# Mrs Golanda Lee

#### In brief:

As foster parents, the couple feels that their role is to ensure that the children know that they are precious and loved for who they are. "We give them the assurance that they have a family and they have us to fall back on."

Mrs Lee also wants to impart her family value of treating others in the community as if they are their own family members. Through little actions such as sharing of food with the neighbours, Mrs Lee hopes that her daughter and the foster children will learn to treat others with love and respect









Lee. The girl looking down and sleeping child are foster children.

## It takes Ewo

Take the Lee family for example. When Mrs Yolanda Lee first saw her first foster baby in the hospital, she was dismayed at how malnourished the two-week-old child was. "He looked so small. I was so scared to take care of the baby because he was so tiny and fragile."

However, her husband, Mr David Lee, gently encouraged his wife to fulfill her obligations as a foster parent.

The family has not looked back since. The foster child later grew to be a handsome and adorable baby well-loved by the family.

According to Mr Lee, the secret to fostering boils down to teamwork. The Lee family has chalked up nearly nine years of fostering experience, having looked after six children in total. They now care for two foster children, aged eight and three.

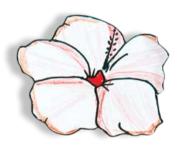
obody ever said that being a foster. When asked how the family has changed parent is easy. However, a supportive as a result of being foster parents, Mrs Lee and committed spouse can act as a enthusiastically replies, "He(referring to her pillar of strength during challenging husband) comes home earlier and is not such a workaholic!"

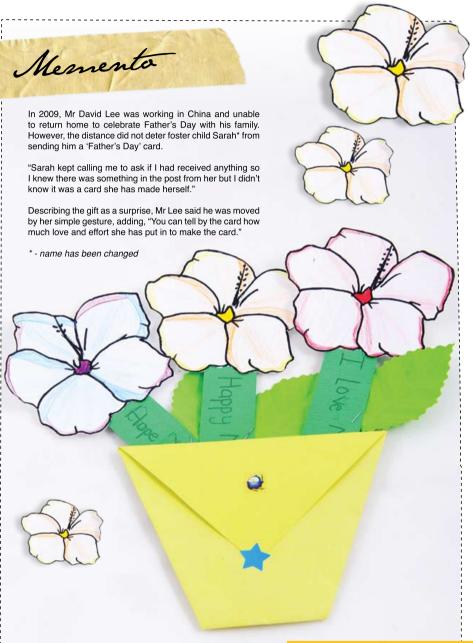
> Mr Lee agrees. As he is currently out-station in China for a work project, he now tries to spend quality time with his foster children whenever he is in Singapore so as to strengthen the bond of their relationship. "Even when I am on leave, I make sure that I send and fetch the children from school," he says, adding, "And you can tell how happy they are because of it."

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## Einslang Manak (Chicken Soup)

### Ingredients:

- One whole chicken(1kg or slightly bigger) cut into bite size
- 2 big onions (200g), chopped
- 2 cloves garlic, chopped
- 1 big ginger (200g), finely cut into strips
- 2 chayote squashes (a pale green wrinkled pear-shaped vegetable)\* - cut into small 3-cm pieces

Heat up the pot and add in the oil.

Fry the ginger, garlic and onion until fragrant.

Add the chicken and stir fry until the chicken is half cooked.

03 STEP

Add in the water and bring to boil.

04 STEP

Simmer for 10 minutes.

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Add in the cut chayote pieces, cover the pot and cook for another 5

minutes.

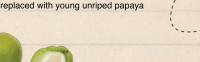
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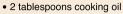
When the chayote is half cooked, turn off the fire and add in salt and sugar.

Serve with plain rice.

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\*May be replaced with young unriped papaya





- Salt (as required)
- Sugar (as required)
- 1 litre water





