

Publication: Lian He Zao Bao

Date: Monday, 10 September 2018

Page: 12

Headline: 不再“毒来毒往” 黄丝带助释囚拥抱新生

Link: <https://www.zaobao.com.sg/znews/singapore/story20180910-889826>



曾经触犯毒品法令服刑的许进明（左起）、罗斯兰和萧文榜和另一名不愿意身份曝光的释囚代表工业与服务合作社，参加了设有不同障碍的5.6公里“接受之旅”跑程，象征释囚克服困难，重获新生。（海峡时报）

不再“毒来毒往” 黄丝带助释囚拥抱新生

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对出狱11年的罗斯兰而言，在樟宜监狱周围举行的黄丝带义跑路线狭窄弯曲、高低起伏，和他自己的经历非常相似。

罗斯兰（44岁，工作场所安全与卫生员）曾是一名嗜毒者，曾经参与毒品买卖被判入狱。回到社会后，罗斯兰避免和过去的损友见面，并在自己的努力下赢得社会的接受。

罗斯兰说：“我们不能放弃，要有信心继续挑战自己，改过自新……人生的挑战一个接着一个，只要尽力了，就有可能克服。”

10年前曾参加过第一届黄丝带义跑的罗斯兰，今年和另外三名释囚代表工业与服务合作社小队参加了设有不同障碍的5.6公里“接受之旅”跑程，象征释囚克服困难重获新生。

和他同队的是曾吸食毒品的萧文榜（52岁，小贩）、曾因运毒入狱的许进明（43岁，运输公司老板）以及一名不愿意身份曝光的释囚。

原本从事餐饮业的萧文榜出

狱后申请到黄丝带运动创业贷款，在新加坡理工学院食阁开设了一个摊位售卖鱼丸云吞面。

他自豪地告诉《联合早报》：“我再也不要犯错了，出狱到现在，我连一根烟都没抽过。”

释囚摆脱社会偏见 创业聘用释囚

连续参加了六年黄丝带义跑的许进明出狱后找工作屡屡碰壁，社会对前囚犯的偏见让他很失望，很多老板不愿意请有案底的释囚，或者刻意压低薪水。

许进明后来将自己存下来的本钱拿来开运输公司，雇用释囚，为他们提供一个重生的机会。

由监狱署举行的黄丝带义跑今年进入第10个年头，超过6500名包括释囚在内的公众参加了昨天的义跑，为黄丝带基金筹得13万5475元的善款。

受邀为黄丝带义跑挥旗的贸工部长陈振声在义跑结束后，向志愿者、赞助商以及支持者表示感谢。他说：“因为有你们的支持，前囚犯才能重获新生。”

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文/陈可扬

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Translation:

Say No to drugs: Yellow Ribbon Project helps ex-offenders embrace new life

To Roslan who has been out of prison for 11 years, the winding and narrow running path of the Yellow Ribbon Run around the Changi Prison is very similar to his personal experiences.

Roslan (44, health and safety officer) was once a drug addict and had served time for drug trafficking. Upon his release, Roslan avoided meeting his old friends, and worked hard to win back societal acceptance.

He said, "We cannot give up, and must have the confidence to continue to challenge ourselves and turn over a new leaf...life's challenges will come one after another. As long as we do our best, there is a possibility to overcome them."

After his participation in the first edition of Yellow Ribbon Run ten years ago, Roslan teamed up with three others to represent the Industrial & Services Co-Operative Society (ISCOS) in this year's 5.6 km "Road To Acceptance" run. Symbolising the struggles ex-offenders face in starting over, the run incorporated several obstacles in its route.

His teammates are Paul Seow (52, hawker) who had consumed drugs, Jabez Koh (43, boss of his own logistics company) who served time due to drug trafficking as well as an ex-offender who did not wish to be named.

Originally working in the F&B industry, Seow applied for a loan under the Yellow Ribbon Start-Up Fund after his release to operate a canteen stall in Singapore Polytechnic selling fishball and wan ton noodles.

He proudly told Zaobao, "I don't want to make mistakes again. Since my release until now, I have not smoked a single cigarette."

Ex-offender sets up company and employs ex-offenders to break free of social stigma

Jabez Koh, who has participated in the Yellow Ribbon Run for six years running, ran into many dead ends while job-hunting after his release. The social stigma surrounding ex-offenders made him feel very disappointed – many employers were not willing to employ those with a criminal record, or deliberately offered lower pay.

Subsequently, Koh used his savings to start a transport and logistics company to employ fellow ex-offenders, giving them a chance to start over.

Hosted by the Singapore Prisons Service (SPS), the Yellow Ribbon Run marked its tenth edition this year, with over 6,500 participants yesterday – consisting of both ex-offenders and members of the public – raising a total of \$135,475 for the Yellow Ribbon Rund.

Minister for Trade and Industry Chan Chun Sing, who was invited to flag off the morning's race, thanked volunteers, sponsors and supporters after the race. He said, "Because of your support, ex-offenders are able to obtain a new lease of life."