

'Do not change for others'



Ms Goh always tries to be kind and brave even though she may not always succeed. She is keen on improving herself but is, at the same time, proud to be who she is. -- ST PHOTO: CHEW SENG KIM

MS THERESA GOH, 23, Paralympian swimmer

Born with spina bifida, she started swimming at the age of five, and was awarded Sportsgirl of the Year for two years in a row in 2002 and 2003, Sportswoman of the Year by the Singapore Disability Sports Council in 2004, and the Singapore Youth Award in 2005. She also took up power-lifting and won a bronze at the Arafura Games in Darwin last year.

Her six words: Be kind, be yourself, be brave

Her story: 'These are words I try to live by. I may not always succeed in following them but I always try. 'Be kind to others, you could make their day. 'Be yourself, for there is no one better. Yes, I can always

improve myself but I will never want to change myself for anyone else.' 'Finally, be brave. We all need a little courage every day, whether to make that leap of faith into something that others may not quite believe in.'

'You don't have to be rich to give'



Although born with cerebral palsy, Ms Oh has never let disability get in her way. She likes seeing people happy so she tries to help the less fortunate whenever she can. -- ST PHOTO: NURIA LING

OH SIEW MAY, 39

Baker

Although born with cerebral palsy, the youngest of five children of a poor basket weaver and a washerwoman has never let disability get in her way. She scaled Mount Kinabalu in 2005, and last year wrote a book about her life called Scaling Walls. It has gone into two reprints; the Chinese edition will be out next month.

Her six words: Having enough and sharing with others

Her story: 'I have been very blessed and received help from many people, so I have always wanted to do my part and give to the less fortunate too.'