

Living and Breathing the Colours of Life



"Family volunteering need not be an undertaking to save the earth or end world hunger. It is also meaningful as a Family CCA. There are many worthwhile projects in Singapore. It is part of the journey to experience the colours of life."

Mr Alvin Yong





On their travel blog, the Yong family describes themselves as a “family of adventurers, nature lovers and experience architects.” They believe in living life 100%. Always as a family.

One of their passions in life is pottery. It is not just a favourite family activity, but one they have turned into an act of volunteering. Mr Alvin Yong,

his wife Jin Chin and daughter Robyn regularly spend their time teaching the visually impaired to experience the joys of pottery.

The Singapore Association for the Visually Handicapped’s “Project Clay IN-SIGHT” was the brainchild of Mr Yong. “I have always wondered what ‘visual images’ a visually impaired person holds in his mind when we articulate ideas such as “palace”, “traffic lights”, “ghost” or “love” and how wonderful it would be if they are equipped with basic pottery skills to transform what they ‘see’ into physical objects through the humble medium of clay,” says Mr Yong.

As a couple, the Yongs go the extra mile to inculcate 11-year-old Robyn with the right values. Says Mrs Yong: “Spending time together with a focus on helping others nurtures a sense of compassion and oneness with our greater community. We get to enjoy quality family time together, yet at the same time bring a smile to others’ faces.”

Besides volunteering at pottery classes for the visually impaired, the family also enjoys helping the elderly. Every year, they do Chinese New Year spring cleaning for the elderly at Tiong Bahru. They are also active in organising eco-vacation trips for

“Even though they are visually impaired, they make really good things with clay, they feel with their hands and make full use of them. Compared to us who can see, we take our hands for granted.”

families, including trips to Chiang Rai in Thailand to plant and harvest rice. Their experiences are captured on their travel blog www.coloursoflife.info. They also spread the joy of eco-vacations a family by giving talks at community clubs.

Mr Yong sums it up with his motto: "It is about living life 100%, moment by moment. Let bliss flow in, through and out of us, as a family, always."



Volunteering Ideas

- Project Clay IN-SIGHT is now looking for new volunteers! If you have a passion for pottery, or simply wish for some hands-on action, contact Alvin at **98339455** or visit clay-street.com/heartwork/clayinsight.shtml for more details!
- Be a Morning Star Volunteer - Visit our website at www.morningstar.org.sg or call **6285 1377**.
- Help out at the SPCA and show some love for our furry friends! The SPCA seeks volunteers and foster care volunteers to take care of these young and homeless animals. Visit www.spca.org.sg/volunteer.html to apply!
- The Salvation Army seeks volunteers across all areas. There will definitely be something suitable for you. To find out about volunteering opportunities, visit www.salvationarmy.org/singapore.