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IHSAN

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RESILIENCE BOUNCING BACK During Tough Times

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Refurbished Darul Ihsan Lilbanat

Read, Write, Communicate!

One Year of Friendship Meals

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Muslimin Trust Fund Association, Singapore
5 Mattar Road, Singapore 387713.

For comments, feedback and advertising enquiries please contact:

MUSLIMIN TRUST FUND ASSOCIATION

5 Mattar Road, Singapore 387713.

Tel: 6746 5729 Fax: 6741 1609

Email: adminMTFA@mtfa.org

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Looking Beyond the Gloom Menanti Mendung Berlalu

It has been some months since the world economy was dealt its worst blow in many decades. The current H1N1 pandemic is not helping the situation, and while positive signs have emerged, no one imagines the gloom will be lifted soon.

So it is pertinent to remind ourselves once again of the need to stay positive and 'bounce back', as we should, with every setback that Allah places along our journey through life. We can take a leaf or two from this issue's *Cover Story*, which looks at ways to build resilience in our daily lives and to seek strength in our faith as Muslims, in order to weather the current storm.

Yet, amidst the personal battles that we have to fight, it is important for us, as a community, not to neglect those who might be worse off.

This is what we at MTFA seek to do. In this issue of *Ihsan*, we feature our continuous endeavours to serve the less fortunate in the community – through the refurbishment of the Girls' Orphanage, the year-old Friendship Meals Programme and the distribution of food rations to orphans and the poor, among others.

Our aspiration is that those who have benefited from our various efforts will be strengthened. Indeed, our dream is that those who are helped today will, one day, be in the position to give, and support the many helping hands in the community. *Amin*.

Gelora yang melanda ekonomi dunia sejak tahun lalu dikatakan yang paling buruk pernah dialami dalam masa beberapa dekad. Wabak selsema H1N1 menjadikan situasi semakin runcing. Meskipun ada tanda-tanda positif, tiada orang berani meramalkan mendung ini akan segera berlalu.

Maka wajarlah kita mengingatkan diri sekali lagi betapa perlunya kita terus bersikap positif dan tabah, sebagaimana yang dianjurkan setiap kali kita menempuh rintangan dalam perjalanan hidup. Marilah kita mengambil iktibar daripada *Rencana Utama* keluaran ini – yang membincangkan pelbagai cara untuk membina ketabahan dan menimba kekuatan daripada pegangan kita sebagai umat Islam – demi menempuh gelora ini.

Namun, sambil kita semua bergelut dalam perjuangan masing-masing, janganlah kita, sebagai sebuah masyarakat, melupakan pula nasib mereka yang mungkin lebih malang keadaan hidupnya.

Inilah yang ingin kami capai di MTFA. Keluaran *Ihsan* kali ini membentangkan pelbagai usaha kami yang berterusan untuk membela nasib mereka yang kurang berkemampuan – di antaranya, pengubahsuaian Rumah Anak Yatim Darul Ihsan Lilbanat, program Sajian Persahabatan yang kini setahun usianya, dan agihan barang makanan kepada anak yatim dan fakir miskin.

Harapan kami adalah, dengan pelbagai usaha ini, mereka yang dibantu kelak akan bertambah mantap keadaannya, dan satu hari nanti akan berkemampuan pula untuk menghulurkan bantuan kepada orang lain. *Amin*.

Celebrating a New Beginning

Former First Lady Opens Refurbished Darul Ihsan Lilbanat

The weeks leading up to 21 March 2009 saw Darul Ihsan Lilbanat (DIL) buzzing with activity as the staff and residents prepared to receive a very special guest. Former First Lady, Puan Hajjah Noor Aishah, had kindly consented to be the Guest-of-Honour at the official opening of the newly-refurbished Girls' Orphanage.

The event, Tea@Darul Ihsan Orphanage, was hosted by MTFA President, Mr Mohd Yunus Valibhoy. In his Welcome Address, Mr Mohd Yunus assured the audience that the organisation was attuned to the new challenges that come with looking after the needs of the less fortunate. He acknowledged that the MTFA has to constantly address the differing expectations, circumstances and environment brought on by the changing times. Looking at the development of the organisation from within, he also added that we were looking into new and different ways to make an impact on the community and to achieve greater efficiency in performing our roles.

This point was reiterated by Dr Abdul Rahim Leyman, Vice President of MTFA and Chairman of the EXCO of Darul Ihsan Management Committee. Dr Rahim spoke



↑ Puan Hajjah Noor Aishah unveiling the commemorative plaque



→ Mr Yunus Valibhoy, President of MTFA, the host of Tea@Darul Ihsan

of the need to re-focus and consolidate efforts to develop a resident management system that will help our residents grow into responsible Muslim individuals. He also elaborated on SPECS as a framework for residents' development. Developed in 2006 by a group of volunteers in the Education Sub-committee, SPECS – which stands for Spiritual, Physical, Emotional, Cognitive and Social (SPECS) domains – articulates the standards and expectations of each domain in the holistic development of residents.

← Puan Hajjah Noor Aishah with Board Members of MTFA Council





↑ The guests viewing the library and reading corner (Left)

Puan Hajjah Noor Aishah with the residents of Darul Ihsan Lilbanat (Right)

← Puan Hajjah Noor Aishah being presented with a piece of artwork by Nabillah, Nafisah and Mahmooda, residents of Darul Ihsan Lilbanat

Dr Rahim further acknowledged the work of volunteers and the contributions of donors whose intrinsic motivation to do good have benefited others. In particular, he expressed our gratitude to the Lee Foundation for their generous donation of a new MTF A van. Also honoured were the many volunteers who have enriched the lives of the residents through their tireless efforts, as well as individuals who have avidly supported MTF A through the work of its various committees, such as the Welfare Committee, the Darul Ihsan Management Committee and the Educational Financial Aid Sub-committee.

The highlight of the event was the launching of *Read, Write, Communicate!* – a collection of residents' writings reflecting their dreams, thoughts and aspirations. This was a proud moment for our residents and for the family of Mrs Chia Ban Tin, who initiated the project and saw it through.

After unveiling a plaque marking the official re-opening of the DIL building, Puan Hajjah Noor Aishah – whose husband, the late President Yusof Ishak himself, happened to be the Guest-of-Honour for the opening of the first Darul Ihsan Building at Mattar Road in the '60s – was taken on a tour of the upgraded premises, along with the rest of the guests. Enhancements to the two dormitories at DIL have successfully created a personal living space – complete with a bed, a wardrobe and a study table – for every resident. Other improved facilities include computer rooms, a recreation room, classrooms, a *surau* (prayer hall), a library-cum-reading room, sick bays, a well-furnished kitchen as well as a playground. These enhancements reflect MTF A's focus on promoting all-round development of the residents in the SPECS domains.

The guests also had the pleasure of viewing an exhibition put up by the residents, showcasing the history and role of MTF A, its vision, activities, as well as achievements of the residents.

Tea@Darul Ihsan Orphanage was certainly an event to remember, thanks to the efforts of the organising committee, the staff of MTF A, the residents of Darul Ihsan Orphanage and last but not least, the support of our dedicated volunteers.

Reaching Out

Food Rations to MTFA Beneficiaries



Apart from monthly cash grants, the recipients of MTFA financial assistance schemes also receive rice and other food items, thanks to contributions by our many generous donors.

In three disbursements between January and June this year, over 1,700 bags of food rations were distributed to more than 800 needy households in the Welfare Committee's client list. Each ration bag contains three kilograms of rice, making a total of about 5,000 kilograms or five tonnes of rice distributed in the first half of this year to our *Fakir*

& *Miskin* Financial Assistance clients. Other food items like noodles, oatmeal, and sugar are also included in the bag.

The recipients of the Darul Ihsan Educational Financial Aid (EFA) scheme also benefit from the distribution of food rations. Each of the 100-odd EFA client-households who receive assistance in cash also collects a ration bag containing five kilograms of rice and other foodstuff when they turn up monthly at Darul Ihsan for their allowances. The total amount of rice distributed to this group of beneficiaries – between January and June this year – is

approximately 3,000 kilograms or three tonnes.

This scale of food distribution would not have been possible without the generous donations of food items from our many kind-hearted donors. They comprise individuals and families from all walks of life, Muslims and non-Muslims, as well as social, religious and commercial organisations. Amazingly, the majority of these donors prefer to remain anonymous. On behalf of our Financial Assistance and EFA clients, MTFA expresses our heartfelt gratitude to our selfless donors. May God reward you amply for your generosity.

MTFA Donations and Zakat Disbursements to Madrasahs

In line with our objective of supporting Islamic education, close to \$200,000 was channelled by MTFA to the six local full-time *Madrasahs* in recent months.



In the first grant, a total of \$161,800 was donated by MTFA out of income derived on our investments and properties. Representatives of Madrasah Alsagoff, Wak Tanjong, Al-Maarif, Al-Arabiah, Al-Irsyad and Aljunied were present at a simple Tea Reception on 13 December 2008, at Darul Ihsan Building, to receive the cheques from MTFA President, Mr Mohd Yunus Valibhoy.

A second disbursement totalling \$37,500 was made by MTFA to the *Madrasahs* in March 2009. This time, the funds came from our *Zakat* collections, and were disbursed under the *Fisabilillah asnaaf*.

The donations and disbursements are in support of the *Madrasah's* programmes and activities, and are expected to benefit over 4,100 students.

Menghulur Bantuan

Agihan Barang Makanan untuk Penerima Bantuan MTFA

Jun tahun ini, adalah kira-kira 3,000 kilogram atau tiga ton.

MTFA tidak mungkin dapat mengagihkan bantuan sebanyak ini tanpa sumbangan barang makanan dari para dermawan kita. Mereka merupakan individu dan keluarga daripada segala peringkat hidup, masyarakat Islam mahupun yang bukan Islam, serta badan kemasyarakatan, agama dan syarikat perniagaan. Paling mengesankan hati, kebanyakan daripada mereka tidak mahu dihebahkan namanya. Kepada para dermawan sekalian, dan bagi pihak semua keluarga penerima bantuan MTFA, kami ucapkan syukur dan setinggi-tinggi terima kasih. Allah sahaja yang dapat membalas kemurahan hati anda.

Selain wang tunai, para penerima skim bantuan MTFA juga diagihkan bantuan beras dan barang makanan lain, yang disumbangkan para dermawan kita.

Dalam tiga agihan bantuan antara bulan Januari dengan Jun tahun ini, lebih 1,700 kantung barang makanan dibahagikan kepada lebih 800 keluarga kurang berkemampuan dalam senarai penerima Jawatankuasa Kebajikan. Setiap kantung plastik tersebut mengandungi tiga kilogram beras – ini bererti kira-kira 5,000 kilogram atau lima

ton beras diagihkan dalam masa enam bulan pertama tahun ini kepada para penerima asnaf Fakir Miskin. Selain beras, barang-barang lain seperti mi, biskut dan gula turut dibahagikan.

Agihan barang makanan turut disalurkan kepada para penerima skim Bantuan Pendidikan (EFA) Darul Ihsan. Lebih daripada 100 keluarga penerima bantuan EFA menerima bantuan kewangan secara tunai di Darul Ihsan, dan setiap kali bantuan diagihkan, mereka juga menerima lima kilogram beras serta barang makanan lain. Jumlah agihan beras untuk kalangan penerima EFA, antara bulan Januari dengan

Derma dan Agihan Zakat kepada Madrasah

Sejajar dengan matlamat kami untuk menyokong pendidikan Islam, MTFA menyalurkan hampir \$200,000 beberapa bulan ini kepada enam Madrasah penuh masa.



Dalam agihan yang pertama, sejumlah \$161,800 didermakan oleh MTFA daripada hasil pendapatan pelaburan dan hartanahnya. Para wakil daripada Madrasah Alsagoff, Wak Tanjong, Al-Maarif, Al-Arabiah, Al-Irsyad dan Aljunied telah sudi hadir di sebuah Majlis Minum Petang serba sederhana pada 13 Disember 2008, di Bangunan Darul Ihsan, untuk menerima cek masing-masing daripada Presiden MTFA, Encik Mohd Yunus Valibhoy.

MTFA seterusnya membuat agihan kedua berjumlah \$37,500 kepada enam Madrasah tersebut pada bulan Mac 2009. Kali ini, dana disalurkan daripada pungutan Zakat kami, dalam asnaf Fisabilillah.

Semua derma dan agihan dana ini dimaksudkan untuk menyokong pelbagai program dan kegiatan Madrasah penuh masa tersebut. Lebih 4,100 pelajar Madrasah dijangka meraih manfaat daripadanya.



RESILIENCE

BOUNCING BACK

During Tough Times

Resilience is the ability not only to survive life's challenges, but also to learn and grow from them and become stronger as a result. Have you noticed how life's challenges break and destroy some people, yet others triumph and become tougher, wiser people because of the experience?

Nobody welcomes stress, trauma or adversity in their lives, yet this is something Allah has promised we all must face. Finding a way to move beyond the difficulty and progressing towards a stronger self is something each of us can and should accomplish.

During times like the present when the economy is turbulent and the future uncertain, the quality of resilience is even more crucial if we are to continue surviving and thriving in this changing environment.

So what are some of the things we can do to develop our resilience? Experts recommend a few salient ways:

CONNECT

One of the best ways to develop resilience is to build strong relationships with family and friends. Being able to reach out to others is a key component of resilience, as our community of family and friends can give us support and a listening ear to our concerns. This connection to a strong social network can further sustain us during hard times. As Muslims, this connection has an Islamic basis – *ukhuwwah* – which refers to the bond of brotherhood between Muslims.

Another crucial form of connection is to Allah. Remember His promise of help and love, and His call to turn to Him, every time He tests us with difficulties and hardships:

Say: Nothing will afflict us except that which Allah has ordained for us. He is our Patron; and on Allah let the believers rely.

- Surah At-Taubah, 9:51

On no soul does Allah place a burden Greater than that which it can bear.

- Surah Al-Baqarah, 2:286

CARE

When times are bad, we have to tend to our needs and feelings, both physical and emotional. It is important not to neglect our health and well-being. Participate in enjoyable activities, exercise regularly, get adequate sleep, and eat well. It is easier to overcome our challenges when we are in good physical health and have a positive frame of mind.

Remaining positive in distressing situations does not mean we are in denial. Instead, it is a powerful coping mechanism. If necessary, experts even suggest looking for sources of laughter, such as a funny book or movie, to lighten the heavy feeling we sometimes experience when the going gets tough.

CHANGE

Be flexible. When circumstances change, be prepared to make adjustments to our routines, habits and lifestyle. When we expect changes to take place, it will be easier to adapt to them or even to welcome them. It is important not to be rigid because that will make us upset when modifications have to happen and anxious in the face of uncertainty.

Remember that often Allah gives us problems or tribulations in order to make us re-evaluate our choices and re-look our lives. It might therefore be a good time to review our past and consider if a change is needed in our lives to make ourselves better.

CONTROL

Problems are not likely to disappear if we simply wish them off or try to ignore them. Instead, we would need to take control. This can be in the form of looking for help from others or through helping ourselves – for instance, taking up a course to improve our skills and employability when we lose our jobs. What is important here is that we figure out what needs to be done, make a plan to do it, and then take action.

Allah has provided for our needs by giving us the ability to work for our living and to strive for our goals, both in the present and in the future. As stated in the Quran:

And that man can have nothing but what he strives for.

- Surah An-Najm 53:39

However, He has also, in His Infinite Mercy, given us the human intellect to allow us to solve our problems

and to create a means of addressing our needs, on top of planning and preparing for future events.

CONFIDENCE

While we cannot change or alter the course of events, we should constantly look toward the future and find something in each day that signals that the situation will improve. Have confidence and trust in Allah and His plan for us – that whatever we experience in our lives happens for a reason and that we can learn and grow from it. We should never stop trusting that His Mercy will see us through every hurdle and every difficulty that He has placed in our path. Tomorrow will be a better day.

There is a Malay proverb that says *usul menunjukkan asal*. What this means is that a person's response to a circumstance shows his or her unique identity. Hard times provide us a distinct opportunity to show our identity as connected, courageous people, always confident of Allah's help, *Insyallah*.

TABAH:

Kegawatan Menduga Jati Diri Anda

Tabah bukan hanya bererti sanggup menempuh cabaran hidup, tetapi juga menunjukkan kemampuan seseorang untuk belajar daripada suatu kesusahan, sehingga berjaya menjadi seorang manusia yang matang dan berjiwa waja. Pernahkah anda bertanya mengapa dugaan hidup membuat sebahagian orang patah semangat dan kecundang, sedangkan orang lain pula semakin berjaya, semakin lasak, dan semakin panjang akal?

Tiada orang yang sengaja mengundang kegawatan, kejutan dan mala petaka dalam hidupnya, namun takdir sudah menentukan yang kita semua pasti melaluinya. Apabila dihimpit masalah, kita mampu dan patut mencari iktibar untuk menjadi insan yang sempurna.

Ekonomi sedang dipukul badai dan masa depan semakin mendung dan muram; namun inilah masa yang wajar untuk kita membina sifat tabah demi melayari hidup seterusnya, di tengah-tengah perubahan suasana yang begitu hebat.

Jadi, bagaimanakah kita dapat menjadi manusia yang lebih tabah? Renungkan beberapa saranan berikut:



PERTALIAN

Satu cara terbaik untuk membina ketabahan ialah dengan menjalin pertalian erat dengan keluarga dan sahabat. Sifat tabah, di antaranya, bersandar pada jalinan silaturahim di kalangan keluarga dan sahabat handai, golongan yang menjadi penyokong serta tempat mencurahkan hati kita. Jalinan persaudaraan ini – yang disebut ‘ukhuwwah’ dalam Islam – dapat menjadi bekal untuk kita menyambung hidup semasa dilanda gelora.

Tidak kurang pentingnya ialah pertalian kita dengan Allah. Dialah sumber segala pertolongan dan kelegaan. Setiap kali diuji dengan kepahitan dan kegetiran, ingatlah bahawa Allah telah menjanjikan limpahan rahmat dan kasihNya, selagi kita tunduk menadahkan tangan kepadaNya:

*Katakanlah: Tidak sekali-kali akan menimpa kami
Kecuali apa yang ditetapkan oleh Allah bagi kami.
Dialah Penaung kami;
Dan kepada Allah jua bertawakkal orang yang
beriman.*

- Surah At-Taubah, 9:51

*Allah tidak memberati seseorang
Kecuali apa yang terdaya olehnya.*

- Surah Al-Baqarah, 2:286

PERHATIAN

Apabila hidup semakin sukar, kita perlu memberi perhatian kepada keperluan dan perasaan kita, baik yang zahir mahupun batin. Jangan abaikan kesihatan tubuh dan kesejahteraan diri. Sertai aktiviti yang menyenangkan hati, amalkan tabiat bersenam, tidur dengan sempurna dan makan makanan yang berzat. Cabaran hidup lebih mudah diatasi dengan tubuh yang sihat dan fikiran yang positif.

Bersikap positif di tengah-tengah kegawatan hidup tidak bererti kita menidakkan haru-biru di sekeliling kita. Sebaliknya, inilah teknik yang ampuh untuk berdepan dengan masalah. Malah jika perlu, kita disyorkan supaya mencari bahan gelak ketawa – misalnya buku atau filem jenaka – demi meringankan beban berat yang dirasai semasa menempuh krisis.

PERUBAHAN

Sesuaikan diri. Apabila keadaan berubah, kita juga harus sanggup mengubah kebiasaan, tabiat dan gaya hidup kita. Jika perubahan sudah sedia kita jangkakan, lebih mudah untuk kita menyesuaikan diri dengannya, malah dapat menyambutnya dengan tangan terbuka. Sikap tegar dan tidak sanggup berganjak akan membuat perasaan mudah goncang apabila kita terpaksa menyesuaikan diri, dan resah gelisah melihat suasana yang tidak pasti.

Ingatlah, mungkin Allah menimpakan masalah atau dugaan untuk membenarkan kita memikir semula pilihan-pilihan kita selama ini, serta meneliti semula haluan hidup. Mungkin itu masa yang tepat untuk memandang ke belakang dan merenungkan apakah perkara-perkara yang patut dipinda agar kehidupan lebih mulus perjalanannya.

PENGENDALIAN

Masalah tidak akan pergi begitu sahaja jika kita tidak menghiraukannya. Sebaliknya, masalah patut kita kendalikan dengan efektif. Pengendalian itu mungkin dengan cara meminta bantuan, atau dengan membantu diri sendiri – contohnya, dengan mengambil kursus kemahiran supaya lebih mudah mencari pekerjaan setelah diberhentikan. Apa yang penting ialah untuk memikirkan apa yang perlu dilakukan, membuat perancangan untuk melakukannya, serta mengambil tindakan.

Allah menyediakan rezeki dengan memberikan kita kemampuan tubuh untuk menyara hidup dan mencapai keinginan kita, baik pada masa kini mahupun masa depan. Firman Allah dalam Al-Quran:

*Dan bahawa sesungguhnya tiada
balasan bagi seseorang
Kecuali apa yang diusahkannya.*

- Surah An-Najm 53:39

Namun Allah juga, dengan limpah kurniannya, memberikan kita akal supaya kita dapat menyelesaikan masalah dan mencari jalan untuk mengisi keperluan, selain merancang dan bersiap sedia untuk peristiwa yang bakal mendatang.

PEGANGAN

Meskipun angin perubahan tidak dapat kita ubah, namun kita harus sentiasa memandang ke hadapan tanpa putus harapan bahawa lambat laun suasana akan pulih semula. Yakin dan percayalah pada Allah dan segala yang telah diaturkanNya untuk kita. Yakinlah bahawa apa sahaja yang kita alami pasti mengandungi hikmah dan pelajaran untuk kita. Janganlah sekali-kali putus pegangan pada tali Allah, kerana dengan RahmatNya jua, setiap halangan dan kesulitan yang merintang perjalanannya kita akan dapat diatasi. Hari esok tentu lebih bahagia, Insya Allah.

Usul menunjukkan asal. Begitulah peribahasa Melayu, yang bererti jati diri seseorang itu terserlah dalam jawapan atau reaksinya kepada sesuatu perubahan keadaan. Dugaan hidup merupakan kesempatan istimewa untuk menyerlahkan jati diri kita sebagai manusia yang erat pertaliannya, tebal semangatnya, dan sentiasa berpegang pada pertolongan Allah.

Diary of Events 2009



January	24	27	Darul Ihsan: ESQ Workshop <i>Bengkel ESQ</i>
February		18	Welfare Committee: Dialogue with Sallim Mattar Mosque <i>J/K Kebajikan: Dialog bersama Masjid Sallim Mattar</i>
		26	Darul Ihsan: Visit by Rumah Zakat Indonesia (RZI) <i>Lawatan RZI</i>
March		5	Welfare Committee: Briefing by Southeast CDC <i>J/K Kebajikan: Taklimat CDC Tenggara</i>
		12	Welfare Committee: Applications for Pre-U (Madrasah) & Polytechnic Bursaries <i>J/K Kebajikan: Permohonan Dermasiswa Dibuka</i>
		23	Darul Ihsan: Maulidur Rasul
		23	Darul Ihsan: Tea@Darul Ihsan Orphanage <i>Perasmian Bangunan DIL</i>
April		5	Darul Ihsan: Sexuality Education Talk <i>Ceramah Pendidikan Seksual</i>
		19	Darul Ihsan: Formation of Soccer Clinic <i>Penubuhan Klinik Bola Sepak</i>
May		23	Darul Ihsan: Futsal Tournaments <i>Pertandingan Futsal</i>
		23	Darul Ihsan: ITE Simei Community Engagement Games <i>Sukan CE ITE Simei</i>
	16	23	Welfare Committee: Bursary Interviews <i>J/K Kebajikan: Temu Duga Pemohon Dermasiswa</i>
June	15	19	Darul Ihsan: MUIS aLIVE Programme <i>Program aLIVE</i>
	22	24	Darul Ihsan: Mawai Eco Camp & Sarimbun Camp <i>Perkemahan</i>

Al-Marhum Haji Musa Kasbi

Past Chairman of MTFa Welfare Committee and past Editor of *Ihsan*, Haji Musa Kasbi, departed peacefully on 24 June 2009 at age 77.

A former journalist and avid photographer, Haji Musa oversaw our *Fakir Miskin* Assistance programme and Publicity efforts. In 2001, he was honoured with the MUIS *Jasa Bakti* Award for over 30 years of community service.

Mantan Pengerusi Jawatankuasa Kebajikan MTFa dan mantan Editor *Ihsan*, Haji Musa Kasbi, pulang ke Rahmatullah pada 24 Jun 2009 pada usia 77 tahun.

Haji Musa, yang juga mantan wartawan dan ahli fotografi, menerajui program Bantuan Fakir Miskin dan usaha Seranta MTFa. Pada 2001, beliau telah menerima Anugerah Jasa Bakti MUIS atas khidmat masyarakat selama lebih 30 tahun.



The Read, Write, Communicate! Team
 From left: Mr Terence Chia, Miss Regina Oon, Mrs Chia Ban Tin,
 Miss Patricia Chia, Miss Priscilla Chia and Mr Josiah Liang



READ, WRITE, COMMUNICATE!

As the clock strikes four on a Sunday afternoon, the sounds of hurried footsteps mixed with excited voices fill the corridors of Darul Ihsan Lilbanat. Mrs Chia Ban Tin and her family have arrived, and the residents immediately disappear behind the doors of the boardroom where they will remain for the next two hours. Such is the scene that never fails to play out at the Girls' Orphanage every Sunday afternoon.

Patricia Chia, the Team Leader who aspired for the National Youth Achievement Award (NYAA), initiated the 'Read, Write, Communicate!' project with the Darul Ihsan Orphanage in November 2006. Her mother, Mrs Chia Ban Tin, together with her brother, Terence and her sister, Priscilla, make up the team behind this project. The team has since grown to include Regina Oon and Josiah Liang.

Although Patricia has realised her dream of achieving the NYAA Gold Award, the team decided to continue working with the children of Darul Ihsan on a long-term basis. The participants of the programme include girls from Darul Ihsan Lilbanat and junior boys from Darul Ihsan Lilbanin.

The objectives of the programme are:

- to increase participants' interest in reading, writing and communicating for both personal enjoyment as well as for practical application;
- to motivate the residents to learn more in order to improve themselves;
- to build friendships and bond with the residents to improve cross-cultural cohesion and understanding; and
- to create and strengthen the confidence of residents in reading, writing and communicating.

Mr Terence Chia
presenting the
publication *Read,
Write, Communicate!*
during Tea@Darul
Ihsan Orphanage



There are three main components in the programme:

1. **Knowledge:** This includes cognitive activities such as games and crossword puzzles which help to strengthen the residents' skills in spelling, vocabulary and grammar in a fun and engaging way.
2. **Sharing:** Through public speaking, group presentations, storytelling and personal reflections, the residents are able to develop their self-confidence as well as internalise the application of their reading and linguistic skills.
3. **Application and Experiences:** Through targeted application of the newly-gained knowledge and skills, residents will learn to appreciate how reading and writing can enhance their daily lives.

By integrating these three components, the residents will develop a sustained and deep interest in reading, writing and communicating.

In November 2007, the team successfully published a book entitled *Read, Write, Communicate!* to showcase the writings of the children of Darul Ihsan Orphanage. The publication – in which the children wrote about their dreams, thoughts and experiences – was launched on 21 March 2009 during Tea@Darul Ihsan Orphanage, the official opening of the newly-refurbished Darul Ihsan Girls' Orphanage at Wan Tho Avenue.

As the project continues, the team has not failed to find innovative ways to engage the residents. On 18 May 2008, the team went all out to obtain a sponsorship in order to give the children the opportunity to be one of the first few individuals to ride on the Singapore Flyer. For this occasion, special worksheets were created and a script was prepared for the residents to conduct a video production. The purpose of the project, which is now available on CD, was to capture the memories of the children's ride on the Singapore Flyer as well as to hone their public speaking skills.

The staff and residents of Darul Ihsan Orphanage are indeed deeply appreciative of the contributions of the team. The support of volunteers like Patricia and her team will enable the residents to develop into confident, creative and thinking individuals with a passion for learning.



1 Year Of Friendship Meals

These two lovingly-made Hari Raya cards, and more than 20 others, were sent to MTFA last year by grateful Macpherson Primary School pupils and their families.

The Friendship Meals programme, which provides free lunches to children of needy families in Macpherson, was launched a year ago following consultations with the South East Community Development Council (CDC).

The programme began with a feasibility study by MTFA in early 2008, which led to discussions with the Principal of MacPherson Primary School, located across the road from the Darul Ihsan building on Mattar Road. The school revealed that, of the pupils in its enrolment who need financial assistance, a large number belonged to the Malay/Muslim community. With the MTFA Council's approval, a free meals scheme was launched on 1 July 2008, providing daily mid-day meals to 30 Upper Primary pupils.

When asked for her comments recently on the anniversary of the programme, the Principal of MacPherson Primary School, Mdm Rostinah Md Said, recalled how touched the school was by the kind support of MTFA for her pupils. Since the launch of the programme, she has been receiving encouraging feedback from pupils and the accompanying staff that the food prepared was consistently nutritious, tasty and well-balanced.

One year into the programme, this partnership with MacPherson Primary School has been

working well. A daily lunch routine sees the school ensuring that the pupils are escorted safely across the road to the Darul Ihsan Orphanage. At the security counter at Darul Ihsan, visitor passes are issued to every pupil who is invited for lunch. For the next half an hour, the pupils get to enjoy their meal of rice with a variety of dishes, together with drinks and some dessert.

The cooks at Darul Ihsan are more than happy to serve the pupils. They feel a sense of joy watching the pupils tuck into their meals. According to Mdm Rostinah, the school has reminded the pupils to be respectful and to show gratitude for the meals provided to them at the Darul Ihsan Orphanage. Each day, before leaving the dining hall to return to their lessons, the pupils never forget to thank the cooks whom they lovingly call 'nenek' (grandmother). And the home-made Hari Raya cards are just another way for them to express their thanks.

In view of its success, the Friendship Meals programme has been enhanced from April 2009 to cater to more students, bringing the total number to 40. The school welcomed the offer as the free meals have gone a long way in helping the needy pupils of the school.

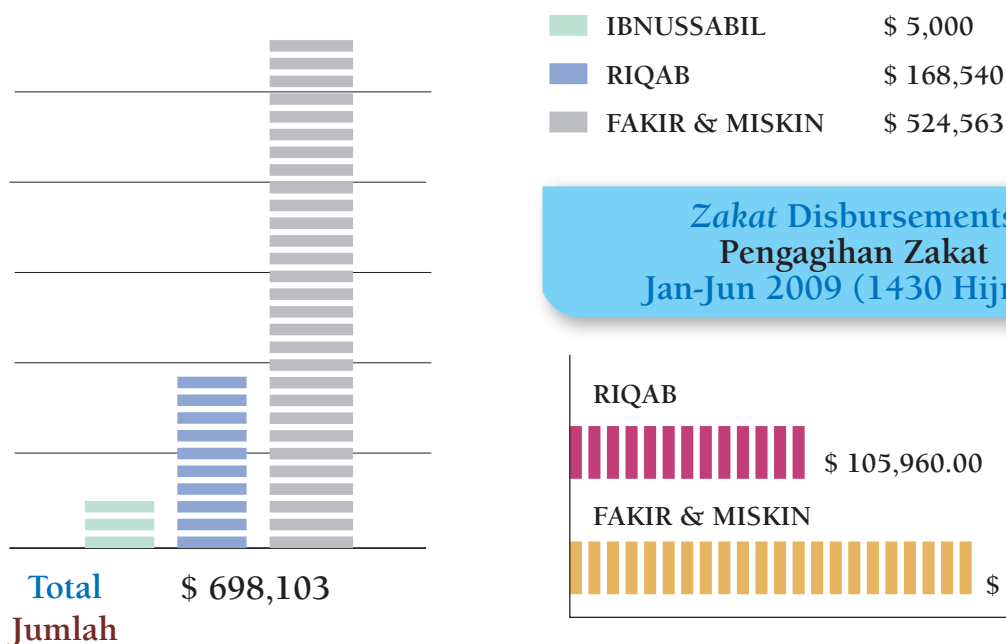
MTFA is pleased with the outcome of Friendship Meals and is looking forward to future partnerships with other agencies for greater outreach and more effective resource allocation.

Where your ZAKAT went

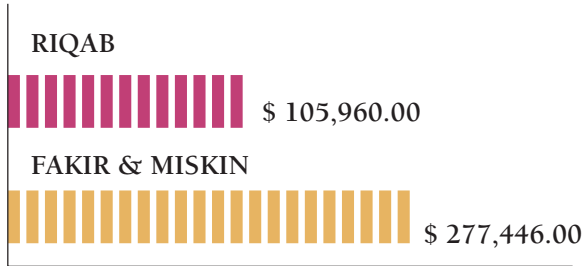
Zakat Disbursements 2008 (1429 – 1430 Hijrah) Pengagihan Zakat 2008




MUSLIMIN TRUST FUND ASSOCIATION
 CHARITABLE ISLAMIC INSTITUTION
 Founded on 31 August 1904
 Registered Office : 5 Mattar Road, Singapore 387713. Tel: 6746 5729 Fax: 6741 1609
 Company Registration No: 190400066N



Zakat Disbursements Pengagihan Zakat Jan-Jun 2009 (1430 Hijrah)



For the category of Riqab, disbursements were made in the form of bursaries and aid for children of needy families.
Bagi asnaf Riqab, pengagihan diberikan dalam bentuk dermasiswa dan bantuan untuk anak-anak dari keluarga kurang kemampuan.

FIDYAH COLLECTION & DISBURSEMENTS Pungutan & Pengagihan Fidyah

2008 (1429 – 1430 Hijrah)

Fidyah collected for 2008 / <i>Fidyah diterima bagi 2008</i>	\$ 46,096
Disbursements for 2008 / <i>Pengagihan bagi 2008</i>	\$ 120,000

2009 (1430 – 1431 Hijrah)

Disbursements for 2009 / <i>Pengagihan bagi 2009</i>	\$ 20,000
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Fidyah is disbursed in the form of food vouchers to Fakir & Miskin.
Fidyah diagihkan dalam bentuk baucar makanan kepada Fakir & Miskin.



جمعية امانة المسلمون
Muslimin Trust Fund Association

MUSLIMIN TRUST FUND ASSOCIATION

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A Brief Introduction to MTFA

Pengenalan Ringkas

The Muslimin Trust Fund Association (MTFA) was founded on 25 June 1904 to fill an urgent need, at a time when there was no national body to look after the welfare of the poor and underprivileged Muslims in Singapore.

Today, MTFA is the oldest active charitable Muslim organisation in the country. The creation of seven visionary Muslim gentlemen, MTFA is structured as a company limited by guarantee. It is run by a Council of Management comprising 13 members, all of whom are volunteers and elected once every two years.

The Council of Management has oversight over the following committees:

Darul Ihsan Management Committee (DIMC)

DIMC is responsible for the administration of the Darul Ihsan Orphanage as well as educational financial aid for non-resident orphans under its care.

Properties & Investments Committee

This Committee manages the properties and investments portfolio of MTFA in support of its charities.

Welfare Committee

Welcomm administers the distribution of *Zakat* funds to the eight *asnaaf*, as well as disbursement of *Fidyah* funds to the poor.

Burial Committee

This Committee takes care of the burial of Muslims who pass on in Singapore without next-of-kin, or whose next-of-kin cannot afford the burial costs.

Human Resource Management Committee (HRM)

HRM is responsible for the recruitment, training and development, promotion, remuneration and disciplinary matters pertaining to MTFA staff.

Publicity & Media Relations Committee

Publicity takes charge of the bi-annual *Ihsan* newsletter and other information and publicity materials of the Association.

Persatuan Derma Amanah Muslimin (MTFA) diasaskan pada 25 Jun 1904 untuk mengisi keperluan yang mendesak waktu itu, ketika tiada badan yang membela nasib golongan kurang kemampuan di kalangan masyarakat Islam Singapura.

Hari ini, MTFA merupakan badan amal Islam tertua yang masih aktif di negara ini. Tercipta dari visi tujuh orang hartawan Muslim yang berpandangan jauh, MTFA disusun sebagai sebuah syarikat berhad oleh jaminan. Badan ini dikelolakan oleh sebuah Lembaga Pentadbir yang terdiri daripada 13 orang anggota sukarelawan yang dipilih dua tahun sekali.

Lembaga Pentadbir menyelia urusan MTFA melalui jawatankuasa berikut:

Jawatankuasa Pentadbir Darul Ihsan

DIMC menguruskan pentadbiran harian Rumah Anak Yatim Darul Ihsan serta bantuan kewangan pendidikan untuk mereka yang tidak tinggal di Darul Ihsan.

Jawatankuasa Hartanah dan Pelaburan

Jawatankuasa ini mengelolakan hartanah dan pelaburan MTFA demi menyokong kegiatan amalnya.

Jawatankuasa Kebajikan

Jawatankuasa Kebajikan menguruskan agihan wang Zakat kepada lapan asnaf dan menyalurkan wang pungutan Fidyah kepada golongan kurang kemampuan.

Jawatankuasa Jenazah

Jawatankuasa ini menguruskan pengebumian orang Islam yang meninggal dunia tanpa keluarga, atau yang keluarganya tidak mampu menanggung biaya pengebumian.

Jawatankuasa Pengurusan Sumber Manusia

HRM mengelolakan pengambilan pekerja, latihan dan pembangunan, kenaikan pangkat, gaji dan disiplin kakitangan MTFA.

Jawatankuasa Seranta dan Hubungan Media

Jawatankuasa ini menguruskan penerbitan *Ihsan* dua kali setahun serta bahan penerangan dan seranta MTFA yang lain.