

# THE BEST OF <sup>2017</sup> YOU

The Best of You is about appreciation. It is a space for you to appreciate the people and experiences that have shaped you into the person you are today. In doing so, we hope to shed light onto the diversity of people and stories that make up our community. This is a reminder of our shared humanity — to appreciate people as who they are.

# I am a deaf dancer.

Ammar

Appreciation  
Regret  
Moving forward  
Love  
Humanity  
Dream bigger  
Hope  
Empowered  
• • •

STORIES FROM  
THE HEART

Published June 2017



How does a deaf person dance? It's different for all of us. There are people who can only hear the bass, there are people who just feel the vibrations on the ground. When it comes to dancing, I just use my eyes as my ears.

There was always music at home. I would watch Shah Rukh Khan, and imitate the way he dances. But when I first saw Michael Jackson, I was blown away. I spent hours trying to copy his 3 Step move. I still

remember the stunned look on my friends' faces. None of them thought that I would take up dancing seriously.

Dancing makes me feel free. When I dance, I feel like I live in the moment. I'm free to discover a world beyond dancing. A world of adventures, of new experiences, of adrenaline rushes.

Who says the deaf cannot appreciate music?



# EDITOR'S WORDS



I believe that storytelling brings our community together. Stories reveal the often overlooked uniqueness and diversity of our lives. Stories not only need to be told but they also need to be received, and appreciated.

The Best of You is a space for storytelling. More importantly, it is a space for appreciation; when we appreciate people's stories, we learn about the lives of others in an enlightening manner. As such, appreciation renders knowledge and thus, visibility.

This newsletter offers a crucial space for appreciation, making visible the abundance of kindness in our midst. The stories also reflect a powerful theme — putting people first which persuades us to remove the often cruel stereotypes about various marginalized communities and

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## Nursing has taught me love.

Nurshilawaty Binte Jamaludin



Nursing wasn't my first choice of profession. Originally I wanted to be someone who works in an office but that perspective changed when I took up nursing. Nursing has taught me love. I joined nursing in 2009 and for the past three years, I've been attached to the palliative ward. In a ward where nursing is so much a part of life and death, every day is different. You meet different people and you learn their stories and lives. For instance, I had a few elderly patients whose spouses visited them every day, buying or cooking their own food to care for them. And yet, there were also patients who were left alone right until their passing. It is really scenes like this that make you reflect and learn to love unconditionally and not take life for granted.

recognize their diverse abilities and experiences.

Among our stories, Ammar shows us the richness of experience that comes with being a deaf dancer. Nurshilawaty teaches us the kindness of understanding each person's "unique story and personality" and uses her appreciative sensitivity to navigate her craft as a nurse. Habibah highlights the importance of friends and family during periods of personal strife.

These stories are for your enjoyment. But I sincerely hope that you also pay it forward and share this appreciative space with someone.

Sai Tzy Horng  
Consultant for The Best of You Movement

One of the most unforgettable moments was when I had to nurse a young patient. She was barely 19 years old and was very ill. As she was still young, she was very conscious about other people helping her bathe and change and would only want her mother to look after her. She was also strong-willed and didn't want anyone looking after her. To get to know her better, I bought her a bear and a get well card and slowly talked to her. Eventually she opened up and shared with me her frustrations. She had wanted to get a diploma and have a staycation with her family but given her condition, she knew she wouldn't be able to realise her dreams. Knowing her wishes, although we were not able to fulfil her wish of getting a diploma, we did our best to make her staycation come true. As she was too weak to be discharged, we decorated her room and planned an indoor staycation for her at the ward. One day I was going on a week's leave and I assured her that I would be back to look after her soon. However, two days into my leave, my colleagues told me she passed away. It was one of the saddest moments for me as I was unable to be with her when she passed and I felt that perhaps had I not gone on leave, I would have been able to be with her. But at the same time, I was glad that in the time that we looked after her, we were able to cheer her up. Our team also worked with the medical social workers to follow up with her mother to ensure she was coping properly.

In a way, working as a nurse in the palliative ward, it changes your character and mentality. Seeing this delicate balance of life and death, it makes you reflect on your own life and what you want to bring to your patients. Most of the patients who get admitted, they are in pain, some of them are alone and some are still very young. Yet each patient has their own unique story and personality and it is in how we try to understand them that we are able to bring comfort and cheer them on.

## 活在当下， 珍惜所有。

Aiyun Lee



生活了 22 年，人生旅程还没去到很远的当儿，心灵的成熟却足够让我以知足常乐的心态，去面对生活中的大小事。

自从 12 岁那年父母离异，身为长女的我就要比同龄人的思想来得更早熟。这造成我在青春期时性格孤僻与怪异，但庆幸的是，爸爸成了我最好的聆听者，指引我面对内心的疑惑与挫折。爸爸父兼母职把我和弟弟带大，现在我们俩也各自有了自己的人生方向，这都要感谢爸爸艰辛的养育之恩。我们的家境本来就是比上不足，比下有余的小家庭，爸爸身为一名身为一名罗里驾驶员，微薄工资却也在省吃俭用的情况下，得以给他两个心肝宝贝最好的东西。上了大学之后，离家在外生活，让我得心应手，感谢当年老爸在教育中的放手，试着让我跌倒了再自己爬起来，成就了我独立的性格。不过，这也让我更加粘家。只因为，父亲那慢慢老去的身影，牵盼着孩儿在外的那颗心。不忍看见老爸一个人在家，所以每当大学有假期，机票若便宜，就会回去。

爸爸虽然从小对我管教严厉，可以夸张到连我朋友也害怕的地步。只是随着我渐渐成长，他也慢慢的愿意放手让我去看看外面的世界。我非常感激可以有一个亦父亦师亦友的爸爸。在大学的这段时间，我不仅仅着重那成绩单上的 pointer，我更加想要去探索那些我未知的事情。我曾经参加大学交换计划，到国外其他地方看看，可以想像，有多少个父母会放心让自己的女儿自身一人去到陌生的国度，所有事情都得自己来，而且还是在有一个有语言障碍的地方。我爸爸很伟大，非常伟大。虽然我知道他其实是非常担心我的，可是他也对自己的女儿有足够的信心，相信他的女儿可以完成这些事情。爸爸让我有了勇气，去实践我自己的梦想。感恩爸爸，我也知道深明岁月不留人的道理，更加珍惜与自己爱的人相处的时间。因为我更加害怕，一旦错过了，就再也没有从来的机会。爸爸也成就了我乐观开朗的性格，做自己喜欢的事，但不随波逐流。这真的要多谢老爸。因为他那对生活抱持着的积极心态，也让我们家里，一直都是热热闹闹，开开心心的生活模式。

最后，就算生活再多难，只要心中有阳光，相信自己心中的美好，不放弃就一定一定会看到那道曙光。

及时为身边的人付出，因为是他们，才成就了今时今日的你。我总相信，手心向下，比手心向上，来得更有福。

祝愿 安好。



# Gagal sekali tidak bermakna gagal selamanya... Muhammad Azlan Aqil Alham



Assalamualaikum dan Selamat Sejahtera.

“Tanpa Keberanian Impian Tidak Akan Bermakna  
Walaupun Hanya Gagal”

Semasa di zaman persekolahan prestasi pembelajaran saya kurang memberangsangkan sehinggalah keputusan peperiksaan SPM tidak memuaskan, saya sahut cabaran melanjutkan pengajian dalam bidang Diploma E-Perniagaan dan A Level pada satu masa. Selesai tamat pengajian A Level saya meneruskan pengajian dalam bidang perubatan sehingga kini saya bekerja dan berniaga dalam industri perubatan. Alhamdulillah, tahun 2016 membawa kejayaan dan bermakna bagi saya untuk melanjutkan pengajian di peringkat lebih tinggi apabila tamatnya dan konvokesyen dalam bidang Master Perubatan di India dan

MBA di Malaysia.

Dalam pepatah melayu ada menyebut “Gagal sekali tidak bermakna gagal selamanya...”

Setiap hari saya mencabar diri saya bagi meneruskan kehidupan, memberi yang terbaik kepada pesakit saya dan memberi bonda dan ayahanda gembira melihat saya berjaya menjadi insan berpelajaran dan membantu orang untuk sihat. Dengan motto hidup saya itulah, saya ingin orang yang rapat dengan saya menjadikan orang yang berjaya dalam kehidupan. Pada anda diluar sana jangan jadikan kegagalan itu kelemahan diri malah bangkit untuk menjadi seorang berjaya dan seorang berilmu, jadilah diri anda, lakukan apa yang anda mahu dengan bersungguh-sungguh pasti anda akan berjaya.

# The roof, the doors and the windows were all on fire... Habibah

That day, 8th October 2005, the 4th day of Ramadhan had left behind a memory which will stay in my mind for a never ending period of time. That day was not the same as the rest of the days in my life. I was working half day that Saturday when at 11.30am, I received a phone call from Ms. Wong Mei Ying who informed me that my house was on fire.

My heartbeat was accelerating with fear and tears were rolling down my cheeks thinking of my two children at home. I couldn't even remember my husband's handphone number to inform him. One of the staff at Technical Department helped me to call my husband by calling his ABB Code.

I quickly went back home with my husband. Inside the car I felt that the car was moving very slowly and kept on thinking of my 2 children. When I reached home I saw the roof, the doors and the windows were all on fire. Two fire brigades with 10 firefighters and my neighbours were trying to put out the fire.



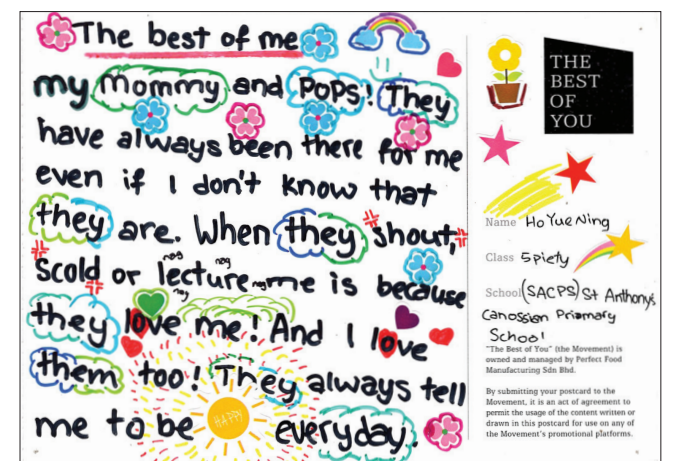
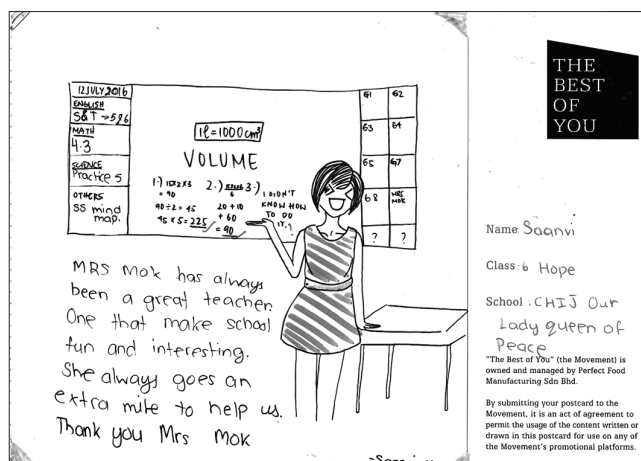
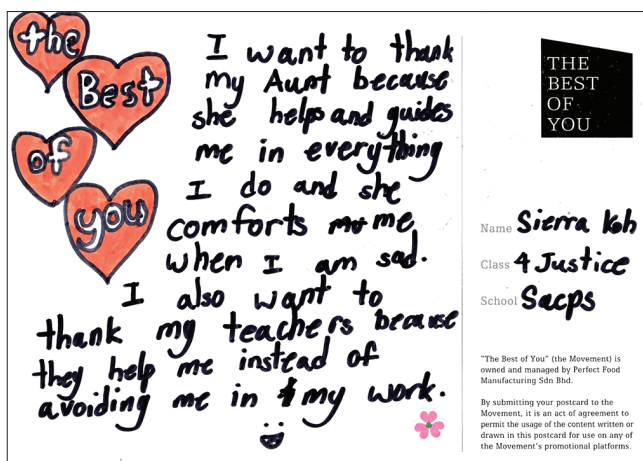
I saw both of my children running towards me and my husband in fear and in tears. I thank Allah for saving my children's lives. They keep on telling me

that we got no house already to celebrate Hari Raya. All the preparation for Raya were also gone. Me and my husband were speechless. The fire managed to be put off after one hour. My jewellery was also stolen during the incident. One more time I couldn't stop my tears. No celebration for Hari Raya for my family for that year. The losses were about thirty thousand ringgit.

With the support from my family and friends, my family and I stood up looking forward. Thought in a positive way to overcome the obstacles. It took 3 years to rebuild back my house and a lot of sacrifices and efforts were made during this hard time. As a Muslim I believed that if someone encounters a difficulty, or something that is hard to deal with, that means Allah has also given them the strength to overcome the matter and succeed in the test. No one in this world will not have any challenges or problems to overcome in their life. Always bear in mind that the more things you go through the stronger you become.

# Postcard Gallery

These postcards are collected from our school outreach programme where we encourage students and teachers to share their stories of appreciation.





# What does a maid mean to you?



## Ritchelle

Back home, being a maid puts you at the lowest class of society. My dad tried to stop me. Like everyone else, he knew how badly a maid could be treated in Singapore. But I had to. After my husband passed away, leaving me with two sons, I had to.

It's been ten years since. My two sons tell me, you come home for two weeks but leave for two years. It breaks my heart, but I'm not the only one facing this problem.

I left my family behind for a better future. Like many women, this is my way of confronting a common problem. Slowly I realised that I'm more capable than I thought I was. My strength and knowledge comes from within and the people I see everyday.

At work, I am a sister to my employer. At home, I am a fighter, a mother and an achiever. Beyond that, I'm an individual. I paint, I create, I write. I feel, I love and I cry.

I am a maid. And so much more.



## WHO IS THE BEST OF YOU?

Seems like a simple question, but for most of us, we will need a while to think about it. And that is what this social movement is about – finding a quiet moment in our busy lives and appreciating the people or experiences who have moulded us into who we are today.

Since 2014, we have received thousands of stories from people like you and me. It was humbling to realise that amazing stories unfold around us all the time, while we are busy minding our own lives.

Your shared stories can go on to encourage and even empower others. It might even be a life-changing experience for yourself and many others. So, tell us about The Best of You.

Share  
your  
story  
and inspire  
others today.



- 1 Think about who or what brings out the best of you
- 2 Select a photo or video to accompany your story
- 3 Send us your story at [www.the-best-of-you.com](http://www.the-best-of-you.com)

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