

Bridge



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

#4 / 2022

**“ONE OF MY MAIN
MOTIVATIONS IS HAVING A DEEP
CONVICTION IN THE MEANING AND
PURPOSE OF WHAT I'M DOING.
IF I DON'T, IT COULD GET VERY
HARD AS THINGS MAY NOT
ALWAYS GO SMOOTHLY.”**

MR S ISWARAN
Adviser to West Coast
Grassroots Organisations



SKILLSFUTURE NETWORK @ SOUTH WEST



Embracing Continuous Learning

Residents accessed jobs and learning opportunities in three growth economies at SkillsFuture Festival @ South West 2022



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DIFFERENT
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Rediscovering Bukit Gombak through an augmented reality trail.



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CHALLENGE 2022**
Secondary school students develop sustainability solutions.



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CELEBRATING
AS ONE**
Thousands gathered at NDP @ Heartlands to mark Singapore's 57th birthday.

Good news!

Every Singaporean Household will receive \$100 in CDC Vouchers

Spend at participating hawkers and heartland merchants

Identify one member of the family to claim on behalf of your household

Visuals shown are for illustrative purposes only.

Please visit your nearest CC if you do not have a smartphone or Singpass, and need help to claim your CDC Vouchers.

Claim your vouchers now!

- Go to go.gov.sg/cdcv** and log in using Singpass. Only one household member is required to do this on behalf of your household.
- Key in your mobile number** and get a One-Time Password.
- Get your CDC Vouchers link sent via SMS.** Click on the link to go to your vouchers. Please share the vouchers with your other household members.

Start spending them!

- Visit a participating hawker or heartland merchant.** Simply look out for this decal.
- Tap to select the voucher(s) you want to use.** Present the QR code to the shop to scan.

Where to spend CDC vouchers?

Enter street name or postal code

Search for the nearest participating hawkers and heartland merchants at gowhere.gov.sg/cdcvouchersmerchants

Claim your vouchers!

go.gov.sg/cdcv

Vouchers are valid till 31 December 2022.

Need help to claim your vouchers?

Visit your nearest Community Centre/Club (CC) from 10am to 6pm (except Public Holidays) for assistance, or call PA hotline: 6225 5322 or write to us at <https://www.pa.gov.sg/feedback>.

Find out more:
Website: <https://vouchers.cdc.gov.sg>



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» Bridge

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Dear friends,

We celebrated National Day with much joy this year. It was the first time in two years that we gathered physically in large groups to celebrate Singapore's 57th birthday.

We've come a long way in our fight against the COVID-19 pandemic. The jubilant National Day celebrations all over the island showed the strength and unity we have forged together as a nation. Our residents had a great time catching up with one another at National Day Heartlands Celebration @ South West.

The challenges brought on by the pandemic have strengthened our resilience as a people. We have adapted and adopted new ways of doing things in the new normal. Today, many residents are adept at using digital vouchers and e-payments. For example, over one million households have redeemed the 2022 CDC digital vouchers. The move from paper-based vouchers to digital vouchers was well received by our hawkers and heartland merchants as it cut down paperwork and facilitated reimbursements. Residents are also discovering how technology can enhance their enjoyment and knowledge of their estate. The augmented reality (AR) food trail app — Heartland Gems @ South West, a joint effort of South West CDC and our partners — is leading them to explore their neighbourhood's hawker stalls, heartland shops and heritage sites in a new way.

To help residents keep up with their work skills and learning journey, we brought back SkillsFuture Festival @ South West 2022 as a physical event in the community. This event drew some 5,000 residents who took the chance to get equipped and upgrade themselves. Our young people were not left out either; our Junior Environment Ambassadors and Health Ambassadors got better equipped in a training camp to lead and inspire their peers to make the world a better place.

Let's hold fast to our spirit of resilience and adaptability as we move further ahead into the new normal. Together, we can secure a brighter future.

Forging a new path forward

yen

MS LOW YEN LING

Mayor of South West District



Rakan-rakan yang dihormati,

Pada tahun ini, kita menyambut Hari Kebangsaan dengan penuh keceriaan. Ia kali pertama dalam dua tahun kita berkumpul secara fizikal dalam kumpulan besar untuk meraikan ulang tahun Singapura yang ke-57.

Kita telah melangkah jauh dalam usaha memerangi pandemik COVID-19. Sambutan Hari Kebangsaan yang meriah di seluruh negara mempamerkan keteguhan dan perpaduan yang telah kita jalin bersama sebagai sebuah negara. Para penduduk kita seronok bertemu dan saling mengeratkan silaturahmi di Sambutan Hari Kebangsaan Kawasan Kejiranan @ Barat Daya.

Cabaran-cabaran yang dihadapi akibat pandemik telah mengukuhkan daya tahan kita sebagai sebuah masyarakat. Kita berjaya menyesuaikan diri dan mengamalkan kehidupan cara baru dalam norma baru ini. Hari ini, ramai penduduk sudah cekap menggunakan e-baucar dan e-pembayaran. Sebagai contoh, lebih 1 juta isi rumah telah menebus e-Baucar CDC 2022. Peralihan daripada baucar cetak kepada baucar elektronik telah diterima baik oleh para penjaja dan pekedai di kejiranan kita kerana ia mengurangkan kertas kerja dan memudahkan pembayaran balik. Penduduk juga ketahui bagaimana teknologi dapat mempertingkatkan keseronokan dan pengetahuan mereka tentang estet perumahan mereka. Aplikasi jejak makanan realiti berperantara — Heartland Gems @ South West, yang merupakan usahasama CDC Barat Daya dan rakan kongsi kami — membawa mereka menerokai gerai-gerai penjaja, kedai-kedai dan tapak-tapak warisan di kawasan kejiranan mereka dengan cara yang baru.

Untuk membantu penduduk meningkatkan kemahiran kerja dan perjalanan pembelajaran mereka, kami bawakan kembali Festival SkillsFuture 2022 sebagai acara fizikal dalam masyarakat. Acara ini telah menarik kira-kira 5,000 orang penduduk yang mengambil kesempatan tersebut untuk melengkapkan dan mempertingkatkan diri mereka. Golongan muda kita juga tidak ketinggalan; Duta Alam Sekitar Muda dan Duta Kesihatan kita menyertai kem latihan untuk belajar cara-cara memimpin serta memberikan inspirasi kepada rakan-rakan mereka dalam menjadikan dunia sebagai tempat yang lebih baik.

Ayuh kuatkan semangat agar kita terus kekal berdaya tahan dan bijak menyesuaikan diri sambil kita melangkah lebih jauh ke arah norma baru. Bersama-sama, kita boleh menjamin masa hadapan yang lebih cerah.

அன்பார்ந்த நண்பர்களே,

இந்த ஆண்டு தேசிய தினத்தை நாம் மிகுந்த மகிழ்ச்சியுடன் கொண்டாடினோம். சிங்கப்பூரின் 57வது பிறந்தநாளைக் கொண்டாடுவதற்காக நாம் இரண்டு ஆண்டுகளுக்குப் பிறகு முதல் முறையாக நேரில் பெருந்திரளாகக் கூடியுள்ளோம்.

கோவிட்-19 பெருந்தொற்றுக்கு எதிரான போராட்டத்தில் நாம் நீண்ட பாதையைக் கடந்து வந்துள்ளோம். நாடு முழுவதும் மகிழ்ச்சியுடன் கொண்டாடப்பட்ட தேசிய தினக் கொண்டாட்டங்கள் ஒரு தேசமாக நாம் அனைவரும் இணைந்து ஏற்படுத்திய வலிமையையும் ஒற்றுமையையும் வெளிப்படுத்துகிறது. தென்மேற்கில் தேசிய தினக் குடியிருப்பு வட்டாரக் கொண்டாட்டத்தில் நமது குடியிருப்பாளர்கள் உற்சாகத்துடன் ஒருவருக்கொருவர் அன்பைப் பரிமாறிக் கொண்டனர்.

பெருந்தொற்று ஏற்படுத்திய சவால்கள், மக்களாக மீண்டுவரும் நம் தன்மையை வலுப்படுத்தியுள்ளன. புதிய இயல்பு நிலையில் நம் செயல்பாடுகளில் நாம் புதிய வழிமுறைகளையும் ஏற்றுக் கொண்டு பின்பற்றி வருகிறோம். இன்று பல குடியிருப்பாளர்கள் மின்-பற்றுச்சீட்டுகள் / மின்னிலக்கப் பற்றுச்சீட்டுகளைப் பயன்படுத்துவதில் திறமையாக உள்ளனர். எடுத்துக்காட்டாக, 1 மில்லியனுக்கும் அதிகமான குடும்பங்கள் 2022 சமூக மேம்பாட்டு மன்ற மின்-பற்றுச்சீட்டுகளைப் பயன்படுத்தியுள்ளனர். காகிதப் பற்றுச்சீட்டுகளிலிருந்து மின்-பற்றுச்சீட்டுகளுக்கு மாறிய மாற்றமானது வேலையைக் குறைத்து வசதியாக பணம் செலுத்த வழிவகுப்பதால், வியாபாரிகள் மற்றும் குடியிருப்பு வட்டார வணிகர்களிடையே நல்ல வரவேற்பைப் பெற்றுள்ளது. குடியிருப்பாளர்கள் தங்களின் குடியிருப்பேட்டையைப் பற்றிய தங்களது மகிழ்ச்சியையும் அறிவையும் தொழில்நுட்பம் எவ்வாறு மேம்படுத்தலாம் என்பதையும் குடியிருப்பாளர்கள் கண்டறிந்துள்ளனர். மிகைப்படுத்தப்பட்ட மெய்மை (Augmented Reality, AR) அடிப்படையிலான உணவுத் தடச் செயலியும், தென்மேற்கு சமூக மேம்பாட்டு மன்றம் மற்றும் நமது பங்காளர்களின் கூட்டு முயற்சியுமான Heartland Gems @ South West செயலியானது அவர்களது அக்கம்பக்கத்தின் உணவங்காடிக் கடைகள், குடியிருப்பு வட்டாரக் கடைகள் மற்றும் மரபுடைமைத் தலங்கள் ஆகியவற்றை அவர்கள் ஒரு புதிய வழியில் ஆராய்வதற்கு வழிவகுக்கிறது.

குடியிருப்பாளர்கள் தங்கள் பணித் திறன்களைப் பேணவும் கல்விப் பயணத்தைத் தொடரவும் உதவ, சமூகத்தில் ஒரு நேரடி நிகழ்வாக ஸ்கில்ஸ்:ப்யூச்சர் விழா 2022-ஐ மீண்டும் ஏற்பாடு செய்தோம். இந்த நிகழ்வு சுமார் 5,000 குடியிருப்பாளர்களை ஈர்த்தது. அவர்கள் இந்த வாய்ப்பைப் பயன்படுத்தி, தங்கள் திறன்களை மேம்படுத்திக் கொள்வதற்கான வாய்ப்பைப் பெற்றனர். நமது இளையர்களும் இதில் அடங்குவர்; உலகை சிறந்த இடமாக மாற்றுவதில் தங்கள் சகாக்களை வழிநடத்தி அவர்களுக்கு ஊக்கமாக விளங்கும் விதமாக நமது இளைய சுற்றுச்சூழல் தூதர்களும் சுகாதாரத் தூதர்களும் ஒரு பயிற்சி முகாமில் கலந்துகொண்டு சிறந்த முறையில் ஆயத்தமானார்கள்.

புதிய இயல்பு நிலைக்குள் நாம் மேலும் பழக்கப்படுத்திக் கொண்டிருக்கும் இந்த வேளையில், நமது மீள்தன்மை மற்றும் தகவமைப்புத் தன்மையை நாம் உறுதியாகப் பற்றிக் கொள்வோம். நம்மால் ஒன்றிணைந்து ஒளிமயமான எதிர்காலத்தை உருவாக்க முடியும்.

亲爱的朋友们,

今年，我们满怀欣喜地共庆国庆日。这是我们在两年里，首次以大型聚会的形式欢庆新加坡的57岁生日。

一路走来，我们共同积极对抗冠病疫情。这个举国欢庆的国庆典礼见证了我们团结一致的努力和力量。我们的居民在国庆日邻里欢庆会上共聚一堂，尽兴地相互问候。

冠病疫情所带来的挑战不仅没有打倒我们，还加强了我们人民的坚韧性。我们已适应和调整了新的生活方式。现在，很多居民都善于使用电子礼券和电子付款。例如，超过一百万户家庭已索取了2022年社理会邻里购物券。将纸质礼券转换成电子礼券的措施深受小贩和邻里商店的欢迎，因为这帮助他们减少了不少的行政工作，报销的过程也比以往更快速。居民也发现到科技能促进他们对社区的认识。西南邻里寻宝之旅 Heartland Gems @ South West，是西南社理会与伙伴的携手项目。它以新颖的方式引导居民探索邻里小贩摊位、商店和文化遗产地。

为了帮助居民提升工作技能和学习旅程，我们再度以实体活动形式，在社区内主办了2022年技能创前程培训节。这项活动吸引了5,000名居民前来学习新技能，以提升自己。年轻一代的居民也参与其中。我们的环境和健康大使也通过培训营，提高他们的技能，以更好地引领和启发同辈一起共创一个美好的家园。

让我们继续秉持坚毅强韧的精神，一起向新常态前进。只要我们保持团结，就能掌握一个更美好的未来。



>> South West CDC's Partnership With Trade Associations and Chambers and Partners

- >> Association of Singapore Attractions (ASA)
- >> Association of Singapore Marine Industries (ASMI)
- >> Restaurant Association of Singapore (RAS)
- >> SAPTCO Singapore (SAPTCO)
- >> Singapore Food Manufacturers' Association (SFMA)
- >> Singapore Furniture Industries Council (SFIC)
- >> Singapore Hotel Association (SHA)
- >> Singapore Logistics Association (SLA)
- >> Singapore Retailers Association (SRA)
- >> Specialists in Wellness Association Singapore (SWAS)
- >> Qood Pte Ltd
- >> The Social Equity

"While many businesses have already taken the opportunity to upskill their workforce and accelerate technology adoption, efforts to upskill our people will continue to be integral to the Singapore Economy 2030 vision," he said. Minister Gan added that the upskilling needs to be a multi-pronged approach. "Companies will need to continuously invest in their people to nurture and retain talents, and I encourage individuals to be open in picking up new skills and adapting to new roles. The skills acquired will prepare them well for the future," he advised.

"We hope this festival will help participants identify their learning needs and interests and also articulate the specific skills and competencies they have and wish to gain. This self-knowledge is critical to enhancing their potential and future-proofing their career and learning path, whether they are school leavers, mid-career candidates or mature learners. Lifelong learning is for everyone and for a lifetime," said Mayor Low.



THEMED "DISCOVER THE NEW FUTURE", SkillsFuture Festival @ South West 2022 was held at the Employment and Employability Institute (e2i) from 22 to 23 July and saw more than 5,000 attendees. The focus revolved around three key growth areas — Digital, Green and Care — and highlighted learning and job opportunities which can better prepare Singaporeans for the future.

For 27-year-old Nicholas Tan, taking a two-year break after university gave him an invaluable opportunity to gain new experiences in Thailand. Now that the biomedical graduate is back in Singapore, he was encouraged by his father to visit SkillsFuture Festival @ South West 2022 for full-time employment opportunities.

"I was reluctant when my father suggested visiting the event, but it turned out to be more productive than I imagined," shared Mr Tan. "It was great to meet potential employers in person. I'm keeping my fingers crossed that I hear some good news soon!"

LAYING THE FOUNDATION WITH STRONG PARTNERSHIPS

Minister for Trade and Industry Mr Gan Kim Yong graced the event as the guest-of-honour. He was joined by Mayor



of South West District Ms Low Yen Ling as well as partners from 10 Trade Associations and Chambers (TACs) and other organisations. These partners pledged their commitment to work closely with the South West Community Development Council to bring useful employment resources, such as curated skills-based training and sharing of industry trends and growth, to future South West Community Job Fairs.

In his opening speech, Minister Gan applauded the Singapore workforce for its resilience in adapting to the evolving business landscape brought about by COVID-19.



Gearing Up for the future

SKILLSFUTURE FESTIVAL @ SOUTH WEST 2022 OFFERED RESIDENTS JOBS AS WELL AS TRAINING AND LEARNING OPPORTUNITIES IN THREE KEY GROWTH ECONOMIES

The three key economies featured at SkillsFuture Festival @ South West 2022

Digital economy

The digital economy leverages the latest technology to digitalise processes and drive business growth. In Singapore, digital economy jobs are necessary across 23 sectors within the Industry Transformation Maps.

Green economy

The green economy supports sustainable consumption and production. It is driven by public and private investment into activities, infrastructure and assets that reduce carbon emissions, enhance energy and resource efficiency and prevent the loss of biodiversity and ecosystems.

Care economy

The care economy offers services that support and nurture our current and future populations. The sectors delivering these services include healthcare, wellness, community care, early childhood, social service, adult education and general education and training.

SkillsFuture Festival @ South West 2022 was part of the nation-wide SkillsFuture Festival which ran from 5 July to 14 August 2022. Across the island, more than 100 outreach events, roadshows and workshops were organised for Singaporeans to discover upskilling and job opportunities.

MORE OPPORTUNITIES FOR ALL

At SkillsFuture Festival @ South West 2022, residents had a first-hand experience of jobs in the growth sectors by participating in activities such as virtually touring an operating theatre and inspecting a drone. For Mr Eder Cortez, Head of Training at Apollo Global Academy, the festival was invaluable in meeting not just potential upskillers but also potential business partners.

"We work with many companies to use drones to streamline their facility management and security processes," shared Mr Cortez. "Through our presence at SkillsFuture Festival @ South West 2022, we hope to raise awareness on drone technology and encourage both career switchers and business owners to explore alternative technological solutions."

Mr Wilson Ho, Lead Trainer at HMI Institute of Health Sciences, was encouraged by the enquiries at his booth. "Some of our courses are specially tailored for those who are exploring skill-upgrading opportunities while engaged in full-time employment. We have noticed more interest in the care sector compared to pre-COVID-19 times, and there are definitely more younger people who are keen to be certified as healthcare personnel." **B**

A special tour of Bukit Gombak

EXPLORING THE HEARTLANDS THROUGH AN AUGMENTED REALITY NEIGHBOURHOOD TRAIL.

AS A LONG-TIME RESIDENT OF BUKIT GOMBAK, MS QUEK PEIJUN IS FAMILIAR WITH THE NEIGHBOURHOOD. But she and her family discovered new things about it on the Heartland Gems @ South West Augmented Reality (AR) Trail on 2 July 2022. The first of its kind, the initiative aims to encourage residents to appreciate the rich history, culture and heritage of their heartlands, as well as motivate them to learn new digital skills in support of the Digital for Life (DfL) movement.

The AR trail was launched by Mayor of South West District and Adviser to Chua Chu Kang GRC Grassroots Organisations (GROs) (Bukit Gombak) Ms Low Yen Ling, together with partners from South West Community Development Council (CDC), Corporate Alliance for Good Ltd (CAforGood), LDR Technology Pte Ltd (LDR), SG Digital Office (SDO), and the Singapore Institute of Technology (SIT).

NEW PERSPECTIVES OF OLD PLACES

The AR trail features 15 must-see locations in Bukit Gombak, such as Little Guilin, Sunshine Residents' Committee (RC), Air Pasang Eating House, and Sin Chwee Mini Market. Through the Locomole mobile application (app) designed by LDR, residents can discover interesting facts about these places, as well as stories of the hawkers and merchants who run them, by scanning QR codes placed strategically along the trail. They can also enjoy in-app mini-games and take fun photos with 3D AR objects.

"As residents, we have been to some of these spots many times and know them well, but through taking photos of the birds and fishes in AR and playing the mini-games, we get to see new aspects of these places. We are eager to explore all the checkpoints," said Ms Quek. The 38-year-old added that she came with her family because her parents were not tech-savvy and experiencing AR would be a good way of familiarising them with new digital skills.



Left to right: Ms Karen Wong, PBM, Chairman of Family and Community Resilience Functional Committee, South West CDC; Mr Png Bee Hin, Founder and CEO of LDR Technology; Ms Low Yen Ling, Mayor of South West District; Ms Dawn Low, Cluster Director, IMDA; Professor Ho Yew Ke, Associate Provost, SIT; and SIT student Lerene Tong launching Heartland Gems @ South West.



An AR photo showing Mayor Low, Bukit Gombak residents, SIT students and SDO Digital Ambassadors with a bird at one of the checkpoints.



Mayor Low and Mr Png Bee Hin showing a senior how to take photos with the augmented reality elements during the launch of Heartland Gems @ South West.

Some 25 seniors from social service agencies were also among the first to experience the trail. Digital Ambassadors and youth volunteers from ITE College West and Swiss Cottage Secondary School Boys' Brigade were stationed on-site to assist participants who are less digitally-savvy on using the Locomole app. One of the volunteers, Farizz Ridzuan Bin Shaiful Azman, a second-year student from ITE College West, shared about his volunteering experience. "The seniors loved the mini-games. They were captivated by the objects moving around in the games, and that's definitely the highlight of the AR trail for them!" he recounted.



Mayor Low and residents experiencing the AR element at Sin Chwee Mini Market, which is one of the checkpoints of the trail.

LEARNING AND BONDING THROUGH TECHNOLOGY

In support of leveraging technology for community bonding, seven students from SIT stepped forward to design a heart-shaped logo embedded with a QR code that leads users to an informative webpage showcasing interesting facts about iconic locations along the trail. The colours of the logo depict the vibrant heartland, and the heart shape represents the cherished heritage gems.

"We used QR codes as they are something that many are familiar with. The use of QR codes makes the trail more accessible to users and enhances the learning experience by providing residents with varied ways of experiencing the trail," explained Gerald Chong, a second-year student from SIT's Digital Communications and Integrated Media degree programme who led the logo's design. Gerald and his fellow schoolmates were also responsible for the co-creation of some content of the trail within the Locomole app.

Vice President (Applied Research) at SIT Associate Professor Susanna Leong said SIT is pleased to leverage augmented and virtual reality to present heritage experiences and historical narratives through this initiative. "By blending digital experiences with physical ones, we hope to bring history embedded in the locality to life," she said.

Mr Douglas Goh, Director SDO and DfL Secretariat, said, "This is another testimony of a successful 3Ps (Private, Public and People) collaboration. We would like to encourage like-minded partners to step forward and play a part to co-create meaningful initiatives like this to encourage more Singaporeans to embrace digital as a lifelong pursuit and to enrich their lives through digital technologies. This is part of our ongoing efforts to entrench DfL deeper into the community following the successful launch of the inaugural DfL Festival in May 2022."

In celebration of this successful splicing of the community's beloved spots and digital technology, Mayor Low said, "By marrying the old with the new, we have created an engaging and novel way to experience and enjoy local history, culture and heritage through smart technology. Families, from the young to the old, can have fun together exploring the sights and sounds of our Bukit Gombak gems – turning what used to be familiar into interesting discoveries! This is also an opportune platform to introduce technology to the less digitally-savvy."

"As a community, we can create safe and fun spaces for digital learning and promote greater digital inclusion, where everyone can benefit from technology. This way, our communities are drawn closer as we appreciate, participate and co-create the AR heritage trails together," added Mayor Low. **B**



Seniors and SIT student Lerene Tong posing for a photo with an AR element at one of the checkpoints of the trail.



Mayor Low playing an online game at Air Pasang Eating House.



Happy faces of residents who participated in the launch of Heartland Gems @ South West.

Rediscover Bukit Gombak Through Heartland Gems @ South West AR Trail

- >> Experience a unique heritage trail with integrated AR features
- >> Look out for heart-shaped QR code logos in Bukit Gombak
- >> Uncover interesting stories behind 15 must-see locations
- >> Play mini-games related to the locations
- >> Take photos with AR objects scattered along the trail

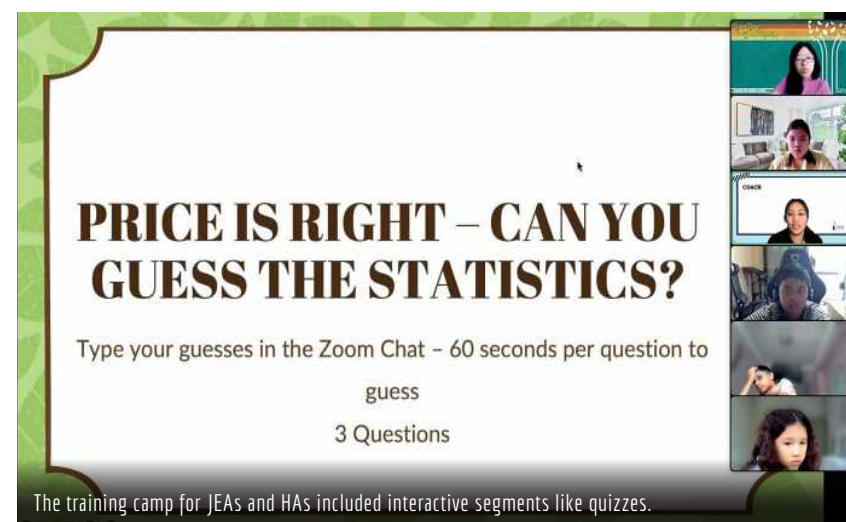


Training to be sustainability and health champions

JUNIOR ENVIRONMENT AMBASSADORS AND HEALTH AMBASSADORS PICKED UP WHOLESOME LIVING PRACTICES THROUGH A TWO-DAY VIRTUAL BOOTCAMP.

JUNIOR ENVIRONMENT AMBASSADORS (JEAs) AND HEALTH AMBASSADORS (HAs) take the lead in inspiring their peers to adopt environmentally friendly and healthy habits. To better equip these student leaders for their roles, South West Community Development Council (CDC) organised a training camp for them during the June holidays. The JEAs and HAs from both primary and secondary schools gained in-depth knowledge and tips on actions they could take to be healthy and protect our environment.

The first day of the bootcamp conducted on Zoom was tailored for student leaders from primary schools, while their seniors from secondary schools attended the second day. On both days, after an energising ice-breaking session and motivational pep talk on their roles — both as impact leaders and global citizens — the students were divided into five groups to continue their training in breakout rooms. Each group explored one of



The training camp for JEAs and HAs included interactive segments like quizzes.

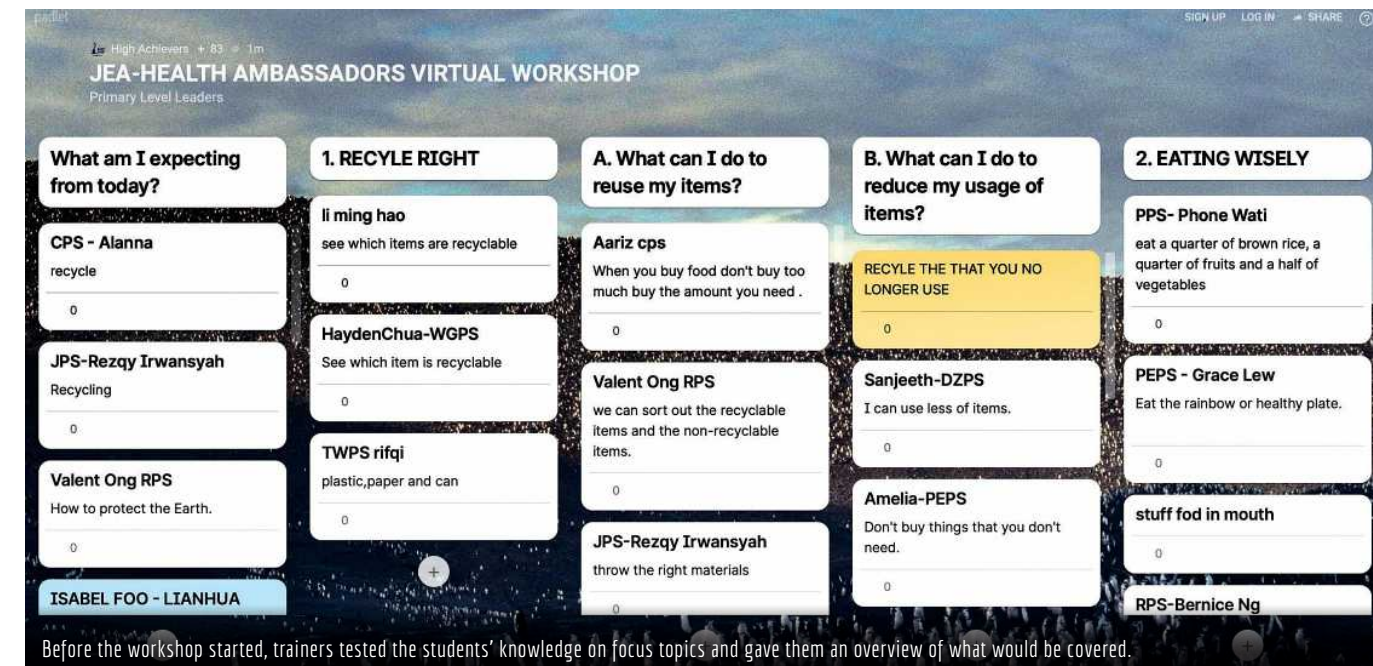


five topics that the camp focused on: the 3Rs, Energy Conservation, Food Sustainability in Singapore, Eating Wisely and Mental Resilience.

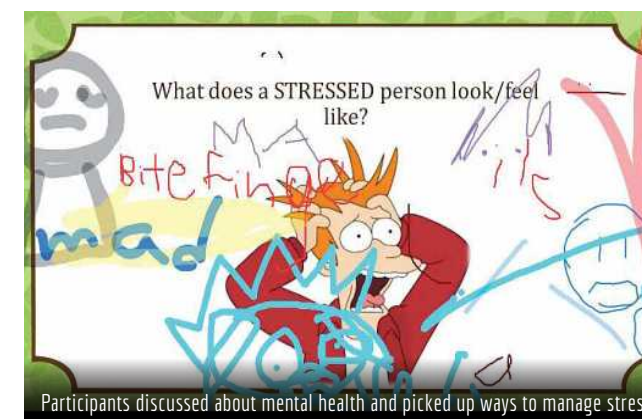
To provide the participants with opportunities to interact, the breakout groups comprised students from different schools. The training was conducted in a round-robin format, so that everyone had the chance to learn about all the five topics.

INSPIRING CONVERSATIONS

The participating trainers were youthful and passionate individuals who could connect with and engage the students in open conversation. They also demonstrated that they could relate to the challenges and questions



Before the workshop started, trainers tested the students' knowledge on focus topics and gave them an overview of what would be covered.



Participants discussed about mental health and picked up ways to manage stress.

the students raised by weaving their own experiences into their teaching.

Coach Ahmed Wafiq, 21, who led the 3Rs module, kickstarted his session by asking the students how they could creatively reuse plastics. Besides suggesting that they could be upcycled into useful household items like planters and money-saving boxes, students reminded one another to refuse plastic bags when making purchases.

"The participants were very interested in learning about the 3Rs," shared Coach Wafiq. "Those with prior knowledge

asked more in-depth questions, which made the session very engaging. Being a JEA and a HA myself in the past, it was heartwarming to know that students nowadays are getting more invested in environmental topics," he added.

The breakout sessions were kept lively and succinct to sustain the students' interest. For example, during the "Mental Resilience" module, students were asked to complete eight tasks in 15 minutes to illustrate the importance of managing time and stressors while the session on "Energy Conservation" engaged the students with quizzes and fun facts. Lessons on all the five topics ended with actionable tips, which the students, their family members and peers could achieve at home and in school.

LEADING PEER-TO-PEER INITIATIVES

The bootcamp was conducted with the aim that the attendees will return to their schools after the holidays to facilitate school-based activities that promote a sustainable and healthy lifestyle among their peers.

Veronica Veksha, a 10-year-old student from Boon Lay Garden Primary School, shared, "I am excited to apply what I have learnt from the camp in school, so we can all take care of ourselves and the environment better. It was a packed but fun day at the bootcamp as I made new friends and learnt from our trainers how to live more sustainably." **B**

EAT THE RAINBOW!

The students at the virtual bootcamp learnt about consuming a healthy diet by being conscious about the fruits and vegetables that they put on their plates.



→ **WHITE** foods such as Brussel sprout and nuts can boost your immune support.



→ **GREEN** foods such as celery and avocado can help with detoxing.



→ **YELLOW** foods such as melon and pineapple can improve complexion.



→ **ORANGE** foods such as pumpkin and dried apricot can prevent cancer.



→ **RED** foods such as dragonfruit and watermelon can promote heart health.



→ **PURPLE** foods such as eggplant and beetroot can increase longevity.

Nurturing tomorrow's changemakers

THE YOUNG TECHNOPRENEUR CHALLENGE 2022 PROVIDED A PLATFORM FOR SECONDARY SCHOOL STUDENTS TO DEVELOP SOLUTIONS TO TACKLE SUSTAINABILITY ISSUES.

CONCERNED ABOUT WATER WASTAGE THROUGH DAILY ACTIVITIES SUCH AS WASHING OF HANDS AND FACE, a group of students from Raffles Girls' School (RGS) devised a smart tap solution. Through an infrared sensor installed on taps, users can choose from three different time interval buttons how much water to dispense.

"We took inspiration from motion sensor taps used in shopping malls. We also noticed that some taps are designed in such a way that water is dispensed at a certain angle. As a result, a lot of water is wasted," says Shin Suyeon, 15, one of the girls behind the idea. The "Hoo" tap, developed by the RGS team, comes with an application (app), which can be connected to mobile devices to give users a weekly water usage report.

Their solution to a pressing environmental issue won them the champion title at the Young Technopreneur Challenge 2022. The event aimed to encourage students to develop sustainable solutions in line with the United Nations Sustainable Development Goals, Singapore Green Plan 2030 and Sustainable South West Masterplan. Held on 9 July 2022 at the Singapore Discovery Centre, it was organised by South West Community Development Council (CDC) in partnership with HP Singapore and Junior Achievement Singapore.

A total of 37 teams comprising nearly 150 Secondary Two and Three students from 17 schools took part in the challenge. Before pitching their ideas, the students attended bootcamps on Science, Technology, Engineering and Mathematics (STEM), design thinking, and pitch and presentation, as well as online self-paced courses via HP Life, HP's free skills-training programme for entrepreneurs, business owners and lifelong learners. HP employees and JA volunteers also mentored the students who underwent a rigorous design thinking and ideation process, while doing research and creating their prototype.

The top three winning teams were given job-shadowing opportunities at HP Singapore to gain exposure to real-life working environments. In addition, the champion team will receive funding of \$3,000 to help them further develop their ideas if they wish to do so.



SOLUTIONS FOR DIFFERENT ISSUES

Teams from Fuhua Secondary School took home both first and second runner-up titles. Gareth Sum, 15, a member of the team that emerged first runner-up, shared, "The game we developed encourages users to learn the various gardening steps by going through daily challenges. They can also go to our website to purchase a kit on how to set up a hydroponic garden at home."

After learning about the environmental damages caused by fast fashion, the second runner-up team designed an app that allows users to exchange clothes with one another. Developing the app was a challenge as most of them are from the arts stream, but team member Jemima Huiting Ryan, 15, said the digital skills they picked up at the bootcamps were beneficial in helping them come up with their solution.

Guest-of-Honour and Vice-Chairman of South West CDC Mr Ang Wei Neng said the Young Technopreneur Challenge 2022 provided students with the opportunity to put their STEM knowledge into practice. "Technology has disrupted a lot of traditional business functions and learning to adapt to the use of technology is now a must. This project took students out of classrooms where they could speak to external organisations and agencies on how to collaborate and execute their ideas."

One of the judges, Mr Ng Tian Chong, Managing Director of Greater Asia, HP Inc., shared that he was impressed by the students' presentations and that their ideas had inspired him. "There are many similarities that we can leverage on," he said, referring to new initiatives launched by HP to help reduce deforestation and collect ocean-bound plastics in Southeast Asia for recycling. "These, including our updated sustainability plan, are in line with the SG Green Plan and Sustainable South West Masterplan," he added.

Grateful for the support from her mentor and teammates, Chua Jen Ee, 15, from the winning RGS team, said Young Technopreneur Challenge 2022 provided her with a unique hands-on experience outside of the classroom. "I look forward to the job-shadowing opportunity at HP Singapore. Hopefully, we can gain more exposure through the experience." **B**

A meaningful gift that seniors appreciate

BENEFICIARIES FROM LIONS BEFRIENDERS @ CLEMENTI COULD PURCHASE GROCERIES AND HOUSEHOLD ITEMS WITH A \$100 GIFT CARD.



THE WAREHOUSE CLUB BY NTUC FAIRPRICE was buzzing with activity in the afternoon of 1 August 2022, as 50 seniors from Lions Befrienders @ Clementi picked out products of their choice as part of a special grocery shopping trip organised for them. Each of them received a goodie bag and an NTUC gift card worth \$100 for use at the

warehouse store. Jointly supported by PSA Corporation Limited, PSA Marine and CrimsonLogic, the outing was initiated as part of South West Community Development Council's (CDC) Adopt @ South West programme and National Volunteer and Philanthropy Centre's (NVPC) NDP Corporate Social Responsibility (CSR) Campaign '22 Days of Doing Good'.

After being paired with volunteers from the three companies, the beneficiaries were given time to browse the wide array of food and household products on offer. Mdm Kua Kong Peng, 85 shared, "I am delighted to shop here with my friends and be assisted by the volunteer." Like many of her peers, she shopped for essentials such as coffee powder, soy sauce and sesame oil, as well as fresh food.

For Mdm Juriah Binte Bakar, the grocery shopping trip was a timely opportunity to replenish depleted items. "I am buying nuggets, crackers, oil and instant noodles, which I have ran out of at home. This event came just in time for me to top up the items," explained the 62-year-old, who used to shop alone and was happy to shop with her friends for a change.

Speaking on his company's participation in the initiative, Mr Jeffrey Lee, CrimsonLogic's Chief Financial Officer, said, "We want to bring joy to the old folks, especially during the National Day period. Also, because of the COVID-19 situation, these seniors can be quite lonely as they hardly go out. We want to take them out of their homes and do something they can relate to."

The volunteers who chaperoned the seniors were ever-ready to extend a helping hand. Mr Ben Ng, an Assistant Manager at PSA Marine, said, "The gentleman I accompanied was worried about the weight of his grocery items — as were most of the seniors. But the other volunteers and I assured them that we would help to carry their groceries back." **B**



About Adopt @ South West

The programme reaches out to needy families and vulnerable elderly living in rental and one- to three-room flats to ensure that no one falls through the cracks. It is part of the WeCare @ South West initiative, which aims to strengthen the social safety net for the needy and vulnerable by getting the more-abled to help the less-abled, creating an environment of greater community ownership and collective responsibility as well as a more caring society.

Serving With heart

LIKE MANY OF US, GATHERING WITH FELLOW SINGAPOREANS TO COMMEMORATE NATIONAL DAY IS SOMETHING MR S ISWARAN ENJOYS.

With the easing of safe management measures, the Adviser to West Coast Grassroots Organisations had a lively celebration with residents under his care at the West Coast National Day Street Party. “We closed Clementi West Street 2 from late afternoon till night for the event, which included concerts, fireworks and a range of activities for residents to participate in. We had an enjoyable time together,” shares Mr Iswaran about the party on 27 August 2022. This gathering is significant as it was the first time residents could celebrate National Day together physically in more than two years.

Apart from interacting with residents, getting involved in community projects is also something Mr Iswaran finds particularly rewarding and fulfilling. “We have many seniors in West Coast. As our population ages, we want to ensure that the precinct remains a comfortable and convenient home for them. So that has been a major focus of our work,” says Mr Iswaran, who is also Minister for Transport and Minister-in-charge of Trade Relations.

One such project involved installing lifts at the three overhead bridges along Ayer Rajah Expressway (AYE). “These overhead bridges are very high, making accessibility challenging, especially for seniors and

ADVISER TO WEST COAST GRASSROOTS ORGANISATIONS MR S ISWARAN SHARES WHAT KEEPS HIM MOTIVATED IN HIS CAREER AND PERSONAL LIFE.

parents with babies in prams. The lifts have made a big difference and many residents, especially the seniors, were very happy about it,” shares Mr Iswaran.

Another project that left a deep impression on him was the refurbishment of the Sungei Pandan Kechil Canal. “Several years back, AYE was flooded because of heavy rain, and PUB decided to deepen the canal. We worked with PUB to convert this into an Active Beautiful Clean (ABC) waters project. Today, it is a nice activity corridor where residents can walk, cycle and exercise,” recounts Mr Iswaran. “It is nice to have physical facilities, but it is even nicer when you see people, families and friends, using, enjoying and benefitting from it,” he adds.

Meanwhile, Mr Iswaran is working on a Silver Zone project to make the roads in locations like Clementi West Street 2 more senior-friendly as many elderly residents live there. “To enhance road safety for senior pedestrians, there will be traffic-calming measures and the zones will be barrier-free with designated places for seniors to rest,” he explains. “We are also working on a project to refurbish used bicycles and donate them to needy families,” he adds.

To cater to the growing interest in community farming, an urban community farm run by a social enterprise will be launched in West Coast Park in 2023. The farming project is in line with a national effort to strengthen the country’s food resilience by producing 30 per cent of our nutritional needs locally by 2030. The farm, about two-thirds the size of a football field, is part of National Parks Board’s “Gardening with Edibles” initiative that encourages communities to grow edible plants. “By aligning our community initiatives with our national aspiration of producing more of our own food, we create more opportunities for the community to come together and bond,” says Mr Iswaran.

What keeps you motivated in your professional and personal life?

One of my main motivations is having a deep conviction in the meaning and purpose of what I’m doing. If I don’t, it could get very hard as things may not always go smoothly. When you go through a rough patch, that conviction will give you the resolve to see your task through because you believe that what you’re doing is good and right. I firmly believe in serving the community and the country and making sure that we leave the place better than when we first came. So, I’m always about building for the next generation. That’s a very important part of my work. What also keeps me going is the camaraderie and shared sense of mission I have with my grassroots leaders.

What are some of your favourite spots in West Coast?

I enjoy cycling from West Coast Park up towards Pasir Panjang. I enjoy the greenery and waterfront at West

是什么让您在工作和个人生活中保持动力？

我的主要动力之一是我对事情的意义存有着坚定的信念。事情不可能一帆风顺，当您遇到困难时，这种信念会给您完成任务的决心，因为你坚信你所做的事情是正确的。我坚信为社区和国家服务能实现我的人生意义。我也深信，经过我们的努力耕耘，社区的发展将会变得更好。因此，我总会为下一代打算。这是我工作中非常重要的一部分。我与基层领袖之间的友情和共同的使命感也是我前进的动力。

您最喜欢西海岸的哪些地方？

我喜欢从西海岸公园骑脚踏车到巴西班让。我喜欢西海岸公园的绿意和滨水景色，在那里还能看到船只。公园里的日落也很美。

我也喜欢去小贩中心，因为那里的食物很美味。我最喜欢的小贩中心是亚逸拉惹熟食中心和金文泰西第726座小贩中心。其中，亚逸拉惹熟食中心所卖的印度罗惹和马来炒面总是能够让我垂涎三尺。此外，我也喜欢金文泰西第726座小贩中心里面的鱼圆汤、虾面和豆奶。

如果您可以学一项新知识，您希望是什么？

我想学习一门新语言。我能以基本的华语会话沟通，而且一直想提升这一方面的技能。除了华语会话，我也会说法语。或许我应该多学习另一种语言，比如西班牙语。还有培养新嗜好，如学习一种乐器。



Mr Iswaran enjoying a chat with residents at 726 West Coast Market Square.

Coast Park, where you can see the boats. The sunset at the park is also beautiful.

I also enjoy going to our hawker centres because the food there is delicious. My favourite hawker centres are Ayer Rajah Food Centre and Block 726 Clementi West Hawker Centre. My favourite dish at Ayer Rajah Food Centre is the Indian *rojak* and *mee goreng*. I also enjoy fish ball soup, prawn noodles and soya bean drink at Block 726 Clementi West Hawker Centre.

If you could learn something new, what would it be?

I want to learn a new language. I speak conversational Mandarin, and I’ve always wanted to improve on that. I also speak French, but maybe I can learn a different language like Spanish. Perhaps I could also pick up a new hobby that has something to do with music, like learning to play a musical instrument.



A stallholder at West Coast Market Square receiving a bag of mandarin oranges from Mr Iswaran who distributed them as part of the Lunar New Year festivities.



Mr Iswaran greeting an elderly resident during one of his walkabouts.

உங்கள் தொழில் மற்றும் தனிப்பட்ட வாழ்க்கையில் எது உங்களை உந்துகலுடன் வைத்துக் கொள்கிறது?

நான் என்ன செய்கிறேன் என்பதன் பொருள் மற்றும் நோக்கத்தில் ஆழ்ந்த நம்பிக்கை கொண்டிருப்பதே எனது முக்கிய உந்துதல்களில் ஒன்றாகும். காரியங்கள் எப்போதும் சீராக நடக்காமல் போகலாம் என்பதால் நான் நம்பிக்கையுடன் இல்லாவிட்டால், நான் செய்யும் செயல்கள் மிகவும் கடினமாகிவிடும். நீங்கள் வாழ்க்கையில் ஒரு கடினமான கட்டத்தைக் கடக்கும்போது, நீங்கள் நன்றாகவும் சரியாகவும் செயல்களைச் செய்கிறீர்கள் என்று நீங்கள் நம்புவதன் காரணமாக, அந்த நம்பிக்கை நீங்கள் செய்யும் செயலை ஆராய்வதற்கான மன உறுதியை உங்களுக்கு வழங்கும். நான் உறுதியாக நம்புவது சமூகத்திற்கும் நாட்டிற்கும் சேவை செய்வதும், நாம் இந்த இடத்தை முதலில் வந்த போது இருந்ததைக் காட்டிலும் சிறப்பாக விட்டுச் செல்வதும் ஆகும். எனவே, நான் எப்போதும் அடுத்த தலைமுறைக்காக உருவாக்குவதைப் பற்றியே எண்ணம் கொண்டிருக்கிறேன். அதுவே எனது வேலையின் மிக முக்கியமான பகுதியாகும். எனது அடித்தள அமைப்புத் தலைவர்களுடன் நான் கொண்டிருக்கும் தோழமை உணர்வும், தன்னேற்புத் திட்டத்தின் பகிர்வு உணர்வும்தான் என்னைத் தொடர்ந்து செயல்பட வைக்கிறது.

வெஸ்ட் கோஸ்ட்டில் உங்களுக்கு பிடித்த சில இடங்கள் யாவை?

நான் வெஸ்ட் கோஸ்ட் பூங்காவில் இருந்து பாசிர் பாஞ்சாப் நோக்கி மிதிவண்டி ஓட்டுவதில் மகிழ்ச்சி அடைகிறேன்.



Mr Iswaran enjoys cycling as a form of exercise.

Apakah yang mendorong anda dalam kehidupan profesional dan peribadi anda?

Antara pendorong utama saya adalah kepercayaan teguh tentang maksud dan tujuan kerja yang saya lakukan. Jika tidak, ia boleh menjadi amat sukar kerana perkara tidak selalu berjalan dengan lancar. Apabila anda melalui sesuatu keadaan yang sukar, keyakinan ini akan menguatkan azam untuk menyelesaikan tugas anda kerana anda percaya bahawa apa yang anda lakukan adalah baik dan betul. Saya sangat percaya akan pentingnya berkhidmat kepada masyarakat dan negara, dan memastikan bahawa kita meninggalkan tempat ini lebih baik daripada

வெஸ்ட் கோஸ்ட் பூங்காவில் உள்ள பசுமை வெளியையும் நீர்முகப்பையும் நான் ரசித்து மகிழ்கிறேன், அங்கு நீங்கள் படகுகளைப் பார்க்கலாம். பூங்காவில் தூரிய அஸ்தமனமும் மிக அழகாக இருக்கும்.

நமது உணவங்காடி நிலையங்களில் உள்ள உணவுகள் மிகவும் சுவையாக உள்ளதால், அங்கு செல்வதும் எனக்கு மகிழ்ச்சி அளிக்கிறது. ஆயர் ராஜா உணவு நிலையம் மற்றும் புளோக் 726 கிளமெண்டி மேற்கு உணவங்காடி நிலையம் ஆகியவை எனக்குப் பிடித்தமான உணவங்காடி நிலையங்களாகும். ஆயர் ராஜா உணவு நிலையத்தில் எனக்கு மிகவும் பிடித்த உணவு, இந்திய ரோஜாக் மற்றும் மீ கோரெங் ஆகும். புளோக் 726 கிளமெண்டி மேற்கு உணவங்காடி நிலையத்தில் விற்கப்படும் ஃபிஷ் பால் தூப, இறால் நூடுல்ஸ் மற்றும் சோயா பீன் பானம் ஆகியவையும் எனக்குப் பிடிக்கும்.

உங்களுக்கு ஏதேனும் புதிதாகக் கற்றுக்கொள்ள முடிந்தால், அது என்னவாக இருக்கும்?

நான் ஒரு புதிய மொழியைக் கற்றுக்கொள்ள விரும்புகிறேன். நான் உரையாடல் ரீதியான மாண்டரின் மொழியைப் பேசுகிறேன், மேலும் அதை மேம்படுத்திக்கொள்ள விரும்புகிறேன். நான் பிரெஞ்சு மொழியையும் பேசுகிறேன். ஸ்பானிஷ் போன்ற வேறொரு மொழியையும் நான் கற்றுக்கொள்ளலாம். இசை சம்பந்தமான ஒரு புதிய பொழுதுபோக்கு நடவடிக்கையையும் நான் தேர்ந்தெடுக்கலாம், ஒரு இசைக்கருவியை வாசிக்கக் கற்றுக்கொள்வது போன்றது.

UNWINDING AFTER A BUSY DAY

Activities that help Mr Iswaran relax:



→ **Listening to music** – He likes the whole spectrum of music and listens to rock, heavy metal, pop, Chinese jazz and Indian classical music.



→ **Talking to family and friends** – He finds time for this and chats with his wife over a cup of coffee before going to work if he doesn't have an early-morning appointment.



→ **Cycling and going for a walk** – His neighbourhood, East and West Coast Parks are some of his favourite places for taking a ride or stroll.



→ **Watching a movie** – He enjoys different movie genres. “The most recent movie I watched is the sequel to Tom Cruise’s movie *Top Gun*. It brought back memories from 30 years ago.”

sebelumnya. Jadi, saya sentiasa berusaha membina untuk generasi akan datang. Itu adalah sebahagian penting tugas saya. Satu lagi yang turut mendorong saya adalah persahabatan erat dan semangat misi yang dikongsi bersama dengan para pemimpin akar umbi saya.

Apakah antara tempat-tempat kegemaran anda di West Coast?

Saya seronok berbasikal dari West Coast Park menuju ke arah Pasir Panjang. Saya sukakan kehijauan dan pesisiran West Coast Park, di mana anda boleh melihat bot. Matahari terbenam di taman ini juga indah.

Saya juga seronok pergi ke pusat penjaja kita kerana makanan di sana menyelerakan. Pusat penjaja kegemaran saya ialah Pusat Makanan Ayer Rajah dan Pusat Penjaja Blok 726 Clementi West. Hidangan kegemaran saya di Pusat Makanan Ayer Rajah ialah rojak India dan mee goreng. Saya juga gemar sup bebola ikan, mi udang dan minuman kacang soya di Pusat Penjaja Blok 726 Clementi West.

Jika anda boleh belajar sesuatu yang baru, apakah ia?

Saya ingin mempelajari bahasa baru. Saya boleh bertutur Mandarin perbualan, dan saya ingin menjadi lebih baik. Saya juga bercakap bahasa Perancis, tetapi mungkin saya boleh belajar bahasa yang berbeza seperti bahasa Sepanyol. Mungkin saya juga boleh memulakan hobi baru yang berkaitan dengan muzik, seperti belajar bermain alat muzik. **B**

GARDENING ENTHUSIAST, **MDM LIM SIEW PENG, 57, RENTS A PLOT AT A NEARBY COMMUNITY GARDEN.** While her plants flourish there, those she grew along her corridor have all withered and died. Eager to find out why and to learn how to maintain the health of corridor plants, Mdm Lim enrolled in the corridor gardening workshop conducted for Chua Chu Kang residents on 16 July 2022.

During the one-hour workshop held at the void deck of Block 15 Teck Whye Lane, community volunteers Mr Ng Kah King and Ms Ng Mei Qing shared corridor gardening tips with Mdm Lim and 25 other residents. A National Parks Board (NParks) volunteer also demonstrated how to use the planter kit that the attendees had purchased as part of the gardening programme. The kit comes with two packets of soil, a planter rack and box, gardening tools and seeds.

A GROWING PASTIME

Officially launched in March 2021, Corridor Gardening @ Chua Chu Kang is an ongoing initiative by Chua Chu Kang Grassroots Organisations (GROs) after it noticed that many residents expressed interest in gardening and the

growing of edibles. As its community gardening plots are always oversubscribed, Chua Chu Kang GROs came up with the corridor gardening initiative to support this growing interest and, at the same time, support NParks' efforts to promote the growth of edibles and make gardening more accessible in residential areas.

To date, the project has reached 600 households in Chua Chu Kang. Multiple physical workshops have been conducted; virtual workshops were also organised during the period of tighter COVID-19 restrictions. In the early days of the pandemic when residents were



Ms Lew Nyuk Moi (right) planting seeds with the tools that came in the planter kit.



Mr Ng Kah King (right) explaining to residents the contents of the planter kit they purchased.



Mdm Lim Siew Peng (in yellow) and Ms Ng Mei Qing (third from right) interacting with fellow community gardeners during the sharing session.

Sharing the joy of corridor gardening

NOTICING A GROWING INTEREST IN GARDENING AMONG RESIDENTS, GRASSROOTS LEADERS IN CHUA CHU KANG CAME UP WITH A SERIES OF WORKSHOPS TO SHARE PLANTING KNOW-HOW.

Good corridor gardening practices

1 Planters and racks should be safely secured on the inner side of the parapet walls using brackets. No items should be placed on top of the parapet walls, hung from the ceiling or hung outside the building.



6 Regularly remove debris and dried leaves.



7 Loosen hardened soil for better plant growth.



8 Remove water in dishes daily to prevent mosquito breeding.



2 Space out the plants for good air circulation.

3 Avoid plants with thorns or spikes to reduce the likelihood of injury.



4 Trim your plants regularly and keep them below 1 m.

5 Ensure that hanging planters, pots, racks and other structures do not protrude into the main thoroughway.



9 Regularly flush plants that collect water (such as bromeliads, cocoyams and pitcher plants).



10 Check hydroponic/aquaponic pumps and reservoirs regularly and change the water used in your farms if needed. Install mosquito netting over hydroponic/aquaponic reservoirs.



EDIBLES YOU CAN GROW ALONG YOUR CORRIDOR

Want to try your hand at growing edibles but have limited space? NParks recommends these 10 herbs and spices that are suitable to be planted in our local climate and will do well in the right conditions.



Chives



Curry Leaf Plant



English Mint



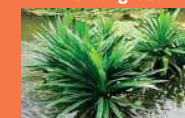
Indian Borage



Laksa



Lemongrass



Pandan



Sawtooth Coriander



Thai Basil



Turmeric



Scan the QR code for more ideas on what you can grow.



National day celebrations returned to the heartlands

SOUTH WEST RESIDENTS GATHERED TO MARK OUR NATION'S BIRTHDAY AT A DAZZLING EVENT FILLED WITH PERFORMANCES, CARNIVAL RIDES AND A FIREWORKS DISPLAY.

THOUSANDS OF RESIDENTS TURNED UP AT CELEBRATE WITH OUR STARS @ SOUTH WEST TO COMMEMORATE SINGAPORE'S 57TH BIRTHDAY. Held at the field beside Buona Vista MRT station on 6 August 2022, the event ushered the return of NDP (National Day Parade) @ Heartlands after two years. It featured performances by veteran *getai* singer Liu Ling Ling and student performers, carnival rides, interactive exhibitions and a fireworks display. Residents were also treated to a Singapore Armed Forces (SAF) static display, and they could pen their well-wishes for Singapore on a large wishing board.

The festive mood was best summed up by 49-year-old Mr Tan Kok Hwee, who was there with his wife and son on their first large outing since the start of the COVID-19 pandemic. "We look forward to similar events. It is a good way to share in the Singapore spirit," said the Jurong West resident.

ENTERTAINMENT BY PERFORMERS OF ALL AGES

Hosted by emcees Shaun Tupaz, Tim Oh, Quanbin, Carol Smith, Guoxian and Weiwei, the event kicked off with a series of spirited song-and-dance performances by schools and community organisations. *SPOP WAVE!* finalists Gao Meigui, Ridhwan Azman and Sherly Devonne Ng also serenaded the crowd with popular local songs.

With her rendition of Mandarin, dialect, Malay and Tamil songs, Liu skillfully kept the attendees enthralled. "Liu Ling Ling was our favourite performer," said Ms Ng Bee Eng, 57, who stays in Bukit Batok. Her husband, 60-year-old Lim Koon Yong, added, "She really knows how to connect with and entertain the audience. We enjoyed her performance very much."

For the student performers from community clubs and schools located in the South West District, performing at Celebrate With Our Stars @ South West was an unforgettable experience. "It was tough preparing for training as we had to attend school and tuition," said Joevin Arulandhu, 15, from Jurong Green Community Club IAEC Indian Folk Dance Group.



Raghavan (left) and Joevin (right) had fun training and performing together.



Children having fun learning about and taking photos with RSN's Dive Support Vehicle.



Mayor Low with a family at Celebrate With Our Stars @ South West.



Ms Glory Ho and her husband Mr Samuel Chan posing in front of a military vehicle.



Ms Nurriz and her two sons taking a photograph at Celebrating Singapore's Splen[Door].



Jurong Green Community Club IAEC Indian Folk Dance Group performing at Celebrate With Our Stars @ South West.



Residents penning down their wishes for Singapore.



Children engaging in arts and craft activities.



A young resident trying out a rifle at RSAF's booth.



Brilliant fireworks concluded the joyous celebration.

Fellow performer Raghavan Praveenthika, 15, added, "The traditional Indian dance performance required a lot of dedication from us, but we had fun training with our friends."

Performing to a large audience for the first time in over two years brought mixed feelings to young performers like Joelle Wong, who sang in a choir. "I was a little worried at first as I had not performed in a long time. But after our set, I hope to perform in future heartland celebrations as I enjoy the festive atmosphere," said the 15-year-old from Nan Hua High School. 10-year-old dancer Qaisara Nabihah from Rulang Primary School was equally thrilled by the opportunity. "It was great to finally perform on stage. It is a day that I will never forget," she said.

ACTIVITIES FOR YOUNG AND OLD

With 2022 designated as the Year of Celebrating Singapore Families, the programme for Celebrate With Our Stars @ South West promoted family bonding. Child-friendly activities range from arts and craft to carnival rides, which included a Viking ship ride, a carousel and a giant inflatable tank. Mr Hakim Muhammad, 34, who was accompanied by his wife and two children, said that his young ones enjoyed the carnival rides the most. "I wanted to introduce SAF to my children and nurture a patriotic spirit in them," said the Chua Chu Kang resident. He added that he had attended previous NDP @ Heartlands before and was impressed by this year's event due to its scale and the wider variety of activities offered.

The interactive exhibition — Celebrating Singapore's Splen[Door] — presented by Singapore Discovery Centre attracted numerous residents, who took the chance to snap photographs with the different door frames on display. These were designed to highlight unique aspects of Singapore, such as religious diversity. Chua Chu Kang resident Ms Nurriz, 39, took part in the celebrations with her husband, parents and three children, and they all had a good time taking photographs. "The heartland celebrations are a good way for us to participate in NDP. My family had fun here," said Ms Nurriz.

Residents at Celebrate With Our Stars @ South West could also learn about the programmes and initiatives offered

by SkillsFuture Singapore, stargaze with telescopes by the Science Centre Singapore and pen their wishes for Singapore.

17-year-old Rena Seow, who had come to support her schoolmates involved in the dance performances, said, "My favourite part of the celebration was the wall with all our wishes for Singapore. I enjoyed reading the notes from everyone." Agreeing with her friend Rena, Wynne Tan, 16, shared that she wished for more harmony in Singapore.

MILITARY EXHIBITS A BIG HIT

The SAF's static display was a highlight for many residents. Among the eight military vehicles on display was the Republic of Singapore Navy (RSN) Naval Diving Unit's Dive Support Vehicle, an inflatable raft that many visitors queued up to take photos in. Other vehicles showcased included the Singapore Army's Terrex vehicle and Leopard tank, the Republic of Singapore Air Force's (RSAF) SPYDER anti-missile system and the Singapore Civil Defence Force's (SCDF) fire-fighting vehicle Red Rhino. Besides the machines, there were also booths featuring combat rations and field packs that offered residents a glimpse of military life.

"The soldiers were very welcoming. They helped us to take photos with the vehicles and explained a lot of interesting things," shared Mr Ganesh Nithyaseelan, 36, who was joined by his wife and three-year-old daughter. Having attended the NDP heartland celebrations twice before, the Ghim Moh resident said that he greatly enjoyed this year's carnival. "Many more things like military vehicles were showcased this time round," he added.

Similarly, 59-year-old Mr Samuel Chan and his wife 58-year-old Ms Glory Ho were impressed by the military equipment. "It was a good chance for us to get a close look at the vehicles. They were very interesting," said Mr Chan, who lives in Bukit Batok. Ms Ho added, "This is our first time here, and we would like to participate in similar celebrations in future."

As the celebrations drew to a close, residents sang the national anthem and recited the national pledge. A round of dazzling fireworks concluded the event that brought many Singaporeans together as one. **B**

Try these local recipes at home

RECREATE THE RICH AND SAVOURY GOODNESS OF TWO POPULAR DISHES.

RICE AND NOODLES ARE STAPLES IN LOCAL AND ASIAN CUISINE. The dishes they are used in are widely available at hawker centres, coffeeshops and food courts, making them familiar options to diners. *BRIDGE* celebrates the rich flavours that have become an integral part of our local-food consciousness with two of the most well-loved dishes.



You will need

Ingredients (5 servings):

- 5 large chicken drumsticks
- 400 g Thai jasmine rice, washed
- 200 ml coconut milk
- 500 ml water
- 4 pandan leaves
- 1 stick lemongrass, peeled and smashed
- 200 g raw peanuts
- 100 g *ikan bilis*
- 2 tbsp oil
- A pinch of salt
- Egg, fried or hard-boiled (optional)
- Cucumber slices (optional)

Marinade:

- 100 ml coconut cream
- 1 tsp white pepper powder
- 1 tbsp fennel powder
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tsp salt
- 2 tbsp sweet potato starch

Sambal:

- 1 onion
- 3 cloves garlic
- 10 shallots
- 20 g *belachan*
- ½ onion
- ½ cup oil
- 150 g dried chilli paste
- 2 tbsp sugar (adjust according to preference)
- 1 tsp salt (adjust according to preference)



Nasi Lemak

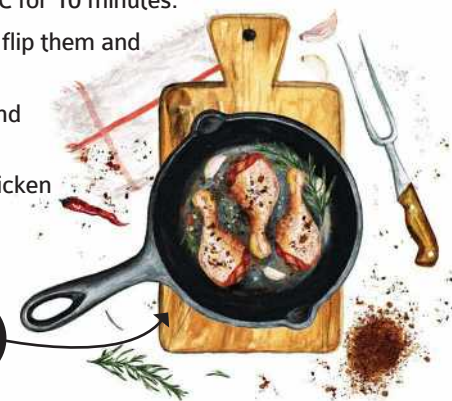


Steps

1. Put onion, garlic and shallots into a food processor and blend till you get a fine paste. Set aside.
2. Combine ingredients for the marinade in a large mixing bowl and mix well.
3. Coat chicken drumsticks with the marinade and leave for an hour or more.
4. Cook the rice in a rice cooker with coconut milk, water, salt, pandan leaves and lemongrass.
5. Break and saute *belachan* with oil.
6. Add blended mixture from step (1) and stir-fry till onions look translucent.
7. Add in dried chilli paste, sugar and salt. Stir-fry on low heat for 20 minutes. Scoop up the sauce and set aside.
8. Put peanuts in a plate with 1 tbsp of oil and air-fry at 200 °C for 10 minutes.
9. Put *ikan bilis* in a plate with 1 tbsp of oil and air-fry at 200 °C for 8 minutes.
10. Air-fry the marinated chicken drumsticks at 220 °C for 10 minutes.
11. Apply oil on both sides of the chicken drumsticks, flip them and air-fry them at 220 °C for another 10 minutes.
12. Once the rice is cooked, remove pandan leaves and lemongrass and give it a good stir.
13. Scoop some rice onto a plate and serve with a chicken drumstick, peanuts, *ikan bilis* and sambal.

Pan-fry or bake the peanuts, ikan bilis and chicken drumsticks if you do not have an air fryer.

Tip



You will need

Ingredients (4 servings):

- 1.5 l fish or prawn stock
- 500 g prawns
- 5 stalks *laksa* leaves
- 1 l coconut milk
- 1 tbsp salt
- 2 tbsp sugar
- 10 *tofu puffs (tau pok)*
- 150 g thick *bee hoon* or other types of noodles
- Beansprouts (as desired)
- Fish cake (as desired)
- *Laksa* leaves, chopped

Spice paste:

- 20 dried chillies
- 100 g dried shrimps
- Hot water (for soaking)
- 30 g *belachan*
- 200 ml peanut oil
- 200 g whole shallots, peeled
- 5 red chillies
- 5 cloves garlic
- 30 g turmeric
- 50 g blue ginger
- 30 g ginger
- 5 stalk of lemongrass (white portion)
- 5 candlenuts
- 1 tbsp coriander powder



Nonya Laksa



Steps

1. Soak dried chillies in hot water.
2. Soak dried shrimps with 200 ml hot water. Strain the dried shrimps and keep the liquid for use later.
3. Put the other ingredients for the spice paste in a food processor. Add the shrimps and dried chillies and blend the mixture into a fine paste.
4. Break and stir-fry the *belachan* in a wok.
5. Add the spice paste from the food processor, peanut oil and stir-fry for 30 minutes until the paste starts to darken.
6. Pour the liquid used for soaking dried shrimps and fish stock into a pot. Bring to a boil.
7. Poach the prawns in the boiling stock. Remove cooked prawns from the stock and put aside.
8. Add the spice paste from step (5) into the stock and mix well.
9. Bring the stock to a boil and add *laksa* leaves. Let it simmer for 30 minutes.
10. Add coconut milk and bring the stock to a boil. Turn off the heat once it boils.
11. Add salt and sugar to the stock, then put in fried *tofu puffs*.
12. Boil a pot of water and blanch the thick *bee hoon*, beansprouts and fish cake in it for 2 minutes.
13. Scoop out ingredients from the boiling water and put them in a serving bowl.
14. Ladle some of the stock into the serving bowl and add poached prawns. Garnish with chopped *laksa* leaves and serve. **B**

After adding coconut milk to the stock, stir it regularly and use low to medium heat to avoid curdling of the coconut milk.

Tip



Doing good while celebrating

LIGHTS BY THE LAKE 2022 OFFERED THEMATIC LANTERN DISPLAYS, FREE PERFORMANCES AND VARIOUS ACTIVITIES AND WORKSHOPS AS WELL AS OPPORTUNITIES TO CONTRIBUTE TO PRESIDENT'S CHALLENGE 2022.



CED of People's Association Mr Lim Hock Yu; Group CEO of A-Smart Holdings Ltd Mr Lim Huan Chiang; President Halimah Yacob; Mayor Low Yen Ling; Executive Director (JLG), National Parks Board, Mr Kong Yit San; and Managing Editor, Chinese Media Group, SPH Media, Ms Loh Woon Yen, launching Lights by the Lake 2022.



Ms Jacqueline Choo (right) enjoyed the lantern showcase with her sister (centre) and friend (left).



12 sets of large-scale lanterns built around three themes were on display.

JURONG LAKE GARDENS was transformed into a giant luminous gallery on 25 August 2022, as Lights by the Lake 2022 was launched by President Halimah Yacob to celebrate Mid-Autumn Festival. The visual spectacle featured 12 large-scale thematic lantern displays handcrafted by over 100 lantern artisans. Held over 25 days, the event was jointly organised by A-Smart Media, National Parks Board, People's Association and South West Community Development Council.

THE SPIRIT OF GIVING BACK

Besides celebrating Singapore's strength and resilience against adversity and providing a meaningful channel for residents to interact and bond, the showcase also aimed to raise funds and public awareness for President's Challenge 2022 and its 82 affiliated beneficiaries. Members of the public could purchase water lanterns, miniature sky lanterns or potted *bonsai* plants, and all proceeds went to the President's Challenge Charity Fund.

For Mdm Vijay, the presence of President Halimah was the main highlight of the event. "We are here to support the President and her Challenge," said the 71-year-old, who came to the launch with more than 40 fellow residents from Yuhua.

Her sentiments were echoed by Ms Nurul Aini, 28, a volunteer from Taman Jurong Community Club, who was manning the potted plants booth. "This year's lantern festival is special due to the President's Challenge. Supporting the Challenge is a good chance to give back to the community," she said.

ACTIVITIES FOR EVERYONE

Visitors were thrilled with the variety and creativity of the intricate lanterns, which portrayed three main themes – Four Seasons, It's a Small World and A World with Love. Four Seasons encapsulated the moods associated with each season, It's a Small World replicated iconic landmarks attractions around the globe and a World with Love showcased the life and milestones of a typical Singaporean.

"The lantern display this year is the best that I have seen so far," said Taman Jurong resident Ms Lau Suet Mei. The 50-year-old had visited previous lantern displays and was particularly impressed by this year's showcase. She added, "I really like how they have included different cultures and countries. It's very memorable."

Ms Jacqueline Choo, who was accompanied by her sister and a friend, agreed. "The lighting of the lanterns is very attractive this year. It's nice to see the effort that the lantern makers have put in," said the 64-year-old.

With the support of the National Arts Council, performances featuring traditional Chinese instruments, as well as fusion performances that included Western instruments, were lined up every Friday and Saturday night. Visitors were also treated to lantern riddles, guided sunset walks, festive market selling food and beverages and workshops arranged in collaboration with Jurong Lake Gardens' partners, ActiveSG and PAssion WaVe. **B**

Doing their part to spread the green message

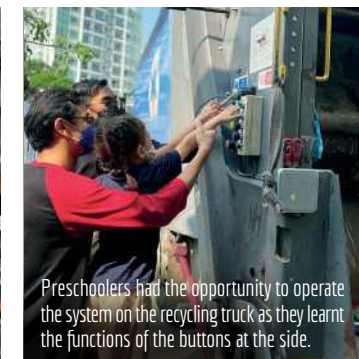
SEMBWASTE STAFF GAVE PRESCHOOL CHILDREN LESSONS ON RECYCLING RIGHT.



Mr Lim Boon Huay showing the students how the truck operates after recyclables are poured in.



A Preschool-by-the-Park student putting a plastic bottle into the recycling truck.



Preschoolers had the opportunity to operate the system on the recycling truck as they learnt the functions of the buttons at the side.



2-year-old Connor Leong presenting a token of appreciation to SembWaste staff. The artwork was created by the school's six-year-olds using recycled paper.

What can or cannot be placed into blue recycling bins?



Yes

- ✓ Empty aluminium cans
- ✓ Plastic packaging such as egg trays, bubble wrap and plastic wrap
- ✓ Rinsed plastic containers such as drink cups and detergent bottles
- ✓ Carton boxes
- ✓ Paper packaging
- ✓ Toilet roll and paper towel cores
- ✓ Books, magazines and brochures
- ✓ Empty drink cartons
- ✓ Glass containers

No

- X Styrofoam
- X Cloth/clothes
- X Tissue paper
- X Bulky items like furniture

Visit www.towardszerowaste.gov.sg/recycle/what-to-recycle/ for a full list of items that can and cannot be deposited in the blue recycling bins.



TO CELEBRATE EARTH DAY AND ESSENTIAL WORKERS APPRECIATION WEEK, young children from Preschool-by-the-Park took part in a fun learning activity led by staff from SembWaste (the recycling arm of Sembcorp). The students learnt how recycling trucks operate and participated in the collection process by throwing recyclables such as empty plastic bottles, cardboard, magazines and cans into the vehicle. "Many of the kids were fascinated by the recycling trucks, so we showed them how we empty the contents of recycling bins into one of our trucks. They really enjoyed tossing the items," said Mr Mohammad Azlan, 32, an operations executive from SembWaste. Joining him in the outreach programme was recycling truck driver Mr Lim Boon Huay, 44.

During the demonstration, the SembWaste crew also displayed samples of recyclable and non-recyclable items to educate the children on what can or cannot be put into the recycling bins. "Boon Huay is always the star whenever we visit preschools because of the uniform he wears. The children would gather around him to thank him for cleaning up Singapore," said Mr Azlan.

Mr Nelson Ng and Ms Steph Chu, teachers at Preschool-by-the-Park, shared that the collaboration supported the school's purpose – making a difference, enriching lives. "Through such experiences, we nurture our children to show appreciation for the unsung heroes in our community," said Mr Ng. In the weeks leading up to the visit, the children aged four to six years engaged in online learning with SembWaste's Commercial Manager Ms Megan Lim, who showed them what happens after recyclables are collected.



Left to right: Preschool-by-the-Park teacher Ms Steph Chu, Mr Lim Boon Huay, Mr Mohammad Azlan, Centre Leader Ms Pamela Leong (with Connor in her arms) and teacher Mr Nelson Ng.

To show their appreciation to the SembWaste team, some students created art gifts. "I feel happy and supported that the students and residents acknowledge our efforts, because we have to work even when it rains or when the weather is hot. When it pours heavily, we get wet and it is also not easy to drive as visibility becomes an issue," shared Mr Lim.

CULTIVATING THE HABIT OF RECYCLING FROM YOUNG

According to Mr Jeremiah Lim, Deputy General Manager for SembWaste Tuas Depot, the recycling outreach programme for preschools started in 2020 after the company received feedback from their staff to consider engaging young children. "We often meet very curious children and their families, who chat with our staff and invite them into their houses," he said. As Singapore embarks on various green initiatives including the roll-out of Singapore Green Plan 2030, SembWaste also receives requests from preschools asking it to provide demonstrations on recycling for their students.

"Educating preschoolers on the importance of recycling and recycling right reduces the amount of waste that is sent to the incineration plant and landfill, and is critical in our transition to a circular economy. As part of the sessions, we teach children what can and cannot be recycled," Mr Jeremiah Lim explained.

"It is our hope that these children would go back home and share what we taught them with their parents and grandparents. This will help us recover more recyclables when we bring the waste back to our recovery facilities instead of sending most of them to the incinerator," said Mr Azlan. It seems that what he had hoped for has come true as Mr Ng shared that the children are still talking about recycling and their families continue to bring recyclables. These are collected in the recycling cage provided by SembWaste, and some items are used by teachers to make learning resources. Ms Pamela Leong, Centre Leader of Preschool-by-the-Park, said, "It is in our philosophy that young children should be empowered to be advocates for the changes they want to initiate. Such collaborations with community partners enable our children to be part of a meaningful and impactful movement to tackle climate issues." **B**



Health Qigong @ South West

is an initiative by the CDC to encourage active ageing through regular bonding and engagement in *qigong*.



If you are keen to join **Health Qigong @ South West**, please approach your nearest Community Centre/Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:

South West Community Development Council
 Tel: 6316 1616
 Email: Southwest_CDC@pa.gov.sg
 Website: <https://southwest.cdc.gov.sg/>






Fun Walkers @ South West is part of the CDC's efforts to foster community bonding and build a healthier South West District. **Fun Walkers @ South West** is designed for everyone to participate as a group or individual. You can look forward to regular walking sessions in the community, embark on unique nature trails with your family and friends, and take part in community events.



西南乐乐走是西南社理会通过步行以提倡社区凝聚力及健康社区的活动之一。西南乐乐走是为男女老少而设计的。您将在社区里参加乐乐走活动，并参与独特的步行活动及社理会活动。







If you are keen to join **Fun Walkers Club**, please approach your nearest Community Centre/Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:
 欲知详情，请联络：
South West Community Development Council
 西南社区发展理事会
 Tel: 6316 1616 Fax: 6316 7250
 Email: Southwest_CDC@pa.gov.sg
 Website: <https://southwest.cdc.gov.sg/>

Here to help

RESOURCES AT YOUR FINGERTIPS



SOCIAL SUPPORT/ MENTAL WELLNESS

Caregiving @ South West Hotline
 6258 6683 (24 hours)
 Manned by Caregiver Asia, this hotline is for everyone with a caregiving-related enquiry.

The Seniors Helpline 乐龄援助热线
 1800 555 5555
 A toll-free national helpline by Sage Counselling Centre that seniors can call for befriending, counselling and referral for community resources.
 Helpline operating hours: Monday to Friday, 9 am to 7 pm; Saturday, 9 am to 1 pm; closed on Sundays and public holidays

National CARE Hotline
 1800 202 6868 (8 am to 12 am daily)
 Offers emotional support to individuals who may be worried about COVID-19 and its impact on their lives.

SELF-HELP GROUPS

CDAC
 6841 4889 (Monday to Thursday, 8.30 pm to 6 pm; Friday, 8.30 am to 5.30 pm)
enquiry@cdac.org.sg
 CDAC @ Jurong
 Blk 421 Jurong West Street 42 #01-1045
 Singapore 640421
 Tel: 6569 3573
 Centre opening hours: Monday to Friday, 1 pm to 10 pm; Saturday and Sunday, 10 am to 5 pm; closed on public holidays and the eve of Christmas, New Year and Chinese New Year

Yayasan MENDAKI
 6245 5555 (Monday to Friday, 8.30 pm to 5.30 pm; Saturday, 9 am to 1 pm)
mendaki.org.sg
 MENDAKI @ Jurong
 500 Corporation Road, #02-01
 Singapore 649808
 MENDAKI @ Choa Chu Kang
 Blk 813A Choa Chu Kang Ave 7
 Singapore 681813
 MENDAKI @ ITE College West
 1 Choa Chu Kang Grove
 Singapore 688236

Singapore Indian Development Association (SINDA)
 1800 295 3333 (Monday to Friday, 9 am to 6 pm)
 Email: queries@sinda.org.sg
 Support package: sinda.org.sg/supportpackage
 SINDA Youth Hub
 (temporarily closed in line with COVID-19 safe opening guidelines)
 Jurong Point 1, #06-03
 Singapore 648886
 Tel: 6393 7288

FINANCIAL & EMPLOYMENT ASSISTANCE

ComCare Hotline
 1800 222 0000 (Monday to Sunday, 7 am to 12 am)
 ComCare by the Ministry of Social and Family Development provides social assistance for low-income individuals and families.

Employment & Employability Institute (e2i)
 6474 0606
 e2i West
 Devan Nair Institute for Employment and Employability
 80 Jurong East Street 21, Level 2
 Singapore 609607
 Centre opening hours: Monday to Friday, 9 am to 5 pm; Saturday, 9 am to 1 pm; closed on Sundays and public holidays

LEGAL ADVICE

Community Legal Clinic @ South West
enquiry@lawsocprobono.org
 The Community Legal Clinics provide free basic legal advice and information for the public. Registration is required.
 6536 0650
 Hotline operating hours: Monday to Friday, 10 am to 1 pm and 2 pm to 4 pm; closed on weekends and public holidays

ASSISTANCE FOR BUSINESSES

SME Centre@SouthWest
 9636 5265
 A one-stop centre where businesses can get information on Government-funded programmes, capability workshops and group-based upgrading, as well as help in business diagnosis from business advisors.

Knowing my district

TAKE THIS QUIZ TO FIND OUT HOW MUCH YOU KNOW AND STAND A CHANCE TO BRING HOME THE SOUTH WEST CDC TEDDY BEAR!

1. What are the three growth economies that were featured at SkillsFuture Festival @ South West 2022?

A:

2. How can residents participate in the Heartland Gems @ South West Augmented Reality Trail?

A:

3. How can Corridor Gardening @ Chua Chu Kang participants continue to benefit from the initiative after attending a workshop?

A:

4. Name three organisations involved in Celebrate With Our Stars @ South West.

A:

5. What did children at Preschool-by-the-Park learn from SembWaste staff who visited their school?

A:

Complete the quiz and Sudoku puzzle,
take a picture of the page and upload to:
<https://go.gov.sg/swcdcbridge>



Or

Send your entries to us at: **South West CDC,**
Jurong Town Hall Road, #26-06, Singapore 609434.

If your entry is selected,
you will win a
South West CDC teddy bear!

DEADLINE: 30 November 2022



Name: _____

Age: _____

Address: _____

Tel: _____ Email: _____

SUDOKU FUN

HOW TO PLAY

Enter numbers from 1 to 9 in the blank spaces. Every row and every column must contain only one of each number. This also applies to every 3x3 square. Have fun!

		2			4			8
							9	3
			9	2	5			
						1		4
		3	8		9	5		
6		1						
			2	5	1			
3	4							
2			7			8		