

***Article gotten from www.helenawong.com**

Memor

The Latin word for grateful is *Memor*. *Memor* is defined as: mindful, remembering and grateful. And that's exactly what I felt towards the people who have helped me and made a difference in my life. The Chinese proverb, 饮水思源 (yǐn shuǐ sī yuán) which means (literally translated) to remember the source of water when one is drinking, i.e. To remind one to be grateful to those who have helped you.

I would not have been a national weightlifter if I have not met certain people. One of this important people is Mr. Toby Koh.

2 days after I was featured in Today (May 2010), an email from the reporter popped on my screen. I read with disbelief – A Singaporean firm wants to get in touch with me??? My heart was racing and palms sweaty by the time I finished reading the mail.

Hi,

We have read with interest to your exclusive on Helena Wong written for Today on 3 May. We would like to offer her our support in any way we can to help her reach her goal of qualifying for the 2010 Commonwealth Games and further. Is there any way of contacting her directly to find out how we can extend our support for this amazing young lady?

Please let me know, thanks!

Within the next month, I was on my way down to London to meet the Managing Director of [Ademco](#), Mr. Toby Koh.



[Ademco](#) is Asia's leading security company, providing security solutions and services to businesses and governments across Asia. After reading up on what [Ademco](#) does, I got a little worried, I was afraid that I will not be able to offer anything in return. What has a security company got to do with weightlifting? Thoughts of such kept playing in my mind.

Then the words of my mentor, Marion came to mind. I could practically hear her exasperated voice nagging (haha) ***“You got to let people help you, people want to help you. Don't be afraid to ask for help and accept help. Nobody makes it alone Helena.”***

With that, I felt better and went down to London. Honestly, there were still lingering doubts as I made my journey to London to meet a complete stranger. The fear of the unknown crept in... and many “what-ifs?” invaded my mind time and again (See the amount of self-talk one does? But that will be another post on self-talk.)

I will never forget that evening in London when I met a very important and inspiring person – Mr. Toby Koh. I entered the hotel lobby expecting to meet a senior gentleman in his 50s to 60s. But instead I was greeted by a youthful looking vibrant gentleman, spotting a whole head of thick dark hair, with the frame of a rugby player and way taller than me. The moral of the story is: Do not jump into conclusions!



Soon after the meeting, [Ademco](#) offered to help defray my training cost by providing me with transportation allowance. I was then spending a considerable amount of my allowance on petrol as I drive about two hours each session to train with Mr Cyril Martin, my English coach.

As a student living overseas, this meant that I did not have to take up a part-time job to help fund my passion. It allowed me to focus on 2 main things; studying and training without having additional burdens. I was able to make more trips down to Derby to train with my Coach so that he could improve my technique. This gave me great confidence in my preparation for the Commonwealth Games, especially as the Games was approaching, I was almost a nervous wreck. I could also purchase essential training gear and supplements, which aided in my recovery from training greatly.

So once again, Thank you [Ademco](#) and Toby, without your belief in me when I was still finding my way, and offering to help me achieve my goal in whatever way you could. I would not have made it to the Commonwealth Games.

P/S: 饮水思源 -喝水的时候想起水是从哪儿来的。比喻不忘本。

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