



Dear friends & volunteers, in this issue we rejoice with Hock Tong Bee CornerStone and Marine Terrace Self Collection Centre as they celebrate their 75th and 10th anniversaries!

Warmest regards,
Food From The Heart Team

Sharing the joy of anniversaries with beneficiaries



Hock Tong Bee CornerStone celebrated their 75th Anniversary by holding an online charity wine auction from May to June, a charity food and wine crawl around Singapore onboard a open top bus. Along the way, guests were encouraged to make donations to nominated charity Food from the Heart. Hock Tong Bee – CornerStone also donated \$50 for every strike made in a charity bowl, where gutter guards were raised on every bowling lane to facilitate a higher strike rate. Said Mr Ang: "We should count our every blessing and remember that someone out there needs a little help."

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Marine Terrace SCC turns 10 with a bang



Food from the Heart celebrated its 10th Anniversary of partnering Marine Terrace Self Collection Centre in serving the community. ESM Goh Chok Tong graced the event as our Guest of Honour and awarded the volunteers with certificates of appreciation. Beneficiaries of Marine Terrace SCC also joined in the celebrations and returned with a goodie bag.



Round the island race

Singapore International Foundation (SIF) collaborated with Food from the Heart for the Singapore Challenge 2013 on 20 July that saw close to 1,000 international and local polytechnic students representing 17 nationalities race across the island to discover Singapore and to know the Singapore community. The participants had to complete five activity stations with the Singapore themes: A Liveable City; A City in a Garden; Diversity; Renaissance City; and Social Innovation and Enterprise and the Water Story.

Working with Food from the Heart, race participants packed and distributed food goodie bags to the needy families in the Marsiling area at their last pit stop, truly a race for good!

On this very special day (Toys Buffet 2012) for the clients of FFTH, each child will have the privilege to choose and receive two toys of their choice. Remember, these children come from needy and the less fortunate families, who are severely deprived of "luxury" items like toys. As what they fear most, could be no FOOD on the table.

On that day, I had a great encounter with many children, all beaming with smiles & laughs, but one who looked stressed up. Curious, I asked "You do not like all the toys on our booth?" She spoke softly, "No, I am thinking very hard, what to pick for my sister?" She left Broadcom's booth, with a very small item, a doll for her sister. What thoughtfulness and love she had exhibited! Our booth had many educational & more "expensive" toys, but she carefully picked one that brings joy for her sister, not any other item that are more costly in value. She is **CARING, PUTTING OTHERS FIRST**. On that day, I met a young lass, taking control to be the next successful person in life. Now, is she rich & accomplished? No, she comes from a financially poor family, but RICH in value.

Focus on the needs of others, realize that the world does not evolve around us and on our pain. Life is far more meaningful when we get beyond ourselves. Happiness is a choice, no matter what your circumstances, by being jealous (I confess I am still working on it) does not improve the situation, but by improving on what is lacking, may stand a better chance to succeed.