

# VOICES



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**SUPPORT INCLUSION, CELEBRATE ABILITIES**

# SUPPORT OUR PURPLE-HEARTED PARTNERS



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#### Penduduk yang Dihormati,

Fajar di tahun baru menemukan kita sekali lagi.

Pada setiap tahun di waktu ini, saya akan menyemak semula keutamaan diri dan akan meluangkan masa terlebih dahulu untuk memperkukuhkan hubungan utama di dalam kehidupan profesional dan peribadi saya.

Apakah keutamaan anda pada tahun ni? Adakah ia tentang mewujudkan kehidupan yang lebih baik untuk anda sekeluarga? Adakah rancangan untuk merangkumi kehidupan yang lebih baik untuk para penduduk di kawasan kejiranan anda dan masyarakat sejagat.

Di CDC Singapura Tengah, kami banyak mencerminkan tentang cara-cara untuk membantu dan mempermudah usaha "Kehidupan Yang Lebih Baik" untuk penduduk kami. Anggota pasukan kami, telah mendapati jalan yang terbaik untuk melakukan usaha ini dengan mencari cara yang berguna dan inovatif supaya dapat membantu semua orang melakukan yang lebih baik dalam lima aspek kehidupan utama iaitu: kesejahteraan fizikal, kesejahteraan kewangan, kesejahteraan sosio-emosi, pembelajaran sepanjang hayat dan berkhidmat kepada orang lain.

Marilah sertai bersama-sama kami dalam misi untuk membantu mewujudkan kehidupan yang lebih baik untuk lebih ramai orang. Anda boleh memberi saranan, sukarelawan masa, menderma atau berkongsi bakat anda!

Saya dan rakan-rakan sepasukan berharap agar tahun ini cukup bermakna dan penuh berkat untuk anda sekeluarga.

Yang Ikhlas,

**Denise Phua**

Datuk Bandar, Daerah Singapura Tengah

#### अनपारन्त कुडियरुपानरकने,

पुत्ताण्डादे वरवेरुक्कम् पाक्कियम् नमक्कु मीण्डुम् किदैत्तिरुक्किरुत्तु.

ஒவ்வொரு புத்தாண்டும் தொடங்கும்போது, எனது முன்னுரிமைகளை மறுபரிசீலனை செய்து, எனது தொழிலிலும் தனிப்பட்ட வாழ்க்கையிலும் முக்கிய உறவுகளுக்கு முன்கூட்டியே நேரம் ஒதுக்கிவிடுவேன். "உங்கள் வருங்காலத்தைக் கணிப்பதற்கான ஆகச்சிறந்த வழி அதை உருவாக்கத் துணை புரிவதே" என்று கூறப்படுவதுண்டு.

இந்த ஆண்டில் உங்கள் முன்னுரிமைகள் என்ன? உங்களுக்கும் உங்கள் குடும்பத்திற்கும் மேம்பட்ட வாழ்க்கை உருவாக்குவது உங்கள் முன்னுரிமையில் உள்ளடங்குகிறதா? உங்கள் அக்கமபக்கத்திலும் சமூகத்திலும் மற்றவர்களின் வாழ்க்கையை மேம்படுத்த திட்டங்கள் உள்ளனவா?

மத்திய சிங்கப்பூர் சமூக மேம்பாட்டு மன்றம், நமது குடியிருப்பாளர்களாகிய உங்களுக்காக "மேம்பட்ட வாழ்க்கையை" அமைத்துத்தரத் தீர யோசித்தது. உடல்நலன், நிதிநலன், சமூக உணர்வு நலன், வாழ்நாள் கல்வி, மற்றவர்களுக்குச் சேவை ஆகிய வாழ்க்கையின் ஐந்து முக்கிய அம்சங்களில் அனைவரும் சிறப்படைய பயன்மிக்க, புதுமையான வழிமுறைகளைக் கண்டறிவதே இதற்கான சிறந்த வழி என எங்கள் குழுவினர் கண்டறிந்தனர்.

எனவே, எங்களது இலட்சியப் பணியில் சேர்ந்து, இன்னும் பலரது வாழ்க்கையை மேம்படுத்த உதவி செய்திடுங்கள். நீங்கள் யோசனைகள் கூறலாம், உங்கள் நேரத்தைத் தொண்டூழியத்திற்குச் செலவிடலாம், நன்கொடை அளிக்கலாம் அல்லது உங்கள் திறனைப் பகிர்ந்து கொள்ளலாம்!

உங்களுக்கும் உங்கள் குடும்பத்தினருக்கும் புத்தாண்டு நிறைவானதோர் ஆண்டாக அமைய எனது குழுவினரும் நானும் வாழ்த்துகிறோம்.

உங்கள் உண்மையுள்ள,

**டெனிஸ் புவா**

மேயர், மத்திய சிங்கப்பூர் மாவட்டம்

# Dear residents

The dawn of a new year is upon us again.

Each year this time, I re-examine my priorities and block my time in advance for key relationships in my professional and personal lives. They say that “the best way to predict your future is to help create it”.

What are your priorities this year? Are they about creating a better life for you and your family? Does your plan include making life better for others in your neighbourhood and the larger community too?

At Central Singapore CDC, we reflected a lot about helping to facilitate “The Better Life” for you, our residents. Our team found that the best way to do this is to find useful and innovative ways to help everyone do better in these five key aspects of life: physical wellness, financial wellness, socio-emotional wellness, lifelong learning, and service to others.

Come and join us in our mission to help create a better life for more people. You can suggest, volunteer your time, donate, or share your talents!

My team mates and I wish you and your family a fulfilling and blessed year ahead.

Yours sincerely,

*Denise Phua*  
Mayor, Central Singapore District



亲爱的居民，

又是新的一年，新的开始。

每年到了这个时候，我会好好坐下来重新检讨我要优先处理的事项，同时也会预先分配好自己的时间，照顾好我的事业和个人生活中重要的人与事。有句名言说得好：“预测未来最好的方法是创造未来。”

您今年有哪些需要优先处理的事项？您是不是在计划如何为自己和家人开创更美好的生活？不知您的计划中，是否也包括设想如何为您的邻居，或甚至更广大社区中的居民改善生活？

在中区社区发展理事会，我们不断反思如何为您我们亲爱的居民，创造“更美好的生活”（The Better Life）。我们的团队经过讨论后得出结论是：要实现这个目标，最好就是找出有用而又创新的方法，让大家能在体能健康、财务健康、社交和情感健康、终身学习，以及献身服务的这五大方面过得更好、更充实。

我们在此诚意邀请您加入我们的行列，与我们一起推动这个使命，为大家开创更美好的生活。您可以选择为我们的项目出谋献策、还是献出您的时间当我们的志工、捐款资助我们的计划，又或是善用您的才能为社区服务尽一份力！

我和我的团队谨在此祝愿大家在这新的一年，事事顺心如意，过着充实又愉快的生活！

潘丽萍  
中区市长



ANG MO KIO  
- HOUGANG

Grassroots Adviser **Mr Darryl David** shares parenting tips with young parents at Embracing Parenthood @ Ang Mo Kio-Hougang.



BISHAN NORTH

Grassroots Adviser **Mrs Josephine Teo** interacts with young parents and their children at Embracing Parenthood @ Bishan North.



CHENG SAN  
- SELETAR

Grassroots Adviser **Mr Ang Hin Kee** celebrating the birthdays of young ones with their families at Embracing Parenthood @ Cheng San-Seletar.



JALAN KAYU

Grassroots Adviser **Dr Intan Azura Binte Mokhtar** takes a photo with a family attending the Children Fun Party @ Jalan Kayu.



KOLAM AYER

Grassroots Adviser **Assoc Prof Dr Yaacob Ibrahim** with residents and their handmade lanterns at the Kolam Ayer Mid-Autumn Festival.



KRETA AYER  
- KIM SENG

Grassroots Adviser **Dr Lily Neo** walks with young residents at the Mass Lantern Walk along New Bridge Road.



Grassroots Adviser **Mr Chan Chun Sing** plants a tree with a young family at the annual Tree Planting Ceremony @ Buona Vista.



Grassroots Adviser **Mr Chong Kee Hiong** makes a palm print with a child at Embracing Parenthood @ Bishan East-Thomson.



Grassroots Adviser **Ms Denise Phua** with participants from Stamford Primary School at the Run for Good Balloon Run.

## Our Grassroots Advisers ON THE GROUND



Grassroots Adviser **Mr Sitoh Yih Pin** having fun with children at the playground during the annual Mid-Autumn Festival celebrations.



Grassroots Adviser **Mr Melvin Yong** presenting festive snacks to residents at the Tanjong Pagar GRC and Radin Mas SMC Deepavali event.



Grassroots Adviser **Dr Chia Shi-Lu** mingles with martial arts students at the official opening of Leng Kee Community Club in October 2017.



Grassroots Adviser **Mr Sam Tan** plants a Ficus Auriculata tree with residents at the Tanjong Pagar GRC and Radin Mas SMC Tree Planting Day.



Grassroots Adviser **Ms Joan Pereira** shares a laugh with residents during the Henderson-Dawson Deepavali celebrations at Henderson Community Centre.



Grassroots Adviser **Ms Indranee Rajah** strikes a pose with children at the Tanjong Pagar-Tiong Bahru Halloween event.



Grassroots Adviser **Dr Ng Eng Hen** with residents during the Bishan-Toa Payoh GRC market visit at Block 127 Toa Payoh Lorong 1.



Grassroots Adviser **Mr Chee Hong Tat** takes a photo with a young resident during a house visit.



Grassroots Adviser **Dr Lam Pin Min** celebrates Mid-Autumn with residents at Sengkang West Zone N RC.



Grassroots Adviser **Mr Gan Thiam Poh** speaking with residents at the Sengkang South Mid-Autumn celebrations.



Grassroots Adviser **Mr Lee Hsien Loong** takes a selfie with residents at the Teck Ghee Lantern Night event at Bishan-Ang Mo Kio Park.



Grassroots Adviser **Mr Saktiandi Supaat** and corporate volunteers "shop" for essential items with a disadvantaged resident as part of a new programme.



Grassroots Adviser **Mr Heng Chee How** spends time with a family during a house visit at Jalan Tenteram.



Grassroots Adviser **Dr Koh Poh Koon** mingles with residents at the Grandparent's Night event organised by Lentor NC.

# singapore turns PURPLE!



## ||||||| What is The Purple Parade?

**The Purple Parade** is Singapore's largest movement to support the inclusion and celebrate the abilities of persons with special needs. It is a ground-up movement spearheaded by various special needs organisations and supported by Central Singapore CDC. The Parade traditionally comprises the 4 Cs: **Campaign, Contingent, Concert and Carnival.**

The fifth **Purple Parade** returned to Suntec City in October 2017, where 10,000 people gathered to support the inclusion and celebrate the abilities of our special needs community. Read on to find out what happened!

---



**Mdm Halimah Yacob, President of the Republic of Singapore with Mayor Denise Phua, special guests, faces, friends and participants of The Purple Parade 2017.**

Photo courtesy of Bob Lee, The Fat Farmer

# OUR PURPLE-HEARTED PARTNERS

*Businesses for profit supporting the non-profit. Students taking time out from their examination week to volunteer at **The Purple Parade**. Government agencies paving the way for inclusion. These are some of the heart-warming ways our purple-hearted partners showed their support this year!*

## special needs organisations



Singapore National Stroke Association and Woh Hup (Private) Limited in their combined contingent march-past



Heartwarming performance by Voices of Rare from Rare Disorders Society (Singapore).



Staff from Maybank Singapore and their mascot with Deputy CEO, Mr Allen Ng (centre).



CEO, NTUC FairPrice and Grass-roots Adviser, Mr Seah Kian Peng (right), with staff from NTUC.

# ARTED PARTNERS

## businesses

More than 40 businesses rallied their staff to give back to our special needs community last year. They opened their offices to allow us to spread the word, took time out of their busy work schedule to participate in the Parade, and brought their entire family along while at it. We truly could not have done it without their support!



Special thanks to **Suntec City** in helping to paint the city purple!



Speaker of Parliament **Mr Tan Joo Kien**, Mayor **Denise Phua** and staff from **Si Chuan Dou Hua**.



Over 80 staff from **United Overseas Bank** turned up in support of the Parade.



## government agencies



Staff from the **Ministry of Manpower** marching through the Parade Contingent.



The **National Environment Agency** Contingent group with their adorable mascots!



## schools

Despite the Parade taking place in the middle of examination week, students from schools and IHLs across Singapore sacrificed their precious time to volunteer at our pre-event Campaign, as well as on the event day itself. Many of them stayed the entire day, running game booths, marching in our Contingent, and putting up entertaining performances.



Student volunteers from **Nanyang Polytechnic** at their Carnival game booth.



# BUILDINGS, BR

21 iconic buildings, bridges and community organisations lit up this year in a splendid show of purple to show their support for The Purple Parade! From 21 November to 4 December 2017, they bathed our tiny island in a wonderful purple glow. Here are some highlights, courtesy of **Bob Lee** (The Fat Farmer).



(L-R) The Helix Bridge, Marina Bay Sands and the ArtScience Museum



Victoria Concert Hall



The Singapore Flyer



Marina Square



The Fullerton Hotel Singapore



Yishun Community Hospital



Suntec City

# EDGES & FACES



Local celebrities **Dennis Chew** and **Chew Chor Meng** lend their support to the special cause.  
Photo courtesy of Dennis Chew Instagram

We were extremely lucky to share **The Purple Parade 2017** with our Faces, Friends and very supportive guests. From the bottom of our hearts, thank you all for supporting the cause.



Our emcees **Amy Tan**, **Chandra**, **Patrick** and **Cheryl**.



Mayor **Denise Phua** with The Purple Parade's co-chairman **Mr Wan Kwong Weng** and **Mr Chow Shang Wei**, Faces of The Purple Parade and Suntec CEO **Mr Chan Kong Leong**.



Staff from **DBS** at the Contingent march-past.



Chief Executive Director of The People's Association, **Mr Desmond Tan** (far left) supporting our special needs community.



# skillsfuture advice



**C**onfused about all the SkillsFuture initiatives that have been launched in recent months? Luckily for you, the **SkillsFuture Advice** programme will help you make sense of it all.

Launched by SkillsFuture Singapore (SSG) on 29 October 2017 and supported by the five Community Development Councils (CDCs), the programme comprises workshops that dish up advice on how to utilise your **SkillsFuture Credit**, and how to sign up for courses via the **MySkillsFuture** online portal.

Lasting one-and-a-half hours and held at various community centres and spaces island-wide, the workshops are free-of-charge and are conducted in four main languages — English, Mandarin, Malay and Tamil.

Participants can pick up useful tips on key work trends and skills for the workplace, as well as chart their own personal skills upgrading plan with the help of SkillsFuture trainers.

At Central Singapore CDC, we are starting a series of monthly **SkillsFuture Advice** talks to get you started on the **WHY, WHAT** and **HOW** of SkillsFuture. Join us every first Thursday of the month and kick-start your lifelong-learning journey! //

**Sign up at [goo.gl/cqVqhe](https://goo.gl/cqVqhe)**

# SkillsFuture Advice @ Central Singapore 技能创前程

Nasihat Pembelajaran Sepanjang Hayat @ Singapura Tengah

மத்திய சிங்கப்பூரில் ஸ்கில்ஸ் @ பியூச்சர் ஆலோசனை

**No skills, no future.** Tiada Kemahiran, Tiada Masa Depan

沒技能, 沒前程. திறன்கள் இல்லாவிடில், எதிர்காலம் இல்லை

**Specially-curated sessions for the community.** 为社区特制

Sesi Yang Dikhususkan Khas Untuk Masyarakat

சமூகத்திற்காகச் சிறப்பாகத் தயாரிக்கப்பட்ட அங்கங்கள்



SFA @ Sengkang South



SFA @ Moulmein-Cairnhill



SFA @ Kampong Glam



Mr Chang Sek Yew, PBM and Mdm Noelene De Foe, BBM (L) joining in SFA @ Teck Ghee Cheng San-Seletar



SFA @ Henderson-Dawson



SFA @ Teck Ghee & Cheng San-Seletar



SFA @ Moulmein-Cairnhill

# CONNECTING THE DOTS

In the fourth installment of our SkillsFuture series, we speak with Chief Executive Officer of the Nanyang Academy of Fine Arts (NAFA), **Mr Chia Mia Chiang**, on how he and his team are connecting the dots between living, working and learning.

**L**earning as much as we can is essential to thriving in today's society, according to **Mr Chia Mia Chiang**. As the Chief Executive Officer of the **Nanyang Academy of Fine Arts**, he is familiar with the ever-changing nature of the work place; particularly in the field of art and design.

Under his leadership and in line with the recent SkillsFuture initiatives, NAFA now boasts a revamped course curriculum that incorporates internships, industry projects and teaching practices. "This equips our students to better understand the industry they are training for, and its current and future needs," says Mr Chia.

## A place to learn for life

Aside from the institution's students, adults at any stage of their careers will also find NAFA a haven for picking up new skills, thanks to its **Centre for Lifelong Education (CLE)** which opened its doors in 2017. More than 5,000 students have since attended the various enrichment courses available, including homegrown artiste **Stefanie Sun**. "Fine art courses such as painting will train one to understand the importance of aesthetics — a skill applicable in many industries," shares Mr Chia. "One need not be a practicing artist to apply good aesthetic sense in various jobs and settings."

Being the leader of Singapore's pioneer arts education institution, Mr Chia knows how important it is for artists and designers to constantly develop their skills. "They should be aware of the scene in industries outside of, but related to

their own industries," he says. "If they keep their minds curious and are constantly learning new things, they will succeed in building fulfilling careers."

## Creating the future side-by-side

To equip their students to co-create the future alongside professionals from other industries, NAFA continuously introduces cross-disciplinary collaborations. This helps build specialists who are not only masters in their fields, but who see broader perspectives and can work with others to produce better solutions. //

||||||| Visit **[www.nafa.com.sg](http://www.nafa.com.sg)** for a list of their courses.

## Snippets from our past features...



"With the challenges and fast-changing landscape at work and in life, you will get lost without resilience. One must see the big picture and be committed to a longer-term goal. That is why we don't just learn for one career. Learning must be life-long."

— **Ms Jeanne Liew, CEO & Principal, Nanyang Polytechnic**

“To thrive in today’s world, we have to learn as much as we can — from arts and culture, to science and technology,” Mr Chia recommends. “I would advise individuals to be open to new skills, new jobs and new industries; to take changes in their stride, and learn new knowledge and skills. Getting out of one’s comfort zone can be very interesting and rewarding.”



**Mr Chia Mia Chiang**, CEO of the Nanyang Academy of Fine Arts  
Photo courtesy of NAFA



“Often, my work involves chairing lectures or presentations on topics I may not be familiar with. These are real learning moments for myself, so I practice what I preach about learning throughout your whole life. That is a value I hope to impart to our students.”

— **Professor Arnoud de Meyer**,  
President, Singapore Management University



“SkillsFuture ensures Singaporeans will have good employability and the skills to create the future — the individual’s future and, collectively, Singapore’s future.”

— **Ms Low Khah Gek**, CEO,  
Institute of Technical Education





# ECO-TIPS

In the spirit of reducing our carbon footprint, **Central Singapore CDC** is bringing you 52 weeks of eco-tips on how to live a zero-waste life. With suggestions on how to refuse, reduce, reuse, repair, repurpose and recycle, even a beginner can embark on their eco journey without much fuss.

Here's 15 of the eco-tips for a start!

**H**ave you always wanted to do your part for the environment but aren't sure where or how to start? The concept of going completely zero-waste can be daunting, but there are simple ways on how to begin.

Central Singapore CDC's EcoKnight programme has introduced a series of weekly eco-tips on its Facebook page (@ecoknightsg) that will guide you along your zero-waste journey. Comprising 52 weekly tips in the form of colourful graphics, these bite-sized guidelines are doable action items that you can incorporate into your life.

Beyond eco-tips, the page is also a platform for passionate individuals to form a community that champions zero-waste. Those who initiate environmental projects or programmes within their own communities are recognised as EcoKnights.

Depending on their level — EcoKnight, EcoKnight Commander, or EcoKnight Master — they will receive funding support for their environmental initiatives, as well as invitations to participate in environmental events.

**Follow us on Facebook (@ecoknightsg) for our weekly eco-tips!**



## turning points: ho kwon ping

As the Executive Chairman of Banyan Tree Holdings, **Mr Ho Kwon Ping** is the first Asian to be awarded the American Creativity Association Lifetime Achievement Award in recognition of his accomplishments. Here are some notable snippets from his talk.

### Asking 'why'

"To me, the most liberating and yet the most dangerous, the most revolutionary three-letter word in the English language is 'why'. Asking 'why' is the fundamental reason of how people become leaders. It is what separates the leaders from the followers. Disruption, innovation and progress does not occur without asking the question 'why?'"

### On life

"Life isn't about an aimless walk in the park. Neither should it be a case of being lost in a maze, where you walk around looking for something and you can't find where you want to go. In fact, I also don't think life should be about climbing towards a peak of excellence. I think life is really about a journey — very much in search of a purpose. If you have something that you truly believe in enough, and you have the opportunity to act upon it, seize the day!"

### The accidental hotelier

"In the mid 1980s, I came across a piece of land in Phuket which was an abandoned tin mine. We bought it for a lark. Didn't know what we wanted to do with it, but essentially, I became an accidental hotelier. I knew nothing about the hotel industry; neither did I have any desire to go into the hotel industry. The moral of the story is: you never know what you are going to do in life."

### Turning points

"Life is full of potential turning points, and the whole idea of mindfulness is that whatever we do, there should always be a part of yourself looking down on yourself, observing yourself. So that you are not just mindlessly going through life, but mindfully seeing the importance of every decision that you make." //

**Mr Ho Kwon Ping**, Executive Chairman of Banyan Tree Holdings.

## neither civil nor servant: philip yeo

Despite calling himself 'neither civil nor servant', **Mr Philip Yeo** is one of the most notable civil servants of our time. From the Singapore Armed Forces to A\*Star and now SPRING Singapore, his efficiency has earned him the reputation of being Singapore's most accomplished government officials. Here are three things that you may not know about him.

### 1. He was a librarian in his school days.

"Most of my time in Saint Joseph's Institution (SJI), I was a librarian. To this day, I still have an affinity and love for books," shared Philip, adding that the best part about being a librarian at SJI was that he got to skip classes and finish up his reading at the library.

### 2. He has a passion for taking things apart.

As a child, the first thing he did upon receiving a present (for example, a toy bus) was to dismantle it and leave it in a mess. "The key is to learn how it works," Philip explained. He once gathered a team of engineers at the Ministry of Defence to take apart an artillery gun that costs US\$1 million, just to see how it works and how they can build their own system for Singapore. "The biggest challenge was to explain why it costs US\$1 million, but ended up in bits and pieces," he laughed.

### 3. He believes in 'stealing' people to get the job done.

"Wherever I go, I like to borrow people. There was a saying going around when people were 'stolen' — 'Must be Philip Yeo.'" A firm believer that you need people in order to get the job done, Philip spots and finds the ones he should 'take' and grooms them to accomplish the task at hand. "I never thought that I don't have enough talent I can't grow." //

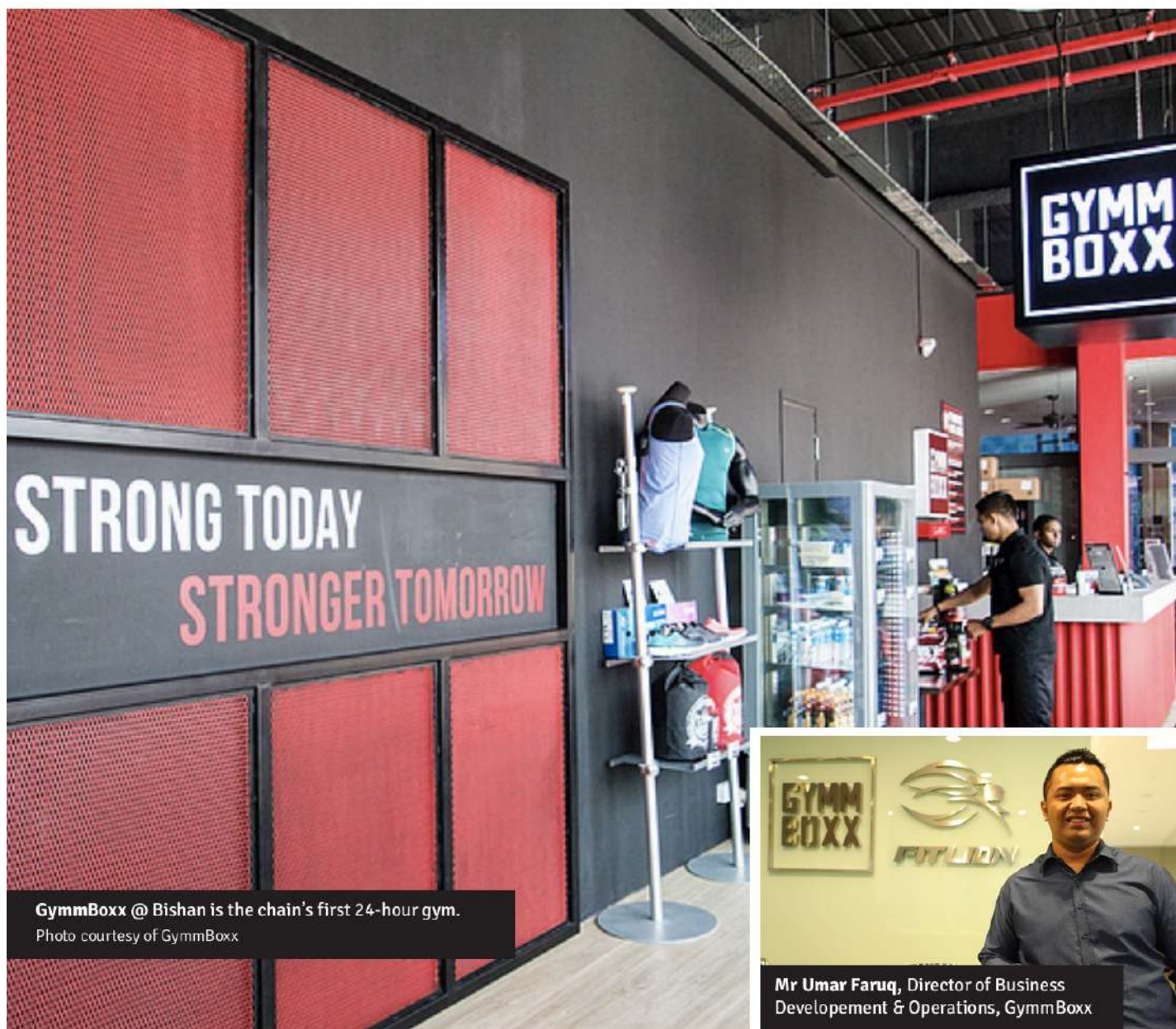
# IN SEARCH OF PURPOSE TALKS



**Mr Philip Yeo**, Chairman of SPRING Singapore.



Subscribe to our channel (<http://bit.ly/isopscdc>) to watch our *In Search of Purpose talks*.



# one for the heartlanders

Back in 2014 when 24-hour gyms were still unheard of, local start-up GymmBoxx muscled into the scene with their first 24-hour gym at Bishan Community Club. Now with eight gyms under their belt, we speak with Director of Business Development & Operations, **Mr Umar Faruq**, to find out more about how they made it work.

Catering to a niche market in the heartlands, GymmBoxx offers its customers what other gyms don't — convenience. Branding itself as an "affordable premium" gym brand, its first outlet was located at the top floor of a multi-storey carpark in Bedok Reservoir.

"The location of our gyms and our 24-hour operations mean that our customers can work out after work, and even in the wee hours of the morning," says Umar.

To encourage more residents to utilise their gyms and its services, GymmBoxx's pay-per-use model is fixed at a rate most heartlanders would be comfortable with. Prices start from \$3 for GymmBoxx Standard, \$5 for GymmBoxx Classic, and \$12 for GymmBoxx Signature. Its membership plans are also affordably priced at \$65 onwards.

"We don't want to merely be a gym — we want to encourage people to be fitter. This is in line with our motto: Building a fitter tomorrow, today," Umar explains.

## FROM INTERN TO DIRECTOR

Umar's own fitness journey has been a remarkable one. He first started gymming regularly in the hopes of becoming a Special Operations Command police officer.

His regular work-outs eventually fueled his passion for physical fitness, and he took up a Fitness Training course at ITE, landing an internship at GymmBoxx.

Staying on after his internship, Umar soon took charge of one GymmBoxx outlet, before the golden opportunity to be a Director of Business Development & Operations landed in his lap.

"I'm very thankful for the opportunity. Although I had close-to-zero management skills and experience, I decided to hop on and give it my all." //

■■■■■■■■■■ Visit [www.gymmboxx.com](http://www.gymmboxx.com) for a full list of GymmBoxx outlets.

# 3 simple exercises to stay trim

## 1 Push-ups

Keep your arms straight and your shoulders above your wrists. With your legs together and elevated at a 45-degree angle, bend your elbows and lower your chest to the floor. Press upwards, engaging your chest and core. Repeat 10-15 times or as many as you can manage.



## 2 Squats

Stand with your feet slightly wider than shoulder-width apart, with both arms fully extended. Keeping your spine neutral, bend your knees slowly and move your hips backwards, coming to a half-squat. Using your core muscles, rise back up to a standing position. Repeat 10-15 times or as many as you can manage.



## 3 Planks

In a horizontal position on the ground, push your body off the floor using your forearms, until your body is parallel to the ground. With your core engaged to maintain stability, stay in the position for 30 seconds to one minute. Repeat as many times as you can manage.



Source: GymmBoxx

# eating clean doesn't mean eating green!

Six in 10 Singaporeans eat out for lunch and dinner at least four times a week. That makes it easy to exceed the recommended daily energy intake because hawker meals average at 700-800 calories each. But whoever said eating out has to be unhealthy? The **HEALTH PROMOTION BOARD** has picked out food options easily found in food courts and coffee shops that are under 500 calories. Here are five that will feed you well and keep you feeling swell.

text by kok xing hui

# 5 dishes under 500 calories



## mee soto

Skip the heavy curries and ayam penyet in favour of this soup dish common to all Malay food stalls. This spicy noodle soup dish combines a chicken broth known as soto ayam with thick yellow Hokkien noodle and shredded chicken.

**calorie count = 434**



## chapati

One serving of this Indian flatbread contains 143 calories and 5g of fat. It is also high in fibre as it is made using whole wheat flour. To make it even healthier, pair the bread with dhal curry — made from lentils and is not cooked with coconut cream unlike regular curry — and ask the cook to leave out the ghee for the chapati.

**calorie count = 350**

## fish slice soup

Skip the fried fish and order the sliced fish version. This gives you a lean protein dish that is low in fat, and you can even ask for additional greens. Skipping the milk also helps you cut down on calories as the evaporated milk used in this dish contains three times more fat than full-cream milk. The fried fish version with milk would have set you back by 641 calories instead.

**calorie count = 349**



## century egg porridge

This congee is a comfort food for many with its smooth and creamy texture that has soothed many sore throats or provided warmth on a rainy day. At under 500 calories, it is also comforting for your waistline.

**calorie count = 256**



## beef noodle soup

Slices of beef in a rich beef broth can be found at almost any food court in Singapore. The slices of beef are tenderly cooked, paired with thick white beehoon. Opt for the soup version, which is healthier than the dry ones laden with gravy.

**calorie count = 303**

# PEOPLE OF CENTRAL SG

Having a better life could mean many things. To some, it might be a pay raise; to others, it might be having more time to spend with their loved ones. As the team at **Central Singapore CDC** gears up to help our residents achieve **The Better Life**, we ask several of our residents what it really means to them.



“

WE HOPE FOR OUR CHILDREN TO LEAD A LIFE THAT IS HAPPY, TO GET TO KNOW THE VALUE OF THINGS AND NOT THE PRICE OF THINGS, AND TO MAKE A POSITIVE DIFFERENCE IN THE LIVES OF OTHERS.”

**SARJIT SINGH, Executive Chairman**

நமது பிள்ளைகள் மகிழ்ச்சியான வாழ்க்கை வாழ்ந்து, பொருட்களின் விலைக்குப் பதிலாக அவற்றின் மதிப்பை உணர்ந்து, மற்றவர்களின் வாழ்க்கையில் நல்லதொரு மாற்றத்தை ஏற்படுத்துவார்கள் என நம்புகிறோம்.



“A better life is one full of joy, because when we are happy, the people around us will also be very happy. We have to start from our family, because with our family comes our country.”

**TANG LIE KIANG, Housewife**

“美满的人生是充满喜乐的生活，因为当我们开心，我们身边的人都会很开心。所以要从我们的家庭开始做起，因为我觉得有家才有国。”



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PRIMERO, Student

ச்சியுடன் இருப்பதும்  
பும் காரியத்தை  
படுத்துடன் செய்வதும்  
யியம். அப்போதுதான் நாம்  
தவற்றை நினைத்து  
த எந்த வருத்தமும்  
காது.

ne, a better life is  
elp solve crime and  
ish all the evil peo-  
and send them to  
so that our world  
be a safer place.

GERIZIM, Student

னப் பொறுத்தவரை,  
ங்களுக்குத் தீர்வுகாண  
புரிந்து, கொடியவர்கள்  
னவரையும் சிறைக்கு  
யபி தண்டிப்பதே  
பட்ட வாழ்க்கை.  
வழி, நமது உலகம்  
ளப்பான இடமாக  
கும்.



IF WE ARE ABLE TO TAKE CARE  
OF OUR FAMILY WELL, THAT'S  
ACHIEVING JUSTICE AND FAIR-  
NESS FOR OUR FAMILY. IF WE  
TAKE CARE OF OUR HEALTH  
AND OURSELVES, WE ALSO TAKE  
CARE OF THE ENVIRONMENT.  
WE DON'T POLLUTE OR OVER-  
CONSUME. IF EVERYONE DOES  
IT TOGETHER, THAT'S A BETTER  
LIFE FOR ALL.

MUHAMMAD NADJAD,  
PhD Candidate

JIKA KITA DAPAT MENJAGA KELUARGA  
DENGAN BAIK, ITU ADALAH PENCAPAIAN  
KEADILAN DAN KESAKSAMAAN BAGI  
KELUARGA KAMI. JIKA KITA MENJAGA  
KESIHATAN DAN DIRI SENDIRI, KITA JUGA  
AKAN MENJAGA ALAM SEKITAR. KITA  
TIDAK MENCEMAR ATAU MENGGUNAKAN  
SECARA BERLEBIHAN. JIKA SEMUA ORANG  
MELAKUKANNYA BERSAMA-SAMA, ITU  
ADALAH KEHIDUPAN YANG LEBIH BAIK  
UNTUK SEMUA.



"A better life  
is where peo-  
ple can pursue  
education and  
employment  
opportunities  
without being  
judged based  
on their past,  
differences and  
appearance."

GARY LAU, Graduate

“更美好的明天是当  
每个人都能平等的追  
求教育与就业，并不  
会因为过去、身份不  
同与外表被歧视。”

# ONE FOR THE 'GRAM

— QUEENSTOWN EDITION —

The symmetrical towers of **Skyville@Dawson**.

All photos courtesy of the Ministry of National Development.

Mention Instagram-worthy places and Queenstown probably doesn't come to mind. Many Singaporeans know the heartland as one of our country's oldest estates, but beyond its historical gems and heritage trails, there is more to be discovered. From scenic skylines and greenery to OOTD backdrops, there's something for every Instagrammer out there. These are some examples, courtesy of the **Ministry of National Development (MND)**.

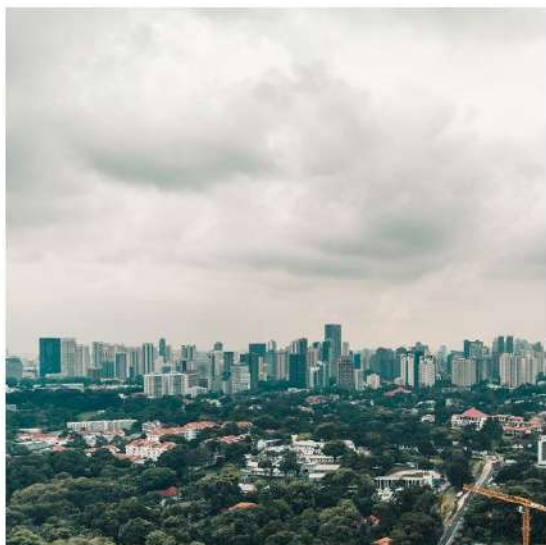
Singapore's first neighbourhood library is located in Queenstown, but despite turning 48 this year, its geometrical cement brick walls still make a great place to take that OOTD (outfit of the day) picture.

The library is just one among many Instagram-worthy backdrops that make a trip to Queenstown a must on your list. Other such spots include Singapore's first neighbourhood sports complex with its pastel-hued stands, an abandoned water tank at Woking Road, and Singapore's last remaining Hakka cemetery that's more than 120 years old.

## NEW GEMS AMONG THE OLD

Although Queenstown is known for its heritage, recent developments such as **Skyville@Dawson** and **SkyTerrace@Dawson** have breathed new life into the old town. Head to the top of either development for a panoramic view of the Singapore skyline — complete with symmetrical towers to add that oomph to your 'gram. It's lush greenery and modern iron structures make for great pictures too.

The next time you're wondering what to do in Singapore, why not take that trip to Queenstown? //



View of the Singapore skyline from **SkyVille@Dawson** — an award-winning development by WOHA Architects.



The **Library@Queenstown** has many Instagram-worthy corners to explore.



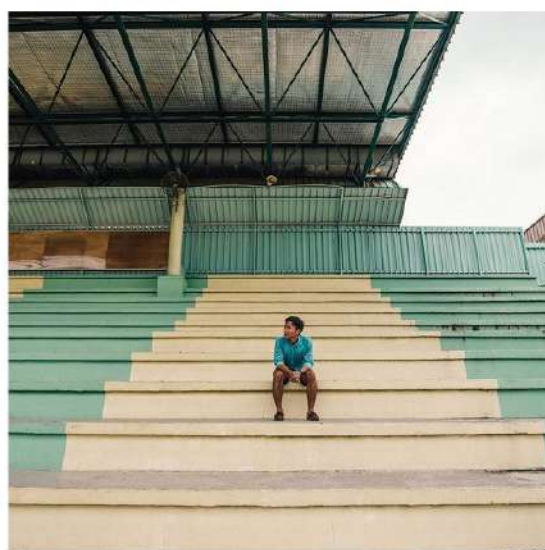
The OOTD-worthy walkways of **SkyTerrace@Dawson**, designed by SCDA Architects.



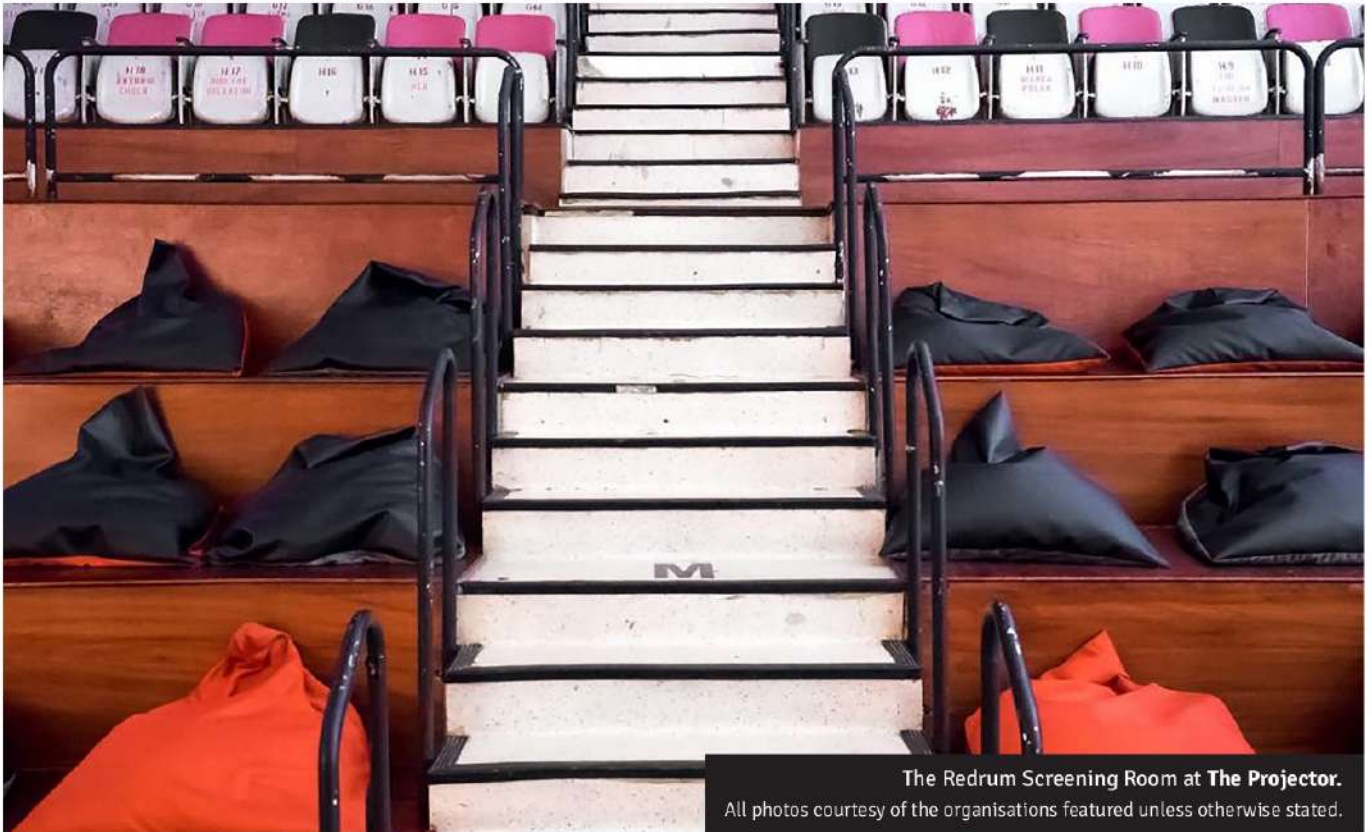
One for the explorers — an abandoned water tank lies at 4 Woking Road.



Singapore's last remaining Hakka cemetery located at 9 Commonwealth Lane.



Add a splash of pastel to your feed at **Queenstown Sports Complex**.



The Redrum Screening Room at **The Projector**.

All photos courtesy of the organisations featured unless otherwise stated.

# PUT YOUR MONEY WHERE YOUR HEART IS: SUPPORT LOCAL.

Everyone needs a spot of relaxation once in awhile — whether it is a leisurely cup of coffee, retail therapy, or some personal grooming. But the next time you do so, why not channel some of those funds back into local businesses? Here are five local outfits in **Jalan Besar** who punch way above their weight.

text by kok xing hui



## the projector

From local films to art house pieces and blockbusters, **The Projector** screens them all. This independent cinema has a menu different from the downtown folks. This month for example, you can catch films from the Singapore Palestinian Film Festival such as **When I Saw**

**You** — Palestine's entry for the Best Foreign Language Oscar at the 85th Academy Awards. You can even grab a proper bite while watching your film. The Projector houses a lobby cafe-bar with food and drinks that you can take into the two halls.

➤ **The Projector**  
6001 Beach Road, #05-00, Golden Mile Tower, Singapore 199589



## wimby lu tyrwhitt

Fans of Wimby Lu's chocolate truffles and waffles, rejoice! The cafe and chocolatier from Upper Serangoon Road has made its way to Jalan Besar. **Wimby Lu Tyrwhitt** is located opposite the Parc Sovereign Hotel, just a few doors away from Chye Seng Huat Hardware Coffee Bar. So have your weekend coffee, then pop over to Wimby Lu Tyrwhitt for waffles and ice cream.

➤ **Wimby Lu Tyrwhitt**  
166 Tyrwhitt Road Singapore 207570



## the nail social

While Singapore has tonnes of nail salons capable of turning your talons into works of art, there is none like **The Nail Social**. The pretty shophouse space is equipped with iPads to entertain you as nail technicians paint your nails with polish that is non-toxic. And beyond the pretty space, treatment you get at The Nail Social goes towards a good cause. The salon is actually a social enterprise that trains and employs low-income women. It even offers them flexible hours so those who are single mothers can attend to their children's needs.

➤ **The Nail Social**  
42A Haji Lane (2nd Floor), Singapore 189235



Image: Lifestyle Asia

## ritual gym

A healthy lifestyle is all the rage these days, so get in your dose of exercise at **Ritual Gym**. Don't worry — the entire workout and your shower is designed to be completed in 30 minutes. The gym uses High Intensity Interval Training, which combines strength training with cardio so you can train the entire body within a 20-minute session. And Ritual runs a class every half an hour so there is really no excuse for skipping your workout of the week.

➤ **Ritual Gym**  
11 North Canal Road, #03-01, Singapore 048824



Image: AsiaOne

## refash

Fashion moves fast and women often buy a piece, wear it a handful of times then chuck it aside. To solve his girlfriend's woe of having "nothing to wear" despite a bursting wardrobe, four young men started **Refash** so women can easily sell their wares to others and "refashion" them. Refash collects unwanted clothes at its brick and mortar shops, then sells it either in the shops or online, with sellers getting a percentage of the sales. At the end of three months, unsold items can be collected or donated to non-profit organisations.

➤ **Refash**  
1 Selegie Rd #01-01, Singapore 188306

# dementia

Source: TODAY; IMH

Becoming forgetful does not necessarily mean that a person has dementia. As part of the ageing process, individuals may notice slowing of memory recollection and thought processing, which is normal. However, if the changes become progressively more obvious and begin to have an impact on the person's everyday life, they should consider going for a cognitive impairment assessment.

## WHERE TO GO FOR HELP?

The National Neuroscience Institute and the Institute of Mental Health have programmes to help patients with dementia.

**D**ementia is the loss of intellectual abilities — such as thinking, remembering, and reasoning — which interferes with a person's daily life. It is not diagnosed as a disease, but rather, is a group of symptoms that may accompany certain types of diseases.

Once regarded as a condition affecting those mostly over the age of 65, a growing number of younger patients have been diagnosed with dementia in recent years. The National Neuroscience Institute (NNI) Neuroscience Clinic saw 179 patients for young-onset dementia in 2016, a five-fold increase from 2011.

The term young-onset dementia is used to describe dementia that

occurs in patients aged 65 and below. The most common form of the disease is Alzheimer's — with some of the youngest patients being in their 40s.

With Singapore having one of the fastest ageing populations in the Asia-Pacific region, the number of patients with dementia is expected to double by 2030. There is currently no cure for the disease, though early detection and treatment may help to slow down some of the symptoms.

The NNI and the Institute of Mental Health (IMH) have various programmes available to offer support for patients and caregivers of family members with dementia. Visit [www.nni.com.sg](http://www.nni.com.sg) or [www.imh.com.sg](http://www.imh.com.sg) for more information. //

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pa.gov.sg** with the subject '**VOICES  
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- \* NRIC
- \* Mobile number

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