remuneration and entertainment reimbursement.

For me, the greatest reward of the past 14 years was watching patients get better. The first step is to rescue others on time. After that, we must follow up. There are still many follow-up works to be done. We cannot stop abruptly. We need to help them completely to get out of trouble and live a sound life. Therefore, I regard charity as my whole responsibility and career.

When I took over in 2008, I adopted a wait-and-see approach rather than immediately reforming management. At that time, Sian Chay had only 4 staff working at the 610 Geylang main branch, serving 26 patients daily.

Sian Chay opened its first branch in Hougang in 2012. Since then, it has expanded its current network of 14 TCM branches, serving over 1,200 patient visits daily with 125 staff to serve needy and elderly residents in the HDB heartlands.

For the past 8 years (2014-2021) Sian Chay has served a total of 2,664,802 patient visits and dispensed 5,366,302 dosages of prescription.

In the next 5 years (2022-2026), the number of patient visits and dosages of prescription are expected to increase to 2.5 million and 4.8 million respectively.

Helping a patient with a family is equivalent to helping all members of the family to be relieved from hardship, obtain happiness. This will create a happy family and a harmonious and peaceful society.

I have organised a team of like-minded people who have made a great commitment to be compassionate in a practical way, to love people with empathy. We have gradual plans to realise our vision and form bright partnerships.



To develop Sian Chay and prepare a better future for Singapore's philanthropy, I have integrated Sian Chay's century-old charity spirit with my own life experience and created Sian Chay's Core values of Forgiveness, Universal Love, Compassion, Gratitude, and Blessing. Sian Chay also works with the nation to build a harmonious society by actively promoting the Beliefs of "Nation Progresses, Family Prospers; Family Harmony, Successful Endeavours. Forward with the Nation, Bonding with the People." And to promote love, compassion, benevolence, wisdom and harmony in Chinese culture, encourage everyone to change and improve ourselves, to serve and contribute to society, the country and the world.

In fact, forgiveness, compassion & universal love is an inner cultivation, a life perspective & philosophy, an attitude of gratitude and a bright disposition towards life. These can solve many problems affecting physical and mental health, social harmony, interpersonal relationship, conflicts, and ignorance.

### **Charity Without Boundary, Love Without Borders**

In 2008, when the Wenchuan earthquake in Sichuan Province of China struck, several friends of mine, including MP Mr Yeo Guat Kwang, and I organised the Sichuan Earthquake Relief TV charity show. In just four days, we raised \$10.27 million which set a record for TV fundraising in Singapore.

In the next four to five years, I travelled frequently to Sichuan to assist in the rebuilding of seven "China-Singapore Friendship" primary schools and a stone bridge in the disaster area of Chengdu, Sichuan. Over the years, I have organised large-scale activities and invited entrepreneurs from Singapore to celebrate Children's Day with the students in Chengdu. Also planned the World Learner programme by the Best World Group. Every year, several teachers and students will visit Singapore for cultural education and exchange.

When a snowstorm hit China in 2008, the Singapore Chinese Chamber of Commerce took the lead in raising funds for disaster relief. I donated \$60,000 immediately after reading the news. In 2012, my friend and I donated \$100,000 to establish the Liaoyuan province "Shunfa". The Youth Resource Services Charity fund aims at benefiting the elderly and the young.



For the past 20 years, I organised and sponsored the Chinese New Year red packet luncheon for the elderly and low-income families in the Boon Lay community benefiting more than 10,000 senior citizens. I also hosted a large-scale charity concert: "Filial Piety in the Lion City" and invited more than 6000 senior citizens to enjoy the performance and receive goodie bags. I have organised numerous charity activities, including personal donations and the funds raised through community and charity activities sponsored by Sian Chay summed up to \$100 million.

### **Charity Is a Responsibility**

Charity is a kind of responsibility. Those who have the ability should help those who are not capable. Those who have money should help the poor. The fate of each person goes through different changes and processes. Fate is very tough.

## **Trust, Action, Attitude and Conduct form the integrity and virtues of charity work.**

I think that people must live wisely. One should not play tricks with wisdom, with everything and with the value and meaning of life. Being rich but unwilling to spend means nothing. What you do every day is the same, it is "life as usual till the very end."

It is difficult to live the past and present. The present is unpredictable. We should cherish existence and bonding at the present.

I am now in my 60s. What I will do next year and the year after are the same. Even if I remain alive, life has no meaning. It is just to live, without the meaning and existence of life.

We cannot decide the length of life, but we can decide its width and make it more meaningful and exciting. In the process of life, we should



change and improve ourselves at every moment, every occurrence, every experience, and every bottleneck, so as to make life different and benefit society.

I believe we should always upgrade and change ourselves, use all your networks, experience, and wisdom to help those in need so they can live a better life and better their environment.

Charity is a kind of positive brightness as well as a professional conduct. It is not just simply to donate. Charity requires compassion, wisdom, talent, management, efficiency, and perseverance.

While helping others, one also helps himself and enhances his life perspective and gratitude. This is what we normally do not feel. Only when we really participate in it to help people in need and see the bright and happy smile on their faces, will we naturally feel joy, brightness, and compassion! It is true that to give is more blessed than to receive.

Donation is usually an individual behaviour. But charity is a team and social behaviour to engage the public. The goal of charity is to rebuild culture and society, and to build a civilised and harmonious society. Good deeds are from the heart, regardless big or small. Charity contains moral elements, emphasising on the manifestation of morality and the effectiveness of action. It is the influence of positive energy on others, environment, society, and the future.

Charity is a duty and responsibility to give back to society. The spirit of charity is sharing, gratitude, commitment, mutual benefit, benefiting society, and cooperation, unity, creating a harmonious society and a happy family, regardless of race or religion.

To gain social respect and recognition, enterprises should not only focus on profits, but also take on social responsibilities, defending business interests, protecting nature, preserving the normal ecological environment, and propelling social progress and mission. When one receives from society, he should contribute to society with love and compassion. Business pursues the expansion of benefits within permissible scope, while charity is to distribute wealth to achieve social justice and basic living security.

### **Sian Chay Medical Institution is a Social Enterprise; managed by the Society, for the Society**

Over the years, Sian Chay has been actively participating in community charity events, promoting health awareness, and encouraging health care activities. Sian Chay has also deployed professional hairdressers to each branch to offer regular haircuts for the elderly, and distributed multi-functional umbrellas, daily necessities, food packages etc.

Sian Chay strives to promote racial harmony and social stability through its charity platform. Everyone should treasure civic mindedness, social progress and stability. Everyone should care for one another, live amicably, and make the world prosperous and filled with universal love and empathy. Charity must be a sustainable operation so that more people will know about Sian Chay. As a result, seeds of charity and light will be sowed in the hearts of young people and more needy people can obtain help and feel the care of society.

Love from parent is always great! Let's show gratitude to our mother's love and move it forward!

I strongly advocate filial piety by cultivating filial piety, respect and giving back. For more than ten years, I have mobilised tens of thousands of volunteers to distribute more than 400,000 artificial carnations across the island.

I believe, filial piety and health are inter-related. Being filial brings happiness. In turn, happiness brings about positivity and love that will impact the larger community. Through this series of Mother's Day events, Sian Chay aims to instill in the younger generation, compassion and appreciative attributes which are the bases of filial piety. It is through bliss that families can come together to build a harmonious society.

Sian Chay actively encourages Mother's Day events to thank mothers and has held 2 large-scale flower giveaway events.

On May 14, 2017, Sian Chay and Ang Mo Kio GRC jointly organised a Mother's Day flower giveaway event at Blk 681 of Hougang Avenue 8. The Guest-of-Honour was Prime Minister Lee Hsien Loong. More than 2,000 volunteers participated in this event to distribute 210,000 carnations across Singapore. This heartwarming event also set a world

record in the Guinness Book of Records and became a milestone in Singapore's charity history.

On May 4, 2019, Sian Chay also co-organised a flower giveaway event with Gambas grassroots organisation. The Guest-of-Honour was Minister for Education Ong Ye Kung. A total of 100,000 carnations were given away at this event.

In 2021, Sian Chay not only donated \$20,000 to support the "Heart to Heart" Mother's Day fundraising charity show organised by the People's Action Party Women's Wing which raised fund for 10 nursing homes. It also distributed 9649 gift packs to our patients at the branches and collaboration with 8 constituencies and Seng Kang Secondary School to distribute to gift backs to all mothers. Every gift pack comprises of one packet of 3-in-1 nutritious chocolate malt, 2 packets of biscuits, 1 packet of chocolate and a greeting card sending Sian Chay's blessing.

In 2022, Sian Chay organised visit to Man Fut Tong Nursing Home to celebrate Mother's Day with the residents and staff with bento sets and \$20 red packets. When the red packets were distributed, many residents shed tears of appreciation. Sian Chay also gathered 130 volunteers to distribute 2,000 gift packs comprises of a stalk of carnation, a 2-piece pack of reusable face mask, a Sian Chay key chain and a \$2-red packet to members of the public. This little gesture of appreciation is to remind everyone to take a break and chill over a cuppa on this special day. Another 10,000 packs of nutritious cereal and 5,000 gift packs were distributed to patients at Sian Chay branch as well as members of charities and welfare organisations. Every gift packs comes with a mother's day greeting card.

During this pandemic, I firmly believe that we should do our part as a member of the community to support, encourage and help each other. When we see others in need, we should take up our responsibility, give warmth and compassion, stand together with the government in its policies and measures against the pandemic, and work together to tide over the difficulties. In April 2020, during the most severe circuit breaker period of the pandemic, every staff of Sian Chay stood firm in their front line duty and continued to serve the public with sincerity, kindness and goodness.



If you imagine that you become an ocean,  
you won't be bothered by a giant ship surfing;  
if you just want to be a small lake,  
you hardly have capacity for a tiny boat.  
We hope there will be more people in the world with  
hearts of ocean, getting united, combining the strength  
to endeavour to demonstrate our dedication and  
increase the value of service for humanity.

Sian Chay Medical Institution donated \$1 million to the Community Chest to support the "Invictus Fund" so that social service agencies can continue to operate, and serve the vulnerable groups better. Sian Chay also spared no effort to help non-profit organisations and needy individuals. Between April 2020 to April 2022, Sian Chay has completed 120 charity projects valued at \$2.5 million (excluding donations-in-kind) to benefit about 186 non-profit organisations, nursing homes, welfare & religious organisations. We also partnered 64 grassroots organisations. We have distributed 26,896 care and share gift packs, 1,251,959 masks, 10,000 bottles of vitamin C, 18810 boxes of mooncakes, 10,594 bottles of hand sanitizers, 4,297 units of electronic blood pressure monitor, 2,400 packets of 1kg chocolate malt, 41,208 bottles of beverage, 290,168 packs of instant noodles, 19,245 packs of cereal, 56,268 packs of rice, 53,445 packs of biscuit and 88,080 of can food. Sian Chay has also allocated \$100,000 to support 500 low-income families with \$200 of utility credits each. This charity campaign amid the pandemic is still on-going.

Another Sian Chay milestone is its launch of \$1 million bursary to help needy Nanyang Technological University (NTU) undergraduates. Sian Chay will contribute \$100,000 yearly over 10 years while encouraging the annual cohort of 30,000 NTU graduates to match Sian Chay's donation yearly. This helps the students to understand Sian

Chay and cultivate giving spirit. NTU reported a participation rate of 31.7% from the Class of 2021, raising \$129,000 - largest gift in 5 years. Compared to 2020 (total 29.48%), the increase in 7.53% despite the pandemic, is a testament of meeting SC's and NTU's joint objectives.

### Three Tumbles in Life

I had three tumbles in life.

My first tumble: I invested \$30,000 in my first start-up project and lost all the money in three months.

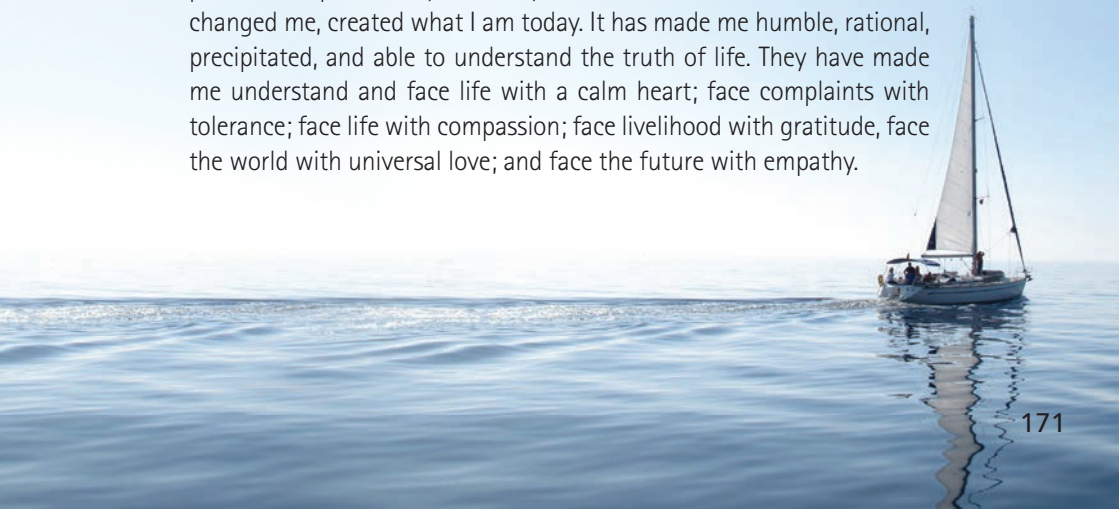
My second tumble: I invested in real estate and lost a big sum of money during the financial crisis.

My third tumble: I was influenced by a business partner to make a wrong decision and this badly impacted my business.

Initially, I intended to sell my company, and do something else to change and improve myself. But when I calmed down, I thought the three tumbles were not permanent failures, but they are an experience and education to me to build my values or belief in life.

Everyone will bear different responsibilities at different ages. As our "capabilities, mentality, accomplishments, thoughts, experiences, opinions, processes and realms" continue to improve and change, the responsibilities can also be different. Responsibility is a mission that comes naturally in life, it is always there throughout one's life. We must recognise our responsibilities in our lives, whether good or bad, to bear all results and consequences.

I am grateful for my setbacks and bottlenecks. They have made a profound impact on my life today. These setbacks and bottlenecks have changed me, created what I am today. It has made me humble, rational, precipitated, and able to understand the truth of life. They have made me understand and face life with a calm heart; face complaints with tolerance; face life with compassion; face livelihood with gratitude, face the world with universal love; and face the future with empathy.



### **Views on Affection, Friendship and Marriage**

Sharing your happiness with others is more joyful than keeping the joy to oneself. Sharing your happiness with the world is even more joyful than just sharing with others.

Brotherhood is unforgettable. Friendship is eternal between heaven and earth.

I often share that "Supposing there are 20 people climbing a mountain together, it is already a big success if 10 percent of them reach the end. You do not have to blame those who give up halfway. They may want to leave now but they may return later". This is possible because of a disparity in capability, approach, or beliefs but I believe people will eventually support me if I am doing the right thing. Real friends, no matter where they are, will always care and support each other.

### **Service with virtues, entertain with sincerity, Be people oriented, manage with the heart.**

The wind will not always favour the sail. Life is not always satisfactory. It is inevitable and natural that life comes with setbacks and difficulties. This is a journey of learning and self-enhancement. I have also felt impatient and it was difficult for me to accept these setbacks for a while, but I finally accepted them and let things go. I would rather take it as karma. All the negative feeling has been gradually diluted with time so it is alright to let things go.

Everyone will receive help from others throughout his or her life in success or failure. You have been raised by great parents, taught well by teachers, supported and loved by caring wives, appreciated and accompanied by family, assisted by brothers and friends, help from team members, guidance from experts, recognized by the public, blessed by

nature and endowed by the times, including the "benevolent people" who gave me the "opportunity" to improve and grow. These experiences helped me improve myself in terms of brightness connotation and self-cultivation and enabled me to grow stronger and walk on a brighter and broader path.

In every step of our growth, we receive guidance from experts. Every day of our lives, we receive help from others. In this way, we could overcome each difficulty, and move step by step towards success to create and enjoy a bright life. Be grateful to everyone who shows up in your life; use wisdom to deal with right and wrong; respect and accept others; cultivate your body and mind with morality; treat others with compassion.

### **Talking about Gratitude in Life**

I have been on this road of charity with lots of gratitude to all those around me: my parents who raised me up; my wife who supports me quietly, my friends and my team, etc. Even those who cheated me or betrayed me, I am also grateful to them, as they helped to improve my connotation and self-cultivation. Thanks to everyone in my life journey.

Life is infinite. Anatman is permanent. Thus, just take the burden, no excitement, no worries.

Life is not easy. Be grateful for life. Cherish life.

Life is a mixture of joy, sorrows, union, and loneliness. Life is about universal love and compassion. Life is to be devoted to light and warmth.

Learn to be grateful, not only in your heart, but also in deed. When you are grateful, you will feel happy. Be grateful to what life give you; be grateful for the days with family; be grateful for the friends you have met.

I believe sharing is the heart of universal love, the depth of thought, and the belief in life. Because only when you know to share, can you find the meaning and value of life and understand the connotation of life. Every kind of happiness in life needs to be shared with others to make it a bright and valuable.



With gratitude, responsibility, and joy, I am sharing my experiences and feelings with others. I hope that when you have a choice, you can draw inspiration and courage from it to face, cling and overcome your difficulties, setbacks, and trials. When you are depressed, you can get warmth and comfort from it.

### **Recognition by President, Prime Minister and Ministers**

On January 25, 2015, Minister Chan Chun Sing commended Sian Chay on "Caring and Sharing Day" for its contribution.

On December 18, 2015, Minister Koh Poh Koon shared in the book "The Story of Sian Chay": "'The Story of Sian Chay' reviews its own history of development for a hundred years, and also records the emergence of countless benevolent people who showed their love and asked for nothing in return in its long history of 114 years. Sian Chay is

Setbacks and bottle-necks lead me to:  
Face our days with an ordinary heart,  
complaints with a tolerant heart,  
Face life with a charitable heart,  
daily living with a grateful heart,  
Face the world with a universal loving heart,  
the future with an understanding heart.

Setbacks, difficulties and obstacles in life;  
They all lead to actualisation.  
It is a time to learn, grow and improve.  
Upgrade to renew and change;  
Show gratitude in our daily living,  
And respect and trust one's life.

not only a Chinese medicine clinic, but also a place to cultivate, unite, spread and enhance love. As a clinic, it can only solve limited problems; but as a source of love, it can ignite and condense infinite love. In an increasingly modernised country like Singapore, the light released in this small clinic has ignited the hope of many helpless elderly patients."

The development of charity cause reflects the accumulation of material wealth, spiritual wealth growth and institutional wealth optimisation since the 50<sup>th</sup> anniversary of the founding of Singapore. I hope more people will join the team of charity and let our society be filled with the breath of love.

On December 17, 2016, at the event of "Sian Chay Appreciation Dinner", Minister Ng Chee Meng shared in his speech: "Sian Chay Medical Institution has provided free Chinese medicine Consultation for the public regardless of race, religion and nationality for more than 100 years. It has benefited a huge number of people, estimated at a million.



This is so great! All these achievements were made under the leadership of Dr. Toh Soon Huat. Since 2008, Sian Chay has been actively providing low-cost Chinese medical services to residents expanding from 12 branches to 15 branches, including one in Punggol North. I have heard that Sian Chay currently serves an average of more than 1,000 patient visits per day. It is really helping a lot of people and bringing about major changes. I am very touched to see this."

Guest-of-Honour, Prime Minister Lee Hsien Loong, MP for Ang Mo Kio GRC and Grassroots Advisor, officiated at the Mother's Day celebration launching ceremony on 14 May 2017. Prime Minister Lee also posted on his Facebook to wish all mothers: "Joined fellow Ang Mo Kio Town Council MPs and volunteers to distribute 10,000 pink carnations to Sengkang South mothers and residents this morning! Glad to see many mums and their families out and about enjoying their Sunday. Thanks to the Sian Chay Medical Institution for presenting the flowers. Sian Chay is a VWO that has been providing free traditional Chinese medicine consultation and treatment for all, regardless of race or religion, for more than a century. Thanks also to the Ang Mo Kio GRC and Sengkang West SMC CCCs for supporting this initiative. You certainly put a smile on many faces today! — Lee Hsien Loong"

The road to success is never plain sailing,  
The path to **light** is often clouded with **darkness**,  
**The positive** will always  
be met with **the negative**,  
These are common and natural occurrences,  
It is the journey of all successful endeavours.

When interviewed on a TV programme, Patron of Sian Chay Medical Institution, Incumbent President of Singapore, Mdm Halimah Yacob praised Sian Chay for serving the community and providing TCM services for the public for 116 years, regardless of class, ethnicity or religion in the speech on "Love from Sian Chay Charity Gala" on July 8, 2017.

In the "Move On" TV Interview, President Halimah Yacob praised Toh Soon Huat as an "outstanding and excellent person", "He is full of passion and vitality, with extraordinary energy and compassion."

President Halimah Yacob, then Speaker of Parliament said: "We had just talked about setting up a branch in the Marsiling area. He then launched the branch of Marsiling in a year. He is a very enthusiastic, very engaged and dedicated person. It is very difficult to find someone with this quality nowadays."

She said, "I hope he can continue to contribute to Sian Chay and do the best job for this community. He is not just raising funds, he will come to the branch to ensure the smooth progress of the renovation project. Toh Soon Huat is definitely a responsible, compassionate and dedicated leader."

On July 28, 2017, Mr. Lim Swee Say, Minister for Manpower said at the Singapore BSFIT Love and Care Charity Dinner, "For any organisation, the increase in the number of beneficiaries from a few thousands a year to a few hundred thousand in a year. It is a mission impossible. However here in Singapore, one organisation managed to turn the mission impossible into mission possible, and that organisation is Sian Chay. The reason why Sian Chay can achieve what other organisations are unable to do so. I believe it is because of its spirits and values: promoting healthy living and happy life. We should enhance the development of Chinese medicine and participate in the mission of charity relief work in Singapore, share the core values of Forgiveness, Universal Love, Compassion, Gratitude

Enjoy good times together with  
true hearts as they are destined.  
Happiness and romantic moments  
can only be felt with your heart.

and Blessings. Forward with the Nation, Bonding with the People. Promote charity to serve society. That is why Sian Chay has done well what others cannot do. "

On March 31, 2018, Minister Ong Ye Kung specially sent a letter of thanks to Sian Chay for taking care of the community residents and contributing to the society. Many thanks to the recognition and encouragement of Minister Ong for our work.

On 7<sup>th</sup> July 2019, I initiated the inaugural "Sian Chay Bonding with Love" TV Charity Show. The Charity Show raised \$8.46 million. Over 1,300 guests attended the charity show, and the TV viewership reached 1.22 million.

Patron of SCMI, President Halimah Yacob, was the Guest-of-Honour. Other special guests included Mr. Mohammed Abdullah Alhabshee, MP for Pasir Ris-Punggol GRC, Mr. Teo Ser Luck, MP for Nee Soon GRC, Mr. Henry Kwek, and Mr. Lee Hong Chuan BBM, grassroots adviser of Hougang grassroots organisations, Counsellor and Consul General of the Embassy of the People's Republic of China in Singapore Mr. Qiu Yuanxing, Chairman of the Charity Council, Dr. Gerard Ee DUBC, PJG, BBM, PBM, Chairman of TCM Practitioners Board, Dr. Yu Foo Yee Shoon JP, Chairman of the Community Chest, Mr. Philip Tan JP, BBM (L), BBM, PBM, Dr Ang Hak Seng BBM, Deputy Secretary, Singapore Cares, MCCY and Mr Sim Gim Guan PPA(P), PPA(P)(T), CEO of National Council of Social Services also participated in the charity show.



## Looking Forward to the Future

To be a charity requires foundation of theory, systematic management, development strategy and professional knowledge. It is a long-term social cause. Charity leaders need a high degree of wisdom and vision.

I hope to set up a charity exchange centre and a charity training programme in the future, so as to share with others the experience and knowledge I have gained from charity work. I will move into research for the charity sector, talent training and management system and regulatory system development. At the same time, I will want to organize sharing sessions with people of different charity areas, so as to give friends from different fields to share good knowledge and exchange opportunities to build the charity sector and serve the society.

No limits to learning,  
No end to growing strong,  
There isn't success or failure in life,  
only sharing and learning.

When we support and honor our own elders, we should not forget other elderly people who are not related to us. The elderly in the society have worked hard for their families and society. We should not abandon them because they are old. We should take up the responsibility and let them feel the respect, love and recognition from society.

When raising and educating your own children, you should not forget other children who are not related to us. Through the charity platform, they can learn the truth of life, respect for teachers, filial piety, respect, sharing, commitment, etc., so that more young people can participate in this great and bright charity platform.

Following my heart of compassion and developing a heart of kindness, I hope to let more people feel the warmth and nourishment in their hearts.

Singapore Philanthropist  
**Toh Soon Huat** JP, BBM(L), PVPA  
Voluntary Executive Chairman, Sian Chay Medical Institution



The **Public Service Star** is awarded by the President of the Republic of Singapore to any person who has rendered valuable public service to the people of Singapore, or who has distinguished themselves in the field of arts and letters, sports, the sciences, business, the professions and the labour movement.



The **Compassion Award** was established by the Hong Kong Taiwanese & Macau Charity Fund Ltd in **2006** to promote positive role models of compassion and enhance positive energy in the society. The award was launched in Hong Kong, Macau and extended to Taiwan in **5<sup>th</sup> · 2010** and the Chinese mainland in **10<sup>th</sup> · 2015**.

The award money was being raised to US\$170,000 in 17<sup>th</sup> · 2022 and it is to be used to benefit more disadvantaged groups in the recipient's country. Starting from the 15<sup>th</sup> · 2020, the selection will be extended to the global Chinese community, with eight winners in each year, gradually realising the goal of love without borders, race or religion. Over the past 16 years, 98 deserving winners from home and abroad have been selected. This award is the only charity award that integrates the three places across the Taiwan Straits. From the 15<sup>th</sup> · 2020, award ceremony were to be held in Hong Kong, Beijing and Taipei, co-organised/produced by Phoenix TV via synchronous satellite connection. Gathering award winners and Chinese philanthropists from all over the world to participate in the grant event.

The chairman of the award's final selection committee, Elsie Leung, said, "Nowadays, the scale of the awardee's charity work is wider and the scope of helping others is more comprehensive. The Compassion Award is now well-known all over the world, calling on more kind-hearted people to serve the disadvantaged, reflecting the boundless love."

### ♥ The Purpose of the Award ♥

The purpose of the award is to spread love, encourage good deeds, promote filial piety, correct social atmosphere, and build a harmonious society.

#### Awarded to

- Innovators, pioneers in charitable acts, charity works and philanthropy.
- Religious leaders, who have mercy on those who suffers and bringing benefits to the general public.
- Compassionate entrepreneurs, leading the enterprise to contribute to the community as a whole.
- Low profile philanthropists, rectifying and improving the general trend, tendencies and atmosphere of the society.
- Those fervently helping others in distress and aid those in need or peril, including the elderly and orphans.



HK & Macau Taiwanese Charity Foundation Chairman &  
Founder of the Caring Award  
Lin Tian Mao Congratulates  
The Esteemed Chairman Toh Soon Huat on Receiving  
The 17<sup>th</sup> “Compassion Award”

This year's competition continues last year, and the selection scope continues to cover the global Chinese region. The candidates include Singapore, Malaysia, Canada, as well as Chinese philanthropists, religious leaders, public welfare pioneers and founders of non-profit organisations from across the Taiwan Strait. After several months of primary and secondary elections, the final election meeting was held at the foundation on **August 12** (Friday). 23 judges from across the Taiwan Strait voted to select 8 of the 15 finalists, regardless of region.

Winners are: Chen Yidan (Mainland), Zhou Bingde (Mainland), Xing Rong (Mainland), Chen Jin Cai (Taiwan), Chen Qifeng (Taiwan), Kang Dian (Hong Kong), Agnes Chiang (Hong Kong), Toh Soon Huat (Singapore). They have demonstrated innovative thinking, outstanding leadership, and persistent love in the philanthropic world. They are models in the world, and each will receive a prize of US\$170,000.

The Award Presentation Ceremony is scheduled to be held in mid-December. The date/venue of the award will be decided in consultation with Phoenix TV, the co-organizer/producer, in view of the pandemic situation in Hong Kong/Beijing/Taipei. The event was jointly organized by the East-West Charity Forum in Beijing, Florence Hui Hiu-Fai Foundation in Hong Kong, the Wu Xiuqi Foundation in Taiwan, Chun-Chieh Wu Charitable Foundation in Taiwan, Taiwan New Economy Foundation, Eight television stations in Taiwan, National Taipei University of Technology Alumni, and Singapore Heng Yi Foundation. The video of the ceremony will be broadcast on Phoenix TV, eight TV stations in Taiwan, Eastern TV, Hong Kong TVB and other TV stations and online in late December.

### **Previous winners of the Compassion Award**

#### **Winners of the 16<sup>th</sup> · 2021 Compassion Award**

Chen Yan (Taiwan)

Cao Dewang (China)

#### **Winners of the 15<sup>th</sup> · 2020 Compassion Award**

Master Hsing Yun (Taiwan)

Giuseppe Didone (Taiwan)

#### **Winners of the 14<sup>th</sup> · 2019 Compassion Award**

Wang Zhenyao (China)

Alia Eyres (Hong Kong)

Hong Kong & Macau Taiwanese Charity Foundation Chairman &  
Founder of the Compassion Award  
Lin Tian Maw Congratulates  
The Esteemed Chairman Toh Soon Huat on Receiving  
The 17<sup>th</sup> “Compassion Award”



First of all, I would like to congratulate the honourable chairman Toh for winning the **17<sup>th</sup> · 2022 Compassion Award** with the highest number of votes! The judges of the initial, second and final rounds of the award have highly commended Chairman Toh for his compassion and dedication, especially when he was appointed to take over the 121-year-old Sian Chay Medical Institution in 2008, which was facing dissolution, and a few years later, expanded the clinics under Sian Chay to a total of 14. In 2019, Chairman Toh was named as honoree of Forbes Asia Heroes of Philanthropy, which he well deserved as a model of compassion, he is thus known to the world and feels truly honoured by this!

Founded in 2006, the “Compassion Award” has its roots in Hong Kong, and extended its influence to Taiwan, Mainland China and the Chinese communities around the world, and is now the only charitable award that that encompasses China, Taiwan and overseas regions. Starting from 2025, the award will select and honour exemplary philanthropists regardless of nationality, race or religion, and continue to spread the seeds of philanthropy to every corner of the world.

Since ancient times, the development and progress of nations, races and societies have depended on technological innovation, economic prosperity and cultural inclusiveness. The philosophy of compassion for all advocated by Chinese culture will be the mainstay of the future. As Singapore has one of the most important Chinese communities in the world, I would like to suggest that Chairman Toh could take the lead in Singapore and consider launching the "Singapore/Toh Soon Huat/Sian Chay Medical Institution/Universal Love Award/xxx Compassion Award", so that in the future, good deeds by Singaporeans and the Chinese communities in China and Taiwan would complement and inspire each other. Together these communities would lead the world's cultures and civilisations towards greater kindness and change the world with compassion and love.

The Compassion Award will continue to promote compassion and love to the best of its ability, accelerating the spread of greater kindness, and praying for a more peaceful, stable and prosperous world in the future. This is the greatest goal behind the founding of this award.

I would like to congratulate Chairman Toh and look forward to seeing him at the award ceremony in December this year. We are highly motivated by Chairman Toh's donation of the full amount of the award in advance, and will be working with philanthropists from China and Taiwan to support Singapore's charitable projects in the future. I would also like to pay tribute to the great achievements of Singapore and Chairman Toh!

Hong Kong Taiwanese Et Macau Charity Fund Ltd Founding Chairman  
Founder of the Compassion Award

**Lin Tian Maw** Respectfully Congratulates

7<sup>th</sup> Sept 2022



**Sian Chay Medical Institution**  
Since 1901

**Sian Chay Medical Institution,  
doing good for the past hundred years, with benevolence and  
competence for health care and protection,  
providing charitable healthcare for the benefit of society.  
Sian Chay abounds with gratitude and love  
We are one family.  
Sian Chay's staff strongly believe that  
serving mankind is the best job.**

At the end of the Qing Dynasty, people living in the coastal areas of China migrated to Nanyang to earn a living. The hot, humid, and wet climate of Nanyang bred diseases, and cases of illnesses were increasing every day. Our forefathers faced financial difficulties when they arrived here, and often suffered illnesses. Seeing this predicament, a group of kind-hearted people joined hands to do good with the Chinese spirit of virtue, kindness, universal love, compassion, and mutual support. In **1901**, Sian Chay Medical Institution was founded in Singapore to serve needy patients.



A group of kind-hearted people joined hands to do good, founded Sian Chay Medical Institution.

Sian Chay Medical Institution's name spread as it not only served the locals in Singapore, but also reached out to the needy sick in Johor. Besides relying on the strong support of all sectors of society, the early founders and directors of Sian Chay also spared no effort to raise funds from house to house, even riding bicycles to Johor and other places to raise funds. As Sian Chay's operations gradually grew with the number of patients, the funds needed to sustain Sian Chay also increased. Mr. Wang Zhenhuang, an Indonesian entrepreneur and philanthropist, and Mr. Lin Tui Qian, a famous Singaporean, sponsored a large sum of money to purchase a permanent site at 124 Bencoolen street, its first property owned.

In **1916**, Sian Chay Medical Institution moved from Victoria Street to 124 Bencoolen Street. The kind donation of Mr. Wang Zhenhuang and Mr. Lin Tui Qian, as well as those enthusiastic for community welfare, like Mr. Quek Koh Chay, Mr. Zhang Wenliu, Mr. Teo Siok Guan, Mr. Wang Youhai among other predecessors, members of the public, businessmen and society members, all worked together selflessly. Their great contribution will always be remembered by future generations.

Chairman Toh Soon Huat has led the board since the 78<sup>th</sup> term of Board of Directors of Sian Chay Medical Institution assumed office in **2008**. Subsequently, together with Vice Chairmen Peter Lim, Patrick Khoo, Ricky Kok, Secretary Jackson Teo, Social Affairs Director Raymond Chua, Treasurer Simon Keak and board members, Sian Chay moved with the times and broke tradition by setting up branches one after another in the HDB heartlands to serve the people better, while remaining true to the aspiration of its founders!

Trust, action, attitude, and conduct form the integrity and virtues of charity work. In terms of instilling service mindset and culture, chairman of Sian Chay Medical Institution Toh Soon Huat promulgates five core values: "**Forgiveness, Universal Love, Compassion, Gratitude and Blessing**", and aligns itself with nation building efforts to build a harmonious society. Sian Chay Medical Institution actively promotes the belief "**Nation Progresses, Family Prospers. Family Harmony, Successful Endeavours. Forward with the Nation, Bonding with the People**". We should give full support to the charity cause, actively participate in



**84<sup>th</sup> Term (2021–2023) Board of Directors Inauguration Ceremony**  
 Back: Clifton Yong Kee Tong, Jackson Teo Ngiang Heng, Annie Gan Giok Em,  
 Simon Keak Lai Heng, Yap Seng Teck, Ng Cher Yan  
 Front: Kenny Lim Oon Cheng, Ricky Kok Kuan Hwa, Toh Soon Huat,  
 Derek Goh Bak Heng, Raymond Chua Swee Wah

charitable activities of various social and community organisations and community centres to promote health awareness, encourage health care activities, instill the idea that prevention is better than cure to the elderly, and give back to society, and uphold Sian Chay's spirit of "doing good".

**12 August 2012** - The Hougang branch was officially opened by our Prime Minister Lee Hsien Loong. PM Lee complimented Sian Chay Medical Institution by praising Sian Chay for taking the first step in 100 years to expand its network and serve the people and society in the wider community.

Sian Chay Hougang branch was officially opened by Prime Minister Lee Hsien Loong on 12 August 2012.





Vistors queeuing outside the branch for consultation.

**24 February 2014** - during Senior Minister of State (Prime Minister's Office) Mr. Heng Chee How's visit to Sian Chay's Main Branch, he believed Sian Chay could better serve more residents islandwide. Through his strong support, Sian Chay set up the Whampoa Branch which was officially opened on 6 Dec 2014. Senior Minister of State Mr. Heng Chee How officiated at the opening ceremony.

**8 September 2014** - Lee Foundation donated \$1 million to Sian Chay to establish the Pioneer Generation Medical Fund, which was officially launched on 1 January 2016. The designated donation fully subsidised Pioneer Generation patients. Lee Foundation donated towards this fund on 5 September 2016 and 29 July 2017. The 3 donations amounted to \$300,000.

**29 December 2014** - The Pasir Ris West Branch was opened to serve the residents. On 22 November 2015, Deputy Prime Minister Mr. Teo Chee Hean officially opened the Pasir Ris West Branch and Wellness Centre. Deputy Prime Minister Mr. Teo Chee Hean thanked Sian Chay for taking care of the residents and praised Sian Chay for services rendered.

**12 July 2015** - The Boon Lay Branch was officially opened by Deputy Prime Minister Mr. Teo Chee Hean, accompanied by Mr. Lawrence Wong, Minister for Culture, Community and Youth and Second Minister for Ministry of Communications and Information, Mr. Arthur Fong, Member of Parliament for West Coast GRC and Mr. Cedric Foo Chee



Sian Chay Boon Lay Branch was officially opened by Deputy Prime Minister Mr. Teo Chee Hean, accompanied by Mr. Lawrence Wong, Minister for Culture, Community and Youth and Second Minister for Ministry of Communications and Information on 12 July 2015.

Keng, Member of Parliament for Pioneer SMC, and fellow directors and staff of Sian Chay Medical Institution.

**12 July 2015** - In partnership with Boon Lay Citizens' Consultative Committee and PAP Community Foundation, Sian Chay set up the Boon Lay Wellness Centre. The Boon Lay Wellness Centre was officially opened by Deputy Prime Minister Mr. Teo Chee Hean.

**1 August 2015** - Our Advisor and Senior Minister of State (Prime Minister's Office) Mr. Heng Chee How officially opened our Head Office and Geylang Main Branch.

**21 November 2015** - Mr. Lee Chin Cheng, Honorary Secretary of San Wang Wu Ti Religious Society was asked by his Honorary President to visit Sian Chay Head Office to better appreciate the vision, mission, culture, and spirit of Sian Chay. Mr. Lee was deeply impressed with Sian Chay's efficient operations and professionalism; and committed that

San Wang Wu Ti Religious Society will raise \$1 million to support the charity work of Sian Chay.

**1 December 2015** - The Jalan Kayu Branch commenced operations and was officially opened by Prime Minister Lee Hsien Loong on 27 December 2015. Minister of State (Health) and Member of Parliament for Sengkang West SMC Dr. Lam Pin Min, and MPs or Ang Mo Kio GRC including Mr. Gan Thiam Poh and Mr. Darryl David. Prime Minister Lee expressed his appreciation to Sian Chay for providing this service to the residents. Pei Hwa Foundation has kindly waived the rental of the Jalan Kayu Branch premises for 6 years valued at \$500,000.

**26 February 2016** - The 692 Geylang Road Branch (Centre of Excellence for Orthopaedic & Depression) was officially opened by Minister for Social and Family Development Mr. Tan Chuan-Jin. Associate Professor Fatimah Lateef, MP for Marine Parade GRC, Sian Chay Chairman Toh Soon Huat and Directors attended the event.

**19 March 2016** - The Sian Chay Charity Gala Dinner and Concert 2016 was held at the Max Pavilion, Singapore Expo at 6.30 pm. The Guest of honour was President Dr. Tony Tan Keng Yam and special



Sian Chay 692 Geylang branch was officially opened by Mr Tan Chuan-Jin, Minister for Social and Family Development on 26 February 2016. Accompanied by Associate Professor Fatimah Lateef, MP for Marine Parade GRC.



Guest of Honour President Dr. Tony Tan with Sian Chay beneficiaries at the Sian Chay Charity Gala Dinner and Concert held at Singapore Expo on 19 March 2016.

guests included Acting Minister for Education (Schools) and Senior Minister of State (Transport) Mr. and Mrs Ng Chee Meng, Acting Minister for Education (Higher Education and Skills) and Senior Minister of State (Defence) Ong Ye Kung, Senior Minister of State (Prime Minister's Office) Heng Chee How, Minister of State (National Development & Trade and Industry) Dr and Mrs Koh Poh Koon, Minister of State (Health) Dr. and Mrs Lam Pin Min, MP for Marine Parade GRC Assoc Professor Fatimah Lateef, and MP for Nee Soon GRC Mr. and Mrs Henry Kwek. The Charity Gala was attended by 3,500 guests and raised \$5 million.

**17 May 2016** - Mr. Kenny Lim visited Sian Chay and strongly endorsed and supported the charity work of Sian Chay to help the disadvantaged selflessly. To commemorate and thank his father for his upbringing, and to perpetrate his father's spirit of philanthropy in his lifetime, Mr. Lim's family donated \$1 million to Sian Chay Medical Institution in the name of his father, Mr. Lin Heyi.

**3 October 2016** - The Marsiling Branch commenced operation.

Dr. Halimah Yacob, Speaker of Parliament and MP for Marsiling-Yew Tee GRC, visited the Marsiling branch on numerous occasions to better understand the health conditions of the residents. Dr. Halimah Yacob, officiated the opening ceremony on 5 August 2017. She praised Sian Chay for its effort in providing free Traditional Chinese Medicine (TCM) consultation, subsidised medicine, and treatments to the low-income residents.

**25 October 2016** - The Yio Chu Kang Branch commenced operation. Senior Minister of State for Trade and Industry Dr. Koh Poh Koon officiated at the opening ceremony on 4 May 2019.

**13 February 2017** - The Punggol North Branch commenced operation. Mr. Ng Chee Meng, Minister for Education (Schools) and Second Minister for Transport officiated at the opening ceremony of



Guest of Honour Dr Halimah Yacob, speaker of Parliament and MP for Marsiling-Yew Tee GRC (presently President of the Republic of Singapore) officiated the opening ceremony of Sian Chay Marsiling branch.



Sian Chay Mother's Day Celebration was officiated by Prime Minister and MP for Ang Mo Kio GRC, Mr. Lee Hsien Loong on 14 May 2017.

the Punggol North branch on 1 April 2017. He commended Sian Chay for providing TCM charity service and alleviating the pain and medical burden of the residents and praised Sian Chay's spirit of philanthropy!

**14 May 2017** - Sian Chay co-organised the "Sian Chay Mother's Day Celebration" with Ang Mo Kio GRC and Sengkang West SMC CCCs. The event was sponsored by Neo Group Limited. The mega Mother's Day celebration was officiated by Prime Minister and MP for Ang Mo Kio GRC Mr. Lee Hsien Loong. On that day, 2,000 volunteers distributed 210,000 carnations at 100 locations islandwide. In the evening, Prime Minister Lee Hsien Loong also posted this message on his Facebook: "Joined fellow Ang Mo Kio Town Council MPs and volunteers to distribute pink carnations to Sengkang South mothers and residents this morning. Glad to see many mums and their families out and enjoying their Sunday. Thanks to the Sian Chay Medical Institution for presenting the flowers. Sian Chay is a VVO that has been providing traditional Chinese medicine consultation and treatment for all for more than a century, regardless of race or religion. Thanks also to the Ang Mo Kio GRC and Sengkang West

SMC Citizens' Consultative Committees for supporting this initiative. You certainly put a smile on many faces today!"

**8 July 2017** - Sian Chay hosted the "Love from Sian Chay 2017" Charity Gala Dinner & Concert at the Singapore Expo. The Guest-of-Honour at the Charity Gala was Dr. Halimah Yacob, Speaker of Parliament and MP for Marsiling-Yew Tee GRC. Special guests included Ms. Low Yen Ling, Senior Parliamentary Secretary, Ministry of Trade & Industry and Ministry of Education and Mayor of Southwest District, Mr. Wang Jiarong, Counsellor and Consul General of the Embassy of People's Republic of China in Singapore and Dr. Yeo Guat Kwang, Assistant Director-General of National Trades Union Congress. A total sum of \$10,243,443 was raised through sponsorships, table sales, charity auction and hotline donations. More than 3,200 guests attended the dinner.

**13 August 2017** - Mr. Ong Ye Kung, Minister for Education (Higher Education and Skills) & Second Minister for Defence, MP for Sembawang GRC and Grassroots Adviser visited the Gambas branch. He was accompanied by Chairman Toh Soon Huat, Directors and Grassroots Leaders. The branch commenced operations on 4<sup>th</sup> September and was officially opened by Minister for Education Mr. Ong Ye Kung on 12 May 2019.

**29 October 2017** - Minister for Finance Mr. Heng Swee Kiat visited the Moulmein-Cairnhill Branch. He was accompanied by MP for Tanjong Pagar GRC and Moulmein-Cairnhill Grassroots Adviser Mr. Melvin Yong, Chairman Toh Soon Huat, board directors and grassroots leaders. The Moulmein-Cairnhill Branch commenced operation on 28 November 2017. MP for Tanjong Pagar GRC and Moulmein-Cairnhill Grassroots Adviser Mr. Melvin Yong officially opened the branch on 24 March 2018.

**21 May 2018** - The To' Puan Dr. Tsao Sui Lan Memorial Endowment Fund was officially launched by President Halimah Yacob, who is also Patron of Sian Chay Medical Institution, at Hotel Fort Canning. The \$20 million Memorial Endowment Fund was named after the late To' Puan Dr. Tsao Sui Lan, the beloved wife of Dato' Dr. Tan Hian-Tsin. She was a famous philanthropist and artist and a JCI Senator. Dato' Dr. Tan Hian-Tsin not only donated the private art collection of his beloved wife, late

JCI Senator To' Puan Dr. Tsao Sui Lan to Sian Chay for fundraising for the Memorial Endowment Fund, but also donated \$2 million to support the launch of the Fund.

**12 May 2019** - "Sian Chay Mother's Day Celebration" was successfully held at Sian Chay's Gambas branch. The Guest of Honour was Mr. Ong Ye Kung, Minister for Education and Adviser to Gambas Grassroots Organisation.

**7 July 2019** - Sian Chay Medical Institution hosted its Inaugural TV Charity Show "Sian Chay Bonding with Love" which raised \$7.36 million. Over 300 guests attended the Charity Show, and the total TV viewership of the live and repeat telecasts was 1.22 million. President Halimah Jacob, who is Patron of Sian Chay Medical Institution, graced the Show as Guest of Honour with her husband Mr. Mohammed Abdullah Alhabshee. Other invited guests included: MP for Pasir Ris- Punggol GRC, Mr. Teo Ser Luck, MP for Nee Soon GRC, Mr. Henry Kwek, Adviser of Hougang Grassroots Organisations, Mr. Lee Hong Chuan BBM, Counsellor and Consul General of the Embassy of the People's Republic of China in Singapore, Mr. Qiu Yuanxing, Chairman of Charities Council, Dr. Gerald Ee, PJG, BBM, PBM, Chairman of Traditional Chinese Medicine Practitioners Board, Dr. Yu-Foo Yee Shoon, JP, Chairman of Community Chest of Singapore, Mr. Philip Tan, PJG, JP, BBM (L), BBM, PBM, Deputy Secretary of Ministry of Culture, Community and Youth (SG Cares), Dr. Ang Hak Seng, BBM, Chief Executive Officer of National Council of Social Services, Mr. Sim Gim Guan, PPA(P), PPA(P)(T), Sian Chay Medical Institution Chairman Toh Soon Huat JP, Honourable Chairmen and Directors of Sian Chay Medical Institution also attended the Charity Show.

**2 September 2018** - Sian Chay organised the "Beauty with a Purpose Charity Gala" which raised \$4 million with the support of Dato' Dr. Tan Hian-Tsin's \$2 million dollar-for-dollar matching donation. The event was officiated by Mr. Melvin Yong, MP for Tanjong Pagar GRC. Special guests included Dato' Dr. Tan Hian- Tsin, Life Honourable Chairman of Sian Chay Medical Institution and Patron of Crocodile Foundation, Founder of Miss World Organisation, Mrs. Julia Morley and Miss World 2016 Ms. Stephanie Del Valle.

**8 September 2019** – Sian Chay Medical Institution hosted the "Beauty with a Purpose Charity Gala" at Resorts World Sentosa Ballroom. Mr. Ong Ye Kung, Minister for Education was the guest of honour of the event. The charity gala was attended by 1500 guests working together for charity. During the event, Guest of Honour, Minister Ong Ye Kung presented the Special Contribution Award to Sian Chay Life Honourable Chairman, Dato' Dr Tan Hian-Tsin who donated \$2 million to support the launch of the To' Puan Dr. Tsao Sui Lan Memorial Endowment Fund. It is the largest donation amount that Sian Chay has received from an individual. As of 2021, the fund has accumulated \$8.7 million. Minister Ong also presented the World Peace Special Contribution Award to Mrs. Julia Morley.

**30 April 2020** – Sian Chay Medical Institution's Board of Directors' and Members unanimously approved the resolution to donate \$1



President Halimah Yacob, Patron of Sian Chay Medical Institution graced the TV Charity Show "Sian Chay Bonding With Love" as Guest of Honour with her husband Mr. Mohammed Abdullah Alhabshee.

million to the Invictus Fund, a newly established fund by the National Council of Social Service. The "Invictus Fund" aims to raise funds from the public for social service agencies to ensure that these social service agencies can continue to operate and serve the vulnerable groups better. Sian Chay also spared no effort to help non-profit organisations and needy individuals. Between April 2020 to April 2022, Sian Chay has completed 120 charity projects valued at \$2.5 million (excluding donations-in-kind) to benefit about 186 non-profit organisations, nursing homes, welfare & religious organisations. We also partnered 64 grassroots organisations. We have distributed 26,896 care and share gift packs, 1,251,959 masks, 10,000 bottles of vitamin C, 18810 boxes of mooncakes, 10,594 bottles of hand sanitizers, 4,297 units of electronic blood pressure monitor, 2,400 packets of 1kg chocolate malt, 41,208 bottles of beverage, 290,168 packs of instant noodles, 19,245 packs of cereal, 56,268 packs of rice, 53,445 packs of biscuit and 88,080 of can food. Sian Chay has also allocated \$100,000 to support 500 low-income families with \$200 of utility credits each. This charity campaign amid the pandemic is still on-going.

**22 January 2021** - Sian Chay Medical Institution collaborated with Nanyang Technological University in a first ever cross-sector education partnership donating \$1 million over ten years to set up the "Sian Chay Medical Institution Bursary". The purpose of Sian Chay's one-to-one matching donation is to instill the charitable spirit of "Received from society and repaying society" to the graduating cohort and encourage them to raise funds to help the needy university students. Minister of State (Ministry of Culture, Community and Youth and Ministry of Trade and Industry) Mr. Alvin Tan witnessed the signing of the "Sian Chay Medical Institution Bursary" endowment gift agreement by Volunteer Executive Chairman of Sian Chay Medical Institution Toh Soon Huat, JP and NTU Vice President (University Advancement) Ms. Lien Siao-Sze.

**19 July 2021** - The Chua Chu Kang branch commenced operation. Neo Group donated \$500,000 to fund the construction and renovation costs of the branch and pledged to donate \$300,000

to fund the annual operating expenses and medicine costs. Neo Group has designated Sian Chay Medical Institution as the main partner of its corporate social responsibility program. Both parties will work together to take care of the disadvantaged and benefit society. Mr. Gan Kim Yong, Minister for Trade and Industry officiated the opening ceremony on 28 August 2021 at the same time presented the certificate of Appointment to Sian Chay 84<sup>th</sup> Term (2021-2023) Board of Directors and Honourable Chairmen.

**14 January 2022** - The Redhill branch commenced operation. Mr Kenny Lim, Vice Chairman of Sian Chay Medical Institution donated \$400,000 to fund the set up and renovation costs of the branch. Mr. Wong Swee Chun PBM, Chairman of Hoi Hup Realty, Dr. Teo Hark Piang PBM, Chairman of Union Gas Holdings Limited and Mr. Winston Chu PBM, Chairman of Fu Chan F&B Group, each pledge to donate \$100,000 yearly to support and fund the operating expenses and medicine costs. Mr. Chan Chun Sing, Minister for Education officiated the opening ceremony on 15 January 2022, accompanied by Mr. Melvin Yong, MP for Radin Mas SMC.

One of the most significant and historical achievement of Sian Chay, is its acquisition of a 4-storey building along Geylang Road. The new building will serve as the headquarters of its 14 clinic branches. There will be adequate space for training, Research & Development, a history gallery, multi-purpose hall for events and performances to promote and share philanthropic knowledge among the young for them to contribute to society; also be available to other charities. These facilities will allow Sian Chay to continue and better serve our patients. It will also materialise the long-term plans of promoting TCM knowledge, and inculcating a strong charity culture and spirit of giving. The building is poised to be operational by Q1 of 2023. It is currently undergoing renovation.

Sian Chay Medical Institution is an approved IPC. Donations enjoy tax deduction. This benefit gives substantial confidence and encouragement to donors. Fund-raising activities by Sian Chay Medical Institution, such as flag day, Mid-Autumn Festival activities, charity art exhibitions, music concerts, charity golf tournament and dinner, charity

galas, etc. receive extensive support from benevolent individuals of all segments of society.

Sian Chay Medical Institution holds fast to its philosophy of providing a comprehensive range of services: free consultation, subsidised medicine, and tuina therapy. Many elderly people are unable to seek medical treatment in a timely and convenient manner due to travelling distance and limited mobility. The aim to set up more branches is for the elderly in different locations to seek medical treatment timely and appropriately. We hope the elderly receive care and attention, and help them live their golden years in peace, happiness, and joy.

The incumbent board and staff of Sian Chay Medical Institution will uphold the culture, values, and philanthropic beliefs of the predecessors and champion the fine Chinese tradition of mutual support. Motivated by noble objective of compassion, we uphold and advance the spirit of selfless dedication of our predecessors and continue to serve society, so that more people in the community can benefit.



**5 May 2020**

**President Halimah Yacob**

President of the Republic of Singapore  
Patron of Sian Chay Medical Institution

*Dear Soon Huat,*

*Thank you for the update, and for Sian Chay Medical Institution's generous contribution to The Invictus Fund. I am certain that the donation will go a long way in supporting many social service agencies so that they can continue to provide critical social services to vulnerable individuals, families and communities during this outbreak.*

*I hope that Sian Chay Medical Institution continues its good work in aiding those in need, especially during this trying time. I wish yourself and everyone at Sian Chay good health.*



15 May 2020

**Mr Lee Hsien Loong**

Prime Minister of The Republic Of Singapore

*Dear Soon Huat,*

*Thank you for your letter, and for updating me on Sian Chay's activities.*

*I am happy that Sian Chay has embarked on several initiatives to fight Covid-19. Your generous support for other charities, especially those with fewer means, is deeply appreciated. I am also grateful that you are offering vulnerable groups free consultations and subsidised medicine. It will assure them that society is looking out for them in these trying times.*

*Beyond the fight against Covid-19, you play a valuable role bringing our community together and addressing their healthcare needs. I know many of our seniors have been looking forward to the reopening of Traditional Chinese Medicine clinics like Sian Chay. I hope that your services will help soothe their aches and pains, and bring them to comfort and relief.*

*On a more personal note, thank you for your strong support for Ang Mo Kio GROs as Patron of Sengkang South CCC. I hope we can count on your continued support in the coming years.*



29 May 2020

**Mr Heng Swee Keat**

Deputy Prime Minister

Minister for Finance

*Dear Soon Huat,*

*Thank you for your letter, and for Sian Chay Medical Institution's generous donation to the Invictus Fund.*

*Under your leadership, Sian Chay has embodied the spirit of the Singapore Together movement, helping others in times of need. Caring for the vulnerable should never cease, even more so during these difficult times. Sian Chay's donation will give a timely boost to the Fund and enable our social service agencies to continue providing critical social services to vulnerable individuals, families and communities. I am also heartened that Sian Chay continues to care for our Pioneer Generation and vulnerable groups with free consultations and subsidized medicine during this challenging period.*

*How we respond and support one another is testament to how united we are as a nation. I hope that your donation will encourage other organisations to come forward and contribute. All these efforts will go towards making a difference in our fight against COVID-19. Together, we will overcome this crisis, and emerge stronger.*

*I wish you and all at Sian Chay good health.*

2 May 2020

**Mr Desmond Lee**

Minister for Social And Family Development and  
Second Minister for National Development

*Dear Soon Huat*

*I am very appreciative of Sian Chay Medical Institution's kind and generous donation of \$1mil to support the many VWOs and social service agencies who, like Sian Chay, are working very hard to help the vulnerable and low income Singaporeans at a time of crisis.*



**Message for Sian Chay Medical Institution's 120<sup>th</sup> Anniversary**

**President Halimah Yacob**

President of the Republic of Singapore  
Patron of Sian Chay Medical Institution

*My heartiest congratulations to Sian Chay Medical Institution on its 120<sup>th</sup> anniversary. Since its founding in 1901, Sian Chay Medical Institution has been providing free Traditional Chinese Medicine (TCM) consultation, as well as subsidised medicine and treatment. Over the years, Sian Chay Medical Institution has stood by its commitment to help the vulnerable in our society, regardless of race or religion.*

*I have watched Sian Chay Medical Institution go from strength to strength. I remember visiting the Boon Lay Wellness Centre in 2016, when I was then Speaker of Parliament, and meeting seniors from all walks of life who benefitted from the wellness programmes and recreational activities. I subsequently officiated the opening of the Marsiling clinic in 2017, and was reminded of the team's unwavering dedication when I paid another visit last November. Sian Chay Medical Institution has also donated to the President's Challenge and initiated*



*its own fundraising efforts. I joined the 'Sian Chay Bonding With Love Charity Show', where it was the first time I heard Rahimah Rahim sing a Chinese song- 'Wang Zhao Jun'. These efforts ultimately benefit the community, such as members of the Pioneer Generation who can benefit from a Pioneer Generation Medical Fund specially set up for them.*

*It is civic-minded organisations like Sian Chay Medical Institution that bring us closer to our goal of building a more cohesive, inclusive and caring society in Singapore. I hope that more organisations will follow the lead of Sian Chay Medical Institution and work closely with the Government to look after the vulnerable in our society.*

*I look forward to Sian Chay Medical Institution's future contributions towards helping the vulnerable and raising the standards of TCM, in collaboration with its strong network of volunteers, sponsors, partners and employees.*



## Message for Sian Chay Medical Institution's 120<sup>th</sup> Anniversary

### Mr Ong Ye Kung

Minister for Health

*Congratulations to Sian Chay Medical Institution on your 120<sup>th</sup> anniversary and the inauguration of the 84<sup>th</sup> Term Board of Directors.*

*Founded in 1901, Sian Chay Medical Institution has been steadfast in its mission to provide free consultation and low cost Traditional Chinese Medicine (TCM) treatment for the community. Over the past decade, Sian Chay has extended its services to our heartlands, reaching out to residents from all walks of life and all backgrounds. Today, Sian Chay serves more than a thousand patients across its 13 TCM clinics around the island daily.*

*Beyond healthcare, Sian Chay is an active participant in community activities and charity work. During the COVID-19 pandemic,*

*many TCM practitioners persuaded their patients to get vaccinated. Sian Chay has also organised numerous donations and distribution of daily essentials to those adversely affected by the pandemic.*

*The Ministry of Health has established a \$8 million TCM Research Grant to encourage local collaborative clinical research. With its strong clinical network, Sian Chay is well positioned to collaborate with local public healthcare institutions to conduct clinical research to further promote the sustained scientific development of TCM, and enhance its safety and efficacy.*

*I commend Sian Chay's efforts and contributions to our society, building strong alliances with its many partners, sponsors, volunteers and staff, and strengthening our community spirit. I am confident that Sian Chay will continue its good work and inspire more to give back to society as we work together to build a more gracious and caring Singapore.*



## Message for Sian Chay Medical Institution's 120<sup>th</sup> Anniversary

### Mr Heng Chee How

Senior Minister of State for Defence

*This year marks Sian Chay Medical Institution's 120<sup>th</sup> anniversary and the inauguration of its 84<sup>th</sup> Term Board of Directors. My heartiest congratulations to Sian Chay Medical Institution on this happy occasion and to the new Board of Directors on their successful election.*

*Founded in 1901, Sian Chay Medical Institution is a charitable organisation registered with the Ministry of Health. It provides free TCM consultations and low-cost treatment to the public, regardless of race or religion. It especially strives to ensure that Pioneer and Merdeka Generation patients receive good care regardless of their financial situation.*

*Apart from providing TCM services, it also actively participates*

*in community charity work, promotes health awareness, encourages health care activities, promotes the spirit of philanthropy, and spreads positive energy and emphasises the importance of loving the country and supporting one another.*

*Over the past 7 years (2014 to 2020), it has served approximately 2.3 million patient visits and made 4.5 million prescriptions. In the next five years (2021–2025), the number of patient visits is estimated to reach 2.5 million, and the number of prescriptions issued is estimated to be 4.8 million.*

*Helping a patient helps the whole family, directly and indirectly.*

*I hope that more donors will support Sian Chay Medical Institution in its charity work, and become its partner in caring for the needy and fostering a healthy, harmonious and society bathed in positive energy.*



## Message for Sian Chay Medical Institution's 120<sup>th</sup> Anniversary

### **Mohd Fahmi Aliman**

Mayor of South East District

*It gives me great pleasure to congratulate Sian Chay Medical Institution on your 120<sup>th</sup> anniversary.*

*From a charity clinic since 1901 to the 13 clinics over the island today, Sian Chay has ensured affordable access to medical treatments for all in the community, regardless of race or religion, even during challenging times.*

*Now, it is important for the whole-of-society to work together during this Covid-19 Pandemic to support those in need. Together, we can then make significant progress in building a stronger and more resilient community.*

*I would like to thank Sian Chay for the many years of contributions to the community and look forward to our continued partnership to serve the community.*

## Message for Sian Chay Medical Institution's 120<sup>th</sup> Anniversary

### **Dato' Dr. Tan Hian-Tsin**

Life Honourable Chairman

*My heartiest congratulations to Sian Chay Medical Institution on your 120<sup>th</sup> anniversary.*

*Since 1901, Sian Chay Medical Institution has been providing free Traditional Chinese Medicine (TCM) service to the poor and needy in the community. Under the leadership of Chairman Mr Toh Soon Huat, Sian Chay has grown from a single clinic into a network with 13 branches serving about 1,000 patient visits daily.*

*Mr. Toh Soon Huat, Chairman of Sian Chay Medical Institution, has been advocating the five core values of "Forgiveness, Universal Love, Compassion, Gratitude and Blessing" which have permeated into the hearts of not only the patients but also the generous and kind-hearted donors.*

*My late wife and I have devoted our lives helping the needy as I believe that "service to humanity is the best work of life." When doing charity, we donate with pleasure. Doing charity is from the heart. Everyone can just do their best by donating within their means, big or small. We do not have to compare how much our donations are. Sian Chay Medical Institution should be commended for the initiatives to care for the Pioneer Generation and the disadvantaged group through the Pioneer Generation Medical Fund and the To' Puan Dr Tsao Sui Lan Memorial Endowment Fund respectively.*

*I hope Sian Chay Medical Institution will continue to promote the beliefs that "Nation Progresses, Family Prospers; Family Harmony, Successful Endeavours. Forward with the Nation, Bonding with the People" and to continue its mission to serve the community regardless of race, religion or nationality. May I urge the many supporters and well wishers to continue to support Sian Chay to continue in its mission to care for the elderly and needy in our rapidly ageing society.*



Sian Chay Medical Institution is an approved IPC. Donations enjoy tax deduction. This benefit gives substantial confidence and encouragement to donors. Fund-raising activities by Sian Chay Medical Institution, such as flag day, Mid-Autumn Festival activities, charity art exhibitions, music concerts, charity golf tournament and dinner, charity galas, etc. receive extensive support from benevolent individuals of all segments of society.

Sian Chay Medical Institution holds fast to its philosophy of providing a comprehensive range of services: free consultation, subsidized medicine, and tuina therapy. Many elderly people are unable to seek medical treatment in a timely and convenient manner due to travelling distance and limited mobility. The aim to set up more branches is for the elderly in different locations to seek medical treatment timely and appropriately. We hope the elderly receive care and attention, and help them live their golden years in peace, happiness, and joy.

The incumbent board and staff of Sian Chay Medical Institution will uphold the culture, values, and philanthropic beliefs of the predecessors and champion the fine Chinese tradition of mutual support. Motivated by noble objective of compassion, we uphold and advance the spirit of selfless dedication of our predecessors and continue to serve society, so that more people in the community can benefit.

An illustration featuring several hands of different skin tones and sleeve patterns (including polka dots, stripes, and solid colors) reaching towards the center. Each hand is holding a heart of a different color (pink, red, orange). The background is light pink with scattered small decorative icons like hearts, stars, and crosses. In the center, there is a white circular area containing the main text.

## Tough Times in the Pandemic, but

*Sian Chay brings Love*



Since the outbreak of COVID-19, which has spread to more than 100 countries around the world at an alarming rate, it has also taken a huge toll on the global economy. Each of us has been directly or indirectly affected at different levels.

Volunteer Executive Chairman Toh Soon Huat JP shared that "Sian Chay is a social enterprise, under societal management for social service. Since Singapore government implemented measures to curb the spread of the virus, Sian Chay had complied with them all as it continued to serve our residents because we know they need the traditional Chinese medicine (TCM) treatments. All our staff at the branch have been cooperative and followed strictly the instructions given to them from the head office to ensure the safety of all.

Even in April 2020, during the most severe circuit breaker period of the pandemic, every staff of Sian Chay stood firm in their front line duty and continued to serve the public with sincerity, kindness and goodness. I wish to thank everyone for their selfless dedication and positive energy.

I am truly grateful for their efforts and hard work in these times of need! I firmly believe that we should do our part as a member of the community to support, encourage and help each other. When we see others in need, we should take up our responsibility, give warmth and compassion, stand together with the government in its policies and measures against the pandemic, and work together to tide over the difficulties."

Many caring and benevolent people have joined Sian Chay in the fight against the epidemic, donating masks, disinfectant water, face shields, protective clothing and other items to support the charity work of Sian Chay.

Chairman Toh also appealed to kind hearted individuals to pay more attention to the elderly from low-income families residing at HDB rental flats and provide assistance to them during this difficult times. Sian Chay has also actively launched the "Tough Times in the Pandemic, but Sian Chay brings Love" care & share activities.

- 1) 29/04/2020 - Donated \$5,000 to Shan You to support their food distribution services and help needy and impoverished individuals and families tide through their financial difficulties. Shanyou promotes food distribution services. It packs the food and daily necessities collected before dispatching them to the needy regularly every month.
- 2) 29/4/2020 - Donated \$5,000 to Willing Hearts: Willing Hearts is a local charity that provides food for the needy in society, including the elderly, the disabled, low-income families, children from single-parent families and migrant workers. Meals for about 5000 people must be prepared every day and delivered to more than 40 locations across Singapore.
- 3) 30/04/2020 - donated \$1 million to The Community Chest in support of the "Invictus Fund", so that social service agencies can continue to operate and serve the disadvantaged groups better.
- 4) 11/05/2020 - Donated \$10,000 to the Migrant Workers Assistance Fund to support needy migrant workers.
- 5) 11/05/2020 - Donated \$5,000 to support the free meal project in which about 300 lunch and dinner meals were distributed every day to help the elderly and the unemployed in Chinatown district. A total of 25778 meals were distributed from 09/04/2020 to 30/06/2020.
- 6) 12/05/2020 - Donated \$5,000, 10000 face masks and 5 units of infrared thermometer to Metta Home for the Disabled to reduce their burden of fundraising during this pandemic.

## Tough Times in the Pandemic, but Sian Chay brings Love



- 7) 27/05/2020 – Sponsored 11250 face masks, 5 units of infrared thermometer and 100 bottles of hand sanitizer to Kampong Senang Charity and Education Foundation to reduce their burden of fundraising during this pandemic.
- 8) 02/06/2020 – Donated \$100,000 to 5 Malay community charities through President's Challenge to the following designated beneficiary agencies under its care to ease their financial burden during this pandemic: Ain Society, Jamiyah Halfway House, Muhammadiyah Welfare Home, PERTAPIS Halfway House, Club HEAL.
- 9) 01/07/2020 to 30/09/2020 – Distributed 25090 packet meals worth \$65,268 to the needy and elderly residing in Chinatown.
- 10) 01/07/2020 and 07/07/2020 Broadcasted "Warmth from Sian Chay in the Pandemic" live getai show and live concert "Sian Chay Show of Gratitude" on 1 July 2020 and 7 July 2020 respectively to bring joy to the audience during the pandemic and encourage all to stay at home, reduce outdoor trips and reduce community transmission of virus. The 2 concerts cost \$15,000.
- 11) 08/07/2020 – Sponsored 20000 face masks to Cheng Hong Welfare Society.
- 12) 13/07/2020 – Participated in the newspaper publication "Thank you Frontline Heroes" in Lianhe Wanbao on 6<sup>th</sup> July, Shin Min Daily News on 7<sup>th</sup> July, Lianhe Zaobao and Straits Times on 8<sup>th</sup> July 2020 to pay tribute to the frontline personnel fighting the virus, cheer them and Singapore on, and raise everyone's morale and confidence in the fight against the virus. Total cost is \$7,241.
- 13) 24/07/2020 – Donated \$5,000 to Geylang East Home for the Aged to reduce their burden of fundraising during this pandemic.
- 14) 27/07/2020 – Donated \$10,000 to the Apex Club of Bukit Timah in support of the club's weekly food distribution programme where grocery bags each worth \$10 is given to about 150 elderly residents who live in one-room rental HDB flats in Bukit Merah, every Saturday, rain or shine, since 1988.
- 15) 28/07/2020 – Donated daily necessities worth \$21,459.96 to the elderly residents and staff of the Sunshine Welfare Action Mission nursing home, including glucose, milk powder, towels, razor, toothbrush, adult diapers and 10000 masks.
- 16) 05/08/2020 – Donated 50500 face masks to the agencies under President's Challenge to help them through the pandemic: Ain Society, Jamiyah Halfway House, Muhammadiyah Welfare Home, PERTAPIS Halfway House, Club HEAL.
- 17) 09/08/2020 Donated \$10,000 to buy 1000 pairs of school shoes to the families of needy children under Singapore Children's Society.

- 18) 11/08/2020 – Donated \$10,000 to a Hopes 2 Hearts to support their efforts to help vulnerable communities in Singapore, especially ex-offenders' families with children. Funds raised will be used to provide these families with packed meals 2 times a day.
- 19) 11/08/2020 – Donated \$5,000 in aid of Free Food For All's programme to provide free Halal certified meals to the less fortunate, regardless of race and religion.
- 20) 12/08/2020 – Donated \$5,000 to Food from the Heart in aid of their food distribution of bread ration and food packs and the distribution of toys and birthday celebrations.
- 21) 18/08/2020 - Donated \$13,141.46 worth of daily necessities to the elderly residents and staff of Man Fut Tong Nursing Home including rice, cereal, milk powder, margarine, adult diapers, coffee etc. A \$20 incentive were each distributed to 140 nursing staff working in the front line to thank them for their hard work during the epidemic.
- 22) 16/09/2020 - Broadcast live "Sian Chay Celebrates National Day with the Nation" show on 19 August 2020 to bring joy to the audience during the pandemic and encourage all to stay at home, reduce outdoor trips and reduce community transmission of virus. Cost is \$7,000.
- 23) 17/09/2020 - Donated \$30,000 towards school pocket money and transportation costs for beneficiaries of Singapore Children's Society's Sunbeam Place.
- 24) 21/09/2020 - Donated \$4,477.50 worth of daily necessities to the needy families in Jalan Kayu constituency to ease their financial burden, including detergent, beverage, soap, toothpaste, toothbrush, shampoo, dish washing liquid, instant noodles, oil, tissue, rice, biscuits, and soy sauce.
- 25) 22/09/2020 – Gave \$25 gift vouchers worth \$13,225 to staff of Lianhe Zaobao, Shin Min Daily News, Lianhe Wanbao, and new media platforms to thank them for sharing information on the pandemic and positive energy to the public during the pandemic.
- 26) 30/09/2020 - Distributed 3700 boxes of halal, low sugar white lotus paste mooncake costing \$53,650 for the elderly living alone or low-income families residing in rental flats to bring mid-autumn festive cheer to the residents.
- 27) 08/10/2020 to 16/10/2020 - In celebration of the Mid-Autumn Festival, Sian Chay gave 5026 pomeloes and 110 boxes of mooncakes to patients as well as staff and the elderly residents of All Saint Home, Man Fut Tong Nursing Home, Sunshine Welfare Action Mission, Geylang East Home for the Aged and Metta Welfare Association. Total cost \$17,591.

- 28) 17/10/2020 – Donated \$15,000 in support of SOS through the "Charitree 2020" fundraising project. SOS is non-religious and not for profit and focuses on crisis intervention and suicide prevention to reduce negative energy.
- 29) 19/10/2020 – 31/12/2020 – Distributed about 110-130 packet meals to needy residents and seniors living in one-room HDB flats in Hougang every day. Total cost is \$13,500.
- 30) 31/10/2020 – Sian Chay partnered Tanjong Pagar - Tiong Bahru community to distribute 1000 Sian Chay care and share goodie bag to HDB rental flat residents to ease their life pressures. Grassroots Adviser to Tanjong Pagar GRC and Minister in the Prime Minister's Office and Second Minister for Finance and National Development, Ms Indranee Rajah presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value: \$20,700.
- 31) 01/11/2020 – Together with Radin Mas SMC Member of Parliament Melvin Yong, Sian Chay distributed 3400 cartons (each carton contains 40 packets) of instant noodles to rental flats residents of Radin Mas Constituency to help them ease their financial burden and tide over their difficulty.
- 32) 04/11/2020 – Distributed 1390 cartons of instant noodles (each carton contains 40-60 packets) to patients of our 14 branches to help everyone through the difficulties.
- 33) 06/11/2020 – Distributed 300 cartons, each containing 40-60 packets of instant noodles to Geylang East Home for the Aged, Sunshine Welfare Action Mission (SWAMI), Man Fut Tong Nursing Home, Cheng Hong Welfare Service Society, RSVP Singapore The Organisation of Senior Volunteers.
- 34) 07/11/2020 – President Halimah visited Sian Chay Marsiling branch as part of President's community engagement, distributed 80 goodie bags comprising rice, instant noodles, biscuits, milo, cereal, and canned food to patients to care for them and to ease their burden.
- 35) 17/11/2020- Brought patients on Sian Chay Care and Share Tour to the Singapore Zoo. We treat every elderly patient of Sian Chay as our brothers and sisters, so that every resident and friend who comes to Sian Chay Medical Institution can feel the warmth and happiness of home.
- 36) 19/11/2020 – Donated \$5,000 to buy 150 pairs of sport shoes for Bukit View Secondary School's needy students.
- 37) 23/11/2020 – Sponsored 450 goodie bags (comprising rice, canned baked beans, canned curry chicken, canned sardines, biscuits, and milk tea) to needy residents of Punggol Coast constituency. Total costs \$3,610.

- 38) 23/11/2020 - Executive Director of Synpura Conservatory of Music, Wang Jiying and Sian Chay Medical Institution signed a memorandum of cooperation for the "Sian Chay Benevolence Music Course". A partnership between Sian Chay Medical Institution and SCM Conservatory of Music. Sian Chay purchased the musical instruments for the courses while SCM Conservatory of Music provided the venue and teachers. Since December 2020, three complimentary classes—piano, pipa and guzheng, one-hour per session were offered every Monday at the East Coast Campus of SCM Conservatory of Music, (181A East Coast Road, S428887).
- 39) 24/11/2020 - To spread Christmas festive cheer, Sian Chay distributed 2000 jars of 1kg instant oatmeal to All Saints Home, Cheng Hong Welfare Service Society, Geylang East Home for the Aged, Keeping Hope Alive, KidneySG Dialysis Foundation (KDF), Kwong Wai Shiu Hospital, Man Fut Tong Nursing Home, Metta Welfare Association, Sunshine Welfare Action Mission (SWAMI), THK Home for Disabled, Mr. Joseph Poh and Ms. Lim Aik Hwa. Total cost is \$11,128.
- 40) 28/11/2020 - Sian Chay Medical Institution successfully held its first reading club session at the Marsiling branch. A total of nine students participated in the course. The reading club sessions are based on Toh Soon Huat's latest book "What Matters Is This Moment • Live for this Moment". Sian Chay Medical Institution not only provides health care, but also guides participants through life's enigma and ignorance! For 2020, 6 share-a-good-read sessions were conducted. (28/11, 05/12, 09/12, 10/12, 11/12 & 12/12).
- 41) Donated 500000 face masks to The Federation of Merchants Association Singapore for distribution to the merchants and hawkers during this pandemic.
- 42) 3060 bottles of TCM health supplement "Yu Ping Feng" distributed to patients for boosting immunity and health care.
- 43) To-date - distributed 192900 face masks to patients.
- 44) Distributed 100000 face masks to donors.
- 45) 10,000 bottles of Rebound Vitamin C, costing \$96,360 were distributed to needy residents for health benefit through Members of Parliament during their Meet the People Session and beneficiaries under the care of President's Challenge.
- 46) Distributed 187200 reusable masks to needy residents of 34 constituencies and 38 charity organisations.
- 47) Distributed 2482 packets of biscuits to patients to ease their financial burden.
- 48) Partnered with Keeping Hope Alive to sponsor 500 low-income families to each give \$200 of credits for their utility bills to help ease their basic problems and improve their quality of life. Total cost is \$100,000.

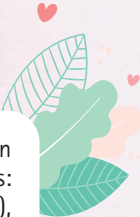


- 49) 05/12/2020 - Charity and art in bright partnership for universal love and empathy to do good together. Organised the online live broadcast show "Sian Chay Benevolence Charity Invitational Contest" for everyone to enjoy a wonderful auditory feast where art and charity combined for all to spend a happy evening together.
- 50) 14/12/2020 - The 2020 World Madam Singapore Division pageant contestants visited Sian Chay Marsiling branch and distributed 80 goodie bags comprising rice, instant noodles, biscuits, milo, cereal and can food to the patients, and wished them health, longevity, and happiness every day.
- 51) 17/12/2020 - Donated \$10,000 to Apex Club of Bukit Timah to purchase non-food items that the beneficiaries of the Apex Redhill Food Distribution Program require. These items include pain relieving supplements such as ointments and plasters as well as small household items such as kettle, fan, rice cookers, toasters etc.
- 52) 17/12/2020 - Sian Chay Care and Share Tour to Gardens by the Bay. The purpose of this trip is to allow the child to care for their elderly parents, to promote the relationship between the child and elderly parents, and to build the next generation's awareness to look after their elders, and hope that families and society will be more harmonious. The Sian Chay Care and Share Tour allows the elderly to feel the joy of company, relax their minds and bodies, and let the younger generation who participate learn and pass on the virtue of loving and respecting the elderly through filial piety. At the same time, help the young establish good moral customs and build their sense of ethics.
- 53) 19/12/2020 - Sian Chay partnered Zhenghua community to distribute 699 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. Holland Bukit Timah GRC Member of Parliament Mr. Edward Chia presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value: \$14,469.30.
- 54) 24/12/2020 - Donated \$10,000 to Brickland CCC CDWF to assist their needy residents to purchase necessities such as wheelchair.
- 55) 24/12/2020 - To add festive cheer to the season of giving during Christmas, Sian Chay distributed 200 goodie bags of biscuits to patients in 4 branches.
- 56) With the Christmas holiday coming, Sian Chay Medical Institution shared the joy and blessings of the holiday with everyone by distributing 24504 bottled beverages (valid till 15/01/2021) to charities, nursing homes, welfare homes, and children's homes. Philanthropy is to do good together with universal love and empathy by adding brightness, joy, and warmth to life.

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- 57) During the Christmas season, Sian Chay Medical Institution distributed 10000 pieces of chocolate cake and 16704 canned drinks (costing a total of \$10,000) to charity organisations, nursing homes, welfare homes, and children's homes. We wish to express our thanks for your efforts in fighting the epidemic and wish you our sincere blessings!
  - 58) 31/12/2020 - Partnered with World Madam Beauty Pageant Contestants on the Sian Chay Care and Share Tour by accompanying the elderly to see the beautiful scenery to mark the New Year! BSFit sponsored lunch for the seniors at "Dating Fish" and enjoyed a tour of Madame Tussauds Sentosa for photo memories with famous waxed personalities.
  - 59) Sian Chay Medical Institution specially organized charity haircuts at branches of Sian Chay for our patients. This is to give residents and friends sunnier, better, more confident, more energized, and positive energy look! Sian Chay Medical Institution not only uses Chinese traditional medicine to treat the illnesses of residents and friends, but also helps heal their illnesses of the soul. Because a lonely soul is worse than physical illness and it requires kindness and care to treat. We hope that every patient of Sian Chay can enjoy both physical and mental wellness and health.
  - 60) 12/01/2021 - Donated \$5,000 to Shan You to ease their fundraising challenges during the pandemic.
  - 61) 14/01/2021 - Donated 6800 packets of biscuits to these charitable organisations: Ain Society, All Saints Home - Tampines, Banyan Home @ Pelangi Village, Bukit Batok Home for the Aged, Chen Su Lan Methodist Children's Home, Concern & Care Bukit Batok Neighbourhood Link, Econ Nursing Home, Geylang East Home for the Aged, Hope House, Jenaris Home @ Pelangi Village, Institute of Mental Health, KidneySG Dialysis Foundation (KDF), Kwong Wai Shiu Hospital, Ling Kwang Home, Man Fut Tong Nursing Home, Marine Parade Aspiration Elderly Lodge, Marine Parade Foo Hai Elderly Lodge, Moonlight Home For The Aged And Handicapped LLP - Yio Chu Kang, Peacehaven Nursing Home, Ren Ci - Wan Qing Lodge, Residents of Jurong West St 93 rental flat, Singapore Buddhist Welfare Services, St Andrew's Cathedral Home For The Aged, St. Andrew's Nursing Home, St Luke's ElderCare Residence @ Ang Mo Kio, SUN-DAC Upper Thomson, Sunlove Home, THK Home For Disabled @ Sembawang and Thong Teck Home for Senior Citizen.
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- 62) 17/01/2021 – Sian Chay partnered Bedok community to distribute 700 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. Deputy Prime Minister, Coordinating Minister for Economic policy, Finance Minister and East Coast GRC Grassroots Adviser Mr. Heng Swee Keat presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$14,490.
- 63) 19/01/2021 – At the fourth "Sian Chay Care and Share Tour". Sian Chay brought seniors to visit the Jurong Bird Park.
- 64) 19/01/2021 – Donated \$20,000 to support Samaritans of Singapore's operations.
- 65) 24/01/2021 – Mr. Henry Kwek, Member of Parliament for Kebun Bahru SMC, distributed 819 Sian Chay care and share goodie bags to the needy residents of Kebun Bahru at Ang Mo Kio Blk 116 to ease their pressure in life and offer warm greetings and concern at the same time. Each goodie bag contains halal food worth \$20 such as biscuits, instant noodles, rice, Milo, oatmeal, etc. Total value: \$16,380.
- 66) 28/01/2021 – "Sian Chay Care and Share Tour" – Art Salon Photo at Sian Chay Medical Institution's Marsiling Branch. Heartfelt thanks to Dignity Kitchen for inviting Sian Chay's elderly patients for a free complete meal and photo shoot for the elderly folks to have a good time. Thanks to Mr. Koh Seng Choon for supporting and caring for Sian Chay Medical Institution. Thanks to the principal of JL Institution Pte Ltd, Ms. Li Lidan for providing makeup and styling services to the elderly folks. Thanks for her long-term support and love towards Sian Chay Medical Institution! 21 elderly beneficiaries and 18 volunteers benefited. Thanks to the volunteers for their selfless dedication and for turning the elderly folks beautiful and handsome.
- 67) 30/01/2021 – Sian Chay partnered Marine Parade community to distribute 110 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. Minister in the Prime Minister Office, Second Minister for Manpower and Marine Parade Grassroots Adviser Dr. Tan See Leng presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$2,277.
- 68) 30/01/2021 – Sian Chay partnered Fengshan community to distribute 900 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. East Coast GRC Member of Parliament Miss Cheryl Chan presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$18,630.

- 69) 30/01/2021 - Sian Chay partnered Radin Mas Community Club to distribute Sian Chay New Year goodie bags to 2791 HDB rental flat residents to ease their life pressures. Member of Parliament for Radin Mas SMC, Mr. Melvin Yong presented the goodie bags to the residents at Redhill Close Blocks 89 and 90 with warm greetings and concern. Each goodie bags contained halal certified food items worth more than \$20, such as biscuits, Milo, and pineapple cakes. Total value \$55,820.
- 70) 30/01/2021 & 31/01/2021 - Sian Chay partnered Whampoa CCC Community Development and Welfare Fund to distribute 600 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income families to ease their life pressure. Senior Minister of State for Defence and Whampoa Grassroots Adviser Mr. Heng Chee How, Dato Sri Teo Kiang Ang PBM, Sian Chay Volunteer Executive Chairman Toh Soon Huat, JP, Sian Chay Director Mr. Yap Seng Teck PBM, Whampoa community leaders and kind volunteers distributed the goodie bags at the Whampoa and Kallang Community Clubs with warm greetings and concern. Total value \$12,000.
- 71) 06/02/2021 - Sian Chay partnered Marsiling Citizens' Consultative Committee to distribute 2,475 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income families to ease their life pressure. Senior Minister of State for Manpower and Defence, Member of Parliament for the Marsiling-Yew Tee GRC, Mr. Zaqy Mohamad presented the goodie bags to residents of the low income families with warm greetings and concern. Volunteer Executive Chairman of Sian Chay Medical Institution Toh Soon Huat, JP, Marsiling grassroots leaders and volunteers joined Mr. Zaqy Mohamad at the distribution. Total value \$49,500.
- 72) 07/02/2021 Sian Chay partnered Woodgrove CCC to distribute 800 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income elderly residents to ease their life pressure. Marsiling-Yew Tee GRC Member of Parliament Ms Hany Soh presented to residents of the low income families with warm greetings and concern. Volunteer Executive Chairman of Sian Chay Medical Institution Toh Soon Huat, JP, Woodgrove grassroots leaders and kind volunteers joined Ms Hany Soh at the distribution. Total value \$16,000.
- 73) 08/02/2021 - Sian Chay Care and Share Tour - A reunion dinner was organised with elderly patients of Sian Chay Medical Institution's Punggol North Branch at Royal Dragon Restaurant, 2 Havelock Rd, #02-03 Havelock li, Singapore 059763. Thanks to Mr. Ricky Lai for sponsoring.

- 74) Sian Chay Medical Institution donated \$10,000 and 50 goodie bags that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal towards the Golden Ox Chinese New Year E-Getai Concert @ Joo Chiat. The Guest of Honour was Minister for Culture, Community and Youth and Second Minister for Law, Marine Parade Grassroots Adviser (Joo Chiat) Mr. Edwin Tong who went on stage to sing "I asked heaven". Sian Chay Medical Institution sent everyone Happy New Year, good health, prosperity, and wealth wishes.
- 75) 17/02/2021 – Sian Chay distributed 43470 packets of biscuits to the following charities: Ain Society, All Saints Home – Jurong East, All Saints Home – Hougang, All Saints Home – Tampines, All Saints Home – Yishun, Amitabha Buddhist Society, Bright Hill Evergreen Home, Econ Medicare Centre, Free Food for All Ltd, Green Avenue Home For The Elderly, Kampong Senang Charity and Education Foundation, Ren Ci Nursing Home, Kheng Chiu Happy Lodge, KidneySG Dialysis Foundation (KDF) , LC Nursing Home, Man Fut Tong Nursing Home, Moonlight Home For The Aged And Handicapped LLP – Yio Chu Kang, Pertapis Halfway House , Radin Mas Constituency rental flat residents, Seng Kang Secondary School, Society for the Aged Sick, St Andrew's Cathedral Home For The Aged; Sunlove Home, Sunshine Welfare Action Mission (SWAMI), Surya Nursing Home, Thong Teck Home for Senior Citizens and Willing Hearts.
- 76) 18/02/2021 - Through 96.3 HaoFM radio programme "Light Your Heart to Warm Hearts", Sian Chay donated \$5,000 to support the Lions Befrienders to help seniors living alone live enriching and beautiful lives!
- 77) 21/02/2021 - Sian Chay Medical Institution partnered Moulmein-Cairnhill Community to distribute 200 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income families to ease their life pressure. Minister of State for Culture, Community and Youth & Trade and Industry, Tanjong Pagar GRC (Moulmein-Cairnhill) Grassroots Adviser Mr. Alvin Tan presented the goodie bag to the residents with warm greetings and concern. Total value \$4,000.
- 78) 25/02/2021 – Distributed ginger tea to elderly patients by the tuina therapists of Sian Chay Medical Institution through our 13 branches. The ginger tea helps patients to resist body coldness and give them warmth!
- 79) 25/02/2021 - During the festive season, Sian Chay Medical Institution shared joy and blessings of the festive season by distributing 960 tins of pineapple cakes to patients, the elderly.

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- 80) 27/02/2021 - During Lunar New Year, Sian Chay Medical Institution distributed 1360 dresses to patients and the following charities: Geylang East Home for the Aged, Lion Home For The Elders (Bedok), Lion Home For The Elders (Bishan), Man Fut Tong Nursing Home and Sunshine Welfare Action Mission (SWAMI). Total value \$7,280.
  - 81) 03/03/2021 - Distributed 2100 boxes (each box packed with 40 packets) of instant noodles to the following charity organisations to ease their operational burden: Active Global Specialised Caregivers (Day Care Centre), Ain Society, All Saints Home - Jurong East, All Saints Home - Hougang, All Saints Home - Tampines, All Saints Home - Yishun, Amitabha Buddhist Society, Boys' Town, Bright Hill Evergreen Home, Canossville Children's Home, Econ Nursing Home, Epworth Community Services, Free Food for All Ltd, Institute of Mental Health, Ju Eng Home for Senior Citizens, Keeping Hope Alive, Kheng Chiu Happy Lodge, Lee Ah Mooi Old Age Home (Thomson), Lee Ah Mooi Old Age Home (Silat), Lions Home (Bedok), Lions Home (Bishan), Metta Welfare Association, Moonlight Home For The Aged And Handicapped LLP - Telok Kurau, Pertapis Halfway House, Ramakrishna Mission Boys' Home, RSVP Singapore (The Organisation of Senior Volunteers), Shanyou Counselling Centre, St. Andrew's Nursing Home, Sunlove Home, Sunshine Welfare Action Mission (SWAMI), Tai Pei Old People's Home, Singapore Food Bank, Salvation Army, THK Home for Disabled @ Eunos, THK Home for Disabled @ Sembawang, Thong Teck Home For Senior Citizens, UCare Volunteers and Willing Hearts.
  - 82) 05/03/2021 - Distributed 354 boxes of canned tuna in water (each box contains 48 cans) to the following charities to ease their operational burden: Bright Hill Evergreen Home, Geylang East Home for the Aged, Kheng Chiu Happy Lodge, Shanyou Wellness Community, Tai Pei Old People's Home, UCare Volunteers and Willing Hearts.
  - 83) 09/03/2021 - Donated \$10,000.00 to Marsiling community to help buy walking aids, wheelchairs and cupboards or beds for low-income residents.
  - 84) 13/03/2021 - Sian Chay Charity Handicraft Class - Learn how to make your own bracelets. With thanks and blessings to Managing Director of BSFIT (S) Holding Pte Ltd Ms. Cindy Ong for co-organizing this charity event. The event taught the elderly to make their own bracelets, giving them a sense of satisfaction. Thanks to the instructor Ms. Chen Xiaoming.
  - 85) 02/04/2021 - Distributed 2928 cans of baked bean and 693 packets of biscuit to Kheng Chiu Happy Lodge, Man Fut Tong Nursing Home, Sunshine Welfare Action Mission (SWAMI), Singapore Food Bank and Willing Hearts to ease their operational burden.
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## Tough Times in the Pandemic, but Sian Chay brings Love

- 86) 17/04/2021 – Donated \$100,000 to President's Challenge 2021 to help social service agencies tide over the difficulties.
- 87) 06/05/2021 – The heart of every parent is great! Let us celebrate the mother's love! Let the world abound with gratitude and love - Sian Chay distributed 5000 gift packs to patients at Sian Chay 12 branches in conjunction with Mother's Day celebration. Each gift pack contained a pack of 3-in-1 nutritious chocolate beverage, two packets of biscuits, one packet of chocolates and a Mother's Day greeting card with greetings of blessings. Total value \$37,000.
- 88) 08/05/2021 – The heart of every parent is great! Let us celebrate the mother's love! Let the world abound with gratitude and love - Sian Chay distributed 4649 gift packs through Brickland, Bukit Timah, Moulmein-Cairnhill, Punggol West, Radin Mas, Tampines Central, Whampoa, Yio Chu Kang, Yuhua community groups and Seng Kang Secondary School to all mothers in conjunction with Mother's Day celebration. Each gift pack contained a pack of 3-in-1 nutritious chocolate beverage, two packets of biscuits, one packet of chocolates and a Mother's Day greeting card with greetings of blessings. Total value \$34,402.60.
- 89) 19/05/2021- Distributed 428 cartons of instant noodles to Amitabha Buddhist Society, Krsna's Free Meals, Metta Welfare Home, The Lantor Residence and Willing Hearts to ease their operational burden.
- 90) 29/06/2021 – Donated \$2,000 to Metta Welfare Home to help them tide over the pandemic.
- 91) 29/06/2021 - Distributed 2400 packs of 1kg nutritious chocolate powder to All Saints Home - Tampines, Amitabha Buddhist Society, Bright Hill Evergreen Home, Man Fut Tong Nursing Home, Institute of Mental Health, Jamiyah Nursing Home, Jamiyah Home for the Aged Darul Takrim, Kheng Chiu Happy Lodge, Krsna's Free Meals, Lions Home (Bedok), Metta Home for the disabled, Metta Home Day Activity Centre, Moral Home for the Aged Sick, MWS Bethanay Nursing Home, Peacehaven Nursing Home, Singapore Baptist Convention Golden Age Home, St Joseph's Home, Sunlove Home, Sunshine Welfare Action Mission (SWAMI) Tai Pei Old People's Home, THK Home for Disabled @ Eunos and willing Heart. Total cost \$19,680.
- 92) 17/07/2021 – Donated 500 Sian Chay love and care goodie bags worth \$12,500 to the needy residents of Tanjong Pagar - Tiong Bahru community. Minister in the Prime Minister's Office and Second Minister for Finance and National Development, Ms Indranee Rajah presented the goodie bags to the residents with warm greetings and concern. Each goodie bag comprises of halal certified food items: rice, instant noodles, biscuits, milo, cereal, and canned food.
- 93) 23/08/2021 – Distributed 2500 packs of nutritious brown rice cereal worth \$10,000 to Food from the Heart to support their care and share project.

- 94) 28/08/2021 – Donated 1000 Sian Chay love and care goodie bags worth \$19,950 to the needy residents of Kreta Ayer/Kim Seng community. Minister for Communications and Information & Second Minister for Home Affairs Mrs Josephine Teo presented the goodie bags to the residents with warm greetings and concern. Each goodie bag comprises of halal certified food items: rice, instant noodles, biscuits, milo, cereal, and canned food.
- 95) 07/09/2021 to 20/09/2021 – Sian Chay celebrates Mid-Autumn Festival with 44 constituencies group to distribute 15000 gift packs to low-income families and volunteers who had worked tirelessly during the Covid-19 pandemic. Each gift pack comprises a box of low-sugar halal mooncakes, a box of BOH tea, a packet of biscuits and a greeting card with well-wishes from grassroots advisers and Sian Chay. Total cost \$132,310.
- 96) 06/10/2021 – Donated 300 Sian Chay love and care goodie bags worth \$5,880 to the needy residents of Cheng San-Seletar community. Member of Parliament for Ang Mo Kio GRC Ms Nadia Ahmad Samdin presented the goodie bags to the rental residents with warm greetings and concern. Each goodie bag comprises of halal certified food items: rice, instant noodles, biscuits, milo, cereal, and canned food.
- 97) 22/10/2021 to 29/10/2021 – Distributed 2500 packs of nutritious brown rice cereal worth \$10,000 to patients in conjunction with Sian Chay Medical Institution 120<sup>th</sup> anniversary celebration.
- 98) 22/11/2021 to 27/11/2021 – Distributed 2500 packs of nutritious brown rice cereal worth \$10,000 to Ain Society, Angsana Home @ Pelangi Village, Dementia Singapore Ltd, Geylang East Home for the Aged, Metta Welfare Association, Sunlove Home, The Food Bank Singapore Ltd, Willing Hearts to ease their operational burden.
- 99) 22/11/2021 to 30/11/2021 – Distributed 2500 packs of nutritious brown rice cereal worth \$10,000 to patients in conjunction with Sian Chay Medical Institution 120<sup>th</sup> anniversary celebration.
- 100) 13/12/2021 – Distributed 2245 packs of nutritious brown rice cereal worth \$8,980 to the needy residents of Chong Pang, Fernvale, Joo Chiat, Keat Hong, Toa Payoh Central, Radin Mas, Zhenghua community thru their distribution centre or Food Bank vending machine.
- 101) 13/01/2022 – Sian Chay partnered Whampoa CCC Community Development and Welfare Fund to distribute 600 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income families to ease their life pressure. Senior Minister of State for Defence and Whampoa Grassroots Adviser Mr. Heng Chee How, Dato Sri Teo Kiang Ang PBM, Sian Chay Volunteer Executive Chairman Toh Soon Huat, JP, Sian Chay Director Mr. Yap Seng Teck PBM, Whampoa community leaders and kind volunteers distributed the goodie bags at the Whampoa and Kallang Community Clubs with warm greetings and concern. Total value \$12,000.

- 102) 15/01/2022 – On the occasion of the arrival of the New Year, Sian Chay distributed 1kg fragrant rice to the residents at Redhill market to show our gratitude, love and concern.
- 103) 18/01/2022 – Sian Chay partnered Woodgrove CCC to distribute 600 Sian Chay New Year goodie bags worth \$20 each that comprises halal certified food items: rice, instant noodles, biscuits, milo, cereal to the low income elderly residents to ease their life pressure. Marsiling-Yew Tee GRC Member of Parliament Ms Hany Soh presented to residents of the low income families with warm greetings and concern. Volunteer Executive Chairman of Sian Chay Medical Institution Toh Soon Huat, JP, Woodgrove grassroots leaders and kind volunteers joined Ms Hany Soh at the distribution. Total value \$12,000.
- 104) 25/01/2022 – Sian Chay partnered Marine Parade community to distribute 80 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. Minister in the Prime Minister Office, Second Minister for Manpower and Marine Parade Grassroots Adviser Dr. Tan See Leng presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$1,600.
- 105) 26/01/2022 – Sian Chay partnered Punggol West community to distribute 800 Sian Chay care and share goodie bags to needy residents to ease their life pressures. Minister of State for Education & Social and Family Development, Ms Sun Xueling presented the goodie bags to the needy residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$16,000.
- 106) 27/01/2022 – Sian Chay partnered Fengshan community to distribute 672 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. East Coast GRC Member of Parliament Miss Cheryl Chan presented the goodie bags to the rental flat residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$13,440.
- 107) 27/01/2022 – Distributed 5760 cans of evaporated creamer to Angsana Home @ Pelangi Village, Bright Hill Evergreen Home, Econ Healthcare Nursing Home, Food from the Heart, Jamiyah Nursing Home, Kheng Chiu Happy Lodge, Lions Home For The Elders, Man Fut Tong Nursing Home, Metta Welfare Association, Sunshine Welfare Action Mission (SWAMI), THK Home for Disabled @ Eunos, Thong Teck Home for Senior Citizens to ease their operational burden.
- 108) 10/3/2022 – Distributed 2480 sets of care pack comprises of reusable mask and paper soap to share with Hwa Chong International School and Seng Kang Secondary School for their distribution to their students and teachers.

- 109) 21-30/3/2022 – Distributed 5000 packs of nutritious brown rice cereal worth \$21,000 to the needy residents at Bukit Timah, Cheng San – Seletar, Fengshan, Fernvale, Geylang Serai, Marsiling, Marymount, Pasir Ris West, Radin Mas, Sembawang Central, Yio Chu Kang communities and charities and welfare organisation (Ain Society, Bright Hill Evergreen Home, Geylang East Home for the Aged, Jamiyah Nursing Home, Jenaris Home @ Pelangi Village, Kheng Chiu Happy Lodge, Lee Ah Mooi Old Age Home, Lions Home For The Elders, Man Fut Tong Nursing Home, St Vincent Home, Sunlove Home, Sunshine Welfare Action Mission (SWAMI), THK Home for the Disabled.
- 110) 30/3/2022 – 2/4/2022 – Distributed 49492 can food (bake beans in tomato sauce, chick peas, paku mushroom) to Ain Society, All Saints Home, Amitabha Buddhist Society, Angsana Home @ Pelangi Village, Bishan Home for the Intellectually Disabled (HID), Boys' Town, Bright Hill Evergreen Home, Canossaville, Cheng Hong Welfare Service Society, Econ Nursing Home, Food from the Heart, Geylang East Home for the Aged, Good Shepherd Place (Marymount Centre), Hope House, Jamiyah Food Bank, Jamiyah Nursing Home, Ju Eng Home for Senior Citizens, Jurong Spring Nursing Home, Krsna's Free Meals, Lions Home For The Elders, Man Fut Tong Nursing Home, Metta Welfare Association, Moonlight Home for the Aged and Handicapped LLP, Muhammadiyah Welfare House, MWS Bethany Nursing Home, Peacehaven Nursing Home, Project Awareness, Singapore Christiian Home, Sunlove Home, Sunshine Welfare Action Mission (SWAMI), The Food Bank Singapore Ltd, The Lenton Residence, The Salvation Army, The Singapore Buddhist Lodge, Thong Teck Home for Senior Citizens, Willing Hearts ease their operational burden. Total value \$9,158.40
- 111) 2/4/2022 – 13/4/2022 – Distributed 12908 can food (bake beans in tomato sauce, chick peas, paku mushroom) to patients at Sian Chay 14 branches.
- 112) 4/4/2022 – Distributed 800 sets of toiletries that comprises of toothpaste, toothbrush, bath soap, shampoo, mouth gargle, wet tissue, hand sanitizer, face towel to the beneficiaries thru Campus Impact and Jamiyah Singapore.
- 113) 4-18/04/2022 – Distribution of 1241 sets of appreciation care pack comprises of 2 pcs/pack reusable mask (7 packs), surgical mask, N95/KN95 mask, 50ml hand sanitizer, 500ml hand sanitizer, mouth gargle, electronic blood pressure monitor to share with Moonlight Home for the Aged and Handicapped LLP, Geylang East Home For The Aged, Swami-Dementia Day Care Centre, Dignity Kitchen, SPD.
- 114) 5/4/2022 – Distributed 6 pcs of 3-seaters/4-seaters chairs for Bright Hill Evergreen Home, Jenaris Home @ Pelangi Village and Peacehaven Nursing Home.

- 115) 08/04/2022 – Distributed 2264 boxes of mask and 2280 bottle of hand sanitizer to share with foreign worker.
- 116) 11/04/2022 – Distributed 2250 sets of care pack comprises of 2pcs/ pack reusable mask and hand sanitizer to share with Hwa Chong International School and Seng Kang Secondary School for their distribution to their students and teachers.
- 117) 19/04/2022 – Distributed 3056 electronic blood pressure monitor to All Saints Home Tampines, Bishan Home for the Intellectually Disabled, Bright Hill Evergreen Home, Buddhist Life Mission Econ Nursing Home, Geylang East Home For The Aged, Home Bound Elderly, Institute of Mental Health, Jamiyah Nursing Home, Jenaris Home @ Pelangi Village, Jurong Spring Nursing Home, Ju Eng Home for Senior Citizens, Kwong Wai Shiu Hospital, Lee Ah Mooi Old Age Home, Man Fatt Lam Elderly Joy Day Centre, Marine Parade Aspiration Elderly Lodge, Marine Parade Foo Hai Elderly Lodge, Moonlight Home For The Aged & Handicapped, Peacehaven Nursing home, Ren Ci – Wan Qin Lodge, Singapore Baptist Convention Golden Aged Home (Female), Society For The Aged Sick, Sree Narayana Mission (Singapore), St. Andrew's Cathedral Home For The Aged, Sunlove/Surya Home, Sunshine Welfare Action Mission (SWAMI), Tai Pei Old People's Home, The Lentor Residence, Thong Teck Home for Senior Citizens.
- 118) 24/04/2022 – Sian Chay partnered Geylang Serai community to distribute 741 Sian Chay care and share goodie bags to HDB rental flat residents to ease their life pressures. Marine Parade GRC Member of Parliament Mr Mohd Fahmi Bin Aliman presented the goodie bags to the needy residents with warm greetings and concern. Each goodie bag comprising rice, instant noodles, biscuits, milo, cereal, and canned food. Total value \$14,820.
- 119) 25/04/2022 – Distributed 3000 pcs of small size reusable mask to the students of Punggol Green Primary School.
- 120) 29/04/2022 – Distributed 118 pcs of face shield to Sunshine Welfare Action Mission nursing home.



## Thanks to the following Sponsors

- Mr. ISP sponsored \$100,000 to support the distribution of vitamins C project and \$100,000 to support the mooncake distribution project.
- NTUC Fairprice donated 5428 cartons of instant noodles, 2082 cartons of biscuit, 354 cans of canned tuna, 126 cans of bake bean to support the care and share charity campaign.
- F&N Foods donated 41208 cans of drinks to support the care and share charity campaign.
- Armstrong donated 187720 packs of Cori mask to support the care and share charity campaign.
- Mr. Ang Chin Koon BBM, Mr. Patrick Khoo PBM, Mr. Alex Ong & Ms Irene Lee, Wong Wee Keong, Mr. Ng Chuan Lim, Mr. Yeo Shi Bin Gerald, Miss Yeo Shijia Lymette, Miss Yeo Shiting Yvette and Mdm Huang Ma Jialan for supporting the pack meals distribution project.
- Mr. Gary Tan sponsored \$10,000 for supporting the "Sian Chay Care and Share Tour".
- VP Kingdom (S) Pte Ltd donated 31,872 cans of canned food to support the care and share charity campaign.
- SG Cares Volunteer Centre @ Jalan Besar and Contribute SG donated 5000 sets of Appreciation Care Pack which comprises of 1 pack of 2 reusable masks, 1 box of surgical masks, 1 box of N95/KN95 masks, 1 bottle of 50ml hand sanitizer, 1 bottle of 500ml hand sanitizer, 1 bottle of mouth gargle and 1 unit of electronic blood pressure monitor.
- We are grateful and wish to thank all our sponsors whose names may not have included. Your kind understanding is much appreciated.



# 善济医社 Sian Chay Medical Institution

UEN: S62SS0055D IPC: HEF 0039/G

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善济医社



## 善济的价值观 · Core Values of Sian Chay ·

Nilai-nilai Teras Sian Chay · Sian Chay - யின் முக்கிய மதிப்புகள்

宽容  
Forgiveness  
Kemaafan  
மன்னித்தல்

大爱  
Universal Love  
Cinta Sejagat  
உலகலாவிய அன்பு

慈悲  
Compassion  
Belas Kasihan  
இரக்கம்

感恩  
Gratitude  
Kesyukuran  
நன்றியுணர்வு

祝福  
Blessing  
Keberkatan  
ஆசீர்வாதம்

## 善济的信念 · Sian Chay's Beliefs ·

Kepercayaan Sian Chay · சியன் செய்யின் (Sian Chay) நம்பிக்கைகள்

有国才有家 家和万事兴；善与国同在 济与民同心。

Nation Progresses, Family Prospers; Family Harmony, Successful Endeavours;  
Forward with the Nation, Bonding with the People

Negara Berkembang, Keluarga Sejahtera; Keluarga Harmoni, Usaha yang Berjaya.  
Maju bersama Negara, Ikatan bersama Rakyat.

தேசிய முன்னேற்றம், குடும்ப வளர்ச்சி, குடும்ப ஒற்றுமை,  
வெற்றிகரமான முயற்சிகள், தேசத்துடன் முன்னேற்றம், மக்கள் ஒற்றுமை

## 善济的精神 · The Spirit of Sian Chay ·

Kesemangatan Sian Chay · Sian Chay - யின் உத்வேகம்

尊敬的信念、尊敬的方式、尊敬的态度、尊敬的行为、  
是慈善最好的尊重基础。

Trust, Action, Attitude and Conduct form the integrity and virtues of charity work.

Pegangan teguh kepada prinsip yang amanah, sikap, tindakan dan tingkahlaku yang jujur  
adalah asas dalam amalan kebajikan.

நம்பிக்கை, செயல், அணுகுமுறை, நேர்மை மற்றும் நல்லொழுக்கம்,  
ஒரு சமூக சேவைக்கு அடித்தளம்.



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# 善济医社 Sian Chay Medical Institution



善济医社是在卫生部注册的社会服务组织，不分种族和宗教，为社会大众提供免费的中医学问诊及低成本的治疗。

Sian Chay Medical Institution, a Social Service Agency registered with the Ministry of Health, provides free Traditional Chinese Medicine consultation, low cost medicine and treatment for the community regardless of race or religion.

Institusi Medikal Sian Chay adalah Agensi Perkhidmatan Sosial berdaftar dengan Kementerian Kesihatan, menyediakan rundingan Perubatan Tradisional Cina percuma, perubatan dan rawatan kos rendah kepada masyarakat tanpa megira bangsa atan agama.

Sian Chay மருத்துவ நிலையம் என்பது சுகாதார அமைச்சில் பதிவு செய்யப்பட்ட ஒரு சமூகச் சேவை நிறுவனமாகும். இது இலவச சீனப் பாரம்பரிய மருத்துவ ஆலோசனை, குறைந்த விலை மருந்து மற்றும் சிகிச்சையை இனம் அல்லது மதம் வித்தியாசமின்றி சமூகத்தில் அனைவருக்கும் வழங்குகிறது.



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脚底按摩 • Foot massage • Urut kaki • கால் மசாஜ்	<b>\$10.00</b> 每20分钟 / per 20 min / setiap 20 minit / ஒவ்வொரு 20 நிமிடங்களுக்கும்	
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敬请各位关注善济医社社交媒体平台，并转载分享善济的看诊服务平台；同时也希望大家邀请亲朋好友关注面书点赞，传播善行。  
Kindly invite your friends and family members to visit our social media channels to share about Sian Chay's services and promote the spirit of giving.

<p>善济网页 Sian Chay Website</p> 	<p>善济面书 Sian Chay Facebook</p> 	<p>善济面书 Sian Chay Facebook En</p> 	<p>善济微信公众平台 Sian Chay Wechat</p> 	<p>善济微信公众平台 Sian Chay Wechat SG</p> 	<p>善济照片墙 Sian Chay Instagram</p> 
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善济医社统计数据 (2014年-2021年)  
Sian Chay Medical Institution Statistics: (2014 - 2021)  
Statistik Institusi Medikal Sian Chay: (2014 - 2021)  
புள்ளிவரம் (2014 முதல் 2021 வரை)

<p>看诊人次 Total Patient Visits Jumlah Lawatan Pesakit மொத்த நோயாளிகள் வருகை</p> <p><b>2,664,802</b></p>	<p>施药帖数 Prescription Dosages Dos Preskripsi பரிந்துரைக்கப்பட்ட மருந்தளவுகள்</p> <p><b>5,366,302</b></p>
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善济医社未来的五年 (2022年-2026年)  
Sian Chay Medical Institution projection for the next 5 years (2022 - 2026)  
Unjuran Institusi Medikal Sian Chay untuk 5 tahun akan datang (2022 - 2026)  
Sian Chay Medical Institution  
அடுத்த 5 ஆண்டுகளுக்கான திட்ட ஏற்பாடுகள் (2022 - 2026)

<p>看诊人次 Total Patient Visits Jumlah Lawatan Pesakit மொத்த நோயாளிகள் வருகை</p> <p><b>2,500,000</b></p>	<p>施药帖数 Prescription Dosages Dos Preskripsi பரிந்துரைக்கப்பட்ட மருந்தளவுகள்</p> <p><b>4,800,000</b></p>
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众生知感恩，而天下安宁；众生知自觉，而天下太平

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谢谢您的捐款

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For enquiries, please call or email:  
Office 6565 3737 info@sianchay.org.sg  
Chng 9638 0095 frvm@sianchay.org.sg  
Joanne 8823 9431 projects@sianchay.org.sg

<p>种族和谐的意义 让不同的族群聚集在一起， 建立友谊和信任， 共同创建和谐安定的社会。</p>	<p>Keperluan keharmonian kaum Pelbagai kumpulan etnik bersatu untuk menjalinakan persahabatan dan kepercayaan, membina masyarakat yang harmoni dan stabil.</p>	<p>The significance of racial harmony Different ethnic groups come together to build friendship and trust and promote blissful living, racial and religious harmony in the nation.</p>	<p>இன நல்விணக்கத்தின் முக்கியத்துவம் இன்பமான வாழ்க்கை, நாட்டின் இன - மத இணக்கத்தை ஊக்குவிப்பதற்காக வெவ்வேறு இனக்குழுக்கள் ஒன்றாக வந்து நட்பையும் நம்பிக்கையும் வளர்கிறார்கள்.</p>
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# *My Gratitude*

**Mr Eugene Chiang & Family**

**Mr Gary Tan & Family**

**Mr Levin Lee**

**Ms Michelle**

**Kind-hearted individuals**

Your great mercy, empathy and support  
helped to make this publication  
which shares knowledge and kindness a success.

A big Thank You to all of you.

**Blessings**



# *Gratitude*

**From the Heart**

## About the Author

Dato Seri Toh Soon Huat, (JP, BBM(L), BBM, PBM, PVPA, DIMS, SPTM) willingly dropped out of school when he was in secondary 3 due to poverty in his family and financial constraints. He worked hard during childhood to earn money to help his family.

Later, he singlehandedly founded Novena Holdings Ltd. and was its chief executive officer. Listed on the Singapore Stock Exchange in 2000, the company mainly engaged in furniture business (Novena brand) and beauty retail and service (BEAUTESPRING brand). During his tenure as CEO, he also founded "Castilla Premium" high-end furniture, "Modern Living", "The White Collection", and "Natural Living" brands, which are oriented towards different consumer markets. These brands have maintained Novena as a leader in Singapore's furniture industry, and became known as a high-quality and excellent Singapore retail brand. As these brands became more well-known in Singapore, Novena began to enter the international market and opened branches in China, Malaysia, Vietnam, etc., achieving brilliant results!

In 2009, Toh Soon Huat sold off the company and established the Novena Foundation and became its volunteer executive chairman to dedicate to charity and community welfare work. Toh Soon Huat is known as a prominent philanthropist in Singapore. He has been active in the community for a long time. He is also adviser, chairman, and honorary chairman of many societies. In the past two decades, he has successively won the 10, 15, 20, and 25-year long service awards by the People's Association. Not only is he passionate for charity work in Singapore to benefit the public, he has also contributed to many countries such as China and Japan. His good deeds prove that universal love is boundless, and community welfare work cuts across borders! He believes in supporting each other and doing good together. He has also received many international awards!

- Conferred the Public Service Medal (PBM) by the President of Singapore in 2004. The medal is awarded to one who has rendered commendable public service in Singapore.
- Conferred the Public Service Star (BBM) by the President of Singapore in 2009. This is awarded to one who as rendered valuable public service to the people of Singapore.
- Being awarded Friend of Heritage by Singapore National Heritage Board in 2011.
- Awarded the Friend of Heritage by the National Heritage Board of Singapore in 2012.
- Selected as one of the 50 Chinese philanthropists featured in the "Management World" magazine of the State Council Development Research Centre of China In 2013.
- Awarded the President Volunteerism & Philanthropy Award (PVPA) in 2015. This is the highest recognition of achievements and contributions to Singapore's philanthropy.
- Awarded Philanthropist of the Year by China Pride Model Personalities Annual Festival in 2015.
- Awarded the 25<sup>th</sup> Annual Community Service Award by the Singapore People's Association in 2016.
- Awarded the Ten-Year Long-Term Volunteer Service Award from the Singapore National Council of Social Services in 2016.
- Awarded the annual Chinese model in the second Annual Chinese Dream and Chinese brand Entrepreneurship and Innovation Ceremony in 2016.
- Awarded Outstanding Contribution Award for Charity Personalities of West China Development, at the 6<sup>th</sup> Investing in West China—Excellent Entrepreneur Commendation Ceremony in 2016.
- Appointed the Peace Ambassador by the 7<sup>th</sup> Peace Flag in 2016.
- Awarded the Education Service Award by the Ministry of Education of Singapore in 2017.
- Awarded the 15 years Volunteer Long Service Award by National Council of Social Services in 2017.
- Received China Philanthropist Award by the Organizing Committee of China International Philanthropy Forum in 2017.
- Appointed Justice of the Peace by the President of Singapore in 2018. JPs are outstanding Singaporeans who have made significant contributions in their profession the public sector social services and the community at large.
- Awarded the Friend of the Arts by the Singapore National Arts Council in 2018.
- Awarded the Philip Kotler Marketing Excellence for Philanthropic Leadership by the Marketing Institute of Singapore at the World Marketing Summit in 2018.



**Toh Soon Huat**  
Justice of the Peace

- Named as honoree of Forbes Asia's 2019 Heroes of Philanthropy.
- Awarded the honorary titles of 2019 Personality of the Year Award and 2019 Charity Leader Award by Chinese Model Personality.
- Being awarded Friend of the Arts by the National Arts Council in 2020.
- Being bestowed the title of senior royal noble by the Malaysia Kelantan Sultanate Council in 2020.
- Nominated as among the 100 "New Generation Fighters" in conjunction with the special publication to mark the 100<sup>th</sup> anniversary of the Chinese Communist Party in China's golden era in 2021.
- Being awarded Grand Award for Community Service for thirty years of dedicated voluntary service to the community by Singapore People's Association in 2021.
- Awarded the Education Service Award by the Ministry of Education of Singapore in 2022.
- Being conferred The Public Service Star BBM(L) by the President of the Republic of Singapore in 2022. This is awarded to any person who has rendered valuable public service to the people of Singapore, or who has distinguished themselves in the field of arts and letters, sports, the sciences, business, the professions and the labour movement.
- Awarded The 17<sup>th</sup> Compassion Award by Hong Kong Taiwanese & Macau Charity Fund Ltd in 2022. This award was established by the Founding Chairman, Mr. Lin Tian Maw to promote positive role models of compassion and enhance positive energy in the society. The purpose is to spread love, encourage good deeds, promote filial piety, correct social atmosphere, and build a harmonious society.

In 2008, when the Wenchuan earthquake in Sichuan Province of China struck, he and several friends organised the Sichuan Earthquake Relief TV charity show which raised \$10.27 million. This relief fund helped in rebuilding seven "China-Singapore Friendship" primary schools and a stone bridge in the disaster area of Chengdu, Sichuan. Every year, tens of thousands of new students are given the opportunity to receive education and acquire knowledge at these schools. The students get to understand charity and dedication, gratitude and giving back. This helps strengthened the long term friendship between China and Singapore.

In 2002, a good friend Mr. Teo Kim Chuan invited him to join Sian Chay Medical Institution, which was on the verge of closure after more than a century. Since 2008, Mr. Toh Soon Huat served as the volunteer executive chairman. He has led the board to move with times and broke tradition by setting up branches one after another in the HDB heartlands to serve the people better, while remaining true to the aspiration of its founders! Sian Chay has been actively participating in community charity events, promoting health awareness, and encouraging health care activities, instill the idea that prevention is better than cure to the elderly, and give back to society, and uphold Sian Chay's spirit of "doing good".

To develop Sian Chay and prepare a better future for Singapore's philanthropy, I have integrated Sian Chay's century-old charity spirit with my own life experience and created Sian Chay's Core values of **Forgiveness, Universal Love, Compassion, Gratitude, and Blessing**. Sian Chay also works with the nation to build a harmonious society by actively promoting the Beliefs of "**Nation Progresses, Family Prospers; Family Harmony, Successful Endeavours. Forward with the Nation, Bonding with the People.**" And to promote love, compassion, benevolence, wisdom and harmony in Chinese culture, encourage everyone to change and improve ourselves, to serve and contribute to society, the country and the world.

In fact, forgiveness, compassion & universal love is an inner cultivation, a life perspective & philosophy, an attitude of gratitude and a bright disposition towards life. These can solve many problems affecting physical and mental health, social harmony, interpersonal relationship, conflicts, and ignorance.

When I took over in 2008, Sian Chay had only 4 staff working at the 610 Geylang main branch, serving 26 patients daily. Sian Chay currently has a network of 14 branches located island wide, serving over 1,200 patient visits daily with 125 staff to serve needy and elderly residents in the HDB heartlands. For the past 8 years (2014-2021) Sian Chay has served a total of 2,664,802 patient visits and dispensed 5,366,302 dosages of prescription. In the next 5 years (2022-2026), the number of patient visits and dosages of prescription are expected to increase to 2.5 million and 4.8 million respectively.

In the spirit of giving back to society while having benefited from society, Toh Soon Huat saw there were many helpless and needy patients in the society who needed medical care. Helping a patient with a family is equivalent to helping all members of the family to be relieved from hardship, obtain happiness. This will create a happy family and a harmonious and peaceful society.

**Sian Chay Medical Institution Social Enterprise Societal Management Social Service**

**Sian Chay abounds with gratitude and love**

**We are one family**

**Sian Chay's staff strongly believe that serving mankind is the best job**

Toh Soon Huat will continue to work with like-minded people, uphold the mission set by the predecessors with love and empathy, and systematically fulfil the goal to serve the people, serve the society, benefiting more people, and dedicate fully to charity as his responsibility for a bright, meaningful, and noble purpose.

At the same time, it is hoped that charitable organizations can interact with each other, support each other, do good together and share resources. Through universal love and gratitude, let's work for charity and community welfare, so that Singapore's charity and welfare sector can thrive, and continue to benefit the vulnerable people in society, and the welfare of people can sustain throughout generations!

Continuing with compassion with Sian Chay, I hope that more people can enjoy the warmth of being cared and be nourished in the spirit.

善济的信念 · Sian Chay's Beliefs · Kepercayaan Sian Chay  
சியன் செய்யின் (Sian Chay) நம்பிக்கைகள்

有国才有家 家和万事兴；  
善与国同在 济与民同心。

Nation Progresses, Family Prospers;  
Family Harmony, Successful Endeavours;  
Forward with the Nation, Bonding with the People.

Negara Berkembang, Keluarga Sejahtera;  
Keluarga Harmoni, Usaha yang Berjaya;  
Maju bersama Negara, Ikatan bersama Rakyat.

தேசிய முன்னேற்றம், குடும்ப வளர்ச்சி,  
குடும்ப ஒற்றுமை, வெற்றிகரமான முயற்சிகள்,  
தேசத்துடன் முன்னேற்றம், மக்கள் ஒற்றுமை

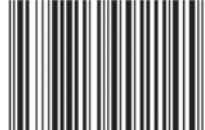


Life is about self-cultivation,  
Life is about sharing burdens.

玲子传媒

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Toh Soon Huat



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