

Bridge



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

#4 / 2021

Stronger Together

Building resilience through community platforms, partner programmes and residents' efforts

I AM LEARNING TO BE MORE SYSTEMATIC, BUT I HAVE ALSO LEARNT THE VALUE OF BEING FLEXIBLE BECAUSE YOU SOMETIMES HAVE TO DROP EVERYTHING AND ATTEND TO AN URGENT MATTER."



MDM RAHAYU MAHZAM
Adviser to Jurong GRC GROs
(Bukit Batok East)



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Dear friends,

Singapore turns 56 this year. We have come through more than five decades of nation building together. Although we're not able to celebrate National Day like we usually do, the occasion is no less significant for it marks the fortitude and resilience Singaporeans have shown in battling the pandemic.

This spirit of unity has inspired many acts of kindness. Recently, South West CDC partnered The Girls' Brigade Singapore (GBS) to grant the wishes of some 3,000 beneficiaries under the Adopt @ South West programme. They were able to choose from items like books, stationery or household appliances. Together with GBS, we also rolled out the Girls' Brigade Friend in Deed @ South West initiative which saw the girls reaching out to about 120 elderly residents through regular phone and video calls.

This heartwarming outreach benefits both the young and the old. The social connections and friendships formed will uplift the seniors' physical and mental health and the girls will also have the privilege of learning from their elders. In addition, the CDC partnered Domino's Pizza Singapore to bring pizzas and cheer to underprivileged children and their families as well as the healthcare frontliners in our district.

To equip our residents, the CDC held SkillsFuture@CDC 2021, a virtual fair for job seekers and those wanting to upskill their capabilities and knowledge to future-proof themselves.

We are grateful to all our partners for supporting and uplifting our South West residents. Our successful collaborations are testament of what we can achieve in unity. Together, we can overcome this crisis and emerge even stronger together.

Happy 56th National Day!



Rakan-rakan yang dihormati,

Singapura berusia 56 pada tahun ini. Kita telah melalui lebih dari lima dekad pembangunan negara. Walaupun kita tidak dapat menyambut Hari Kebangsaan seperti yang biasa, ia tidak kurang pentingnya kerana ia menandakan ketabahan serta daya ketahanan yang dipamerkan oleh rakyat Singapura dalam memerangi pandemik.

Semangat perpaduan ini telah menginspirasi banyak ciri-ciri kebaikan. Baru-baru ini, CDC Barat Daya bekerjasama dengan Girls' Brigade Singapore (GBS) untuk memenuhi permintaan kira-kira 3,000 penerima di bawah program Adopt @ South West. Mereka dapat memilih daripada barangan seperti buku, alat tulis atau perkakas rumah. Bersama-sama dengan GBS, kita juga melancarkan inisiatif Girls' Brigade Friend in Deed @ South West yang menyaksikan gadis-gadis ini menghubungi sekitar 120 orang warga emas melalui panggilan telefon dan video secara kerap.

Program mendekati masyarakat ini memberi manfaat kepada golongan muda dan juga tua. Hubungan sosial dan persahabatan yang terjalin akan meningkatkan kesihatan fizikal dan mental warga emas dan gadis-gadis tersebut juga berpeluang untuk belajar daripada golongan yang lebih tua dari mereka. Di samping itu, CDC bekerjasama dengan Domino's Pizza Singapore untuk berkongsi pizza dan keceriaan dengan kanak-kanak yang kurang bernasib baik dan keluarga mereka serta pekerja barisan hadapan penjagaan kesihatan di kawasan kita.

Untuk melengkapkan para penduduk kita, CDC menganjurkan SkillsFuture @ CDC 2021, sebuah pameran maya untuk pencari kerja dan mereka yang ingin meningkatkan keupayaan dan pengetahuan mereka agar dapat menjamin masa hadapan yang lebih cerah.

Kami berterima kasih kepada semua rakan kongsi yang telah memberikan sokongan dan bantuan kepada penduduk Barat Daya kita. Kejayaan kerjasama kami ini membuktikan bahawa banyak yang boleh dicapai apabila kita bersatu. Bersama-sama, kita boleh atasi krisis ini dan muncul lebih kukuh bersama.

Selamat Hari Kebangsaan yang ke-56!

அன்பார்ந்த நண்பர்களே,

இந்த ஆண்டு சிங்கப்பூர் 56 வயதை எட்டுகிறது. நாம் ஐந்து தசாப்தங்களுக்கும் மேலாக ஒன்றிணைந்து இந்த தேசத்தை உருவாக்கியுள்ளோம். நாம் வழக்கம் போல இந்த தேசிய தினத்தைக் கொண்டாட முடியவில்லை என்றாலும் கூட, பெருந்தொற்றை எதிர்த்துப் போராடுவதில் சிங்கப்பூரர்கள் வெளிப்படுத்தியுள்ள மன உறுதியையும் மீள்திறனையும் வரலாற்றில் பதிவுசெய்வதற்கான குறிப்பிடத்தக்க தருணமாக இது விளங்குகிறது.

ஒற்றுமையாக இருப்பதற்கான இந்த மனவுறுதி பல கனிவான செயல்களை ஊக்குவித்துள்ளது. சமீபத்தில், தென்மேற்கு சமூக மேம்பாட்டு மன்றம் (சிடிசி), தென்மேற்கில் தழுவுதல் (Adopt @ South West) என்ற திட்டத்தின் கீழ் சுமார் 3,000 பயனாளிகளின் விருப்பங்களை நிறைவேற்ற சிங்கப்பூர் பெண்கள் படைப்பிரிவு (GBS) உடன் இணைந்து செயல்பட்டது. புத்தகங்கள், எழுதுபொருட்கள் அல்லது வீட்டு உபயோகப் பொருட்கள் போன்றவற்றிலிருந்து அவர்களால் தேர்வுசெய்ய முடிந்தது. GBS உடன் கூட்டிணைந்து, நாங்கள் Girls' Brigade Friend in Deed @ South West என்ற முனைப்பையும் அறிமுகப்படுத்தினோம், இதில் பங்கேற்ற பெண்கள் வழக்கமான தொலைபேசி மற்றும் காணொளி அழைப்புகள் மூலம் சுமார் 120 மூத்தோர் குடியிருப்பாளர்களைச் சந்தித்து உதவிகளை வழங்கினர்.

இந்த இதயப்பூர்வமான மக்களை எட்டும் முயற்சி, இளையர்கள் மற்றும் முதியோர்கள் இருவருக்கும் பலனளிக்கிறது. உருவாக்கப்பட்ட சமூக இணைப்புகள் மற்றும் நட்புகள் மூத்தோர்களின் உடல் மற்றும் மன நலத்தை மேம்படுத்தும், மேலும் பெண்கள் தங்களின் மூத்தோர்களிடம் இருந்து கற்றுக் கொள்ளும் வாய்ப்பையும் பெறுவார்கள். கூடுதலாக, நமது சமூக மேம்பாட்டு மன்றம் சிங்கப்பூர் டொமினோஸ் பீட்ஸாவுடன் இணைந்து பொருளாதார ரீதியாகப் பின்தங்கியுள்ள குழந்தைகள் மற்றும் அவர்களது குடும்பங்களுக்கு மட்டுமின்றி நமது மாவட்டத்தில் உள்ள சுகாதாரப் பராமரிப்பு முன்களப் பணியாளர்களுக்கும் பீட்ஸாக்களை வழங்கி உற்சாகப்படுத்துகிறது.

நமது குடியிருப்பாளர்களைத் தயார்படுத்துவதற்காக, நமது சமூக மேம்பாட்டு மன்றம் வேலை தேடுபவர்களுக்காகவும், தங்கள் திறன்களையும் அறிவையும் எதிர்காலத்திற்கு ஏற்ப வளர்த்துக்கொள்ள விரும்புவவர்களுக்காகவும் ஸ்கில்ஸ்-பியூச்சர்@CDC 2021 என்ற ஒரு மெய்நிகர் கண்காட்சியை நடத்தியது.

நமது தென்மேற்குக் குடியிருப்பாளர்களை ஆதரித்து மேம்படுத்துவதற்காக நமது பங்காளர்கள் அனைவருக்கும் நாம் மிகவும் கடமைப்பட்டுள்ளோம். நமது வெற்றிகரமான கூட்டுப்பணிகள் நாம் ஒற்றுமையாக இருந்தால் எதையெல்லாம் சாதிக்க முடியும் என்பதற்கான சான்றாகும். நாம் அனைவரும் ஒன்றிணைந்து இந்த நெருக்கடி நிலையைச் சமாளித்து, இன்னும் வலுவாக மீண்டெழுவோம்.

இனிய 56வது தேசிய தின வாழ்த்துக்கள்!

亲爱的朋友们，

新加坡今年将迎来56岁生日。这50多年的建国路上，我们历经了种种考验。虽然我们无法像往年一样庆祝这特别的日子，但今年的国庆对我们来说仍具有重大意义，因为这代表国人在对抗疫情的斗争中展现的顽强毅力和坚韧不拔的精神。

在这种团结精神的感召下，许多组织与个人也纷纷做出善举。西南社区发展理事会最近与新加坡女少年旅（Girls' Brigade Singapore）合作，通过“西南邻里关怀计划（Adopt@South West）”帮助大约3000名受益人实现了他们的愿望。他们能从书籍、文具或家用电器中选择物品加入自己的愿望清单。我们也与新加坡女少年旅一起推出“女少年旅良友在西南计划（Girls' Brigade Friend in Deed @ South West）”，并在该项计划下，定期让女少年旅的成员们通过电话和视频通话的方式，与大约120名年长居民建立友伴关系。

这一暖心之举让女少年旅的成员们和乐龄人士都获益匪浅。像类似这种友伴计划的活动不仅有助于提升乐龄人士的身心健康，我们的年轻朋友们也能从长辈们学习宝贵的人生经验。此外，社理会也与新加坡达美乐披萨（Domino's Pizza Singapore）合作，向弱势儿童及其家庭以及本区的医疗前线人员赠送披萨，为他们在这一艰难时期给予一丝温暖与快乐。

为了提升本区居民的就业能力，西南社区发展理事会也举办了“技能创前程@社理会2021”虚拟招聘会，以协助求职者与想提升技能的人士为未来的就业市场做好准备。

我们真心感谢所有合作伙伴给予西南区居民的支持与指导。这些成功的合作证明了我们团结一致所能取得的非凡成就。让我们携手共进，共同对抗这场疫情危机，并从过程中变得更团结、更坚韧。

祝大家国庆日快乐！




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SOUTH WEST CDC - KOH KOCK LEONG GRADUATE RELIEF & INDIVIDUAL TRAINING (GRIT) FUND

Apply now to upskill yourself and receive a one-time \$500 grant upon course completion



Eligibility Criteria

- Resident of South West District
- Full-time student at the following local institutions: JCs / MI / ITE / polytechnics / universities
- Graduated between December 2019 and March 2022
- Singapore citizen or at least one immediate family member is a Singapore citizen
- Combined gross monthly household income of \$3,500 or per capita income of \$875, whichever is lower
- Not in any full-time employment or committed in other traineeship/internship programme i.e. part-time and temporary employment are allowed.



Scan here to apply now!
(<https://go.gov.sg/SWCDGGRIT>)

Visit www.cdc.gov.sg/southwest for more information or email us at swcdc_bursaries@pa.gov.sg for further enquiries.

NGEE ANN KONGSI | KONG MENG SAN COMMUNITY DEVELOPMENT COUNCIL COVID-19 RELIEF FUND

To help individuals affected by the COVID-19 pandemic, the five Community Development Councils have joined hands with Ngee Ann Kongsi and Kong Meng San Phor Kark See Monastery to set up the COVID-19 Relief Fund.

The fund aims to support Singaporeans affected by loss of jobs, retrenchment or loss of income as a result of the pandemic.

ELIGIBILITY CRITERIA & SUPPORTING DOCUMENTS REQUIRED

- Open to Singaporeans who have experienced retrenchment / contract termination / salary loss of at least 30% from all jobs
- Applicants are required to submit their
 - NRIC
 - Copy of CPF statements for verification on loss of income; and
 - Copy of letter from employer indicating retrenchment / termination; or
 - Copy of current income statement / pay slip.



South West Community Development Council
Tel 6316 1616
Email southwest_cdc@pa.gov.sg

TO APPLY / FOR MORE INFORMATION
Interested applicants may contact the CDC or approach the nearest CC for more information.

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Bridge

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On a mission to grant wishes

IN PARTNERSHIP WITH THE SOUTH WEST CDC, THE GIRLS' BRIGADE SINGAPORE'S NEWLY LAUNCHED INITIATIVES FULFIL THE NEEDS OF VULNERABLE RESIDENTS THROUGH GIFTING AND BEFRIENDING.

TAMAN JURONG RESIDENT MR MOHD SALEH BIN ABU HAD HOPED TO HAVE AN ELECTRIC KETTLE TO HELP HIM BOIL WATER FASTER AND SAFELY. His wish was granted through The Girls' Brigade Friend in Deed (GBFD) @ South West initiative that was launched at NTUC Health Senior Activity Centre (Taman Jurong) on 7 July 2021. The 78-year-old was one of three residents who received items they had wished for from Guest of Honour and Patron of The Girls' Brigade Singapore (GBS) President Mdm Halimah Yacob and Mayor of South West District Ms Low Yen Ling. Expressing his appreciation, Mr Saleh said, "It is safer than using the stove as I may forget to turn off the fire after the water has boiled. This is really useful for me and I am grateful for the support."

DOUBLING THE OUTREACH

As part of GBS Friendship Day, GBFD @ South West is expected to benefit 3,000 residents across age groups under the Adopt @ South West programme over the course of six weeks. As the campaign was not confined to a physical setting, South West Community Development Council (CDC), GBS and their community partners were able to reach out to twice as many beneficiaries as compared to previous years.



Mayor Low and Ms Sharon Liat (far right) joining Elsa Heng (second from left), as she presented President Halimah Yacob with a token of appreciation.

COLLECTIVELY, THE EFFORT WILL BOOST OUR COMMUNITY'S SOCIAL RESILIENCE AND HELP US EMERGE STRONGER FROM THIS CRISIS.

LOW YEN LING

Mayor of
South West District

Beneficiaries could wish for any item under \$60. These included health tonics, mobility aids, portable fans, air purifiers, sandwich makers, sportswear, storybooks and stationery. The wishes were fulfilled by corporate sponsors and individual well-wishers whose donations amounted to around \$180,000.

Mr S Periyaswamy, 93, who received a portable fan, was grateful for his gift. "The one that I had stopped working some time ago. This new fan will be useful since the weather is so hot at this time of the year. Thank you for fulfilling my wish."

MORE OPPORTUNITIES TO GIVE BACK

GBS member Heng Jia En Elsa, 18, found it meaningful to be a part of the GBFD project. "It heartens me to be able to bring joy to others. I am really glad that we are able to help those in need despite the circumstances due to COVID-19," she shared.

Besides fulfilling wishes, GBS has also partnered South West CDC to start a new tele-befriending project, Adopt-A-Senior @ South West. The programme aims to provide social-emotional support for the elderly and alleviate feelings of isolation and loneliness among them. More than 120 GBS girls have been paired up with 120 seniors and will interact with them via telephone or Zoom video calls on a regular basis from June to December this year.

Speaking at The GBFD @ South West launch, Mayor Low said, "During the pandemic, the levels of isolation and stress have increased for everyone, especially elderly persons. Through this befriending initiative, we aim to build and strengthen inter-generational ties, as well as prevent the ills of social isolation in our society. It will rejuvenate and improve the seniors' well-being and also offer youth the benefit of learning from the accumulated wisdom of elders."

Commenting on the efforts of GBS, President Mdm Halimah Yacob,

said, "I am heartened to see The Girls' Brigade rallying Singaporeans to help the vulnerable groups in society, especially during this challenging period. I hope The Girls' Brigade will continue their good work to serve the community."

President of GBS Ms Sharon Liat made a promise that the uniformed group will do its best to fulfil every wish and support the seniors through their tele-befriending efforts. "We hope to evolve our The Girls' Brigade Friend in Deed project to become a sustainable, meaningful and impactful endeavour that can grow to reach more beneficiaries each year," she added.

ALL HANDS ON DECK

The campaign provides an opportunity not only for GBS girls, but for volunteers and community partners alike to give their time for a meaningful cause. Between 7 July and 9 August 2021, members of the public were encouraged to adopt one or more of the residents' wishes listed on the GBS website and to make arrangements to drop the items at the GBS headquarters in Upper Serangoon Road.

Ms Liat called on all Singaporeans to lend their support to the cause. "Despite the challenges to serve and connect with those in need, we should not shun away from helping others just because it may be an inconvenience to us. Instead, we should be more forthcoming with aiding those who have been hardest hit," she said.

Mayor Low also invited South West residents to support the initiative. "We are greatly heartened by the strong support of our community and corporates who have stepped forward to partner us in this effort. Every form of support, no matter how small, will go a long way in uplifting lives in such a time as this," she said. **B**



President Halimah interacting with Mayor Low and Ms Sharon Liat at the launch of GBFD @ South West.



(From left): Beneficiaries Mdm Lau Kang Ngh, Mr Mohd Saleh Bin Abu and Mr S Periyaswamy at The GBFD launch.



Mr Mohd Saleh engaging in a video call with a GBS girl under Adopt-A-Senior @ South West.



Mr S Periyaswamy and his wife receiving an electric fan for their home.



President Halimah presenting Mr Mohd Saleh Bin Abu with an electric kettle he had wished for.

Improvising with the Changing Times

GBS has been observing Friendship Day annually since 2011 by reaching out to the lonely, elderly and those with special learning needs through befriending and service. The GBFD initiative is created to enable the uniformed group to help more beneficiaries in light of the challenges posed by the COVID-19 pandemic.

ALTHOUGH WE DO NOT GET TO MEET OUR BENEFICIARIES, WE ARE STILL ABLE TO BRING THEM JOY THROUGH THE GIRLS' BRIGADE FRIEND IN DEED PROGRAMME.

HENG JIA EN ELSA
GBS member

THE COVID-19 PANDEMIC HAS IMPACTED MANY, WITH RESIDENTS FROM VULNERABLE BACKGROUNDS AMONG THE HARDEST HIT.

To bring cheer to those affected in the South West District, Girl Guides Singapore (GGS) partnered the South West Community Development Council (CDC) and Koh Kock Leong Enterprise to provide *halal*-certified cookies to 3,500 households over the National Day period.

Mayor of South West District Ms Low Yen Ling said, "As we celebrate our nation's birthday, it is also an opportune time to show that every Singaporean matters. These gifts of cookies and care packs bear a message of love, care and hope — that no one is alone in these difficult times. This joint initiative between GGS, Koh Kock Leong Enterprise and South West CDC to uplift our vulnerable residents is a testament of the community's solidarity to stand together and support one another through this crisis."



Left to right: GGS executive director Ms Susana Lim, GGS young adult Ms Crystal Chong, Mayor Low Yen Ling, GGS president Dr Seetha Subbiah and chairman of Bukit Gombak Hillgrove Residents' Committee Ms Evelyn Ong, with the cookies and care packs that they distributed to residents.



Mr Hayum Bin Idris and his family taking a selfie with Mayor Low, Dr Seetha and Ms Chong.

Mayor Low and GGS President Dr Seetha Subbiah personally distributed the cookies and care packs to some of these households and interacted with recipients like Mdm Suhana Bte Rahmat. "We are very grateful that we have been selected to receive cookies from Girl Guides and the South West Care Pack. This gives my children the opportunity to see that Singapore is a caring country," said the 40-year-old Bukit Batok resident, who was heartened by the kind gesture. Another beneficiary Ms Insyirah Bte Abdullah, 29, also received the cookies and care pack from Mayor Low and Dr Seetha. "We appreciate the effort and are excited to taste the cookies," she told *BRIDGE*.

SENDING SUPPORT AMID COVID-19 RESTRICTIONS

The beneficiaries received letters informing them that they would be receiving the cookies. Dr Seetha explained, "Under non-COVID-19 circumstances, our Brownies and Girl Guides would have gone door-to-door to deliver cookies. However, current conditions do not allow for such interaction." Most of these residents received the cookies through their respective constituency offices or social service agencies that had nominated them. Although the GGS girls could not deliver the cookies to the residents, Dr Seetha said GGS is happy to partner South West CDC for this initiative and hoped the specially prepared cookies would bring cheer to them. *B*



Mdm Suhana Bte Rahmat, her son Abdurrazzat and daughter Aeesyah with Ms Chong, Mayor Low and Dr Seetha.



Mdm Wu Da Juan and her family were delighted to be among those who received cookies and a care pack from Mayor Low and representatives from GGS.

Sweet treats that spread hope

SPECIALLY PREPARED COOKIES AND CARE PACKS REMINDED VULNERABLE SOUTH WEST RESIDENTS THAT THEY ARE NOT ALONE AMID THESE CHALLENGING TIMES.



Ms Insyirah Bte Abdullah and her four daughters were all smiles when Mayor Low, Dr Seetha and Ms Chong visited them.

>> CARING FOR RESIDENTS IN NEED

The cookie distribution effort is part of Adopt @ South West. Since 2007, the programme has reached out to needy families and vulnerable elderly living in the South West District to ensure that no one falls through the cracks.

VULNERABLE RESIDENTS IN THE DISTRICT WERE TREATED TO PIZZAS THANKS TO SOUTH WEST CDC'S PARTNERSHIP WITH DOMINO'S PIZZA.

A slice of happiness

FEW DISHES BRING PEOPLE TOGETHER THE WAY THAT PIZZAS DO.

Regularly eaten as everyday meals and at various celebrations, the dish remains a favourite in Singapore. In an effort to spread cheer with its offerings, pizza restaurant chain Domino's Pizza recently donated over \$57,000 worth of its signature pizzas and sides to healthcare frontliners and less-privileged residents across the country. To empower its customers to give, Domino's Pizza donated \$10 worth of food under its Small Acts, Big Hearts initiative for every "Tasty Twosome" set, comprising two side, purchased from 4 to 12 May 2021.

DOMINO'S PIZZA HAS HAD THE PRIVILEGE TO SERVE OUR COMMUNITIES, INCLUDING THE RESIDENTS AND FRONTLINERS IN THE SOUTH WEST DISTRICT. THROUGH THIS INITIATIVE, WE HOPE TO GIVE BACK AND BRING CHEER TO THEM, AS WELL AS APPRECIATE THE MANY HEROES AMONG THEM.

MR MICHAEL CHICK

CEO of Domino's Pizza
Singapore and Cambodia

Through the initiative, Domino's Pizza partnered the South West CDC to provide 331 pizzas and sides to beneficiaries of organisations such as Pasir Panjang Hill Community Service Centre, Lakeside Family Centre and Big Heart Student Care Centre, as well as healthcare workers from hospitals in the South West district like National University Hospital and Ng Teng Fong General Hospital.

Mr Michael Chick, CEO of Domino's Pizza Singapore and Cambodia said, "We worked closely with the South West CDC to identify a list of beneficiaries, including underprivileged families and children. Though we faced a few challenges coordinating the deliveries amid the tightened



Mr Michael Chick, CEO of Domino's Pizza Singapore and Cambodia, delivered pizzas to students of Big Heart Student Care Centre@Princess Elizabeth.



Representatives from Pasir Panjang Hill Community Services Centre receiving pizzas and side dishes delivered by Domino's Pizza staff.

restrictions during the pandemic, our dedicated staff successfully delivered over \$13,500 worth of pizzas and sides to the beneficiaries."

The partnership between South West CDC and Domino's Pizza benefits residents under the Adopt @ South West programme. Launched in 2007, the programme takes a "many-helping-hands" approach in providing social support to residents residing in one- and two-room rental flats with the assistance of corporate and community stakeholders. *B*



>> **Uplift and enrich** the lives of needy residents staying in both rental and purchased flats

>> **Take a whole-of-community approach** to better address needs on a sustained basis

>> **Promote** volunteerism and philanthropy among individuals and organisations



Each beneficiary of Pasir Panjang Hill Community Services Centre received a pizza and a lava cake.

A DEEP INTEREST IN SUSTAINABILITY ISSUES led Bukit View Secondary School student Jayden Ho to jump at the opportunity to participate in the Young Technopreneur Challenge 2021. "I signed up because I was very intrigued to learn more about the Singapore Green Plan 2030 and wanted to come up with innovative ideas to counter problems that affected sustainability," the 15-year-old shared. Jointly organised by the South West Community Development Council (CDC), HP Inc and Junior Achievement (JA) Singapore, the challenge sought to empower youth to take ownership of the world they live in and develop solutions to address environmental concerns.

A total of 171 Secondary Two and Secondary Three students from 19 schools were tasked to devise solutions that help to



Eight teams that made it to the finals presented their ideas to judges from HP Inc and South West CDC.

Nurturing young innovators for tomorrow

SECONDARY TWO AND THREE STUDENTS ROSE TO THE CHALLENGE TO IDEATE AND PITCH SUSTAINABLE SOLUTIONS TO ENVIRONMENTAL PROBLEMS AT THE THIRD YOUNG TECHNOPRENEUR CHALLENGE.

achieve a sustainability goal from either the United Nations Sustainable Development Goals, the Singapore Green Plan (SGP) 2030 or the Sustainable South West Masterplan. To address the issue of food security under the SGP 2030, Jayden's team conceptualised a smart device that taps on technology to help fish farmers monitor water conditions effectively and affordably.

ALL-ROUND SUPPORT

Jayden's team and 43 others benefitted from three boot camps on design thinking, coding, and pitching and presentation skills. Conducted online, the training guided participants to think about sustainability

solutions from the user's perspective and apply science, technology, engineering and mathematics (STEM) to solve related problems. It also boosted the youth's confidence and presentation skills as they had to pitch their ideas to a panel of industry experts. Mentors from HP Inc and JA Singapore were assigned to each team.

EQUIPPED TO GO FURTHER

At the grand final, the eight teams that made it through the preliminary round presented their STEM-based solutions to judges from HP Inc and South West CDC. The panel was impressed by the standard of the pitches and the confidence that the

students exuded in presenting their well-thought-out ideas.

The team from Boon Lay Secondary School, comprising Reeve Zapanta Andres, 15, Xu Jihao, 15, Theejutha Oumalee, 16 and Liu Ku, 16, clinched the first runner-up and the most innovative idea award with their idea of converting expired medicine into fertiliser. "Winning the awards was surprising for us as we had no idea it was possible to win multiple awards," the team said, adding that they enjoyed pitching their idea to the judges. Reeve shared, "Our biggest takeaway from this challenge is that not everything would go according to plan, and we need to be prepared to make changes on the fly." The young innovators aspire to nudge Singaporeans and pharmaceutical businesses to be more environmentally conscious. "There is no silver bullet for environmental issues, but we believe that every little bit counts," said Theejutha.

Champion Team Codex from Raffles Girls' School (Secondary) will receive funding of \$3,000 to develop and implement its idea. The top three winning teams will get to participate in a job shadow programme at HP Inc. Although there were only three winners, Mayor Low emphasised that all the participating teams were winners for taking up the challenge and coming thus far.

Although Jaden's team did not make it into the top three, taking part in Young Technopreneur Challenge 2021 has widened his horizons. "Not only did it challenge us to solve real-world problems, it equipped us with the necessary skills, including design thinking, STEM and presentation skills, so that we can apply them and gain more through hands-on learning," he said. **B**

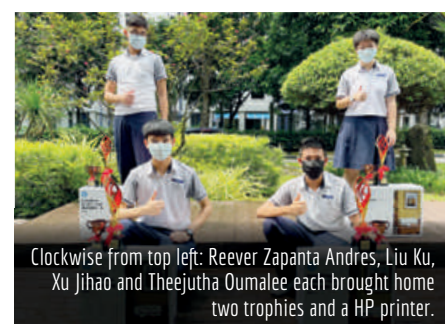
THROUGH INNOVATION AND TECHNOLOGY, OUR NEXT GENERATION HAS THE POTENTIAL TO SOLVE CHALLENGES AND CHART NEW PATHWAYS FOR SUSTAINABILITY. WE ARE HAPPY TO PARTNER HP INC AND JA SINGAPORE TO INSPIRE MORE YOUTHS IN THE SOUTH WEST DISTRICT TO TAKE OWNERSHIP OF THEIR ENVIRONMENT AND START SHAPING THE SUSTAINABLE FUTURE THEY HOPE FOR.

LOW YEN LING

Mayor of South West District



The team, comprising Theejutha Oumalee, Reeve Zapanta Andres, Liu Ku and Xu Jihao, clinched the first runner-up and the most innovative idea award.



Clockwise from top left: Reeve Zapanta Andres, Liu Ku, Xu Jihao and Theejutha Oumalee each brought home two trophies and a HP printer.

A novel way to reuse old shoes

CONTRIBUTE TO AN INNOVATIVE INITIATIVE THAT BUILDS SPORTS INFRASTRUCTURE OUT OF RECYCLED FOOTWEAR.

A RECENTLY LAUNCHED SHOE WASTE COLLECTION PROGRAMME is set to turn old trainers and sneakers into materials for use in the construction of sports infrastructure such as playgrounds, jogging tracks and fitness corners. Spearheaded by materials science company Dow and Sport Singapore (SportSG), the permanent initiative builds on the success of 'Others see an old shoe. We see the future', a pilot project that collected around 75,000 pairs of shoes from September to December last year. The recycled material from the shoes collected was enough to build 3.3 kilometres of jogging track.



WHAT HAPPENS TO THE COLLECTED FOOTWEAR?

- ▶ The rubberised soles and midsoles of the shoes are ground into rubber granules.
- ▶ These are then bound together using a water-based and solvent-free binder technology.
- ▶ Partially replacing hazardous recycled tyres, this material is used to build sports infrastructure that is environmentally friendlier and safer.



Rubber from collected shoes are being used to build sports infrastructure such as this playground at Jurong Lake Gardens. This photo shows a layer of ground rubber granules laid on the playground floor (left) and the floor after it has been covered with cork blended with ethylene propylene diene monomer rubber (right).

GET REWARDED FOR RECYCLING

Follow these simple steps to earn points via the STEP UP Sustainability app developed by ALBA W&H Smart City, a partner in the shoe recycling project.



Scan QR code ALBA STEP UP app



Take a clear snapshot of the shoes



Claim and Redeem Rewards



Scan the QR Code for a full list of collection points:



Members of the public can deposit their unwanted shoes with rubber soles at any bin that bears this sticker.



TURNING WASTE INTO RESOURCE

Speaking at the virtual Memorandum of Understanding signing for the permanent shoe waste collection ecosystem, Minister for Sustainability and the Environment Ms Grace Fu said, "We are adopting a circular economy approach towards the management of waste in Singapore. We see waste not as something to be thrown away, but as a precious resource to be harvested."

From 5 July 2021, residents can deposit their used sports shoes at 25 ActiveSG

sport centres, stadiums and Decathlon stores located across Singapore. Used school shoes and football boots without metal studs can also be donated. Supported by partners B.T. Sports, Alba W&H Smart City Pte Ltd, Decathlon and Standard Chartered Bank, this shoe waste collection ecosystem is the first of its kind in Asia and is expected to save 170,000 pairs of footwear from the landfill every year.

Expressing delight in partnering SportSG to make "what has been a successful pilot project a permanent reality", Dow President for Asia Pacific Mr Jon Penrice said, "This collaboration with partners across the value chain is critical in moving from a make-use-dispose society to a circular economy by rethinking what can be done with waste that was previously simply sent to landfills."

Sports facilities that make use of recycled material derived from these donated shoes – such as a playground at Jurong Lake Park – are already being built. "We are delighted to see this project have a real impact here in Singapore and see the potential for it to scale significantly in the future," Mr Penrice said.

SUPPORTED BY SCHOOLS ISLANDWIDE

Seventy schools and tertiary institutions have also been designated as collection points. Of these, 24 are under the Green Schools @ South West programme. Students from Juying Primary School, one of the participating schools, have been enthusiastic about contributing to the shoe waste collection programme. Zhang Youjia, a Primary Four student at the school, donated 15 pairs of unwanted shoes contributed by her family and neighbours. "Children like me can help by spreading the news," she said.

Mei Yen Katy Han Teong, another 10-year-old from the school, recounted, "I was shocked when I heard about this because I did not know used shoes can be made into sports infrastructure." Sharing that she donated three pairs of shoes, Katy added, "Others can start the habit of recycling at home just like me. My mother puts a bin for recycling and another bin for waste in our kitchen." **B**

Gearing up for the future

SKILLSFUTURE@CDC 2021 OFFERED OPPORTUNITIES FOR RESIDENTS TO FUTURE-PROOF WITH NEW SKILLS.

COVID-19 HAS GREATLY CHANGED THE NATURE OF WORK BY ACCELERATING DIGITAL TRANSFORMATION.

Adapting and thriving in a post-pandemic world will require Singaporeans to pick up new skill sets. To help equip residents with a broad range of skills, the five Community Development Councils (CDC), in partnership with SkillsFuture Singapore (SSG) and Employment and Employability Institute (e2i), rolled out SkillsFuture@CDC 2021 in support of the SkillsFuture month.

Held virtually between 17 and 30 July 2021, the event offered Singaporeans a convenient avenue to reskill, upskill and find employment. Over two weeks, participants dipped their toes in diverse topics, such as cybersecurity, online communication and robotic process automation, covered in 15 virtual workshops. In addition, participants also joined 10 Facebook Live sessions. Hosted by journalist Ms Diana Ser, the discussions, which featured Mayors and industry experts as panellists, offered further opportunities for engagement.

MAKING TOPICS ACCESSIBLE

The Facebook Live sessions and virtual workshops were held during lunchtime and after-office hours, as well as on weekends, to allow working adults to attend. To make topics easy to understand and relatable, trainers used real-life examples and avoided jargon that could confuse or overwhelm residents who were new to the subject matters.

This approach came in handy when dealing with topics like User Experience (UX) and UX Design, which are technical in nature. UX refers to how users find the overall experience of using a product. With a well-designed UX interface, users can enjoy a hassle-free and pleasant experience.

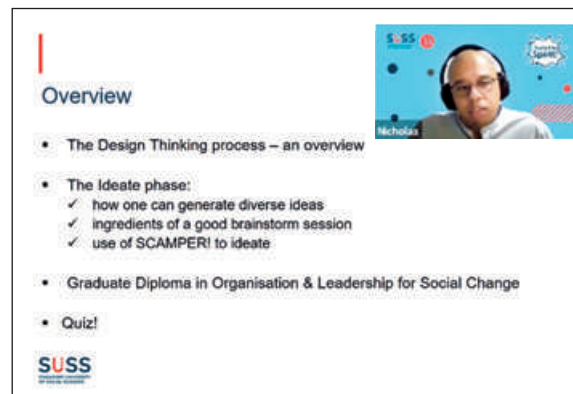
Through one of the SkillsFuture@CDC workshops, participants were introduced to UX and its principles. With this first step, they could go on to further

develop their skills in this area and find careers as UX designers, UX researchers and UX writers. Guiding them along was Ms Dai Mei Hua, a lecturer and Senior Manager (Digital Design) at Ngee Ann Polytechnic (NP). She told *BRIDGE* that such knowledge is not only useful for those looking to get into the fast-growing tech sector but also benefits those who are currently involved in the process of product design and development. "With a clearer understanding of user needs, product development teams can make more informed decisions during the design process, contributing to an overall better user experience for the final product," she explained.

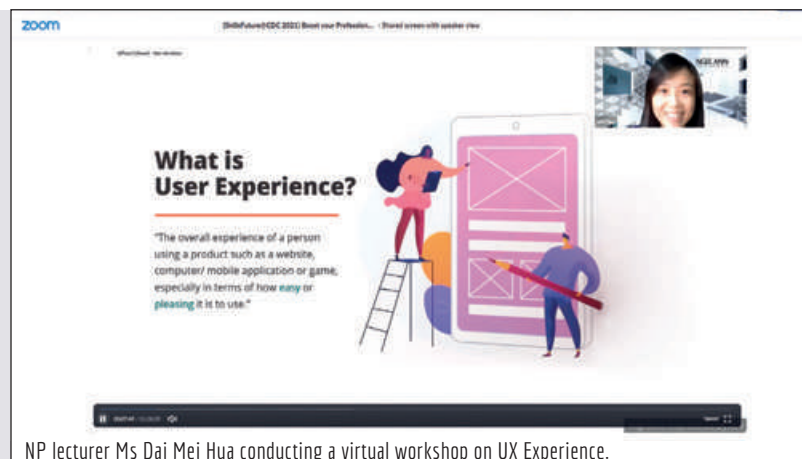
In separate Facebook live sessions, Mr Greg Breinholt, Director UI/UX, Razer, provided insights on UX design by using a prototype of a Razer air purifying mask as case study; while



Ms Tamsin Greulich-Smith (left), Director, School of X, DesignSingapore Council, sharing her expertise on "How to Generate Innovation with Ideation".



A virtual Workshop on Ideation by Mr Nicholas Netto, Senior Lecturer for Social Work Programme, SUSS.



NP lecturer Ms Dai Mei Hua conducting a virtual workshop on UX Experience.



Mr Greg Breinholt, director UI/UX, Razer (left) in a Facebook Live session on "Boosting Professional Development with UX Design".

Ms Tamsin Greulich-Smith, Director, School of X, DesignSingapore Council, shared on how the creative process can be applied to help ideate better and solve everyday challenges.

Besides topic-specific knowledge, participants picked up ancillary skills that would come in handy during the job-seeking process, such as learning how to negotiate salary, through workshops conducted in collaboration with e2i. These sessions also offered insights into growth sectors. To let residents gain knowledge on the go, bite-sized learning videos have been uploaded on the SkillsFuture@CDC Facebook page.

>> AT YOUR CONVENIENCE

Catch playbacks of the virtual workshops by scanning the QR Code. Topics include:

- Effective online communication
- Navigating the VUCA world and thinking AGILE
- Innovation and ideation
- Change management
- Cybersecurity and e-transactions
- UX design
- Robotic process automation
- Data visualisation



RIDING ON NEW OPPORTUNITIES

According to the Ministry of Manpower, there were 68,400 job vacancies in Singapore as of March 2021. By equipping more Singaporeans with future-ready skills, the CDCs hope to help them make the most of these career opportunities. Mayor of South West District Ms Low Yen Ling said, "The CDCs are deeply committed to providing continued support to residents to help them re-skill, up-skill and become lifelong learners. Skills and knowledge are the new currency for workers and employers to transform and thrive in the new normal. It has become even clearer during the pandemic how vital skills are in powering business transformation, as well as boosting the resilience of businesses and workers. We hope this fully virtual event can fast track our residents' skill development and help them proactively identify the future skills they need or are keen to acquire. From hard to soft skills, the wide range of courses and workshops provide a holistic offering with the aim of future-proofing Singaporeans for the long run." **B**

To sign up for upcoming SkillsFuture Advice workshops, scan QR Code:



TIPS FOR ONLINE LEARNING

NP lecturer Ms Dai Mei Hua on how to make the most of online courses, both self-paced and instructor-led.

- Be pro-active, focused and disciplined
- For self-paced learning, the key is discipline and determination. "You have the flexibility to consume the learning materials on your own — anytime, anywhere. Give yourself a deadline and work towards completing your task."
- For instructor-led courses, there is typically a schedule to adhere to. Abide by the deadlines and be proactive in clearing your doubts. "Stay focused on doing your best and seek regular feedback from your instructors."

Zoom Chat

What is your question regarding Identifying Skills Gaps?

Find out how you can upgrade your skills with e2i here:



AN EFFECTIVE PARTNERSHIP

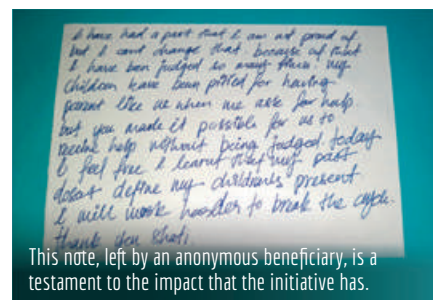
As an aggregator of resources and needs, South West CDC is well-placed to support residents on their upskilling journey. To date, its partnership with SkillsFuture Singapore and e2i have helped more than **137,000** Singaporeans embrace a lifelong learning mindset.



Shakthi with Adviser to Bukit Batok GROs Mr Murali Pillai at her care-and-share corner.



Shakthi welcomes anyone who needs help to take the groceries placed outside her unit.



This note, left by an anonymous beneficiary, is a testament to the impact that the initiative has.

Spreading kindness from a young age

HER PARENTS' TEACHINGS AND ENCOURAGEMENT INSPIRED THIS SEVEN-YEAR-OLD TO START HER OWN INITIATIVE TO HELP HER NEIGHBOURS IN NEED.



Shakthi's advice to other young residents looking to make a difference in their community:

- Always be kind to others
- Making someone smile will make your heart smile
- Help others, especially the less fortunate who are in need



Shakthi bought her first batch of groceries like cereal, canned sardines and rice using \$400 from her savings.



Shakthi's neighbours and schoolmates also chipped in, enabling her to stock more groceries.



Want to contribute to Shakthi's Care and Share Corner? Get in touch with Shakthi at [facebook.com/shakthicaresharecorner](https://www.facebook.com/shakthicaresharecorner).

less fortunate," shared Shakthi.

It is no wonder that the Lianhua Primary School student was excited to hear about Project SMILE, an initiative spearheaded by her school to provide household groceries such as rice, oil, biscuits, canned food and fruits to underprivileged families. Upon realising that her kitchen cupboards were well-stocked with food, Shakthi decided to share what she had with those in her block who may not have enough.

Encouraged by her parents, Shakthi used \$400 from her own piggy bank to purchase groceries like canned sardines, instant noodles, rice and biscuits. Given the pandemic, she also included essentials like hand sanitiser and face masks. She then set up a table outside her house to hold the items. Naming the

table "Shakthi's Care and Share Corner", the young girl invited neighbours in need to help themselves to the supplies — with no questions asked. "I want everyone to be included," said Shakthi. Her mother added, "We wanted to make sure that people do not feel shy about coming to get what they need."

RALLYING HER COMMUNITY

Shakthi's big-hearted gesture has garnered support from other residents and her peers, especially those from the school's dance team which she is a member of. They donated household items or grocery vouchers for Shakthi to buy more supplies.

These efforts have been warmly welcomed by the community. Shakthi and her family have received numerous thank-you messages, with one note standing out in particular. "The person wrote that his family was going through a rough patch in life because of poor decisions they had made," recalled Ms Jaymaleni. "Our no-questions-asked policy means they could receive help without being judged. The note said, 'Today, I feel free. I learnt that my past does not have to define my children's present'," she added. These words touched Ms Jaymaleni deeply. "Shakthi might be too young to understand the emotions in the note, but I am proud that she has made a great impact on others," she said.

Encouraged by their success, Shakthi and her mother intend to set up a community library corner at their block. "We have a lot of used and unused books that we hope to share with our neighbours," said Ms Jaymaleni. The family hopes to invite their neighbours to drop by to help themselves to the books or donate some of theirs. **B**

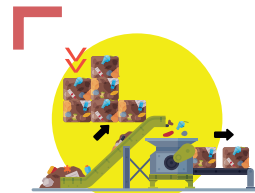
Inculcating green habits from young

STUDENTS IN THE SOUTH WEST DISTRICT LEARNT SUSTAINABLE LIVING PRACTICES THROUGH SKITS, QUIZZES AND POSTERS DURING CLIMATE ACTION WEEK 2021.

TO RALLY SINGAPOREANS TO TAKE COLLECTIVE ACTION AGAINST CLIMATE CHANGE AND SECURE A SUSTAINABLE FUTURE FOR OUR COUNTRY, the Ministry of Sustainability and the Environment organised Climate Action Week (CAW) 2021. Themed "City of Green Possibilities", the event was held from 12 to 18 July 2021 and featured 130 activities organised by various organisations, including the South West Community Development Council (CDC).

INSPIRING GREEN CONVERSATIONS

The South West CDC reached out to primary and secondary school students in the district to educate them about protecting the environment. The students learnt the importance of waste reduction via infotainment videos co-produced with the National Environment Agency, which presented issues for them to reflect on and discuss about.



DID YOU KNOW?
Singapore generated 1.76 million tonnes (1,760,000,000 kg) of waste in 2020.



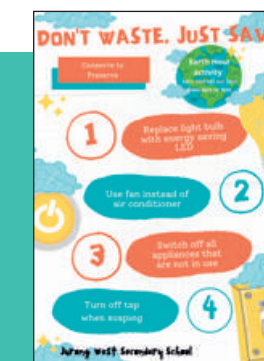
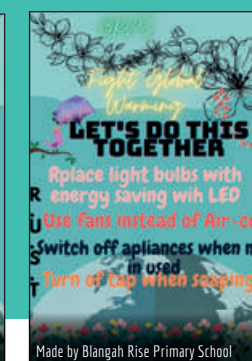
An entertaining skit highlights some of the daily habits that are harmful for the environment and teaches more sustainable habits.



Students were quizzed on topics pertaining to climate change and were prompted to discuss about them with their peers.

PROMOTING ENERGY CONSERVATION

Junior Environment Ambassadors (JEAs) are appointed under Green Schools @ South West to promote environmental awareness among their schoolmates and inspire them to adopt sustainable living habits. In an online training camp held on 11 June 2021, JEAs designed energy conservation posters that were put up in their schools during CAW2021 to raise awareness on climate change and the importance of taking action among school staff and students. **B**



Play Your Part in Reducing Waste!

Reduce before you reuse and recycle. Only buy what you need.

Use your own containers and utensils when you pack food.

Set up a designated bin in your house for recyclables.



Donate clothes that are in good condition or repurpose them into useful items such as tote bags.

Here are what some students thought after watching the videos:



"I have learnt that we should always reuse and reduce before recycling. We can save the environment by bringing our own containers when we buy food."

CLARYCE LOO,
Westwood Primary School



"The video was very informative and engaging. I became more aware of the arduous process of recycling and how recyclables can be rendered useless once they are contaminated by things like food and drinks. Now, I will make sure I thoroughly clean bottles and properly package my recyclables to prevent such incidents."

LIM YUNG ZHAO,
Fuhua Secondary School

MDM RAHAYU MAHZAM,
ADVISER TO JURONG GRC GROS
(BUKIT BATOK EAST), SHARES THE
VALUE OF COMMUNITY SUPPORT.

Many hands MAKE LIGHT WORK

A S A WORKING MOTHER WITH A YOUNG CHILD, MADAM RAHAYU MAHZAM, 41, APPRECIATES THE PEOPLE WHO HELP WITH CAREGIVING DUTIES. “My mum lives in the unit upstairs, and that makes a world of difference in caring for my three-year-old son,” she says. Her child has started attending pre-school for a few hours every day and this kind of support has helped Mdm Rahayu, who is also Parliamentary Secretary at the Ministry of Communications and Information and Ministry of Health, juggle motherhood and work.

Like many working parents, Mdm Rahayu understands the challenge of setting boundaries between home and work, especially when people are spending more time working from home these days. “I engage in many dialogue sessions and meetings with other mothers with full-time jobs, and this is something that we all experience. There is still some guilt of not being able to fulfil our work and family responsibilities as well as we hope to, but I am glad

that we are in an era of change — where we can discuss it openly and support one another,” she shares.

Mdm Rahayu admits that she is learning to juggle the two commitments and is motivated to do so as she wants to be there for her son as he grows up. To her, family time does not need to involve a grand activity. “Sometimes, doing simple tasks like feeding or bathing him provide opportunities to bond,” she adds.

What is your typical workday like?

I start by checking my calendar and then going through my emails and attending various meetings (mostly on Zoom or Skype). I am learning to be

more systematic, but I have also learnt the value of being flexible because you sometimes have to drop everything and attend to an urgent matter. When I feel peckish, my go-to snack is a slice of cheddar cheese. Having filling snacks help me avoid binge eating.

What does “me” time look like for you?

Being comfortable with people whom I love. In the last hour before bedtime, my husband and I like to curl up in front of the TV and watch something on Netflix. I also get very excited when my son wants to play with me. When I’m spending time alone, I enjoy watching cooking videos on YouTube. I don’t really have the time to cook these days and there are some days when I’m so busy that I forget to have lunch. But I love watching other people cook.

How has your work in the community changed this past year?

One aspect of grassroots work is community bonding, which has definitely taken a hit. But I’m proud that

the Bukit Batok East team has adapted well. We started rolling out virtual and subsequently, hybrid events for the residents, but physical interaction is always welcome. Whenever there are opportunities to meet residents in person, such as during giveaways of goodies or scholarships, we would catch up with them. Because I haven’t seen some of them for so long, we would spend a few minutes catching up and exchanging news.

In Bukit Batok East, we have a mantra that keeps us going: “Under our watch, nobody goes hungry, lives in darkness or feels abandoned”. It was harder for us to check in on residents during this time of heightened alert. Fortunately, the community stepped up and shared information about neighbours who may have fallen on tough times.

Tell us more about this strong community spirit in Bukit Batok East.

It has really come through during the pandemic. Sometimes, some residents don’t satisfy the criteria for certain schemes, but we know that they really need some support or assistance. So our volunteers look for other schemes or local projects that they may be eligible for and then guide these residents through the application process to get the help they need. This is very encouraging. Some blocks also have their own WhatsApp group chats and these have been very helpful for those working from home. There was an instance where a resident needed a hole puncher and his neighbour upstairs lent it to him!



DID YOU KNOW? Mdm Rahayu and her husband enjoy walking together. Her husband does “rucking”. This is a version of a military exercise, where people walk with a filled backpack. “My husband would pass the backpack to me sometimes and body would ache slightly whenever we “ruck”, but the walk helps me stay fit,” she says.



Mdm Rahayu keeps active and healthy by doing high intensity interval training, CrossFit (seen here flipping a tyre), weights training and running.

AN UNUSUAL START

Starting a new job means working with new people at the workplace. But it can be challenging to get to know your colleagues when you join an organisation while working from home. Mdm Rahayu knows this all too well as she started her role at the Ministry of Health this way. “There was a lot of anxiety on my part initially because I don’t know how I was coming off in emails,” she recalls. “But being task-oriented helps. It also makes a difference when you take the time and effort to read between the lines to understand the other party, whom you have never met.”



Mdm Rahayu meeting a young resident and his father, who wanted to re-enact an earlier photo that the trio took together when the boy was much younger.

BANYAK TANGAN MEMUDAHKAN KERJA

PUAN RAHAYU MAHZAM, PENASIHAT GRO GRC JURONG (BUKIT BATOK EAST), BERKONGSI TENTANG KEPENTINGAN SOKONGAN MASYARAKAT.

SEBAGAI SEORANG IBU BEKERJA YANG MEMPUNYAI ANAK KECIL, PUAN RAHAYU MAHZAM, 41 TAHUN, MENGHARGAI MEREKA YANG MEMBANTU DENGAN TUGAS-TUGAS PENJAGAAN. “Ibu saya tinggal di unit di tingkat atas, dan ini memang sangat membantu dengan urusan penjagaan anak saya yang berusia tiga tahun,” katanya. Anaknyanya mula menghadiri prasekolah selama beberapa jam setiap hari dan sokongan seperti ini telah membantu Puan Rahayu, yang juga merupakan Setiausaha Parlimen di Kementerian Perhubungan dan Penerangan dan Kementerian Kesihatan, mengimbangi antara kerja dan menjadi seorang ibu.

Seperti ramai ibu bapa yang bekerja, Puan Rahayu memahami cabaran dalam menetapkan batas antara rumah dan kerja, lebih-lebih lagi apabila kita meluangkan lebih banyak masa bekerja dari rumah hari ini. “Saya terlibat dalam banyak sesi dialog dan mesyuarat dengan ibu-ibu lain yang mempunyai pekerjaan sepenuh masa, dan ini adalah sesuatu yang kami semua alami. Masih ada sedikit rasa bersalah kerana tidak dapat menunaikan tanggungjawab kerja dan keluarga seperti yang kita harapkan, tetapi saya gembira kerana kita berada dalam era perubahan – di

mana kita boleh membincangkannya secara terbuka dan saling menyokong,” katanya.

Puan Rahayu mengakui bahawa beliau sedang belajar untuk mengimbangi kedua-dua komitmen ini dan bermotivasi melakukannya kerana ingin hadir dalam hidup anaknya sambil dia membesar. Baginya, waktu bersama keluarga tidak perlu melibatkan aktiviti-aktiviti yang besar. “Kadang-kala, perkara-perkara yang kecil dan mudah seperti menyuapkan makan atau memandikannya memberi peluang untuk mengeratkan hubungan,” tambahnya.

Kongsikan bagaimanakah hari bekerja anda yang biasa?

Saya mulakan dengan memeriksa kalendar saya, kemudian menyemak e-mel dan menghadiri pelbagai mesyuarat (kebanyakannya di Zoom atau Skype). Saya sedang belajar untuk menjadi lebih sistematik, tetapi saya juga pelajari pentingnya bersikap fleksibel kerana ada kala kita harus menyetepikan segala-galanya untuk menangani sesuatu hal yang mendesak. Apabila saya terasa lapar, snek pilihan saya adalah sepotong keju cheddar. Snek yang dapat mengalaskan perut membantu saya elakkan daripada terlebih makan.

Bagaimanakah rupanya masa “untuk diri saya sendiri” kepada anda?

Selesa bersama orang-orang tersayang. Sejam sebelum tidur, saya dan suami suka berbaring di hadapan TV dan menonton sesuatu di Netflix. Saya juga sangat teruja apabila anak saya ingin bermain dengan saya. Apabila meluangkan masa



Mdm Rahayu and residents were provided with lahei ingredients, which were used to design an ox image for the Bukit Batok East Chinese New Year virtual celebration.

bersendirian, saya gemar menonton video memasak di YouTube. Saya tidak banyak masa untuk memasak kebelakangan ini dan ada hari di mana saya terlalu sibuk sehingga lupa untuk makan tengah hari. Tetapi saya suka melihat orang lain memasak.

Bagaimanakah pekerjaan anda dalam masyarakat berubah setahun kebelakangan ini?

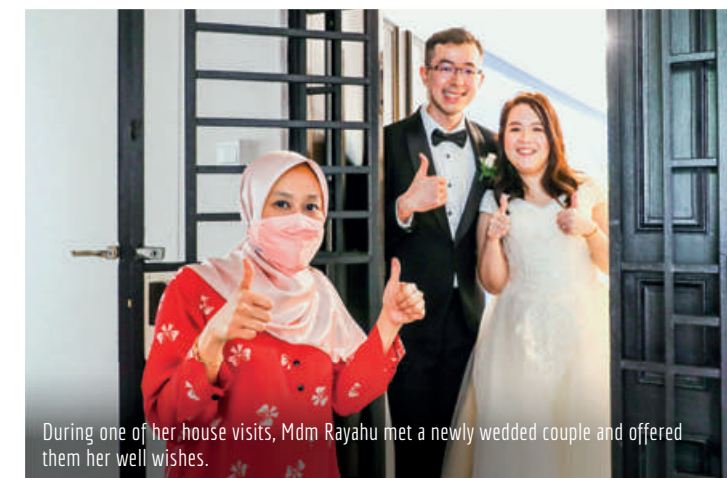
Antara aspek kerja akar umbi adalah mengeratkan hubungan bersama masyarakat, yang mana ia tentunya telah terjajas. Tetapi saya bangga kerana pasukan Bukit Batok East telah dapat menyesuaikan diri dengan baik. Kami mula melancarkan acara-acara maya, dan seterusnya secara gabungan, tetapi interaksi secara fizikal sentiasa dialu-alukan. Setiap kali ada peluang untuk bertemu penduduk secara langsung, seperti semasa menyampaikan sumbangan atau biasiswa, kami akan berbual dengan mereka. Oleh kerana sudah lama saya tidak berjumpa beberapa daripada mereka, kami akan meluangkan beberapa minit untuk berbual dan bertanya khabar.

Di Bukit Batok East, kami mempunyai mantra yang mendorong kami untuk meneruskan usaha: “Di bawah pengawasan kita, tiada yang kelaparan, hidup dalam kegelapan atau merasa dibiarkan. Lebih sukar untuk kami mendekati para penduduk sewaktu tempoh kewaspadaan yang dipertingkat ini. Alhamdulillah, masyarakat mengambil inisiatif untuk membantu dan berkongsi maklumat tentang jiran-jiran yang mungkin dalam kesulitan dek masa-masa yang sukar ini.



HER CUP OF TEA

1. TEH TARIK
2. MASALA TEA
3. CHINESE TEA



During one of her house visits, Mdm Rahayu met a newly wedded couple and offered them her well wishes.

PERMULAAN YANG LUAR BIASA

Memulakan pekerjaan baru bermakna bekerja dengan orang-orang baru di tempat kerja. Tetapi, berkenalan dengan rakan-rakan sekerja apabila anda menyertai sesuatu organisasi semasa bekerja dari rumah adalah mencabar. Puan Rahayu sangat memahami perkara ini kerana beliau memulakan tugasnya di Kementerian Kesihatan dengan cara yang sama. “Awalnya, saya sering merasa cemas kerana tidak tahu bagaimana penampilan saya melalui e-mel,” kenangnya. “Tetapi, fokus pada tugas amat membantu. Ia juga memberikan perbezaan yang positif apabila anda meluangkan sedikit masa dan berusaha untuk betul-betul memahami apa yang cuba disampaikan oleh pihak yang belum pernah anda temui sebelum ini.”

Kongsikan lebih lanjut tentang semangat kemasyarakatan yang kuat di Bukit Batok East ini.

Ia benar-benar dapat dirasakan sepanjang pandemik ini. Kadang, ada beberapa penduduk yang tidak memenuhi kriteria bagi skim-skim tertentu, tetapi kami tahu mereka sangat memerlukan sokongan atau bantuan. Jadi, sukarelawan kami akan carikan skim-skim lain atau projek-projek tempatan yang mungkin mereka layak dan kemudian bimbing penduduk-penduduk ini dengan proses permohonan untuk mendapatkan bantuan yang mereka perlukan. Ini adalah sangat menggalakkan. Sesetengah blok juga mempunyai kumpulan sembang WhatsApp mereka sendiri dan ini sangat membantu bagi mereka yang bekerja dari rumah. Ada satu masa di mana seorang penduduk memerlukan penebuk lobang dan jirannya di tingkat atas meminjamkannya kepadanya! **B**

AT 83, MDM NAVANEETHAM D/O LETCHUMANAN IS STILL SPRIGHTLY AND ACTIVE. The Ayer Rajah resident does all the household marketing and cooking while also caring for her 87-year-old husband who has diabetes, heart problems and high blood pressure. "We have no children so we take care of ourselves," she said. "Money can be tight but we are quite thrifty, so we get by."

To ease her financial burden, Mdm Navaneetham received \$50 worth of shopping vouchers under the WeCare @ Ayer Rajah-Gek Poh Voucher Scheme. Launched on 28 March 2021, the scheme was set up by the Ayer Rajah-Gek Poh CCC Community Development & Welfare Fund (CDWF) to help low-income families defray their monthly expenses and local merchants stay afloat.



Adviser to Ayer Rajah-Gek Poh Grassroots Organisations Ms Foo Mee Har sharing with residents at Teban Gardens Food Centre about the WeCare @ Ayer Rajah-Gek Poh Voucher Scheme.

Supporting residents and local merchants

THE AYER RAJAH-GEK POH VOUCHER SCHEME HELPS LOW-INCOME FAMILIES DEFRAY COSTS OF ESSENTIALS AND LOCAL MERCHANTS STAY AFLOAT.



Makanshiok at Block 49 Teban Gardens Road was among the stalls Ms Foo and grassroots leader Mr Sunnie Tan, PBM, (in red) visited on the day the scheme was launched.



Residents can identify shops participating in the voucher scheme by this decal as seen here outside Prime Supermarket at Block 763 Jurong West Street 75.

Over **\$37,500** worth of vouchers were distributed to **182** residents.

"I AM HEARTENED TO SEE THE STRONG COMMUNITY EFFORTS TO SUPPORT THE LESS FORTUNATE AMONG US."

MS FOO MEE HAR

Adviser to Ayer Rajah-Gek Poh Grassroots Organisations



Ms Foo with Mr Jason Toh, whose stall at Block 61 Teban Gardens Road is participating in the voucher scheme.

The vouchers can be used to pay for food, household items as well as wellness products and services at more than 120 shops and hawker stalls within the neighbourhood. "I have used them to get breakfast supplies like butter and jam for my husband and I," shared Mdm Navaneetham, who has been living in Ayer Rajah since 2001. "It is helpful that the vouchers are in \$2 denominations, so they are easier to use for smaller purchases."

On the day of the scheme's launch, Adviser to Ayer Rajah-Gek Poh Grassroots Organisations (GROs) Ms Foo Mee Har and Ayer Rajah-Gek Poh CCC CDWF members went around the estate to put up the WeCare @ Ayer Rajah-Gek Poh Voucher decals at participating shops and stalls. With the decals, customers know that the vouchers can be used until 31 March 2022. Ms Foo expressed gratitude for the stallholders, saying, "I am heartened to see the strong community efforts to support the less fortunate among us."

Local businesses have also welcomed the voucher scheme for bringing in new customers. Said Ms Jessie Yong, who has been running Zen Salon at Gek Poh Shopping Centre for 11 years, "COVID-19 has been tough for our business. Before the pandemic, we could accommodate eight customers. But with safe distancing measures, only four people can get their hair done at any one time." She is therefore grateful for the WeCare @ Ayer Rajah-Gek Poh Voucher Scheme as it has increased footfall in her salon. "Nowadays, we get more elderly customers coming in to cut their hair. I am proud to be able to help them in some small way by supporting this meaningful voucher scheme," she said. **B**

Celebrating by giving

THE PIONEER COMMUNITY MARKED RAMADAN WITH THE DISTRIBUTION OF BRIYANI AND PORRIDGE TO RESIDENTS.

TO SPREAD THE CHEER OF RAMADAN EARLIER THIS YEAR, some 4,000 portions of *briyani* and porridge were distributed to Pioneer residents from 17 to 25 April 2021 as part of Project Ramadan 2021. Spearheaded by The Frontier Community Club (CC) Malay Activity Executive Committee (MAEC) and supported by the Residents' Networks in Pioneer, the initiative benefitted over 1,670 residents.

NOT JUST FOR MUSLIMS

Among them, 670 registered households each received three packets of *briyani* sponsored by The Frontier CC MAEC, while 1,000 walk-in residents each received two bowls of porridge sponsored by Pioneer Grassroots Organisations' (GROs) community partner Maarof Mosque. The distributed rice dishes are what Muslims around the world commonly eat when they break their fast in the evening during Ramadan.

While Ramadan is observed by Muslims, Project Ramadan also extended to non-Muslim beneficiaries. The distribution of meals to residents from all walks of life, regardless of race or religion, is based on the Islamic teaching of "*hablum minannas*", which emphasises the cultivation of harmonious relationships with not just

God but also people and nature. It was estimated that 55 per cent of the meals were given to non-Muslims.

MORE SUPPORT FOR VULNERABLE HOUSEHOLDS

Giving and helping are also emphasised during Ramadan. As a means to provide enhanced assistance to residents in need, this year's Project Ramadan saw the distribution of care packs to 15 families. Adviser to Pioneer GROs Mr Patrick Tay, BBM, joined volunteers from The Frontier CC MAEC, Maarof Mosque and various Residents' Networks in distributing the care packs to these beneficiaries. The residents were pleasantly surprised to be gifted the festive care packs that consisted of \$50 worth of supermarket vouchers and \$50 worth of daily necessities such as rice, canned food and dates.

Project Ramadan began in 2009 and has been celebrating the month of Ramadan with the Pioneer community yearly through food and care pack distributions. The items given out this year were worth about \$14,000 in total. Mr Shamsuri Mohd, chairman of The Frontier CC MAEC, said, "While the pandemic threw a monkey wrench into our work, we have risen above the challenge to continuously serve our residents." **B**

DISTRIBUTED UNDER PROJECT RAMADAN 2021



>> **2,000 packets of briyani**

>> **2,000 bowls of porridge**

>> **15 care packs worth \$100 each**



Volunteers from Pioneer Zone 3 Residents' Committee packing *briyani* and porridge for distribution at Block 988A Jurong West Street 93.

Clean tables for a cleaner south west

STUDENTS FROM THE DISTRICT DO THEIR PART TO ENSURE CLEANLINESS AND HYGIENE IN PUBLIC DINING PLACES.



Winning entries of NEA's Design-A-Table contest, created by Yuan Ching Secondary School students, are displayed on four tables at Taman Jurong Market and Food Centre.

VISITED TAMAN JURONG MARKET AND FOOD CENTRE recently for your favourite *sambal stingray*, *nasi lemak* or *char siew* rice? Then you might have come across four tables with colourful illustrations on them, which serve as reminders to diners to clean up their eating area after a meal.

The designs are the winning entries of the National Environment Agency (NEA)'s Design-A-Table contest. The competition was opened to students from seven schools across Singapore, who created tabletop artwork that promote cleaner and more hygienic public dining spaces. The designs featured at Taman Jurong Market and Food Centre are the works of Yuan Ching Secondary School students. "Through my illustration, I would like people to understand the importance of cleanliness and how that could be achieved easily when everyone plays a part to help one another. I hope it would urge each one of us to make some changes in our daily lives, no matter how small," said one of four winners from the school, Secondary 2 student Shafirah Juraimi.

Fellow student and winner Sarah Thia echoed her views. "We should do our utmost to clean up after ourselves, especially during the rush hours. By doing so, it not only makes the cleaners' jobs less tiring, but other diners would also be able to enjoy their meals much faster," said the Secondary 3 student.

EVERYONE HAS A PART TO PLAY

From 1 September 2021, diners are required by law to clear their tables of dirty trays and crockery after eating. Litter, such as used tissues and wet wipes, straws, wrappers, canned drinks, plastic bottles and food remnants, also needs to be cleared. This simple act goes a long way towards maintaining high public hygiene and cleanliness standards.

Cleaning up after eating also helps cleaners do their job better, said Senior Minister of State for Sustainability and the Environment Dr Amy Khor, who is also Adviser to Hong Kah North Grassroots Organisations (GROs). She said in a *The Straits Times* article on 6 February 2021 that returning our trays will in fact help the cleaners create a better working environment. She explained that cleaners will still be needed to wipe down and disinfect the tables, as well as upkeep the general cleanliness and hygiene of the food centres.

Mr Xavier Chan, a Taman Jurong resident, believes that the tabletop artworks are bringing their message effectively to diners. The 28-year-old told *BRIDGE*, "I was eating with my girlfriend at the hawker centre and seeing the table posters reminded us to clear up after eating. These special tables will help remind diners to do their part." **B**



Dr Amy Khor, Senior Minister of State, Ministry of Sustainability and the Environment, putting up posters for the Clean Tables Campaign at Yuhua Village Hawker Centre during its launch on 6 February 2021.

HANDY TIP

Make a foldable box with a piece of newspaper and use it to hold food remnants, such as bones and shells, as well as used tissues and wet wipes.



To further uphold environmental hygiene, enforcement action against diners who leave behind their dirty trays, crockery and other litter commenced on 1 September 2021 at hawker centres. With effect from 1 January 2022, enforcement will commence for table littering at coffeeshops and food courts.



STOP DENGUE WITH B-L-O-C-K

1

Do the mozzie wipeout

>> Practise these steps regularly to prevent mosquito breeding:



BREAK
up hardened soil



LIFT
and empty flowerpot plates



OVERTURN
pails and wipe their rims



CHANGE
water in vases



KEEP
roof gutters clear and place BTI insecticide

THE WARMER MONTHS OF JUNE TO OCTOBER corresponds to the dengue peak season, where we tend to see a rise in dengue cases. According to the National Environment Agency (NEA), the breeding cycle and maturation of *Aedes* mosquito vectors are accelerated, and the incubation period of the dengue virus is shortened during warmer temperatures. The *Aedes* mosquito also thrives indoors and generally bites during the day. So with many of us working from home during this period, the chances of being bitten increases.

Dengue is a serious disease. In rare cases, it may develop into dengue hemorrhagic fever or dengue shock syndrome, which can result in death. There is no known cure for dengue. Treatment is supportive in nature, which means that your body's immune system will have to fight off the infection itself.

Here are some steps you can take to safeguard yourself and your family from dengue:

The dengue menace

HERE IS HOW YOU CAN PROTECT YOURSELF AND YOUR FAMILY FROM CATCHING THIS LIFE-THREATENING DISEASE.

2

Use repellent and insecticide

>> NEA advises members of the public to use mosquito repellent regularly to protect themselves from getting mosquito bites, especially if they are living in dengue cluster areas. Repellents containing DEET (N,N-diethyl-m-toluamide), picaridin or IR3535 as the active ingredient are the most effective in repelling mosquitoes. You can also spray insecticide in dark areas around the home such as under the bed and sofa, behind the curtains and in storerooms and toilets.

3

Make it hard for mosquitoes to reach you

>> Wear long-sleeved tops and long pants especially if you are residing in dengue cluster areas. Sleeping in a mosquito tent or in rooms with wire-mesh screens at the window helps too.



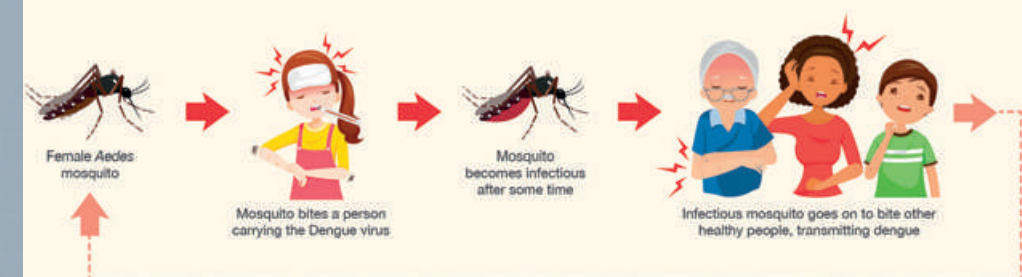
A research-based strategy to reduce the risk of dengue

Since 2016, NEA has embarked on **Project Wolbachia — Singapore** to explore the use of the bacterium *Wolbachia* to reduce dengue transmission. It involves introducing the *Wolbachia* bacterium into *Aedes aegypti* mosquito eggs to produce male *Wolbachia*-carrying *Aedes aegypti* mosquitoes, which are then released. When these mosquitoes mate with their female counterparts without the bacteria, the resulting eggs do not hatch, thereby reducing the population of *Aedes aegypti* mosquitoes.

NEA's research shows that the release of *Wolbachia*-carrying male *Aedes aegypti* mosquitoes at study sites such as Tampines and Yishun have reduced *Aedes* mosquito populations by up to 98 per cent. Promising results are also seen at the trial releases at Chua Chu Kang, Keat Hong and Hong Kah North. **B**

Source: National Environment Agency

HOW DENGUE IS SPREAD



Source: National Environment Agency



You may obtain information on the distribution of *Aedes* mosquito populations in Singapore via NEA's website and its myENV app. Download the myENV app from nea.gov.sg/myenv to access this data and receive updates on the dengue situation. For more resources on dengue, visit nea.gov.sg/dengue-zika/dengue.

A smarter way to eat

USE EVERY PART OF YOUR PRODUCE TO ENHANCE THE FLAVOURS OF YOUR MEAL WHILE MINIMISING FOOD WASTE.

MANY OF US OFTEN THROW AWAY PARTS OF VARIOUS FRUITS AND VEGETABLES, thinking they are inedible, and this generates a large amount of food waste. What if there are ways to make use of these unwanted parts? To educate the district's community gardeners on the importance of reducing food waste, South West Community Development Council and Singapore Hotel and Tourism Education Centre (SHATEC) conducted a virtual "Food Waste Reduction" cooking class. The lesson was part of Climate Action Week 2021, which ran from 12 to 18 July, organised by the Ministry of Sustainability and the Environment. SHATEC culinary trainer Chef Jay Teo showed the participants how to fully utilise different parts of vegetables they grow in cooking as well as tips on minimising food waste. Here are two delicious dishes that were taught in this exclusive class:



Dry Assam Fish Cooked in Turmeric Leaf, Eggplant, Tomato and Ulam Raja Relish



You will need

Ingredients (2 servings):

- 150 g mackerel
- 30 g lemongrass - use the lower 1/3 whitish portion, sliced
- 1 tbsp curry powder
- 65 g shallots, peeled
- 3 cloves garlic, peeled
- 3 red chillies
- 5 g ginger
- 140 g tomatoes
- 80 g white eggplant
- 30 g tamarind - mix with 100 g water to get tamarind water
- 3 sprigs of curry leaves
- 6 turmeric leaves
- 2 g ulam raja leaves, finely chopped
- A sprinkling of salt



Steps

1. To make the *rempah*, combine lemongrass, curry powder, peeled shallot, peeled garlic, red chillies, ginger and some salt in a mortar and pound with a pestle until they are paste-like.
2. Lightly season the mackerel with salt, then spread the *rempah* over it.
3. Lay curry leaves over the seasoned fish, then wrap it up using the turmeric leaves.
4. Dice tomatoes into small cubes and sauté until they soften.
5. Meanwhile, burn the skin of the eggplant using a blowtorch or over a small flame on the stove until the skin is evenly charred. Remove the burnt skin, dice the part that is left and add it to the tomatoes.
6. Add tamarind water to the mix and allow it to simmer until the vegetables are soft. Season with salt to taste, then leave mixture to cool.
7. Grill the mackerel until it is cooked.
8. Fold *ulam raja* leaves into the tomato, eggplant and tamarind relish.
9. Plate the fish, add the relish on the side. Unwrap the fish from the turmeric leaves to enjoy!



Ulam raja leaves



Savoury Vegetable Pancake



You will need

Ingredients (2 servings):

- 90 g purple corn
- 90 g long beans
- 30 g spring onion
- 80 g tempura flour
- 130 g water
- 1 egg
- 50 g soy sauce
- 50 g sugar
- 200 g corn stock
- A sprinkling of salt
- A sprinkling of pepper



Steps

1. Remove the kernels from the purple corn cobs. Set the corn cobs aside for use later.
 2. Chop the long beans and the white portion of the spring onions (keep the roots and green portion), and put them in a mixing bowl.
 3. Add purple corn kernels, tempura flour, egg and water. Mix well and season the mixture with salt and pepper.
 4. Put corn cobs, corn silk and spring onion roots in a pot, add 300 g of water and bring it to a boil.
 5. Burn the corn husks using a blowtorch or over a small flame on the stove, add them to the stock and simmer it for 15 minutes.
- Corn stock:**
6. In another pot, add soy sauce and sugar, then strain the corn stock into it. Bring the stock to a boil and simmer till it becomes thick.
 7. Cut spring onions into thin shreds and soak them in cold water for 10 minutes. Remove them from the water and leave them on a paper towel to dry.
 8. Heat up some oil in a pan. Once the oil is hot, scoop the desired amount of vegetable batter and pour it into the pan.
 9. Repeat step 8 to cook as many pancakes as the pan can hold. Pan-fry till both sides of the pancakes are golden brown. Transfer to a tray lined with paper towels to absorb excess oil.
 10. Transfer vegetable pancakes to a plate, drizzle the corn stock onto the pancakes and garnish with spring onions.



Chef Jay Teo,
culinary trainer,
SHATEC



Mdm Saharidah, community gardener of Yuhua Zone 2 Community Garden; Chef Jay Teo, culinary trainer, SHATEC; emcee Sim Jian Hui; and Mdm Kamisah, community gardener of Sky Garden @ Jurong Central Zone D.

MAKING THE MOST OF YOUR PRODUCE

How can you use these plant parts instead of throwing them away?



Corn cobs and corn husks

Use these parts to make stock. Burning or roasting them before boiling will add a smoky flavour to your soup.



Orange peel (and peel of other citrus fruits)

Use it in bakes or to make marmalade. You can even ferment it to make a natural cleaner.



Stems of broccoli and other vegetables

Shred or slice them thinly for salads; make stock or blend them into nutrient-packed vegetable juices.



Potato and sweet potato skins

Wash potatoes thoroughly and leave the skin intact when cooking. Potato skins are low in calories but high in fibre, protein, B vitamins, vitamin C, calcium, iron, magnesium, potassium and other minerals. Sweet potato skins are also rich in antioxidants. **!!**



SCAN THE QR CODE TO WATCH THE VIDEO OF THE COOKING CLASS:





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: www.cdc.gov.sg/southwest






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: www.cdc.gov.sg/southwest

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.

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.

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

Test your knowledge!

Take this quiz to find out how much you know about *BRIDGE* and win our South West CDC teddy bear!

TAKE THIS QUIZ TO FIND OUT!

1. How does The Girls' Brigade Friend in Deed @ South West initiative benefit vulnerable residents?
A: _____
2. Name the two partners of South West CDC that were involved in the cookies distribution drive featured on page 7.
A: _____
3. Which school won the most innovative idea award at Young Technopreneur Challenge 2021?
A: _____
4. How did young resident Shakthi help her neighbours?
A: _____
5. The savoury vegetable pancake recipe on page 24 uses more than one part of a vegetable. What vegetable is this?
A: _____



Complete the quiz and/or the puzzle and mail your answers to

**South West CDC, Jurong Town Hall Road,
#26-06, Singapore 609434**

or email them to us at southwest_cdc@pa.gov.sg.

Include a cut-out or screenshot of this page in your submission and indicate "Quiz / Sudoku Fun" in the title of your mail.

Five residents whose entries are selected will each win a South West CDC teddy bear!

Deadline: 30 November 2021

Name: _____

NRIC: _____ Age: _____ Gender: _____

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