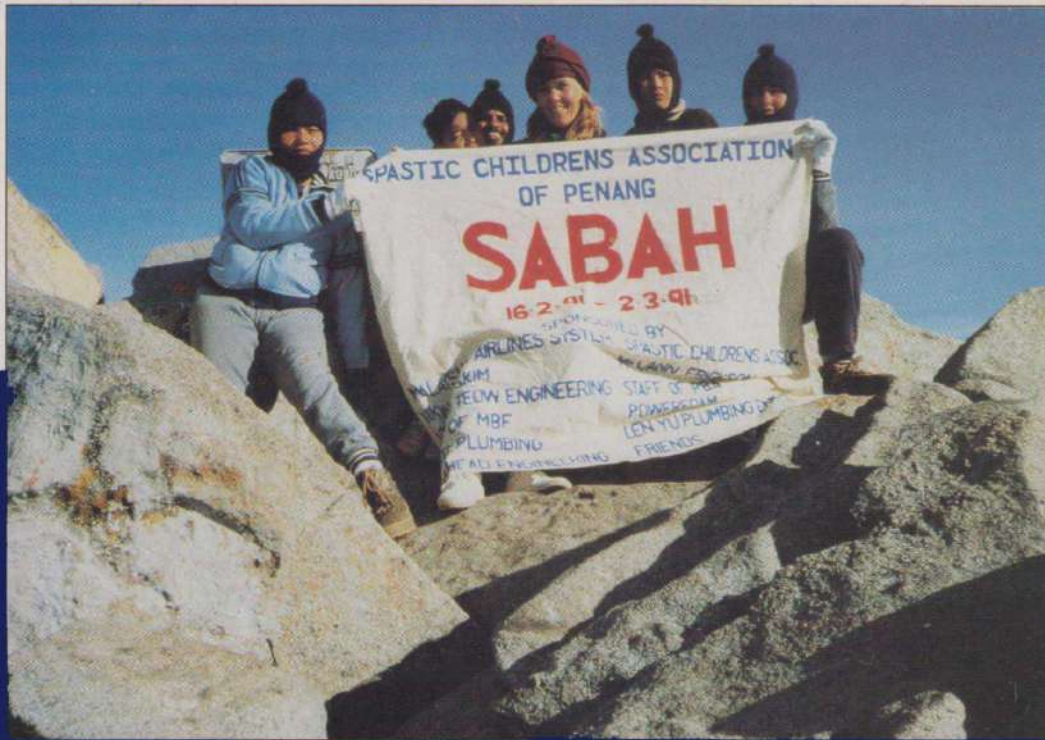




**Persatuan Kanak-Kanak Sepastik, Pulau Pinang
(The Spastic Children's Association of Penang)**

Penaung: T.Y.T. Yang Di Pertua Negeri Pulau Pinang

425, Jalan Mesjid Negeri, 11600 Pulau Pinang, Malaysia. Tel: 810160, 875850



Annual Report Laporan Tahunan 1990

OUR



PATRON



Tuan Yang Terutama
TUN TAN SRI DATUK (DR.) HAJI HAMDAN BIN SHEIKH TAHIR
S.M.N., P.S.M., D.U.P.N., D.M.P.N., K.M.N.,
Yang Di Pertua Negeri Pulau Pinang



THE MANAGEMENT COMMITTEE



DR. DENIS MARK LEE, PJK, JP
President



MRS. LIM SAY HUAT
Vice President



MR. V.S. BASTION, PJK
Vice President



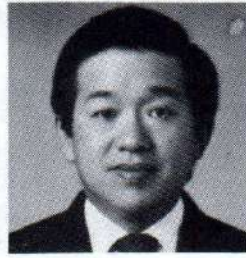
MR. TAN BAN HOCK, PPN, PJK
Vice President



MR. SAW HOCK ENG
Vice President



MR. YEW LYE HIN, PJM
Hon. Secretary



MR. OOI HOAY SENG
Hon. Treasurer



MRS. CHAN KOK SWEE, PJK
Past President

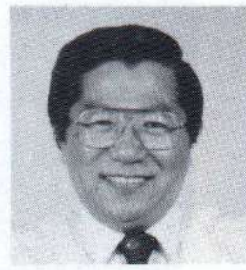
COMMITTEE MEMBERS



MR. KHOO YEOH GAN HONG
PKT, PPN, PJK, PJM



MR. KHOO THEAN THIEW



MR. SONNY KHOR YUEN-HOCK, PJK



MRS. KANYA TAN



PUAN KURAIZA BEE BTE ABDUL MAJID



MISS JASSIE KHOO



PUAN LATIFFA ABDUL RAHMAN



MS. DOREEN LIM SWEE HOON



MR. FOONG SEE YOK, PJK, PJM
Executive Administrator



MR. HERBERT J. HO, JR.
Hon. Auditor

OFFICIALS 1990

TRUSTEES



TAN SRI DATUK LOH BOON SIEW
SPM, DMPN, DJN, JSM, KMN, PJK



DATIN ONG KIM SENG

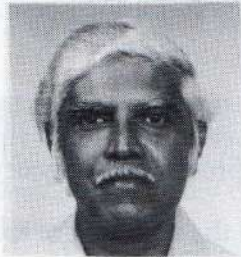


DATUK DR. TAN EWE AIK, DSPN, JP

HONORARY ADVISERS



MR. LAW JOO KEUN
AMN, PKT PJK



MR. P.S. JACOB
AMN, PMC, PJK
Welfare Adviser



TUAN HAJI GHAZALI B. UDA UMAR
KMN, AMP
Education Adviser



TAN SRI DATUK LOH BOON SIEW
SPM, DMPN, DJN, JSM, KMN, PJK
General Adviser



MR. CECIL RAJENDRA
Legal Adviser



DATUK DR. TAN EWE AIK, DSPN, JP
Medical Adviser



DR. WEE CH'NG KEOW HIANG
Medical Adviser



DR. ONG EWE CHYE
Medical Adviser

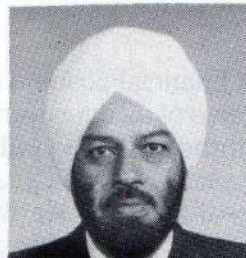
HONORARY CONSULTANTS



DR. LIM HUCK BOON, JP
Ophthalmic



DR. SANTOKH SINGH, JP, PJK
Ear, Nose & Throat Consultant



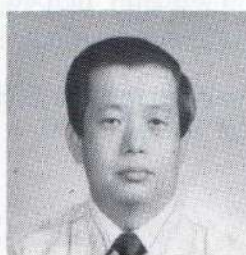
DR. DALJIT SINGH NAGREH
Dermatologist



MR. EASAW THOMAS, KMN, SMJ
Orthopaedic



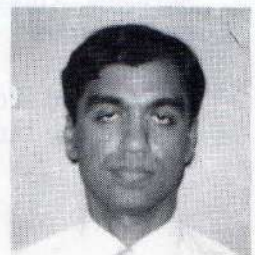
DR. ADELE TAN
Paediatric



DR. FONG KHENG PHOY, PJK, AMP
Orthodontist

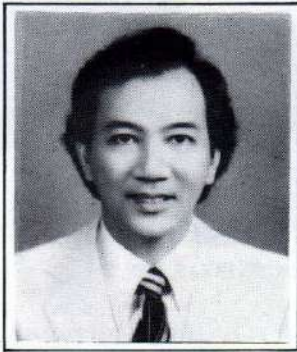


DR. TAN CHEE KHUAN, PKT, PJK
Psychiatrist



DR. SAMUEL EASAW
Neurologist

PRESIDENT'S REPORT 1990



Ladies and Gentlemen,

It is with great pleasure that I present this Annual Report of the Spastic Children's Association of Penang for the year ending 31st December 1991.

CHANGES

The year 1990 had been most eventful with a number of changes. On 5th May 1990, Mrs Chan Kok Swee, the then President, relinquished her office owing to increase of other urgent commitments. During her tenure of office, Mrs. Chan Kok Swee contributed significantly by giving of her best. The Association is deeply grateful for her invaluable services and generous donations.

On the administrative side, Mrs K E M Hussain, the Spastic Centre's Supervisor, retired on 24th April 1990 after a long service of twenty years. Mrs K E M Hussain contributed her best years to the Association and we greatly appreciate her loyalty and dedication.

Miss Lim Say Hua succeeded Mrs K E M Hussain in the new post of Executive Administrator. She later resigned on 21st August 1990 and Mr Foong See Yoke was appointed in her place. Mr Foong See Yoke had served in the Management Committee in 1985/1986 as a representative of the Director of Education, Penang.

To those who had left their posts either by retirement or by resignation, I would like to convey my appreciation for their good work and best wishes for the future.

BIRTHDAY AWARDS

The Association extends congratulations to the following members on being conferred with awards by His Excellency, the Governor of Penang on his birthday:

Datuk Dr. Tan Ewe Aik — **Darjah Setia Pangkuan Negeri (DSPN)**
Mr Khor Yuen Hock — **Pingat Jasa Kebaktian (PJK)**
Mr Yew Lye Hin — **Pingat Jasa Masyarakat (PJM)**

FINANCE

I wish to report that the financial position of the Association is sound. The year ended most satisfactorily with an excess of income over expenditure of \$126,995.00. This was once again largely due to the philanthropy of the public and various corporations in Penang, and the commendable efforts of our Vice-President, Mr V S Bastion, who raised \$199,219.00 through the Foster Parents Appeal Scheme. We wish to thank him for his fine efforts and all our Foster Parents for their kind and continued generous support.

We are also very grateful for the annual grant of \$35,770.00 from the Ministry of Welfare Services. Another subsidy of \$19,155.00 from the Ministry helped to pay the salaries of our teachers.

Salaries and allowances for our thirty-three staff amounted to \$151,568.00 and this continued to form the bulk of a rising annual expenditure of \$309,787.00.

SALARY REVISION

The Association carried out a salary revision in view of the increasing cost of living and rising wages throughout Penang. The revised pay structures were implemented in October 1990 and we hope to attract more applicants to join our loyal and dedicated staff in working with our special children.

We are indebted to Miss Lim Say Hua for carrying out a careful study of existing salary schemes in various institutions in Penang as well as throughout the country and for her valuable recommendations for a new salary structure. We are also grateful to the various organisations and institutions that responded to our requests for help in this study.

OVERSEAS VOLUNTEERS

Arising from the visit of Mr Douglas McArdle, a pioneer member of the Association, in June 1989, the Australian Volunteers Abroad (AVA) sent Miss Rhonda Mitchell, an Occupational Therapist, to join us in July 1990. We wish to thank Miss Anne Thomas of AVA for her kind efforts and support.

We were sad to learn of Mr Douglas McArdle's unexpected demise in November 1990 and would like to place on record the Association's deepest condolences to Mrs Margaret McArdle. The Association greatly appreciates the many contributions of Mr Douglas McArdle and considers his early demise an extreme loss.

Miss Debbie Buchanan, the Occupational Therapist, and Miss Kim Isler, the Special Education Teacher, of the New Zealand Volunteer Service Abroad (VSA) completed their terms of service with the Spastic Centre at the end of 1990. We are beholden to both of them for their exemplary and dedicated work with the children and staff at the Spastic Centre. We are grateful to Mr Chris Hawley and VSA for their continuous sponsorship of volunteers to help train our staff in their work at the Spastic Centre.

TRANSPORTATION

On 25 August 1990 a new Isuzu High-roof Van was presented to the Association by Mr William Brohier, the Regional Representative of Christoffel Blindenmission (Christen Blind Mission International) in a simple ceremony at the Spastic Centre. This is the second time Christoffel Blindenmission (CBMI) had generously supported us in this manner and we are deeply grateful to them.

FUND RAISING

Two fund raising projects were carried out during the year. The Spastic Food and Fun Fair was successfully held on February 1990 due to the tremendous response from the public. This event raised a sum of \$37,258.00 and an accolade goes to Mr Saw Hock Eng, our Vice-President, and his hard working Sub-Committee. On November 1990, a Spastic Charity Nite 1990 was held at Shangrila Hotel under the Distinguished Patronage of His Excellency, the Governor of Penang. Mr Law Joo Keun and his experienced Sub-Committee are to be commended for a well planned function.

PROSPECT

In view of the need to expand and provide more quality services to the children, there is an increasing need for more working space at the Spastic Centre. Towards this end the Association is looking into the extension of the existing buildings to cater for the Spastic Centre's future needs of this decade.

APPRECIATION

I would like to express our profound appreciation to our Patron Tuan Yang Terutama Yang Di Pertua Negeri Pulau Pinang Tun Tan Sri Datuk (Dr) Haji Hamdan Bin Sheikh Tahir SMN, PSM, DUPN, DMPN, KMN and His Consort, Yang Amat Berbahagia Toh Puan Puan Sri Datin Hajjah Siti Zainab Binti Haji Baharuddin for gracing our functions. Their gracious presence has always been an inspiration and encouragement to the children, staff and members of the Association.

Lastly, I would like to express my appreciation to all the Management Committee and Sub-Committee Members, staff and volunteers for their kind support to make this another year of success. To our team of advisers, consultants, auditors, donors, foster parents, service clubs, the mass-media, and supporters who have helped us in so many ways, I say "Thank you and God Bless you".

Dr Denis Mark Lee

President



SCHOOL BOARD OF MANAGERS



Seated from left to right:

Pn Latiffa Abd. Rahman, En Mohd Tahir bin Ngah, En Khoo Yeoh Gan Hong (*Chairman*),
Pn Salmah Bee bt Mohd Eusoff, Pn Kuraisa Bee bt Abd Majid

Standing left to right:

En Kanniah, En Foong See Yoke (*Executive administrator*), Mr Yeoh Beng Chai

Absent:

Mr Law Joo Kuen, Mr A. Thanabalan

Our Children in Employment



Tin Soon Beng, General Worker at
Leong Bee & Soo Bee Sdn Bhd,
June 1990.



Yeoh Bee Lean, Production
Operator at Emico Plastic Sdn Bhd,
May 1990.



Ooi Chee Teong, General Worker at
Isuta Sdn Bhd, July 1990.

*With
Best Compliments
from*



成發行有限公司

SENG HUAT HANG SDN. BHD.

217, BEACH STREET, 10300 PENANG, MALAYSIA. TEL: 621325 & 616150
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STAFF OF THE SPASTIC TRAINING CENTRE 1991



Seated left to right:

Miss Rhonda Mitchell, Miss Chiang Pik Har, Mrs Raj Kumar, Mrs Wayne Perera,
Mr Foong See Yoke, Mrs Helen Rajoo, Mrs Maria Joseph, Mrs Diana Leong, Mrs Anita Muthu,
Miss Lorraine D. Handley

Standing left to right:

Mrs Jeyabalan, Cik Sharifah, Miss Tan Phaik Cheng, Puan Azlina, Miss Philomena,
Miss Satnam Kaur, Mrs Lim Yit Man, Puan Jamilah, Miss Margaret, Miss Nirmala,
Mrs Jenny How, Miss Lee Kar Mei, Mrs Uma Sasitharan, Mrs Ramasamy

Standing back row left to right:

Mr Chung Yeng Kit, Mr Chew Sun Chooi, En Haris Hameed, Mr Krishnasamy, Mr Doraisamy,
En Abdul Wahid, Mr Santhramogen

Absent:

Miss Mimi How, Mr Allen David

*With
Best Compliments
from*

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178-A, LEBUH PANTAI, (1ST FLOOR) 10300 PENANG.
TEL: 04-623101-6, 010-450817 FAX: 604-620337
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EXECUTIVE ADMINISTRATOR'S REPORT



The year under review had been a busy one. The Association experienced a greater turnover of staff but fortunately it was also able to recruit the personnel required to fill the vacancies. The salary review carried out by the Association had been well timed and able to attract suitable staff.

It was reported that our ex-pupil Tan Soo Beng won silver medals in all three events he participated ie 100M Breaststroke, 50M Breaststroke and 50M Freestyle at the National Sports For The Disabled held in Malacca.

Supporters and well-wishers and various groups of people continued to visit the Centre both from overseas as well as those resident in Penang. Many presented donations during their visits.

Throughout the year the children were invited to numerous parties many of which were arranged by their generous foster parents. On the whole we enjoyed a busy and successful year inspite of the many staff changes.

STAFF

In April Mrs KEM Hussain, the Supervisor of the Centre, retired after 20 years of service. Miss Lim Say Hua took over from her but she too resigned in August and I took over.

In June 1990 Miss Wu Peng Sien, Miss Vsandi a/p Kandasamy and Miss Sharifah bt YM Ahmad joined the Spastic Centre as Therapy/Teaching Assistants at the same time Miss Eu Ang Lay, Mdm Valliamal a/p Alappan and Miss Chew Fong Jin resigned from service.



Miss Lim Say Hua, Executive Administrator - April - August 1990.

Miss Angeline Regis resigned in September 1990 and Miss Dhanyl took over but she too resigned in December 1990.

Miss Janayagi also resigned after serving 10 years in the Spastic Centre.

Approved Staff for 1990

| | |
|---|--------|
| Executive Administrator | 1 |
| Office Clerk | 1 |
| Receptionist Clerk | 1 |
| Accounts Clerk | 1 |
| Teachers (<i>through Government</i>) | 4 |
| Special Education Teacher (VSA) | 1 |
| Teaching Assistants | 6 |
| Physiotherapist (<i>through Government</i>) | Vacant |
| Physiotherapist | 1 |
| Occupational Therapist (VSA) | 1 |
| Speech Therapist | Vacant |
| Therapy Assistants | 8 |
| Social Worker | Vacant |
| Drivers | 3 |
| Caretaker | 1 |
| Gardener | 1 |
| Attendants | 3 |

33

My deep appreciation is extended to many staff members who had put in hard work and dedication to improve the quality of life of the children.

MEDICAL

In 1990 a total of 18 new children were examined by our Doctors. From these a total of 9 children were admitted for treatment and training including one child who was re-admitted.

The majority of the children were accepted for outpatient treatment. At the end of the year there were 35; 3 children who were found to be not spastic were not accepted and were referred to other Centres accordingly.

| | |
|---------------------------------|---|
| Transferred to normal school | 5 |
| Reached maximum age, discharged | 5 |
| Family moved out of Penang | 1 |

At the end of the year the breakdown of the cases stood as follows:

| | Males | Females | Total |
|--------------|------------------|------------------|-------------------|
| Malays | 9 | 9 | 18 |
| Chinese | 24 | 19 | 43 |
| Indians | 6 | 6 | 12 |
| Others | 1 | 0 | 1 |
| Outpatients | <u>17</u> | <u>18</u> | <u>35</u> |
| Total | <u>57</u> | <u>52</u> | <u>109</u> |

As in previous years we express our gratitude and thanks to *Datuk Dr Tan Ewe AiK*, Dr Wee Ch'ng Keow Hiang and Dr Charles Ong Ewe Chye for their regular and dedicated services rendered by attending the numerous medical problems of the children during the year. Our grateful thanks also to the following:

| | |
|-------------------------|-------------------------------------|
| Dr Lim Huck Boon | — Ophthalmologist |
| Dr Santokh Singh | — E.N.T. Surgeon |
| Mr. Easaw Thomas | — Orthopaedic Surgeon — G.H. Penang |
| Dr Samuel Easaw | — Neurologist |
| Dr Daljit Singh Nagreh | — Dermatologist |
| Dr Yee Thiam Sun | — Choong Dispensary |
| Dr Fong Kheng Phoy | — Orthodontist |
| Dr Adele Tan | — Paediatrician |
| Dr Tan Chee Khuan | — Psychiatrist |
| Dental Surgeon & Nurses | — Perak Road Clinic |
| Dental Surgeons | — Adventist Hospital |

The Association is grateful for the help received from the panel of specialists who sacrifice their time in giving valuable assistance to improve the health and well-being of the cerebral palsied children under our care.



*Intro II
Visit to Youth Park*

*To create
awareness.*



*Intro II
Visit to Youth Park*

INTRODUCTORY CLASS I

There are about six children in this class, their ages varying from 6 to 10 years. These children are given practical work, and are usually chosen from Pre-Entry (Afternoon) session. The children are taught sandplay, hydrotherapy, outdoor games and are taken for educational visits to places of interest.

INTRODUCTORY CLASS II

In this class each child is assessed and an Individual Education Plan is set up according to the child's needs and abilities. Lessons are taught in a practical manner for example when an apple is introduced, the real fruit is shown where it is sold. The children are also taken to Supermarkets, Youth Park to create awareness. During the year, two children were sent to normal kindergarten and three pupils sent to normal primary schools. Home visits are made when necessary.

PRE-SCHOOL

There are seven children in this class. Three of these children would be promoted to the School section. They are between 7 to 11 years of age. Individual educational programmes are planned according to individual abilities and needs.

Subjects taught include Bahasa Malaysia, writing, mathematic and other activities using the Multi Sensory Programme.

Self help skills are also taught to increase each child's independence.

SCHOOL SECTION

The School Section has a total of 17 students. Their ages range between 12 to 16 years old. All Subjects are taught in Bahasa Malaysia except for the English Language. Students who find difficulty in writing use the electric typewriter to do their work. The computer is sometimes used during lessons. Regular school education system is followed as closely as possible and made flexible to suit the requirements of the student's capabilities.

Besides academic work, social skills, cooking, art and craft are also taught in order to mould the students into independent and useful adults.

CO-CURRICULUM ACTIVITIES

Girl Guides

The Girl Guides Company consisted of 5 girls. As in previous years they took part in various programmes that were planned for them.

The Guides learnt how to improve themselves through the Guide Law. They were also taught to make and recognise different knots.

All of them did quite well during a cook-out where they learnt Fire-lighting and later cooking sausages. In addition they also learnt some basic origami activities from the volunteers who came to help.

Finally we ended the year with an overnight stay in a bungalow where we had a barbecue together with the Cubs, Sea-Scouts and Brownies.

Sea Scouts

There were 8 members in the Sea Scouts movement. As in previous years the Sea Scouts took part in various activities that were prepared and planned for them. The Sea Scouts were taught some simple first aid, water safety, and pioneering apart from singing, marching and flag raising exercises. They were also given drills in obstacle courses.

CUBS

Our cub pack had a total of 8 members during the year. They are taught many skills through different activities.

The activities are as follows:

1. *First Aid* – simple first aid such as how to clean a cut and thereafter applying the medicine.
2. *Cubs Law* – learning the meaning of being a Cub and then the Rule to abide by.
3. *Road Safety* – recognising the common road safety signs and their meanings.
4. *Cooking* – the Cubs learnt some basic skills during the cook-out held in the school field where they made sardine sandwiches.

The Cubs had a chance to socialise when volunteers from other schools came to conduct some activities for them and also for the sea scouts, Girl Guides and Brownies.

It was a sad occasion when at the end of the year we wished farewell to some members of the pack who had been promoted to Sea Scouts. However, we also welcome some new members to the Pack.



The C.P. Cubs Pack.



Brownies – Nature Study.

BROWNIES

The 14th South District Brownie Pack had a total of 8 new Brownies who were recruited early in the year.

The outings for 1990 were as follows:

1. Visit to the Penang Museum
2. Visit to the Penang Youth Park
3. Visit to the MacDonalDs Fast Food Restaurant
4. Visit to Gurney Drive to collect sea shells for class aquarium.



Occupational Therapy — Thilagen and Lee Ceng training under self-care skills.



Assessment — Cognitive skills.

OCCUPATIONAL THERAPY

Approximately 38 children received occupational therapy during the year. Students were seen individually as well as in groups, for ½ hour to 1 hour between once to 3 times a week depending on their needs.

The aims of Occupational therapy for these students were independence in self-care, increased memory and cognitive skills and increase sensory motor functions.

Equipment were made, modified and adapted to serve students to meet their individual goals. Home visits were made to help students in toileting, bathing, feeding and feeding problems.



Students learning some computer skills.

Life education was introduced to students who were 13 years and above. This move helped the students to understand the function of their bodies, and their changes through life and the meaning of having Cerebral Palsy.

SPECIAL NEEDS UNIT

The Special Needs Unit has a total of 11 students at the moment. The ages of the students ranges from 2 to 10 years old.

The main aim of this unit is to help children with slow development due to Cerebral Palsy, to provide a supportive environment through the use of stimulation activities and positive teaching techniques and to provide information and on-going support for parents. Specific aims are set for each child according to their age and capabilities. Activities that are carried out with the children include hydrotherapy, feeding to achieve independence, basic communication, mobility, fine motor skill, self help and cognitive skill, all adapted to suit individuals.

The unit is run by 2 teaching assistants at the moment.



A spastic pupil enjoying his speech Therapy lesson.



Blowing exercises to strengthen lip muscle and breath control.

SPEECH THERAPY

During the year a total of 38 children received speech therapy. 24 of them attended the morning sessions twice a week. There were 14 children in the afternoon session.

The aim of Speech Therapy is to improve, correct or establish communication skills.

This Department trained children in many forms of communication, thus enabling each child to enjoy communicating with others. Speech is one method used and the other is the use of Makaton Handsigns, Blissymbolic Charts, Picture and Symbol Charts, Eye Pointing Charts, Word Charts and Facial Expressions. Children with poor breath control are taught the correct breathing pattern and blowing to strengthen lip muscles and good lip closure.

Children with hearing losses are assessed by Dr Yee Thiam Sun.

THERAPEUTIC CLASS

8 children received training at the Therapeutic Class during the year. The aim of the Therapeutic Class is to assist the students to develop independent living skills.

Emphasis has been on teaching workskills which will help the students to find open or sheltered employment.

To teach workskills practical activities are used such as basketry, sewing, embroidery, woodwork and domestic science together with activities of daily living.

This year more emphasis on community integration was carried out, like using public transport, public telephone, going to Supermarket and eating in public restaurants or stalls.

During the year four students successfully found employment at various factories.

PHYSIOTHERAPY

A total of 94 spastic children received physiotherapy treatment during the year. The Physiotherapy Department concentrates mainly on mobility activities and emphasis is on hydrotherapy. Halliwick swimming methods are being introduced into our swimming sessions. Instruction on this method had been given to all staff members managing children in the water.

Physiotherapy is part and parcel of the multidisciplinary team approach. This method had been proven to be very successful if it is maintained at all areas in school, outside and at home.

Home programmes for the severely handicapped children are being given on their first visits and reviewed in their subsequent visits for therapy. Parents are playing a major role in this programme and children are showing great improvement in this respect.

Physiotherapy should not be regarded as a separate half hour session each day but should be directly related to the activities of the day.

The co-operation of parents and team members are important to achieve success in proper handling, management and specific treatment techniques for the cerebral palsied children.

It is noted that children who attended physiotherapy during the year had shown improvement in their mobility.



Physiotherapy



Hydrotherapy



*Employment — Koh Lee Peng
as Production Operator at
Emico Plastic Sdn Bhd, May 1990.*

BEST STUDENT OF THE YEAR



GOH CHENG YOONG

Goh Cheng Yoong

Cheng Yoong was admitted to the Spastic Centre in 1975 at the age of 4 years. He was diagnosed as a severe spastic quadraplegic with poor trunk and head control, unable to sit and with speech problems. He was also diagnosed as a hydrocephalus child with mental retardation.

Since his admission he had gone through physiotherapy, occupational therapy, Speech therapy and special education and today Cheng Yoong had proved nothing is impossible to achieve if one has the determination and willingness to learn.

Despite his disabilities Cheng Yoong is an intelligent student, understands very well on what he had been taught. He had always given of his best either academically or practically. Academically Cheng Yoong had learnt to study English, Bahasa Malaysia, Mathematics. He is also good at weaving of floor mat and simple basketry.

Cheng Yoong is cheerful and well behaved and had learnt to socialise well with his peers. He left the Spastic Centre on completion of his school course at this Centre.



*Cheng Yoong receiving his award from
Encik Inan Edin Nom
Timbalan Pengarah Kehajikan Masyarakat.*

FOSTER PARENTS' ACTIVITIES



Birthday party of Kar Wei by United Asian Bank, Penang on 4.9.90.



Penang Buddhist Association giving treat to the children.



Party by Penny Lane Discotheque for their foster children and other spastic children — July '90.



Penang Club treats our children to a Christmas Party on 16.12.90.



Fostering of a spastic boy Md Faizal by Nurse Student Midwives Group — February 90.



The Managing Director of Hitachi Semiconductor presents Saravanan a prize. Hitachi Party for children — 31.8.90.

VISITORS / DONORS



Visit from Taiwan, Mr Fanson Kuo (with tie), former President of Spastic Association (1970 to 1972) with some Committee members.



Dr (Mrs) Sak Cheng Lam, our special guest with Mrs Chan Kok Swee at our Annual Sports Meet.



Dr Eiko Mukai, Managing Director of Rotoract Club of Japan 1990.

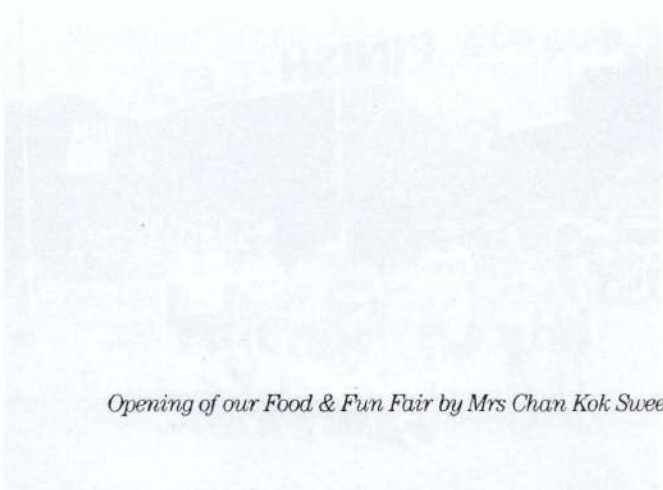


Mr W Brohier handing to President Dr Denis Lee key to van — a gift by friends of Christian Blindmission of Germany.

FUND RAISING EVENTS



How about some 'Rojak', Herbert?



Opening of our Food & Fun Fair by Mrs Chan Kok Swee.



St. Xavier's Band in action.



Our Patron and Toh Puan with Organising Chairman Mr Law Joo Keun at our Charity Nite Dinner.

SOME SPECIAL EVENTS



Ferry Cruise organised by Parent/Teachers' Liaison Committee.



Our participation at Welfare Exhibition held at Padang Brown.



Visit to Alor Star through kindness of Lioness Club of Alor Star and Seberang Jaya.



Spastic group participation of Starwalk 1990.



Visit to Butterfly Farm.



Spastic Children performing at our concert on Parents' Day.

Although this trip was held in early 1991, much of the preparation and training occurred in the greater part of 1990, hence the inclusion of this article in this report.

SABAH EXPEDITION 16.2.91 to 2.3.91

On 16.2.91 to 2.3.91 a group of ten of us went to Sabah. While there we spent time in Kota Kinabalu, Sabah National Park with some of us climbing Mount Kinabalu, Poring Hot Springs and Pulau Sapi in the Tunku Abdul Rahman Park. This was not just a holiday though. It was a chance for us to do things which we never thought we could do, show others that given the chance there is much that people with disabilities can do — *(climb mountains!)*, learn more about our country and of course learn a lot about ourselves.



Airport — Pulau Pinang

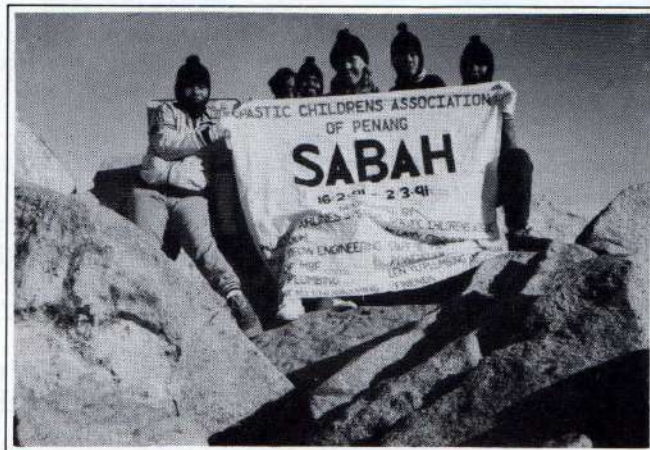
We started planning and organising the trip six months before we actually went, writing to sponsors, making bookings, preparing equipment and preparing ourselves. Most weekends we had something on — day hikes, overnight camps — our training even took us to Maxwell Hill. There was a lot to do but we shared the work and we got to know each other very well.

Finally the day arrived — 16.2.91. It was good to be on the plane and on our way. Our first night was spent at the Likas Sports Complex in Kota Kinabalu. The next day some of us headed off to the National Park ready for the climb up Mount Kinabalu while Haris, Kar Wei and Kean Boon spent a few more days in Kota Kinabalu looking around. They joined us again at the National Park after our climb.

The rest of us had a couple of days at the Park to look around before climbing the mountain. It was already cold so we wondered what it would be like at the top!

It took us three days to climb the mountain. The first day we left at 5.30am and hiked for ten hours to 11,000 feet (3,353m). Although a long day the scenery and views we got were fantastic. Once we reached our hut we bought some dinner and prepared ourselves for the next morning. We had an early night because we had to start hiking again at 1.30am to try and reach the summit for the sunrise.

It became very cold at this height and we put on all our warm clothes — hats and gloves too. We got up and had a hearty breakfast before heading off again. Chee Gin however decided not to go to the summit as he was not feeling well. We hiked for about an hour before reaching the place where the ropes were and the rock face started. It became harder to walk because the air was much thinner making it difficult to breath. We eventually reached the summit — after sunrise though, but that didn't make it any less exciting at having made it. It felt great



Lowes Peak — Mt Kinabalu, 4101 m.



Taking a break — descent from summit.



Lim Sing Leng — hiking down from summit.

to be all sitting up there looking across Sabah and down at the clouds. After a while it was time to start hiking down but that was a lot easier especially since it wasn't dark. We spent twelve hours hiking that day so we were relieved to see our mountain hut and have a nice hot meal with Chee Gin.

On the third day we left around 7am and enjoyed the hike back down to the power station where we started. We had achieved what we had set out to do and we were very proud of it.



Poring Hot Springs Swing Bridge.

When we reached our Hostel Haris, Kean Boon and Kar Wei were waiting for us with a big pot of beehoon. It was great meeting up with them again and sharing our experiences of the past few days.

The next day we went to the Poring Hot Springs — about one hour's drive away. We stayed two nights there and enjoyed relaxing in the hot pools. Some of us even braved the freezing water of the big pool and even icier waters of the nearby waterfall. There were nice walks at the Springs including the 10 minute walk to the pools themselves where we had to cross a river using a swing bridge.

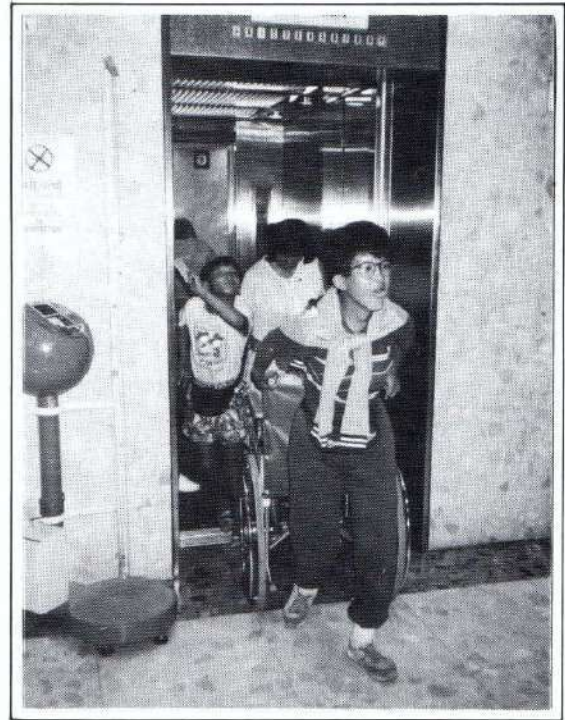
After Poring we went to Kota Kinabalu for one night before heading across to Pulau Sapin in the Tunku Abdul Rahman Park. We camped there for three nights, sleeping on the beach

each night. We did a lot of swimming and snorkelling and saw coral and a lot of colourful fish including bright blue starfish. One day we hiked to another beach on the island. It was not an easy hike but we managed to get there with the wheelchair. We did some snorkelling and had our lunch there before swimming back to our camp site. Another day we took a boat to a nearby island and picnicked and snorkeled there. It was nice staying on the island.

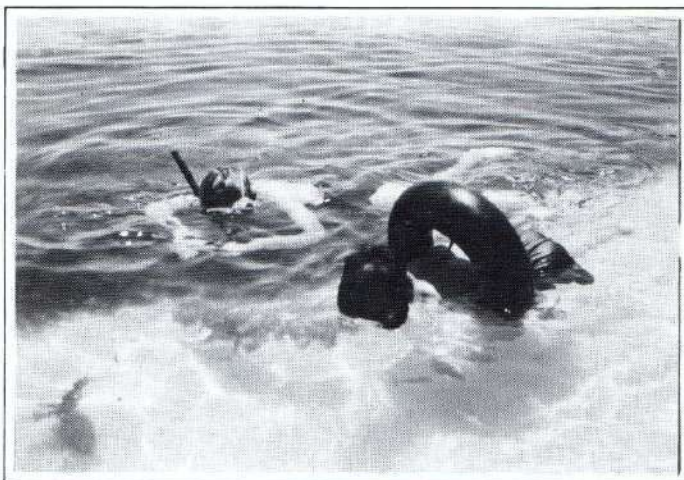
In fact on the trip everybody had to do things for themselves. That included everybody assisting in some way when it came to the cooking, clearing up, washing of clothes and checking in at the airport plus many more things.

So did we achieve our objectives? — Yes, we think so. There were things on the trip that we did that we hadn't done before and perhaps didn't know we had the ability to do. We talked with others who didn't realize that people with disabilities can do things like order their own meals, use escalators and lifts, play video games etc. They were amazed at us doing things they hadn't done like climbing mountains and snorkelling. We had a chance to learn through first-hand experience about another place in Malaysia and we all learnt a lot about ourselves. Sabah was indeed a great experience.

After Pulau Sapi we returned to Kota Kinabalu for a couple of nights. We again hit the town and everybody went off to do their shopping — more expensive than in Penang. The people in our group who were disabled said that what they liked about Kota Kinabalu was doing things by themselves — like shopping, buying their own meals, going to the movies and having to budget and be responsible for their own money.



Shopping at Centrepoin, Kota Kinabalu.



Kean Boon and Debbie snorkelling — Pulau Sapi.



Sleeping on the beach — Pulau Sapi.

What next? — Well we have a lot of photographs, slides and a video which we would like to share with people so we are working towards presenting a display/show to interested people. After that who knows what or where.....!

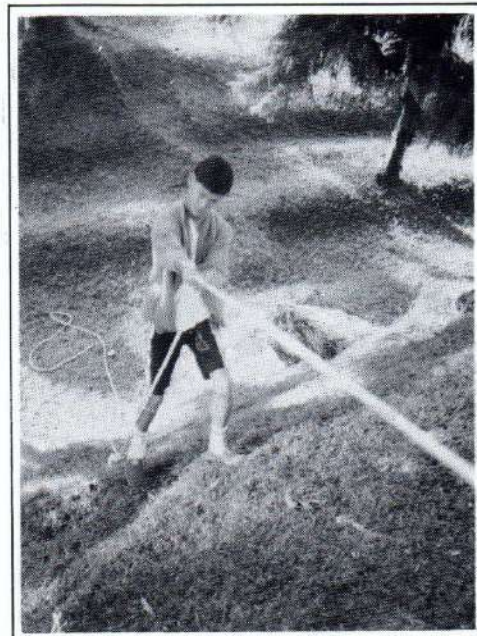
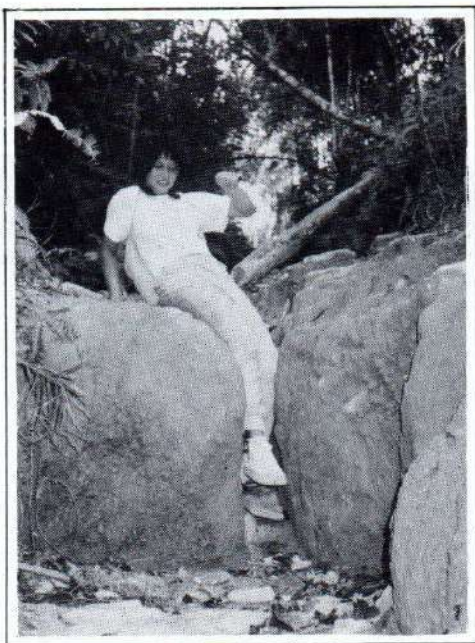
Thanks to our sponsors who have made this trip possible:

Malaysian Airline Systems
Viking Askim Sdn Bhd
Len yu Plumbing Engineering
Loh Kim Teow Engineering Sdn Bhd
Step Ahead Engineering
Staff of MBF
Spastic Children's Association
Mc Cann Erickson
Power Foam Sdn Bhd
United Plumbing
Staff of PBA
Friends

Participants in the trip were:

Allen David Oorjitham
(Physiotherapy Assistant)
Debbie Buchanan
(Occupational Therapist VSA)
Loke Loo Hong
(Student)
Lim Sing Leng
(Student)
Teh Kar Wei
(Student)

Rhonda Mitchell
(Occupational Therapist — AVA)
Haris Bin Hameed
(Guru attachment)
Chooi Wei Leng
(Student)
Looi Chee Gin
(Ex-student)
Chooi Kean Boon
(Student)



Trying hard in the training sessions before the Sabah trip.

VOLUNTARY SERVICE



*Mrs K Tan Ban Hock
Chairman*

Together

WE

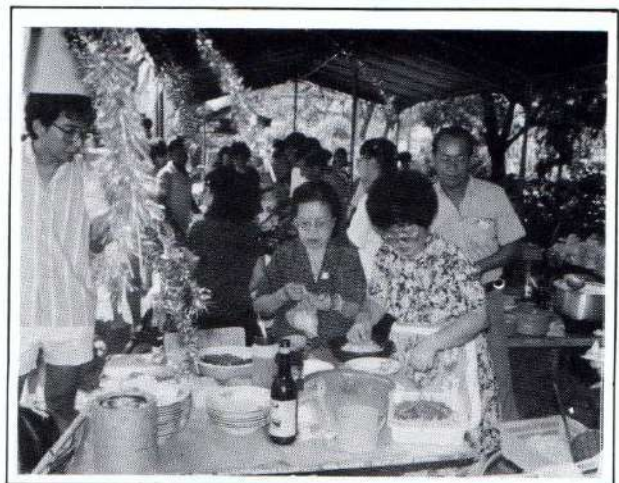
Care

The Association progressed through the year 1990 with strong support from dedicated people who came forward to give their voluntary services at our Training Centre. The majority of those people was from service clubs of various schools. It was very heartening to see young people who cared and offered their spare time after school to help in such a worthy cause. Unfortunately, some of these students had to leave after a short time for their higher studies or for jobs elsewhere, and the younger ones carried on their services. They deserve our grateful thanks and best wishes for their future.

We still have a small group of regular housewife-volunteers who have been with the Association for the past many years and, hopefully, they will be with us for many, many more years.

We look forward to seeing more housewives who can spare their time to volunteer their services at our Training Centre. Housewives and adults do not move away so often and also they are more matured to take on any responsibility efficiently.

One does not require any special skill or ability to become a volunteer at our Training Centre. YOU can be one of them, and together we can care for the unfortunate children by helping them to live more independently.



Our volunteers at the Centre — Together we care.



Persatuan Kanak-Kanak Sepastik, Pulau Pinang (The Spastic Children's Association of Penang)

Penaung: T.Y.T. Yang Di Pertua Negeri Pulau Pinang.

425, Jalan Masjid Negeri, 11600 Pulau Pinang, Malaysia. Tel: 887614



CAN YOU SPARE US YOUR LOVE?

Dear Friends,

FOSTER PARENTS GROUP SCHEME APPEAL

Have you ever thought about the LOVE you have to give? LOVE so strong that it reaches out to children over the years and even hundreds of miles away. Think about it now. Because if you can stretch your LOVE just a little further you can help change the life of a CEREBRAL PALSIED CHILD commonly known as A SPASTIC.

When you send your LOVE to this child through our Foster Parents Appeal, you can help to improve the quality of this child's life through Physiotherapy, Occupational Therapy, Speech Therapy, Medical Care, Counselling, Education and most of all HOPE.

Even though you may be far away, this LOVE will seem so close, with pictures of the child and letters. You will see for yourself how much your LOVE is changing this child's life for the better — and for so little.

If you wish you can visit the child that you foster. You are helping this child to help itself and also the community.

A LITTLE GOES A LONG WAY

For less than \$1/- a day, you can bring LOVE, HOPE and CHEER to a spastic child. Imagine your spare change could change this child's life.

Please stretch your LOVE just enough to help a child. The cost to sponsor a child is \$360.00 per year. There is also a "Group Scheme" whereby 20 persons each contributing \$18/- per year, may group together for the Foster Parents Appeal.

ALL DONATIONS ARE TAX DEDUCTABLE "FOR IN GIVING - WE RECEIVE"

Yours in service to the handicapped,
V.S. BASTION, PJK
Chairman, Foster Parent's Appeal



Foster Parents Appeal
Spastic Children's Association
425 Jalan Masjid Negeri, 11600 Penang.

- I would like to be a Foster Parent.
- I enclose \$360/- as an individual sponsor
- I enclose \$18/- as a group scheme sponsor
- I enclose a Donation

Date.....

Name:.....

Address:.....

THE MOST PRECIOUS GIFT OF ALL - HELP A HANDICAPPED CHILD TO WALK



ABN Bank

Can always be relied on in times of need.

9 Beach Street, 10710 Pulau Pinang,
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