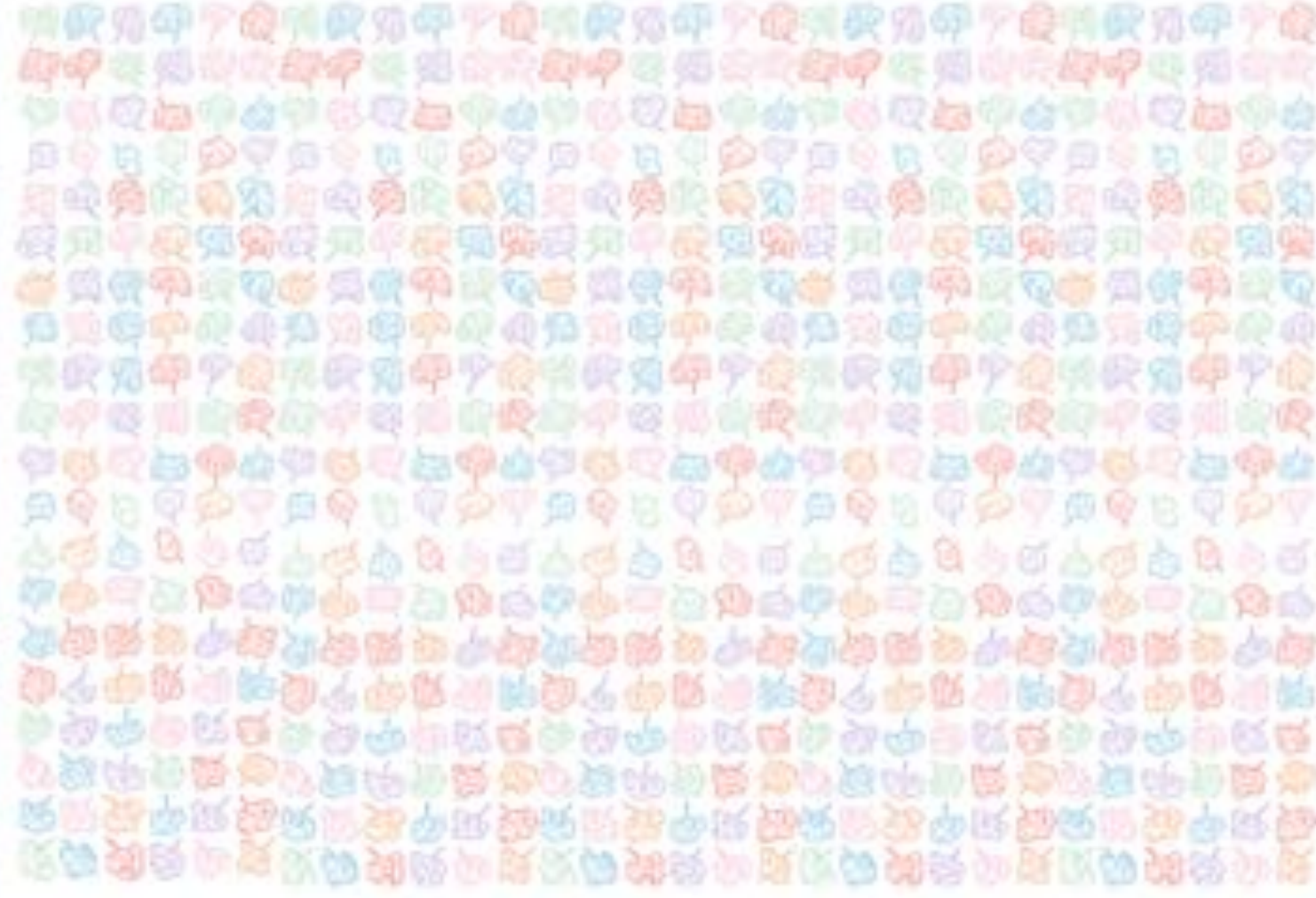


C A P T S U L E





With Fellow CAPTains, I uphold the college's values:
Integrity, Audacity, Compassion, Teachability;
and I ACT to engage communities as an active citizen.

I am the steward of my personal growth
and I ACT upon opportunities.

I am integral to the college community
and I ACT to reach out to its members.

I endeavour to actively contribute to the college
for I am a CAPTain, and will always be one.

EDITOR'S NOTE

The pioneers of CAPTsule started this project with hopes that subsequent batches would be able to stamp their own unique brand on the publication. Thus, it is with great pride that the publication team presents the second issue of CAPTsule, hoping that it sufficiently encapsulates us in AY16/17.

We have dedicated a large part of this issue to showcase our ubiquitous marker of identity: active citizenship and community engagement. However, what we hope that this issue has achieved is also to capture what everyday communal life within CAPT is like – the close-knitted communities that the neighbourhoods have formed, the various events that demonstrate our collective spirit and the meaningful initiatives that seek to bring the CAPT community ever closer.

The hodgepodge of colours that this issue has turned out to be drew its inspiration from these words that may be familiar to some of you.

"Every color and every hue
Is represented by me and you
Take a slide in the slope
Take a look in the kaleidoscope"
Kaleidoscope, Coldplay

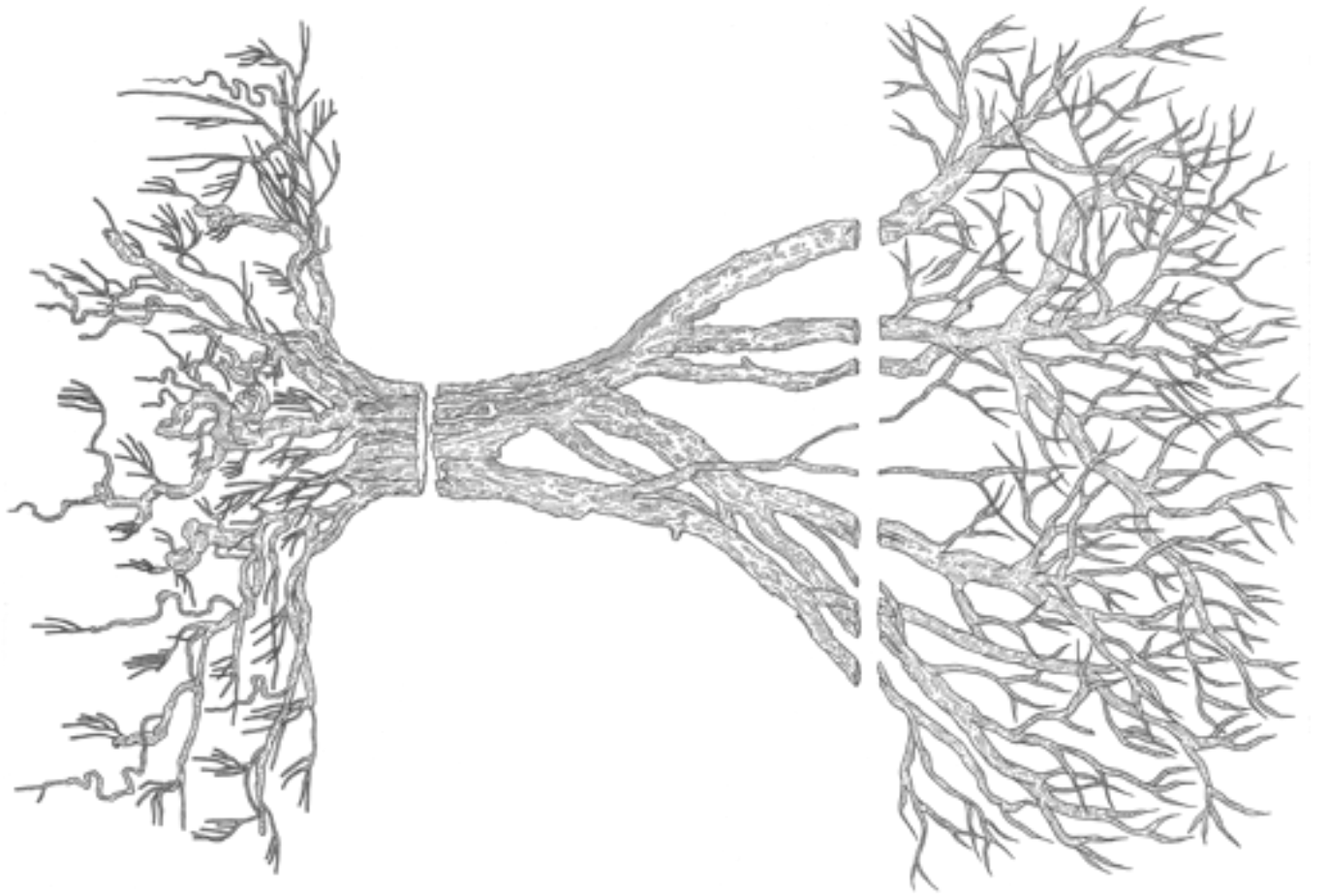


Ultimately, we hope that flipping through the CAPTsule would be like having a momentous walk down memory lane and a testament to the vibrancy that this batch of CAPTains have wholeheartedly offered.

This publication could not have been realised were it not for the combined efforts and enthusiasm of many individuals. We are extremely grateful for the support that we have received over the course of the past year and we would also like to take the opportunity to acknowledge the team who have painstakingly crafted this edition of CAPTsule: Alice, Chong Ming, Naz and Randy. On top of that, we would also like to extend our gratitude to the many individuals and committees who have made their contributions.

Darren Cheong | Editor-in-Chief
Fiona Teo | Vice Director of Publicity (Publications)

ANATOMY OF AN ANGSANA



ROOTS

RECTOR'S ADDRESS
MASTER'S ADDRESS
MEET THE CAST
MASTER'S TEA SERIES
MODULE REFLECTIONS

TRUNK

ROC
DRAGON
GARUDA
PHOENIX
TULPAR
THE TREE
5TH CSC

BRANCHES

INTEREST GROUPS
CLUBS & SOCIETIES
PERFORMING ARTS
SPORTS
CAPT SUPPORT

Drawing inspiration from our roots as Angsana Residential College when we were founded in 2012, the awe-inspiring and resilient Angsana tree and its constituent parts act as the backbone of the editorial, organising its contents into intriguing sections.



LEAVES

PEOPLE OF CAPT
MEMOIRE



FLOWERS

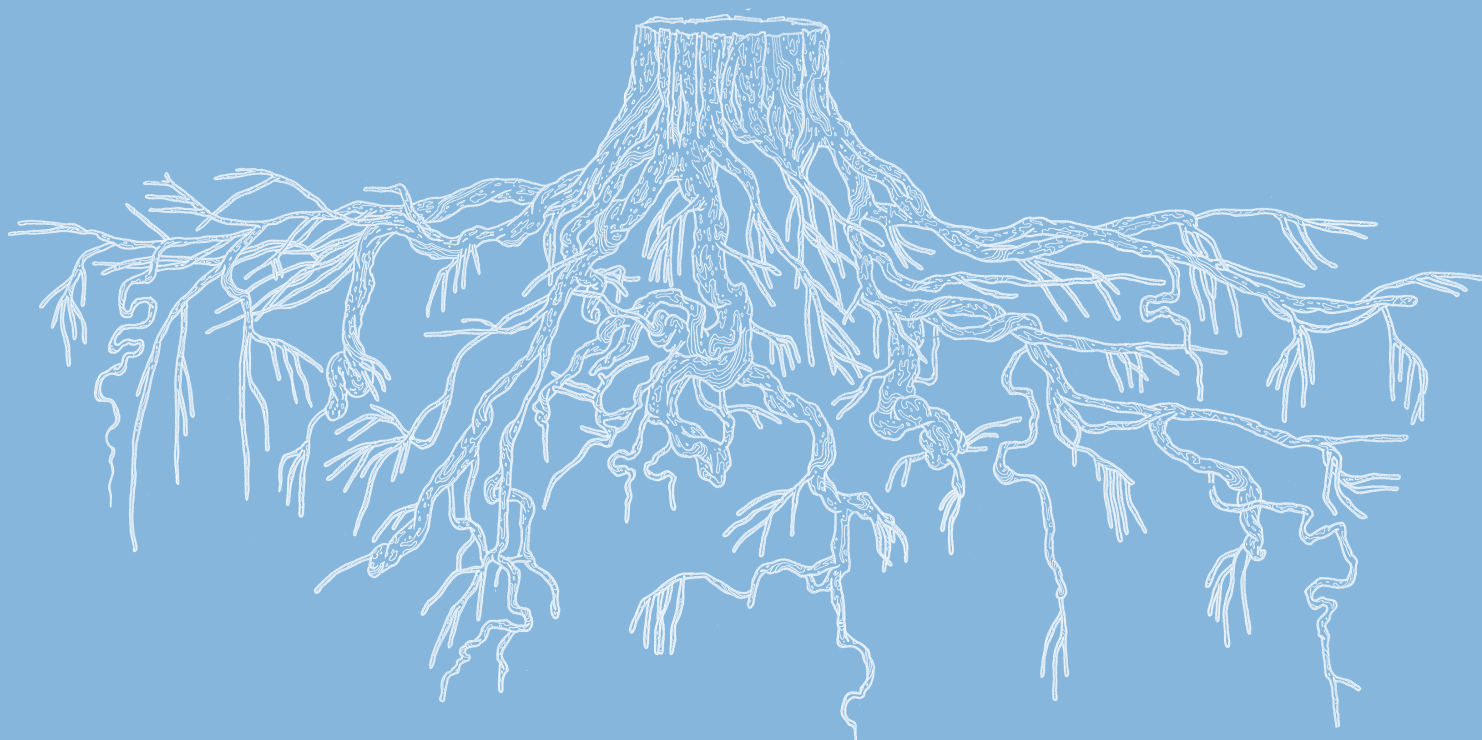
CREATIVE SUBMISSIONS
THE CAPTSULE TEAM
CREDITS



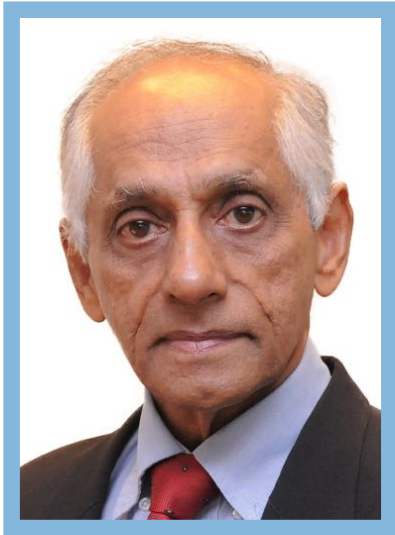
FRUIT

CAPTISS
CAPT TRAVELS
FRESHMAN ORIENTATION CAMP
CE FEST
OPEN DAY
CAPT AMBASSADORS
INTER-NEIGHBOURHOOD GAMES
INTER-NEIGHBOURHOOD SHIELD
INTER-COLLEGE GAMES
DINNERS

ROOTS



RECTOR'S ADDRESS



"CAPT has a well-earned reputation for community engagement, a hallmark of the College. That emphasis will continue."

It gives me pleasure to offer this brief statement for the second issue of CAPTsule. CAPTsule may be regarded as the annual publication of CAPT students, which records some of the work and play of the students in the past twelve months. It could be perceived as the equivalent of a "corporate brochure" of CAPT.

I congratulate the editorial team on their efforts, and I urge the student body to continue producing this publication annually. It will not only delight residents of the College, but it could offer intending applicants to CAPT some insights to life in the College.

CAPT has a well-earned reputation for community engagement, a hallmark of the College. That emphasis will continue. At the same time, students and faculty will benefit by recognising that other interests could be intensively developed. More discussion on how to achieve that diversity of interests and of calling should be initiated.

I thank all who have been associated with the production of this issue of CAPTsule. In the coming years it will be a nostalgic reminder of your life in CAPT.

J Y Pillay

MASTER'S ADDRESS

Dear CAPTains,

You may have heard that, four years ago, some senior CAPTains started a tradition of writing letters to their future 'selves', which the College would keep for each batch of graduands. Earlier this year, at our annual alumni event organized by EXA, we had the pleasure of returning the first set of letters to their owners. Just four years down the road, it must still have been quite an experience to open the letters and be reminded of their aspirations, and the most meaningful memories of CAPT they wanted to preserve.

CAPTsure, as our yearbook, also helps us create and maintain our collective institutional memory. It captures the sights and sounds, the significant moments and the comforting rhythm of College life over two semesters. We enjoy the photographs and the vivid accounts; but beyond that, it gives us a chance to ask ourselves – what does the yearbook say about what we value, and what being a CAPTain means?



I will not have seen the contents of the yearbook before writing this message, but I'm confident you'll find vibrant student life in its many forms, along with new learning experiences, solid CE, homely lounges and neighbourhood events. Somewhere in the midst of this, however, is a feature that is becoming, increasingly, part of our identity, and that I hope we will continue to encourage. It is the flourishing of initiatives which are positive, ground-up, student-driven and ... amazing. These are the result of passionate CAPTains envisioning that, by sharing their interests and skills, or by bringing people together to meet a need, they can expand the horizons of those around them, and make a positive contribution to the whole community. Many of these initiatives are part of the CAPT landscape now. We are richer for these efforts, not only because we have new areas for CAPTains to be involved in and learn about, but because they have shown that it's possible to take an idea, toss it around gently (with the CSC and the College administration), add heart, soul, time, hard work and a generous measure of CAPT values, and see it fly.

So, this volume is a celebration of another year past - our fifth year as a College and as a community that treasures its ethos, builds on the foundations that have been laid, and looks for new ways to live as active citizens.

Finally, allow me to thank, on behalf of us all, those who have put together this second edition of CAPTsure. At five, we are still a young College; and in years to come, what you read in the pages that follow will be a reminder of what has mattered most to us in this phase of our journey.

With all good wishes,
Adeline Seow

MEET THE CAST

This year, the CAPTsule team invites you to meet the cast of the academic team that makes CAPT, CAPT. We gave the fellows ten fun questions each, which they then gamely answered. As they share never-before-seen insights into who they are, we hope you'll discover for yourself the people your professors are.

Psst. For your context, here are the ten prompts:

- 1) What was your childhood ambition?
- 2) Describe an object that you cannot do without in your life.
- 3) What was the funniest/most rebellious thing you did in college?
- 4) What is one thing you indulge in when you are alone?
- 5) If money and career were no object, what would you really be doing?
- 6) If you could choose one superpower, what would it be and why?
- 7) What do you do when you're angry?
- 8) Which fictional character do you believe is the most like yourself?
- 9) What is something you have struck off your bucket list?
- 10) What is one place you want to visit but have not?



Ms Angie Tan

Angie would love to embark on an open-ended adventure on the bicycle. Having no destination to get to will give her the space to be more in touch with places, people, cultures and food! She is also fascinated with crossing land borders - while some borders show outward signs of changes, others exhibit minimal or no variation.



Dr Alberto Corrias

Raised in Milan, Italy, Alberto's dream was to play football for AC Milan and score the decisive goal in a Milan derby (most of his friends had the same dream!). The Rubik's Cube has been a big part of his life since it exploded in popularity in the 1980s. In fact, he still has one - from the 80s - on his nightstand.



A/P Anne Raffin

Although becoming a famous social scientist is something Anne has struck off her bucket list, it was her dream to become an actress. Her glasses and Bollywood movies are things she can't do without. The most memorable thing she did in University was hitchhiking the Island Corsica (a beautiful French island!), though visiting Denmark in winter is something she wants to do soon.



A/P Bruce Lockhart

Bruce can be found reading spy novels and books by Stephen King in his free time, though you'll catch him reading academic stuff in his office. As a passionate historian, one place he would love to visit is Angkor - a place he has only taught in theory but never visited.



Dr Daniel Jew

If money and career were not of significance, Daniel would still want to teach, do research, be part of a learning community like CAPT, be a husband and dad (and perhaps add a Ferrari to the mix.) Something struck off his bucket list was visiting the Sahara desert and experiencing the beautiful dusk there. Also, having twins... (be careful what you wish for! Noah and Wyatt, if you ever read this: we love you to bits, but you're also a handful right now!)



A/P Greg Dean Petersen

Greg knew he wanted to be a musician by the time he was 8. After getting a guitar for his 9th birthday, he soon became a professional bassist. By 27, he had travelled to 42 countries on a music tour but never got to see Asia (So he is very happy to be in Singapore!) Besides music and his academic passion, you can find Greg watching music videos or animated shorts (and watching them 2-3 times in a row).



Dr Joelle Lai

Joelle always wanted to be a vet as a child but dropped this idea upon realising she cannot deal with blood and gore from fluffy organisms - the "classic Bambi syndrome". However, she is doing something she loves - science. Even if she didn't have to make a career out of it, she'll still be in the lab, looking at specimens, killing and dissecting crabs, and asking questions.



Dr Mukhopadhyay Kankana

Kankana's childhood ambition was to be a doctor but then she saw blood! There are no non-living objects that she cannot forsake. However, if it comes to living objects, there are quite a number of them she cannot do without in her life, including her daughter's hamster - Shifu! Her current indulgence is watching trashy Bollywood movies on Vasantham! She dreams of visiting different parts of the Himalayas, so it would be nice if you could take her there.



Dr Kevin McGahan

Kevin has wanted to be a College professor since childhood (he's living the dream!). If you've ever watched Indiana Jones, you've probably seen a glimpse of who Kevin is. Also -- a tub of Ben and Jerry's Chunky Monkey ice cream would make a perfect gift, in addition to a mountain biking trip to the Himalayas.



Dr Lee Soo Ann

To Soo-Ann, the bible is something he cannot do without. If he could, he would buy books to read all day long. The most rebellious thing he probably did in university was attempting to revive the Herald, a local newspaper that is unfortunately no longer in print. He also enjoys an annual visit to Oxford where he sits on the council of the Oxford Centre for Mission Studies.



A/P Reuben Wong

Bungee-jumping, sky-diving and para-gliding are things that are off Reuben's bucket list; though he hasn't visited Bora-Bora yet. As a lover of adventure and travelling, Reuben would love to write travel books and poetry as an alternative to teaching. He shares the same advice as Prof Siok — to move away from the situation if possible and not do or say anything in the fit of anger.



Dr Seow Teck Keong

Teck Keong's childhood ambition was to be an astronaut, an ambition that came after reading about the first landing on the moon. After telling his parents about it, they told him that he needed to have perfect eyesight. He did his best to care for his eyes but this dream was ultimately shattered after he was prescribed spectacles. Nevertheless, one place he wants to visit is still the moon and to experience walking around under 1/6 of the gravitational force of the earth.



A/P Siok Kuan Tambyah

After all the preparation she has done for the Junior Seminar 'The Pursuit of Happiness' she teaches, she would love to visit Denmark; the Danes are some of the world's happiest people! Siok also shares good advice on anger — keep the mouth closed lest she says something she regrets, and take a few deep breaths.



Ms Sue Chang-Koh

You'll find Sue happily indulging in Survivor when she's free. In her opinion, it's one of the best reality television series created. Did you know? It has already been running for 34 seasons! Besides the thrill from 'reality' TV, she would love to see the Great Pyramids in person as Egyptian history is something she has been entranced by for a long time.



Dr Tan Lai Yong

When Lai Yong was a little boy, his family of 9 stayed in a 1 bedroom in a gang infested area - he was never allowed to play outdoors. He saw planes flying above and wondered where they came from and where they would go; he saw grass cutters who could go wherever he was forbidden to go. Now at CAPT, he is privileged to step out of his RF flat as he pleases and meet people, have conversations and a journey of learning that he could not imagine having as a child in that one room flat.



Dr Toh Tai Chong

Tai Chong always wanted to be a teacher as a child (and he achieved it - Yay!). With that accomplished, he wants to help coastal communities in Southeast Asia protect our coral reefs. He loves the ocean and has recently started on a professional SCU-BA diving course en route to becoming a certified dive instructor.



Ms Wong Soon Fen

One of Soon Fen's childhood ambitions was to be a pilot (until she became short-sighted). Along the way, she aspired to be a farmer's wife, a geologist and a park ranger. As someone who loves mountains and trekking, she has traversed the slopes of Mt Ophir, Mt Kinabalu, Glen Lyon, Mt Batur, Snowdon and Annapurna Base Camp. One thing that's off her bucket list is visiting Africa for the STEER Botswana recce. She hopes to go on the Everest Base Camp trek before she gets too old!

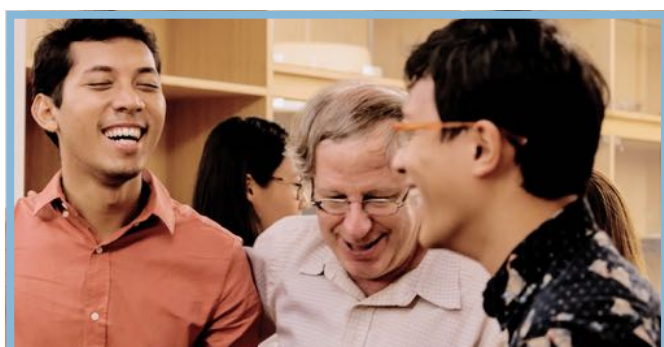


Dr Yasmin Ortiga

Being an artist for Hallmark Cards was Yasmin's childhood ambition because back then, people still mailed one another plenty of greeting cards. Coffee and baked goods would definitely make her day. If she could choose a superpower, Yasmin would want to teleport like Blink from X-Men (especially in bad Manila traffic). Now that she's in Singapore, she wouldn't mind Professor Xavier's telepathic powers.

MASTER'S TEA SERIES

The College organizes Master's Teas, which are open to all student, on a regular basis. Master's Teas provide an opportunity for students to think beyond their usual disciplinary boundaries about issues that are important to society, or simply to explore a novel area, and to be stretched intellectually.



The talks and discussions this semester have spanned topics such as regional security, in-

equalities, the scope of mental illness in our community, the application of mathematics to solving complex everyday problems, and the art and science of leadership in global health.



These sessions usually attended by about 20-30 students, offer valuable opportunities for meaningful dialogue and for learning. In the 2016/17 academic year, there was a total of 19 Master's Tea sessions.

A PEEK INTO ACADEMIC YEAR 16/17



Dr Christopher Cheok

Mental Health and the Community



Mr Donald Low

Is the Trump phenomenon a blip or does it portend serious trouble for democracy?



Dr Tim Huxley

Defending the lion city in the 21st century



Dr Liow Chee Hsiang

The "Art and Science" of Global Health Programmes: (Hard) Lessons Learnt from the Fields



A/P Siok Kuan Tambyah

Buying Happiness



Prof Tan Tai Yong

The Making of Contemporary India



Mr Bernard Mesenad & Mr Kevin Martens Wong

The Last Speakers of Kristang



Mr Joergen Oerstrom Moeller

Brexit: What does it mean for Britain, the EU, and the world?

MODULE REFLECTIONS

"To live is to learn, and to learn is to live" -- truer words were never spoken, and residential living epitomises this quote.

In CAPT, students are enrolled in the University Town College Programme, where we participate in seminar-style classes variously aimed at promoting critical thinking; improving writing skills; and enhancing our knowledge of community engagement and active citizenship.

Besides the curriculum, we are offered a plethora of academic activities that range from the Capstone Experience and Independent Study Modules (ISM), to study trips and reading groups.

In the previous page, we explored some of the Master's Tea sessions: they are, by nature, one-time (some may even say "once-in-a-lifetime"!) opportunities for us to gain knowledge on topics that we may not have encountered, but are nonetheless excited to learn more about.



In this academic year, the College introduced a few new modules and a reading group:

UTC2405: Emerging Asia: Successes and Challenges led by Dr Linda Matar

UTC2404: (Re)building Communities: Insights from India led by Ms Wong Soon Fen and Dr Mukhopadhyay Kankana

UTC1414: Discovering Singapore's Natural History and Heritage led by Dr Joelle Lai and A/P Bruce Lockhart

Reading Group: Games, Community and Society led by Dr Alberto Corrias and Dr Daniel Jew

In these few pages, we get a sneak peek into some of these exciting new offerings through the eyes of fellow students.

UTC2405: EMERGING ASIA: SUCCESSES AND CHALLENGES

"Economic growth without investment in human development is unsustainable and unethical" Amartya Sen

I came across the quote above when learning about the development paradigm espoused by Sen. It really resonated with me because I have always thought of economic growth and human development as mutually exclusive, or even conflicting.



Some lessons I found particularly interesting during this semester include the approach of investing in human capital, and the debunkment

of historical reasons that underpin development. I thoroughly enjoyed the conceptual lessons of development, as I could apply them to examples outside of class. For example, in the concept of investing in human capital as a means of development – I drew links to how Singapore, as compared to its ASEAN neighbours, has been so successful economically; due to investments made in education and social services.



In discussing development through a cultural, historical lens, I attempted to rationalise racial economic policies in Malaysia, which explicitly prefers the Bumiputera, and how that affected disproportionate economic development. I did previously learn about globalisation, market fundamentalism and neoliberalism, but this module provided an unconventional, heterodox analysis of these themes.

Nicole Lim

READING GROUP GAMES, COMMUNITY AND SOCIETY

I thoroughly enjoyed the Games Reading Group as it allowed me to develop a greater appreciation for games through discussions on gaming trends and heuristics.



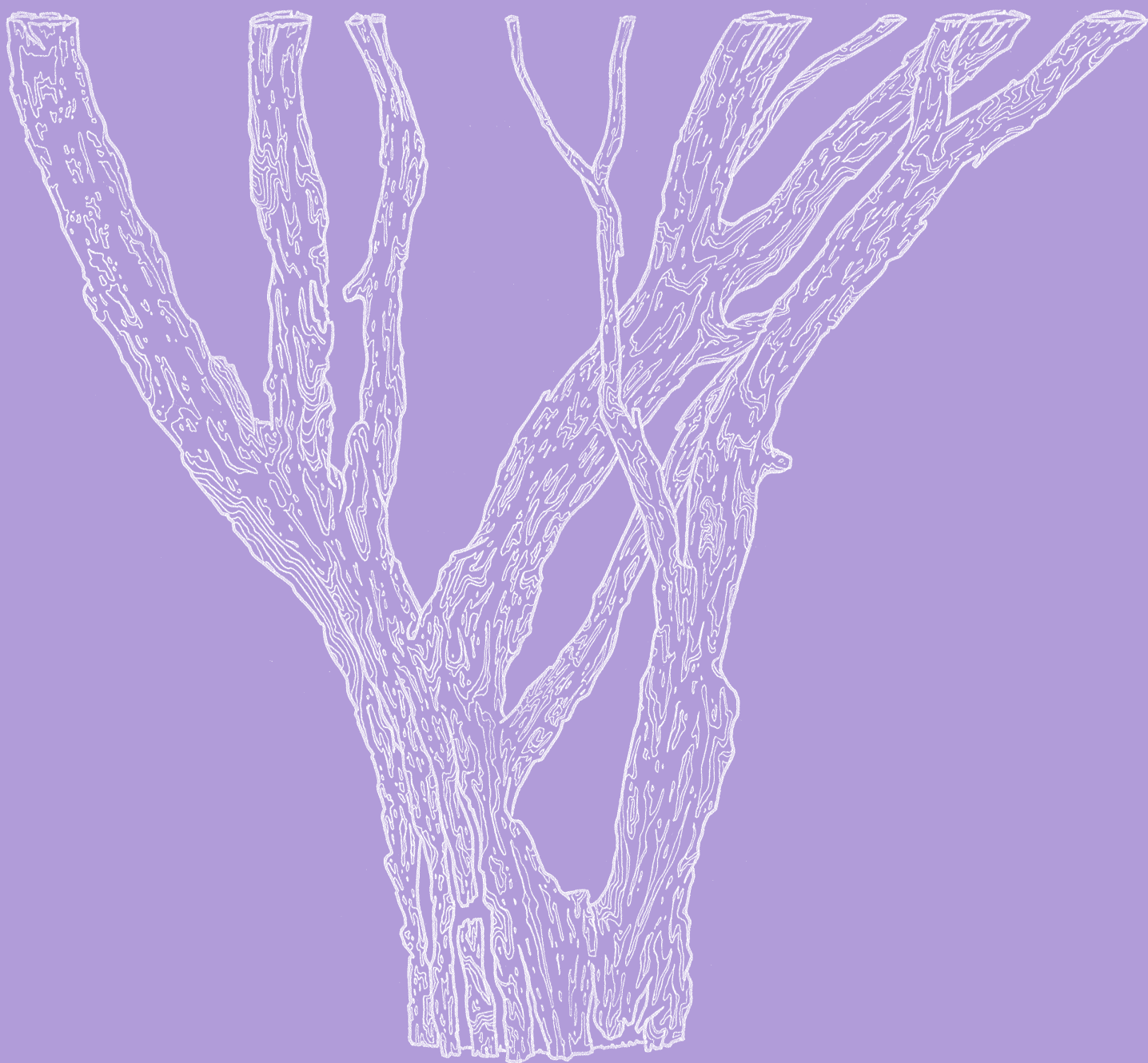
The concepts learnt allow one to explain the experiences and frustrations faced when playing games. (Did you know that the atom of game play refers to the shortest amount of time required for a player to feel like he has truly played the game?

It's probably why some of our favourite mobile games can keep us hooked for hours—playing one round simply isn't enough!) Aside from the theory, we also had the best field trip: a chance to visit a Virtual Reality arcade, which put our reflexes and balancing skills to the test in a virtual world!

The field trip allowed me to better understand the role that virtual reality can play in providing an immersive out-of-body experience for its users. I would highly recommend this reading group to any CAPTain who would like to learn more about game theory (or if you'd like to see a quirkier side of our beloved professors!).

Clarissa Phua

TRUNK







RESIDENT FELLOW
RESIDENT ASSISTANTS

A/P SIOK KUAN TAMBYAH
IZABEL TAN
PETER KRISTANTO WIDJAJA
TAN LEE KENG
DANIEL TAN
DANIELLE TAN

HOUSE HEADS

ROC CAPTAINS

VALERIE HYRA YINGYING HELENE CHARMAINE
YIYAN ARIELLE TANGQING JOY-ANN KARWAI
PERRINE CLARICE MINGSHAN SAMANTHA ZHIYI
ELIZABETH SARAH KATHY MAANASA JINGXI
MINGHUI GRACIA ESTHER CHERYL SAMANTHA
ISABEL KAITING NATALIE GLADYS ADELINE
YUENING PEIXUAN XINGYU SHERMEEN SHARON
CHRISTINE JOYI CHEUKSZE NOUHA LAURAL JOHN
JUSTIN KEEJENG ZHENGWEI KANGMING WILLIAM
TRAVIS TSERING YONGHWEE JAMES BENSON
WEESENG DINGSEN KAIXIANG YIHAO THEODOR
JASON MIKE NELDRICK ALVIN JONATHAN
JUNXIAN ZIHENG JULIAN LIWEE KEVIN
ZHENGQUAN KEVIN JOHANAN DHRUV YUANWEI
SAMUEL ELWIN SEUNGMIN WILLIAM SIJING
JUNLIANG LANCE BENN JOSHUA LENARD SHIKAI
JIAXUN SHAOHERNG KARTHIK JAKOB JASPER
NICHOLAS HUU HUNG DANIEL YIZHAN PHYO
NICHOLAS ZEXUN THEODORE CORNELIUS
SHUBHANKAR YOSEF JONATHAN XUANKAI
ANDREW BEATRICE SIANGNEE BRENDA SULEEN
SAMANTHA ELIZABETH CHERYL HUIQI HUIEE
SEANNE RUWEI CHERYL JESLIN TAMMY

HOUSE OF ROC

LOUNGE HABITS

This may be the only time that we can brag about it, but LEVEL 5 LOUNGE HAS WHITE LIGHTS! Although the other houses will probably have them soon, ROC was lucky to be allocated the test lounge this year, such that we have been able to enjoy the immense benefit from it!

From studying to chilling and talking, to playing cards and board games, to congregating for supper, to playing late-night mahjong ... we have had the privilege of shuffling between the warm, cozy orange lights and the bright, invigorating white light! Of course, when we are into the mood for karaoke (with legit mics and speakers), the lights are off.



TRADITIONS

ROCKers take pride in taking the lift, no matter whether we are staying in level 3, 4 or 5. This applies even during fire drills (okay I'm joking about this HAHA, we all know lifts don't work during fire drills).

Others always refer us to the stairs, but we will insist on taking the lift. We will not bother about how others stare at us when the floor numbers 3, 4, and 5 are lit up in the lift. After all, our hostel fees include the lift, so why not make our fees worth it?

The next time you see a ROCKer beside you waiting for the lift, take a deep breath, and accept the fate - the lift will not proceed unless it stops at ROC!



GAMES

While some other houses played Assassins, we went for something just a little different (or so we thought). Never would we have thought that the game would be so intense, to the point that we didn't even dare to visit the washroom!

Modelled after the Hunger Games, the Capitol led by President Snow commanded the four districts who competed for survival. The modus operandi was straight-forward: score a kill by submitting a photo with the hunter, the hunted and the post-it on the hunted. However, some chosen ones were gifted special powers - e.g. the healers who heal; the angels who chain together the fates of two players; and the tanks who have two lives each. Missions, such as piecing puzzles together and doing team mannequin challenges, were given throughout the game.

Despite living in fear for two weeks and having a truly paranoid experience, everyone had fun.



ROckers



Daniel, House Head

ROC has a place deep in my heart, otherwise I wouldn't have taken up this role! It's truly a place where I can be myself without judgment, where everyone is like family, and where I can call home. I had the privilege to lead the house committee in providing platforms for fellow ROckers to get together. House events never fail to remind me how tight a community we are, and how individually talented we are :) I will also miss the times where we leave little gifts outside each other's doors; the words of encouragement keep me going. To my ROckers: Continue to care for one another, and leave a legacy of your own next year :) The house is in your good hands! Finally, I hope that y'all have felt the #ROCPride that I shared with y'all at the start of the semester (nope not gonna cry).

Tammy, Level 5 Floor Leader

ROC, and everything it stands for, is what keeps me grounded amidst the chaos and motivated to keep going. The way I feel here and around the ones I hold so dear to me is indescribable and most definitely irreplaceable. I say this all the time but I genuinely feel that ROC isn't my house - it's my home. My amazing housemates are the ones who've shown me how important and powerful house spirit is; you are so very appreciated, and I hope you know that.

Being in the house committee this year has taught me that the ROC family comprises a diversity of backgrounds, interests and beliefs. Empathy is therefore of undeniable importance, especially when it comes to planning events. After all, we do what we do for, and with, the house.

Izabel, Level 3 Residential Assistant

ROC, to me, means three things: family, home, and support. The random gatherings at the lounges and impromptu HTHT sessions really make ROC feel like family, and they are something that I'll definitely miss when I leave CAPT. Through my experience as an RA, I've come to realise that my fellow ROckers are a sincere, fun-loving and supper-craving bunch who are ever willing to support each other in times of need. My hope for ROC is that each and every one of you will lead a fulfilling CAPT life. I hope that you will try new things, do what you love, and - most importantly - grow as individuals, so that that your CAPT experience becomes something that you cherish for life.





RESIDENT FELLOW
RESIDENT ASSISTANTS

A/P ANNE RAFFIN
AUDREY KUM
PRAKOSO WIBISONO TJANDRA
NEVILLE CHUA
TIMOTHY TAN
VANESSA POH

HOUSE HEADS

DRAGON CAPTAINS

ASHLEY ZHANGTING KAREN JIAJUE EMILY RUTH
BEVIN JAMIE MICHELLE CAROLIN SHERYL RACHEL
NICOLE ANUTRA XIANGYUN JIAQI DAPHNE
KASSANDRA JINJU SIEWMIN LIYIN VANESSA
GENE SAMMI GWENDA VALERIE ESTHER
CLARISSA THANH LYNN ADELINE MERISSA CINDY
HUILIN ANDREA AISYAH LEIZUO SHIYUN SANDY
GLENDA HANNAH BENJAMIN PATRICK YUXIANG
HOKUN CHUANKAI MINGYU DANIEL INDRIK GABRI-
EL DARREN TINGJIAN SHAUN JINGKE JIEYU ALIF
BRYAN ALIFF YANGJIE WENHAO XIAODONG YIWEI
CHUJIE KELVIN CHONGMING YESHAS YENTER
GIDEON JOEL BENJAMIN VRUND TITUS CHUNKIT
CHANGMIN JUNLIANG YILUN JONATHAN MARCUS
WEIYANG WEIXUAN KAYLYNN WEIZHI ANGELINE
STEPHANIE BIYING ANNABEL JOLENE SHANISE
ERIKA CARLA ISOBEL YUNTING RUTH YILING
KAILIN YINGEN VICTORIA HUIYING CHARIS
HOILEUNG BAOJIE TENGDA TERENCE DARIUS
DARREN YUANCHEN YONGQUAN GUOEE ALPHA
JOAN SEBESTIAN PATRICK BRENDICK MELVIN

DRAGON ALLEY

TOP EVENTS

In semester one, Dragon had an Angel-and-Mortal game titled "Alice and Peter" (how creative, kudos to the house committee). Nearly the whole house was involved -- who would reject spreading and receiving love and joy?

For three weeks, the house was filled with affection as angels dropped gifts at their mortals' doors, put up decorations on their walls, and wrote sweet messages to their other halves. The receiving mortals would post what they had received on the house chat, so that the whole house could gush over the unknown angel. It even inspired some competition, as people tried to outdo one another's gifts. A mortal casually mentioned that he likes hot air balloons, and the next day, handmade hot air balloons and clouds hung outside his door. A dream came true!

HOUSE INITIATIVES

In semester one, the house committee organised a neighbourhood CE event with the elderly at My Centre @ Moulmein. As we believe that neighbourhood CE is an effective way to reach out to the community while simultaneously fostering inter-house bonds among members, we collaborated with Viriya Community Services to host a Deepavali and Christmas celebration with the elderly.

This sustained partnership also enabled us to forge meaningful friendships with the elderly there. A highlight was trying our hands at Rangoli and Christmas-themed origami, which not only brought fellow dragons together in making handicrafts, but also brought festive joy to the community.

Happiness can be found in the little things – indeed, spending time together with the elderly, and as Dragon, definitely had us smiling as we returned to CAPT.



QUIRKS

The one characteristic of the Dragon house isn't fierceness nor competition -- we are all very nice and caring dragons! Dragon can be the most cosy house, and I guess what we can be proudest of about our house is that everyone looks out for one another.

On the house chat, there are always fellow dragons helping each other out, be it lending stationery, chargers, T-shirts, and so on. Can't make it in time for dinner? Someone will help you with takeaway food. Fall sick and need medicine? There will always be people offering Panadol, bandages and Vitamin C. (Psst, our RA, Neville, is rumoured to have a pharmacy in his room!) There are always supper jios for the hungry ones studying away at night, shengsiong jios for grocery-shopping, and shower jios for the overly-attached!



DRAGON WARRIORS



Timothy, House Head

CAPT is home and Dragon is family. We do not get to choose who our families are but we treasure every single moment spent together. In Dragon, we care for one other, climb (bell curve) mountains together, celebrate the good times, and anchor each other in the midst of storms. For the seniors and exchangers leaving, I really hope you did find a place to call home and a family to call your own in Dragon. For the freshies, make the most of your next year in CAPT and cherish every single minute of it. Remember to share your love and warmth with the next batch, just as how I hope the seniors have shared theirs with you.

Sammi, Sports and Games Head

To me, being a part of Dragon means being a part of family and a community who enjoy spending time together with one another. The foundation for this community lies in how everyone is accepting of others, and how genuine we are in our interactions. I truly hope that this community will continue to grow and strengthen as we connect with more people in the house. Serving Dragon has taught me that dedicating your best to whatever you invest yourself in will allow you to give and learn the most out of the things you choose to do.

Audrey, Level 6 Residential Assistant

We tend to chase after elusive moments and dreams. Having gone through 4 years of residential life, I've gradually come to grasp that my fondest memories were cemented in the most ordinary, day-to-day experiences that transpired. Frantically waiting for the lift to arrive before 10:30am, waving goodbye to the gardener uncle before leaving for class, exchanging chirpy welcome back greetings every Sunday night - I hope that you'll occasionally take a step back and savour the beauty of these routine, ordinary days. It was through these ordinary days, pieced together, that my CAPT life was made most extraordinary.





RESIDENT FELLOW
RESIDENT ASSISTANTS

DR TAN LAI YONG
DRISHTI BAID
TAN JIAN QI
CHU GUANG YAN
DARIUS TAN
DIANE LIM

HOUSE HEADS

GARUDA CAPTAINS

WENTING JASMINE JOANNE GERMAINE JASMINE
BERNICE GLADYS RUIYING ADA SARAH DIANE
CHARLOTTE JITYEE VICTORIA SHIMIAN
HENGYONG AGNES HUINING CHARMAINE
MIRIAM CAROLIN EDEN JINGYI YENYEE
WENDELYN DENISE MELINA NATALIE SHARON
SRIRAM CABRINI CHARMAINE HUIHUI SHARANYA
QIAOLE HANNAH VY JACLYN CYNTHIA HEESUE
VANESSA SEBASTIAN GENGYI ARTHUR JONA-
THAN KENJI SONGTAO RENHAO JASPER KAIYU-
AN MARCUS ADITYA DONGJIN JIANXING WAIKIT
AHVINEESH TREVOR YAOJIE PIERPAOLO REUBEN
DANIEL IAN EDOUARD MICHAL JACKSON PEETER
HARSHJYOT DARYL YIJUN ZUHAILI ZONGYANG
JOSHUA SHAOWEI GABRIEL NICHOLAS YIZONG
NICLAS STEFAN CHUMING MARCUS DARRELL
REGINE ARIANE GRACE SUNYOUNG MICHELLE
LEONA VANESSA EUNICE YUWEI ZIRUI LINGSHUO
AMIRAH YANEN RACHEL RADINA LEEHING
KAYYEE JIAYI AGGIE RACHEL SHAWN TAOYANG
PATRYK YUNBIN FEIHON HARVEY HAOYU ERIC
TRACE XIAOYANG BENJAMIN JORDAN
CHRISTON YINGFU KHANGHWE

#FAMBAM

TRADITIONS

In Garuda, we GARU hashtag EVERYTHING, and when we say everything, we mean #GaruMIC, #Chalkruda, #GaruHTHT, #INGarudaWeTrust, #GaruSPORTS, #GaruOHANA... Our hashtags have since become an identity – an identity of shared experiences with our Garuda #FAMBAM, as we celebrate each event by posting pictures on Garuda's "bayofbanana" and casually tagging it with a #GARU. We also had strange obsessions with bears, dolls, a starboy, and a mermaid, but somehow, it represents how truly diverse we are with our interests. This is what makes the Garuda Family, our FAMBAM.



GAMES/QUIRKS

Be it a love for Karaoke, talent in handwritten typography, passion for singing and jamming in the lounge, or a strange but much beloved dedication to UberEATS -- Garuda has accepted all different interests, creating our special FAMBAM. New initiatives or jios within the house are commonplace: random tea sessions in the lounge, sports jios in the MPSH and even an automated laundry notification system. These were all started by Garudians, for Garudians! Every Garudian's contribution to the house is valued, because everyone has had a part to play in making Garuda more vibrant, and allowing us to call the house our own.



TOP EVENTS

Garuda started the year with FOC, where both seniors and freshies got to know one another. Following FOC was Angel-and-Mortal, where we saw extremely high level gifts and decorations, with angels showering their mortals with love and appreciation. Another memorable event for many of us would be GaruMIC (an avenue for fellow Garudians to showcase their talents to the house), where we were serenaded by songs and awed by magic.

Our house committee and RA team were also pleasantly surprised by some house members with gifts and notes of appreciation. It was through these events that Garudians could not only be closer to one another, but also receive love from others.



D&D CO.



Diane, House Head

Garuda is the place where we return to every single day and where the people form the support structure of our university lives. Through house events, we want to create a neighbourhood in which every single member of Garuda can feel like they belong, and which everyone is able to call their second home. Doing GaruEVERYTHING together, all of us contribute in our different ways to make this house a unique FAMBAM. After going through two years in CAPT, the one thing I would miss would be the late night talks with the closest friends I have made in university and I wouldn't trade it for anything else.

Qiao Le, House Committee Member

I definitely do not regret joining the house committee. While we may have had challenges trying to do what was best for the house, I never doubted anyone's desire to create the Garuda Family; knowing that our events could make people happy definitely kept me going. Being a house committee member has also brought me much closer to Garuda. The love and support I have received during my time here is something that will remain irreplaceable in my heart, a part of me which I will take wherever I go. To Garuda: I hope you can show our incoming little birds what it means to be supported and cared for, and I hope that they will feel the same way I feel for the house.

Jian Qi, Level 10 Residential Assistant

Garuda has been my home for the past academic year, and it basically scored the Epicurean hat-trick - friendship, food, and fun. Although I came to CAPT as an RA only as a graduate student, I had never felt a sense of community and altruism similar to what I have experienced here. Over the year, I have come to appreciate the drive that individuals in Garuda have towards their personal goals. More admirable still, however, is how the community functions as a unit: house activities receive great enthusiasm and participation, and students are dedicated to make Garuda a better living space for all. I will cherish all the small things - chatting with my housemates and Dr Tan in the lounge and dining hall, impromptu jams with fellow musicians, and participating in house activities. And, that has made all the difference.





RESIDENT FELLOW
RESIDENT ASSISTANTS

A/P GREG DEAN PETERSEN
YVONNE LOO
YU SHENG HONG
CHARLTON LIM
ARIE CHOOI
WUN CHUN HOU

HOUSE HEADS

PHOENIX CAPTAINS

MICHAELA ARIANA JOY LYNN DELIA NICOLE NA-
THANIA JOANNA LAUREN JESSICA FIONA JIANING
ALLISON GLORIA CHERYL MICHELLE JIAYIN MEGAN
RIDHI WAY SHARMINE YASMINE XINYU REBECCA
MELANIE WAIKHEI KAIQING MICAELA HUIYU
JINGWEI SHERYL CHANEL CHERYL RACHEL
VAISHNAVI KEZIA YINGQI VIVIENNE GERALDINE
LUJZA GRACE MENGREN BRIAN EMIL PHILIPP
ADRIAN BRYAN HESHVIN AFIQ RANDY GEMONN
BRYAN RUSHAN EUAN MAURICE HAORYUAN KEVIN
HUY SCOTTS JUNWEI GREGORY JINGHUA ZEWEI
NICHOLAS DAVID KRITTIN YESHENG LEONARD
RUSSELL JONATHAN FUKAI LEXUS GLEN
MINGKANG DENESH WEIJIE ERMANDA ZHENX-
IONG NICHOLAS YONGSHENG YULING NGAN
RACHEL MINDY MEGAN MELEHA YIMEI ZEHRA
CHRISTINE ESTHER MINGHUI LYNDA MAIA TZEYI
ESTHER GERMAINE JOANNA ALANKRITA YIFAN
YSANNE HAIDAH DEXTER HONJIN HENGKEE
TERENCE ALEX IVAN DEIVER GIULIO JACOB
JEREMY WEIKEONG AUDUN RENKAI

FIREBIRDS

TRADITIONS

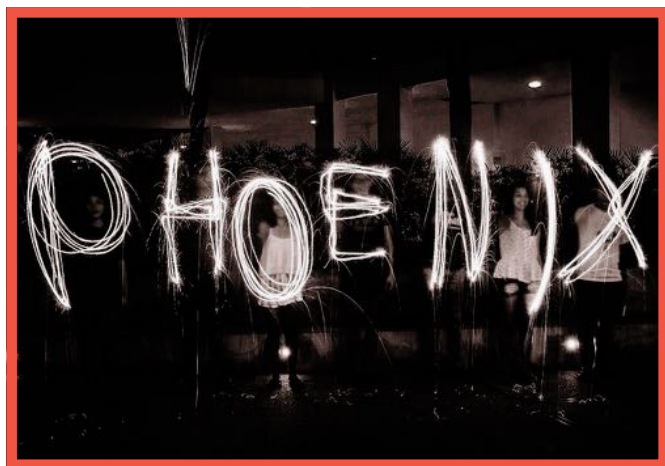
Over the years, Phoenix has initiated several meaningful traditions which continue to be conscientiously upheld by its members. A prominent one is Taco Night, which is hosted by our RF, Prof Greg, to welcome the freshmen into Phoenix at the beginning of every academic year. Both junior and senior Firebirds are able to bond over good food and drink, and this night is often the start of many enduring and close friendships. In addition, Phoenix has also maintained the tradition of being the Inter-Neighbourhood Games (ING) champion for five years consecutively. During ING season, it is not uncommon to see Firebirds rally together in support of our neighbours and cheer each other on during matches.



QUIRKS

There is no doubt that Phoenix is made up of a multitude of colourful personalities. This often manifests itself in interesting sights and sounds as one walks down the corridors of levels 12, 13, and 14. Examples include:

- 1) Random shouts of "HAALPPP!" from the #13-60 suite (which exponentially increase in frequency during particularly stressful times)
- 2) Uncle Ben making his rounds every other day, despite not physically staying in CAPT
- 3) Nocturnal people awake in the wee hours of the morning (ahem, Nicholas and Megan Quek)
- 4) People with a seemingly unlimited supply of food (Lexus), medicine (Way) and other daily necessities
- 5) The infamous Badminwei instagram account
- 6) Memes, memes and more memes



TOP EVENTS

One of our best events was our Chinese New Year Celebration. We wanted to have a meaningful event that both local and exchange students could enjoy. So, we performed lion dances, featured our very own God of Wealth (credits to Greg), and enjoyed delicious Lo Hei with lots of fresh salmon! Not only did our Phoenix Firebirds come together to enjoy some festive spirit, but our exchanger Firebirds managed to experience and learn a little more of Singaporean culture! Finally, and most importantly, everyone had fun :) Some other fun events we've had over the past year were Angel-and-Mortal, as well as Laser Tag.



ORDER OF THE PHOENIX



Arie, House Head

In my experience as a House Head, I've learnt that everyone needs encouragement and affirmation from time to time; I've also learnt that having a heart that looks out for other people will certainly turn this place into a new home! I hope that every Firebird will leave with a chest full of fond memories and bonds that will last even after leaving CAPT! This place has a special meaning in my heart, and I would not trade these past two years in CAPT, and in Phoenix, for anything else!

Gemonn, House Committee Member

Phoenix has always been a home to us Firebirds. It is the place where we have a family to fall back on at the end of every tiring day in school, as we return to a home filled with joy, laughter and happiness. In joining the House Committee, I learnt to be proud of what Phoenix has achieved, together, as a House. My hope is for Firebirds, current and future, to carry on this legacy of a never-say-die spirit. (After all, like a Phoenix, we rise from the ashes!)

Yvonne, Level 12 Residential Assistant

There are a million different ways to say I love you. Some express themselves by keeping common spaces lively and clean; some are quick to offer affirmation or a listening ear; some add colour to our days with gifts or unusual humour. I hope that our Phoenix membership has revealed to us what we take for granted, and how to respect our differences. In my experience as an RA, having people around matter. Eating with people makes food taste better. Sometimes we are strong, sometimes we need supporters. Let us always protect the meaning of "home sweet home".





RESIDENT FELLOW
RESIDENT ASSISTANTS

HOUSE HEAD
VICE HOUSE HEAD

TULPAR CAPTAINS

DR SEOW TECK KEONG
RACHEL TAN
LIU GUAN YU
SOVEREIGNA LAKHOTIA
NG SHUEN YEW
TRAN CANH KHANH TRINH

MELANIE XUEMIN LAURA CHENSI KARISHMA
KAREN HANNAH NICOLE WANJEE TIFFANY TANYA
JIALING YIBO DAYANA LOIS WEIYE EUGENIA KATIE
KAYXIN HUIYI LEEHUI MANVI KELLY VERONICA
AMANDA JENNIFER JENNY AMANDA ZHENHUI
NATALIE KASIA AILIN NATASSA EMILY GERALYN
JEAN BRITTANY JEANETTE JOYCE ELAINE NAZ
BRENDAN LINGYUN JUNJIE KAIJIE SONGHAN
WEIYANG RAPHAEL YUCHENG ZONG LEON
JOSHUA JANNE LAWRENCE SHADMAN SINKANG
WENGSIANG HARSH KEITH DARREN BENJAMIN
EUGENE IVAN JUSTIN ADRI JILOCK GIDEON
JEREMY WOJ CHUNYIN DESMOND CHANYONG
DAVIN AMOS EUEGEN MINGKWANG WEISHENG
WEEHAN COLLINS DILTON GUANGJUN AMELIA
CHARMAINE KYUNGSUN AHYUN CHERYL JESSICA
NIZAM LASZLO JOEL JOSIAH SAMUEL ASRAF LUCA
CHASPER RAMESH CHUNGKAI JASON JOONSU
KAIMIN DARREN WAILING NADIA
DEBRA ZHANGYUE KATELYN YANXUAN PEIYI
KELYSHA TAMMY ISADORA REBEKAH ELEANOR
ZEHUI JENMIN

TULPARTY

GAMES

In the early days, Tulpar was home to an ardent followership of board games that could arguably rival the enthusiasm of Games Assembly. The atmosphere in the lounges (not all, because at least one lounge is reserved for studying - we are considerate that way) was heavy with accusations flying fast and furious through rounds of Resistance.

Marathon Avalon, Settlers of Catan and Ticket to Ride games stretching into the wee hours were, too, par for the course. These days, the board game fever has been somewhat replaced by mahjong sessions (no money involved, of course). And how can one forget the annual Angel-and-Mortal and Assassins that challenge Tulpies to prank (or prey on) their targets? Our games have taken on themes as diverse as bread spreads (Peanut Butter and Jelly), hugs and kisses (XOXO) to Pokemon (Ash and Pikachu). It has since become tradition for every incoming house committee to better their predecessors with more creative re-imaginings of our usual games.

LOUNGE HABITS

Like the living room of a home, the floor lounge is a place to just be. And the fantastic thing about the Tulpar lounges is that it's free for all. On any one day, you'll see that one lounge has been transformed into a study den; another, a political debate arena; and the last, a home cinema.

We had long nights in those rooms with enclaves of friends-turned-family, that only ended with morning classes. Sometimes we find ourselves just walking by and glancing through the window at a friendly face; that becomes reason enough to enter the lounge and begin a spontaneous hangout.

Be it for food, movies or work, the lounge is the perfect gathering spot.



FOOD

If one wants to gather Tulpies, the mere mention of food will do the trick. We are a neighbourhood that people always associate with supper (which happens at least once a week -- but twice a day when hunger strikes). Our chats are always filled with food jios, be it Ameens, Koi, or KFC. You name it, we have ordered it. Tulpies have to be fast, though, because these jios close in the blink of an eye. We once bulk-ordered a carton of 48 cans of Pappadom Chips; in less than thirty minutes, every single can was snatched up!

It is the experience of sharing meals together that creates the strong bonds within our neighbourhood. As we've discovered, a spontaneous meal jio can lead to conversations that last for hours.

Food hence plays an indispensable part in not only filling our tummies, but also our hearts. Visit this link to order your Ameens! <http://tinyurl.com/tulparameens>.



THE DARK KNIGHTS



Shuen Yew and Trinh, House Head and Vice House Head

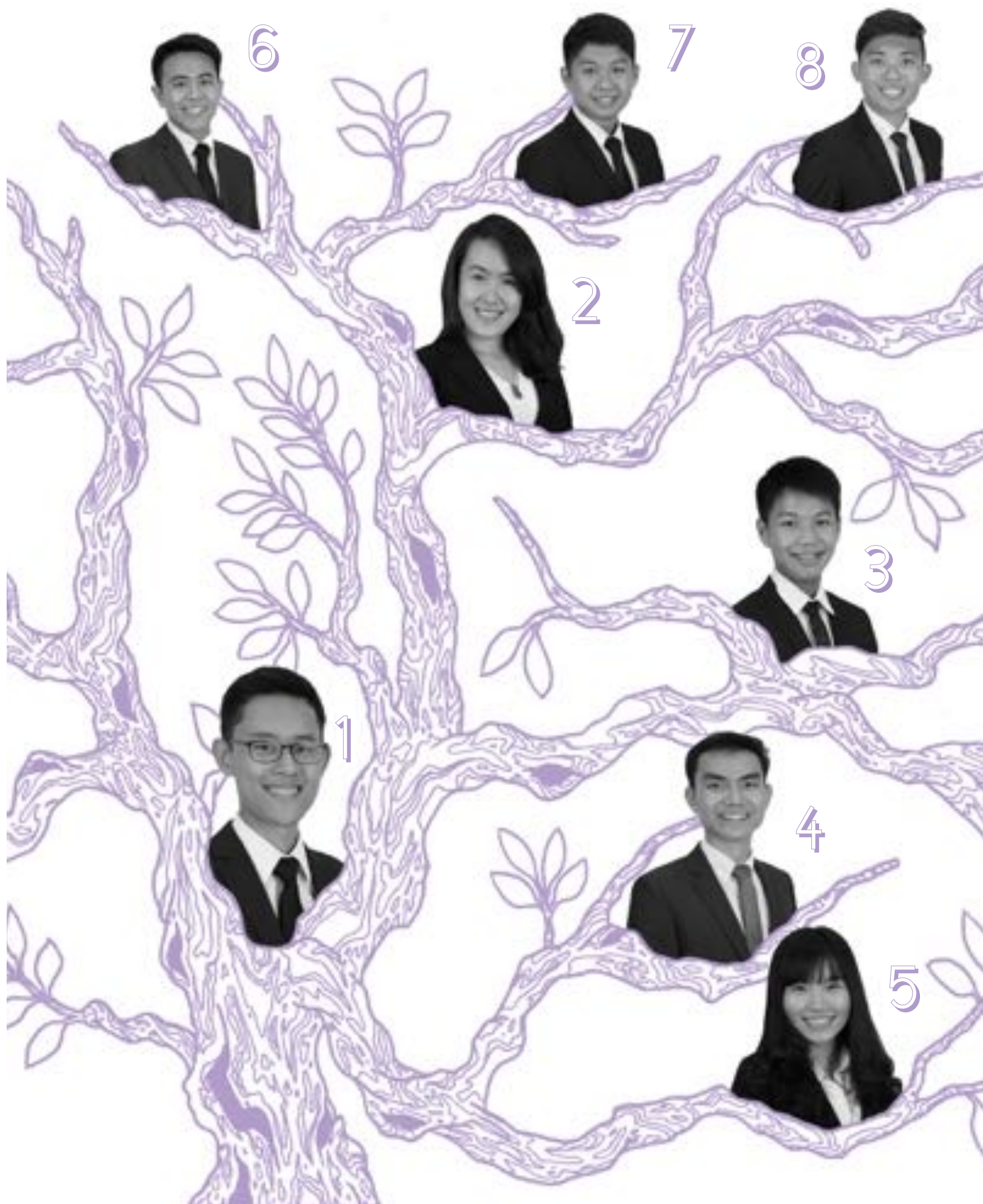
When we embarked on this journey as House Heads of Tulpar, neither of us could say for sure that we were equipped to bring 120 people together as a bonded community. However, what drove us was our vision in creating a neighbourhood that people could call 'home'. Nothing beats the joy of seeing friends cheer each other on and look out for one another. We've learnt to never underestimate the impact of small actions. It is heart-warming to witness Tulpies close their neighbours' windows whenever it rains and dabao food for busy friends who are rushing assignments. We count these little things as our motivation, and it is our greatest hope that this warm and caring culture will continue for many years to come.

Adri, House Committee Member

Leading Tulpar has been an insightful and enjoyable ride for me! Tulpar is my home away from home, and its unique blend of people have honestly been the only reason I've kept sane - the late night suppers, the random conversations that continue for hours, and the help provided always when needed. This comes from experience because I get injured so often (I once asked for help from just any one person, and a legion came down to the MPSH to help me up!) I cherish every moment I have with Tulpar because I know time passes and everyone will move on... but the memories I made here with my friends will last forever.

Rachel, Level 15 Residential Assistant

Coming back to Tulpar as RA was nothing less than a blessing for me. Tulpar has been most welcoming and inclusive of a final year like me, so much so that I realised creating bonds was a simple matter: we just have to make conscious efforts to move in each other's direction. As an RA, I had to become a source for daily positivity and occasional life advice, especially for the girls on my floor. I am glad that I was given this opportunity to contribute in the way I knew best, and I sincerely hope for everyone in the College to give serious thought to how they want to contribute to both their neighbourhood and CAPT as a whole. Even the smallest influences, when put together, can go a long way!



THE TREE



1

President
Lee Yen Ter

2

Internal Vice-President
Nicole Lim

3

External Vice-President
Hong Yijun

4

General Secretary
Tan Yang Jie

5

Finance Secretary
Do Khanh Vy

6

Director, Student Affairs
Kawkeeree Krittin

7

Director, Publicity
Randy Julian

8

Director, Sports
Teo Wei Yang

9

Director, Clubs & Societies
Yeo Kai Xiang

10

Director, External Affairs
Shubhankar Prakash

11

Director, Active
Community Engagement
Ruth Lee

12

Director, Social Innovation
Diep Xuan Thanh

5TH CSC



Standing Committee

The CSC Standing Committee comprises the President, External Vice-President, Internal Vice-President, Finance Secretary and General Secretary. We partner with the CSC directors to plan and run activities related to student life in CAPT. We work closely with various stakeholders in CAPT (including other student groups, Fellows and office staff) by bringing together shared objectives and interests, as well as with parties outside CAPT (such as other RCs, NUS-SU, and other NUS offices) to ensure CAPT is represented in the larger NUS community.



Student Affairs

The Student Affairs Committee (SAC) aims to improve the welfare of all CAPTains and encourage inter-neighbourhood interactions. In collaboration with other stakeholders, we organise some key College events such as Halloween Haunted House, Informal Welcome Dinner and Inter-Neighbourhood Shield (INS). Additionally, SAC organizes CAPT Buddy to help exchange students integrate better into CAPT and provide examination welfare packs. With feedback and suggestions from CAPTains, the SAC strives to make CAPT a home for all CAPTains.



Clubs and Societies

The Clubs and Societies Committee (Clubsocs) aims to help CAPTains pursue and develop their passions and interests. Clubsocs manages the various non-sports Interest Groups (IGs) which are for CAPTains, by CAPTains. IGs are an integral part of the College and contributes to the diversity and vibrancy of student life. Beyond that, Clubsocs also manages the 3 Theme Rooms and is responsible for the arts and culture scene in CAPT.



Sports

The Sports Committee is an internal sub committee in the CSC and is directly involved in promoting an active sports culture in CAPT through the organisation of sporting events (notably Inter-Neighbourhood Games), interest groups as well as exposure classes. Externally, the Sports Committee is involved in the organisation of the Inter-College Games, as well as collaborations with other colleges for sporting events.



Publicity

The Publicity Committee utilises various publicity channels to engage CAPTains to create a warm, welcoming and cosy environment for all of us. Most notably, we use social media outlets to tell stories about CAPT, decorate our lobby and lifts to evoke a homely feel for everyone, design merchandise such as hoodies and stickers so as to instill CAPT pride, manage the student website to introduce CAPT's student life to more people and finally publish our annual CAPTsule that serves as a memory booklet for us to reminisce about CAPT life.



External Affairs

The External Affairs (EXA) is a committee under the external umbrella of the CSC. We form the bridge between the alumni and the current CAPTains, and between the different colleges of UTown. Additionally, EXA is also in charge of the semesterly exposure classes that teach CAPTains new skills! In sum, we are a vibrant committee, open to new ideas and events!



Social Innovation

The Social Innovation wing comprises fun-loving people who strive to understand the community-at-large better and aspire to make a meaningful difference with it. Through designing new projects like asset mapping and idea jam or partnering existing projects such as Soap for Hope, we hope to bring the concept of social innovation closer to CAPT and CAPTains, inspiring them to think different, and think deeper about social issues and needs.



Active Community Engagement

The Active Community Engagement (ACE) Wing supports CAPT's ethos of Active Citizenship and Community Engagement by providing opportunities and platforms for CAPTains to engage with the community around them. Under the ACE Wing, students take the lead in pairing meaningful events with communities such as the elderly, youth, migrants and even animal welfare groups for their peers. Ultimately, we hope to build a more empathic, compassionate and active citizens who make a positive impact on society.

BRANCHES



INTEREST GROUPS

SPORTS	 BADMINTON	 BASKETBALL	 CONTRACT BRIDGE	 CAPTAIN'S BALL
 DODGEBALL	 FOOTBALL	 FRISBEE	 FLOORBALL	 HAN MU DO
 TCHOUKBALL	CLUBS/ SOCIETIES	 COOKING	 BAKING	 CAPTheatre
 CAPdance!	 CAPture	 Coffee Collective	 Gardening	 Games Assembly
 Guitarpella	 Hand(DIY)craft	 Impressionist	 Jam City	 CAPT Cafe

UNDERCOVER WRITERS

CAPT CAFE

CAPT Café is a student initiative by CAPTains passionate about discussing key issues we face in society and encouraging meaningful conversations on the same. The sessions are a bi-weekly affair at the cosy, beloved CAPT B1 area, which for that hour-and-a-half is briefly lit with voices, lights and much more. CAPT Café has held sessions on Elitism, Mental Health, Religion, LGBTIA, Sex Workers and many more and hope to grow in scale and impact in the future.

On the 8th of March 2017, I went to check out their session held in collaboration with Project X – A conversation on Sex Work. It was a well-publicized event – posters were put up at the lobby and in the lifts a week before the session, the B1 café area was decorated with warm fairy lights, and snacks and drinks were provided. It definitely felt like a cozy space to be in and chill – except that conversations were sparking and the atmosphere was lit with critical thoughts and exchanges.

The discussion on sex-work was eye-opening and intriguing. We had Miss Vanessa Poh, the project director of Project X, to share with us the workings, perceptions and contradictions of sex work in Singapore. There were a lot of things I learnt from that sharing, for instance, the subjection of sex workers to unfair identification and bag checks and their lack of access to laws and justice. Their vulnerable status makes them all the more prone to rape and abuse from clients and even law enforcers. The sharing was most effective and enlightening when we got to sit in a circle and share our thoughts on sex work. It was interesting to hear different perspectives, but ultimately what was heartwarming to know was that people wanted to better society and improve the lives of others.

Lee Chong Ming



OTHER TOPICS



World (Dis)order

Trump and Brexit and more!



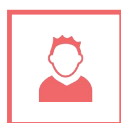
Aspirations

We all had childhood dreams - what were yours? Are you living them now?



Elitism

Education Systems, Politics and more!



Youth Culture

Is youth culture meme culture? Why is this our favoured method of expression?



Ethics of Pet Ownership

Collaboration with People Animal Community Engagement (PACE)



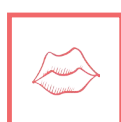
Social Support Systems

Collaboration with Social Innovation (SI)



Love and Marriage

Valentine's Day Special



Sex Work in Singapore

Collaboration with Ms Vanessa from Project X

CAPT DANCE



An interest group set up by CAPT's dance enthusiasts, CAPT Dance encompasses contemporary dance, hip-hop, urban and jazz. This is an IG that is open to all, as the main goal is not only to inculcate the passion for dance, but also enable people without prior experience to try their hand at this beloved performance art. In a collaboration with RC4, CAPT Dance has also formed the dance crew "R4D", which plans to stage performances annually at RC4 Arts Night.



On the 17th of February 2017, R4D performed for RC4 Arts Night at National Library Singapore. It was an exhilarating day for them – with good reason, too, because they had rehearsed endlessly over the holidays in order to perfect every move – and 17th February was the day that they could finally showcase their self-choreographed item.

As with all other performances, hours go into the rehearsal room to put up a performance that lasts only a few minutes. While the performance definitely flew past in a flash, the camaraderie and friendships forged will definitely last beyond the stage.



Nobody knows the amount of sweat they poured, the muscles they strained, nor the racing of their hearts to the music – only fellow dancers do. Standing on the stage beside the crew after a successful item, tired but thrilled, is what makes their experience unforgettable.

Lee Chong Ming

TCHOUKBALL



I stood outside the MPSH one Thursday night and looked in.

The space, even at 11PM, was far from quiet – not with the thud of the ball as it ricocheted off the frame and onto cold hard ground, again and again. I peered at the figures who were practising their shots; it turned out to be a boisterous Wei Yang, with a decidedly quieter Meng Ren coaching him. Thud, thud, thud.

Tchoukball has always felt wondrous to me. The players carry out, with polished ease, superhuman tasks: they fly across the court, hold themselves suspended in mid-air for seconds, and deliberately place themselves smack in the trajectory of (pretty heavy-looking) flying balls so that they may catch them. How do these players do it?

I awkwardly slipped through the glass doors with an immense sense of trespassing - so strong was the feeling of total concentration in the space. Immediately, I was greeted with various "are you here to play"s. I shook my head no; I was here to look, listen, and maybe find some answers to my questions.

The Tchoukball IG in CAPT, as we know it today, began with a dream. The very first thing Wen Cong (team alumnus) told me, as I edgily stood in the midst of their serious-looking training, was that the IG isn't just about Tchoukball; it was, even more importantly, about creating a team spirit that lasted beyond the game itself. Even as the IG has grown in size through the years (hello, 20+ people per session!), this dream has not wavered. It's probably what keeps their alumni coming back -- not only to play (for the love of the game), but also to coach (for the love of the people).

I learnt a few fast facts about Tchoukball, and the IG, during my short stint at the MPSH. For one, technique, not strength, is king. That's why "size doesn't matter" -- there will always be a position for you! The shooting positions for both left and right sides are different. (I can't be the only one who didn't know this, right?) The ICG team sometimes stayed up till 4AM to train. That is an eye-wateringly impressive level of dedication. One thing a Tchouk rookie should know? "You can catch the ball as long as it hasn't touched the floor." I thought about this line a bit, and realised that the sentiment is both useful in game, and for life in general. (Thanks, Wen Cong!)

As there are two pivots in the game, there are two sides to the IG: the sport itself, and the team. When I finally left the MPSH, the ever-earnest Wei Yang was still practising his shots. This time, three people stood at his side to give him pointers. I don't know what time they left the hall, but I think they left together.

Fiona Teo

ULTIMATE FRISBEE

My first time playing with the Frisbee IG was really not what I had expected. I think a lot of people here, in CAPT, will be able to relate to these

thoughts that occur whenever you first contemplate joining a sport IG - particularly a sport that you have never played before. "I'll probably be a burden", "I don't know anyone there", "OMG, so-and-so IG is scary".



These doubts stayed with me for more than a semester. I would always see the group of Frisbee players playing at Town Green every Tuesday, but I never could muster up the courage to join them, even though I felt inexplicably drawn towards the dynamism of the sport. Thankfully, I had friends in the IG, who often casually asked me to participate; it was only after a few (or maybe a lot) of such casual remarks on their part that I finally went.

As I said, my first session was unexpected: unexpectedly good! In retrospect, it wasn't scary at all. In fact, the people were very friendly. They are also REALLY very good at frisbee. Still, they will give you chances to play and hone your skills on the field, without hesitation. Kai Xiang always tells me: to improve, you have to play with people who are better than you. It will definitely be awkward at first - it always is - but this feeling will fade as you gradually get to know most of them. As I joined them for a few more sessions, I realised just how committed to the IG they were.

The main team is extremely close-knit, but that doesn't mean they exclude anyone! Did you know that they practise drills in their free time, just so that recreational players can play matches (and have more fun!) during Tuesdays sessions? I was genuinely touched when my frisbee friend told me that; it motivated to continue playing with the team. Come next academic year, I'll be tossing and diving on the field again. Will you join me?

Randy Julian

CAPT SUPPORT



The beginnings of CAPT Support were humble and small: a mere three people bonded by the common goal of promoting mental wellness within the CAPT community.

For Vicky, something had stirred in her when she met Cheri, who shared her views on mental health in CAPT.

Meanwhile, Dilton always had the concept at the back of his mind; it was something he had hoped would, one day, become a reality. Of course, he couldn't have imagined how far the project would go since the day it started (now, CAPT Support has 15 members and counting).

All three co-founders of CAPT Support believed that what CAPT lacked was a support system for everyone facing the pressure that university life inevitably brings.

When Vicky, Dilton and Cheri met at a mental health workshop by the Chua Thian Poh Community Leadership Program, the seeds of CAPT Support were sown. That night, they sat down, together. Right there and then — they decided to do something to raise mental health awareness for the community in CAPT and CAPT support was born!

HEART TO HEART

What is your vision for CAPT Support in the future?

The long term goal for CAPT support is that there won't be any barriers when it comes to seeking for help. More tangibly, we hope to establish a peer support system, where CAPTains know that their needs are cared for and there is always someone looking out for them.

Also, there is a gap between peer support and actually providing professional therapy. CAPT support hopes to bridge that distance, so that if someone needs professional help, we will be there to direct professional help and attention to that individual.

What message about mental wellness do you consider to be most challenging to put forth to the CAPT community?

The notion of self-care is something we can't wrap our minds around. Any notion of putting ourselves first seems selfish, but it is necessary to do that. I know CAPT is a very warm, loving and nice community - but amidst all the school work and commitments, it is necessary that one prioritizes and takes care of oneself first before looking out for others.

If there is one thing you could change about CAPT support, what would it be?

When we first started CAPT support, we went straight into doing things. However, that was not exactly the best way to approach mental health. We had always wanted to have the idea of focus groups. If we had sat down with different people and asked for their needs, and what we could do for them, our activities would have been more targeted and effective. But I guess this is a learning process. We only found out more about that after starting CAPT Support.

Certainly, we also wish mental illness wouldn't be a stigma in CAPT and in the wider community. We are still finding innovative ways to spread that message and tell them that hey, talking about mental health is important.

COLLABORATION FEATURES

In 2016, CAPT Support invited speakers, including a psychiatrist Dr Christopher Cheok, Vice Chairman of the Medical Board at the National Addiction Management Service (NAMS) and Singapore Association for Mental Health (SAMH), to share the topic of mental health during our Master's Tea sessions. Attendance was excellent, especially for the session with Dr Cheok, because it was a rare opportunity to hear from an expert. These Master's Tea sessions were two of the more highly attended ones in CAPT, and indicate an interest in CAPT for more of such talks.

In week 10 of the second semester, CAPT Support held a peer support workshop ("Shine The Light") conducted by Sheena Ling, founder of the Inside Space. There, participants learnt how to facilitate deeper conversations with others. Again, the turnout rate was high, highlighting a warm reception to such events.

LEAVES



PEOPLE OF CAPT

CAPT OFFICE STAFF

Dear CAPTains, we'd like you to meet our College Office staff - the admin heros holding up the College. These are the people who make sure that we get the UTCP modules we want to read, give us a fuss free College experience and handle the nitty gritty details.

They are a very fun bunch of people who work happily alongside each other. During our interview, we got to know them individually and as a group. As you read through this section, we hope that you'll know them not just as 'the admin staff' but as individuals.

GROUP DYNAMICS

Did you know? The admin team have breakfast together once every two weeks on Fridays. So when you see them eating breakfast in the dining hall on a Friday morning, please do say hi to them! They hope that we can treat them like CAPTains too. In their own words, we "no need to be so formal la!".



When we asked them what was one of the proudest thing they have done as a team, they candidly told us it was that one time when they travelled to FASS (Faculty of Arts and Social Science) to have the famous Yong Tau Foo at The Deck. It was a non work related experience they got to share and that delighted their hearts.

The team also really appreciate kind gestures from CAPTains - the coffee, cookies and little things they've received from us.

We'd also like you to know more about 2 of the newest members of the College's admin team.

Meng Choo joined CAPT a few months ago as Personal Assistant to Master Adeline Seow and manages Human Resource matters in the College. In fact, she's one of the first faces you'll meet when you walk into the office. She is known to be the earliest to report to work amongst the admin staff. To her, health and family are the two most precious things.

Cathy is our Curriculum Manager. She is the one who sends us emails at the start and end of each semester to keep us accountable for our UTCP study plans. Cathy likes what she does and gets a sense of achievement when she is able to make students enroll smoothly. It rejoices her heart when she actually meets the CAPTains that email her. Smiling, she said "It's nice putting a face to a name, you know?".

OFFICE OF HOUSING SERVICES - DAVE

Tell us about the OHS (Office of Housing Services) and what you want students to know about it.

The OHS is in charge of the hardware of the building, basically the facilities, furniture etc. The Admin office, on the other hand, is our sister branch who does the software of the building - the planning of modules, the welfare of students, and administrative matters etc. We work hand-in-hand to provide a comfortable experience for CAPTains.

Something we would want students to know more about OHS... is that we are always keen to have more interaction with students! Our current linkage to students is through Dr Tan, who encourages CAPTains to care for the well-being of cleaners and dining hall staff. It would be nice to have more interaction with the students - personally, I took up this job because I like to interact with young people!



Was there a memorable encounter you had with students over the time you worked here?

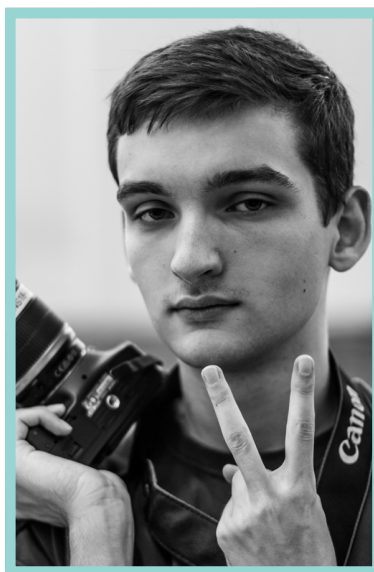
Off my mind, there isn't a specific encounter. But what I guess is memorable for me is seeing how the students interact in the dining hall. It was something I had not seen before - students coming together after a long day in school, regardless of their different faculties, different majors, to sit down and have a delightful conversation. I guess the neighbourhood system really worked to build cohesiveness in the College.

What do you do besides your job?

Well, I'm actually a father, and I try to help my daughter with her schoolwork as much as possible. She's in her PSLE year, which is crucial. At the same time, I recognize that being independent is important, but she must have a decent academic background to be independent.

I would love to go on vacations, and I usually go twice a year, when my family is not locked down by certain periods. After having kids, my wife and I can only plan to go to children-friendly places, not those adventurous ones we used to visit when we're younger.

EXCHANGER PATRICK



Many of you might know Patrick as the "Dodgeball King", or some of you might even call him "Sniper" after watching his performance at the Inter Neighbourhood Games for Dragon.

Indeed, Patrick's favourite experience in CAPT has been ING. He hasn't really

played sports since High School, so being able to play a couple of different sports in a week was thrilling. Besides picking up new sports, like captain's ball which he has never heard of before coming to CAPT, he really enjoyed getting to meet new people through sports. Also, he really liked Captain's ball because he could use his height advantage very well.

Having come from the United States and deciding to stay in CAPT for an entire academic year, what blows his mind from his stay in Singapore is how local students are so hardworking. While he was told that Singaporean students were quite hard working in the process of applying for his exchange here, it still surprises him how much everyone studies here. He has never seen such work ethnics back in the US. (Guys, maybe it's time we take a break and really enjoy life!)

Another mind-blowing change that happened to him was his newly found passion for Bridge. After about three weeks in CAPT, playing bridge in Dragon's lounge became a part of his daily life. He never expected to be so addicted to a card game - now he can play Bridge for six hours straight until the next morning and go for breakfast after that.

He wishes that Singapore was more than just a city. Coming from the suburbs of Philadelphia, he misses the freedom of being able to spend a day taking a long drive up the mountain, spending his afternoon in a local park and then head-

ing to town after. If he could sum up his experience in Singapore in three sentences, it would be:

Singapore is one of the only places in Asia that a westerner can come and easily meld into daily life. It is a place where you can meet new people and make new friends from all walks of life. It is also a country that is very hot and rains a lot.

Lee Chong Ming

EXCHANGER JENNY



For those that don't know, this is her second exchange to Singapore. The first time she was here, she stayed next door at RC4. Activist, lawyer to be, and a lover of heritage are words you can use to describe her but what stands out most about her is her love for people.

She has talked to more CAPTains than I have, knows more people from other neighbourhoods than I do, and her favourite thing - sit wherever she likes in the dining hall with whomever she wants to. Her desire to come to know various people, talk to them and invest in them is admirable. Her secret to breaking the awkwardness of sitting with someone she doesn't know is simply to talk to the person. The thing is, we like to put on a mask of aloofness, sometimes, 'too cool for you' kind of facade. Whenever someone reaches out to us sincerely, it's difficult to reject someone's kindness.

Her boldness has grown - she has not been home for the past 19 months; after her first exchange to Singapore, she spent another 6 months in Thailand before returning here for another 6 months. Next, she'll be moving to Cambodia for another 2

months before heading home to Sydney.

While most exchange students we know take the weekend to hop to a new place overseas, her goal as an exchange student to Singapore is not to travel but to discover the Singapore she has chosen. Jenny knows Singapore well- almost like a local. She has been on a myriad of heritage walks around Chinatown, Bukit Brown, etc, which we locals probably have never been on or even heard of before. She knows about our school system and specific places we refer to. She's trilingual - a speaker of English, Mandarin and Cantonese (more than many of us actually).

She requested to stay at CAPT in hope of being involved in more Community Engagement (CE).

So many of us take NUS or even CAPT for granted; for Jenny, being in Singapore was a respite - a breather from Sydney (which many of us may consider as a greener pasture).

"It was not always like that"

This is not without the downs in her life.

You could say that Jenny learnt one of her biggest life lessons right here in Singapore. Hailing from Australia's top schools for most of her life, academics has been a huge focus of her life, goal and purpose.

"If you take away my grades, I would have nothing left (except my parents whom I love)". Plans and decisions revolved around how it's going to boost her grades. It became more about here and now, storing up treasures for now, things that will give her the best opportunities right here, right now. Little time was spent investing in things of long term value - 'transactional' was what it was in her own words. It was almost never relational but transactional. Hearing that felt almost surreal as we indulged in a 2 hour dinner conversation. I believe I'm not the only recipient of Jenny's affection and generosity but many CAPTains too.

Alice Wong

A/P ANNE RAFFIN



What are you up to tonight?

The same old routine at night - I read Lucie to sleep; and today I'm reading "Girl with the Witch". I like to read her French stories, because her French needs to improve. In Singapore she gets enough exposure for English already - her English is excellent.

Why did you choose to come to Singapore to work?

I did my graduate studies in the United States, and my research field then was on Vietnam. I had job offers in places I didn't want to live in. So I applied for a job in Singapore, and at that point in time I didn't even know where Singapore was *chuckles*. I bought a tourist guide to Singapore, and did my research here. Before I knew it, 15 years have passed and I'm still here. And I love this city!

Do you miss France?

I go back twice a year with Lucie. Two weeks during the Winter break, and three to four weeks in Summer. I stay in Lyon, but if you ask me if I miss France, I miss the bread and cheese there most! I do love Asian food, but French bread and cheese are something.

Tell us something that people didn't know about you.

I didn't come from a privileged background - my parents were from the working class and had to work in the village. Because we were poor and my parents didn't want us to lead the same life,

my mother wanted us to do very well in school. She even brought my siblings and I to a factory at a young age to tell us that we should work hard in school to have a better life. So this fear of a meaningless life in the factory drove me to study hard.

At one point in my life I felt that everything was very unfair. My choices were constrained, and at a certain point, I felt that things were just not perfect and limited. But I've learnt to just do what I can, and forgive myself for not getting what I wanted - it's part of life. There's no point in fighting against things you cannot change.

When I was a teenager I loved drama; I would have wanted to do theatre. It was a beautiful world, exciting from afar. But I wasn't sure if I could do that as a career. Looking back now, it's not so bad that I'm teaching because I have no desire to start another career. I do like teaching - my mum's obsession with education probably rubbed off on me.

What would you want Lucie to know in 20 years?

To be true to herself, to know herself best. As a parent, I wouldn't want to live my dreams through my daughter - let her do what she wants. She's her own self, and has really brought a lot of love and meaning into my life.

How do you find the students in CAPT?

I find CAPT students very fun and kind. It's also more exciting to be living with young people who are optimistic. I like youth - a lot of hope and energy. I also appreciate that students are very kind to Lucie and me, which is why I love the people around me. I also grew up in a family where a lot of people were coming in and out, so I'm used to seeing people.

MEMOIRE

The time we have in CAPT is short, but that doesn't mean we forget all our memories after check-out day. Like we always say: "once a CAP-Tain, always a CAP-Tain".

For this reason, alumni are precious to the College. EXA regularly holds alumni events for those of us who have left the College. Read on to find out more about this year's edition, "Memoire"! Also included in these pages are brief profiles of three CAPTains who have begun exciting new chapters of their lives (p.s. you may want to thank them for some of the things you now enjoy in CAPT)

On the 13th of January 2017, the External Affairs (EXA) committee organized a celebration to commemorate CAPT's fifth anniversary. Titled "Memoire", it was a night of nostalgia, reminiscence, and reconnection. The alumni were invited back for a buffet dinner and were reunited with their old friends and professors. The highlight of the event was when the pioneering batch of CAPTains were returned their "letters to selves", inducing sentimentality and a sense of wistfulness. Thereafter, they penned down their hopes and wishes for the future of CAPT and placed them in a time capsule.



Besides just having the alumni back for the celebration, the current CAPTains also interacted with them and bonded over dinner. A CAPT 5 Banner was put up to document this occasion - alumni and current CAPTains left their marks on the banner, symbolizing the spirit of "one CAPT", both past and present.



Cheri Nur Aini, 24

THEN

What do Baking Club, Guitarpella, and CAPT Support have in common? They were all (co-) founded by Cheri, who was passionate about these diverse subjects (baking, music, mental health awareness) and wanted to make them more accessible to CAPTains. In her free time, Cheri wrote her own songs.

NOW

Cheri, who's on an MOE scholarship, recently completed her stint at NIE and is currently teaching in a secondary school. Not only is she still actively interested in CAPT Support's development, she's still doing music! If you had attended C:OH, the concert held by Guitarpella in March, you would have heard her perform "we will fly" - an original composition inspired by her time in CAPT.

WISHES FOR THE COLLEGE

I pray for CAPT to continue to be a place that inspire in CAPTains the courage to dream and realise ideas, the openness to learn new things and build everlasting bonds, and for CAPTains to support one another other even as we engage others.



Muhammad Zulhakim, 28

THEN

Zul was part of Angsana College's pilot programme, where a group of them spent a semester in Cinnamon College brainstorming activities for the pioneer batch of students. As President of the 1st CSC, he worked with the pioneer batch to plan and execute the first-ever Fledgling Week, Open Mic, and Halloween Dinner. In his final year, Zul was also RA of ROC: he has fond memories of performing room inspections with X-ray glasses alongside his fellow RA Margaret Ee (when they weren't trying to cook Eggs Benedict for the neighbourhood, of course).

NOW

He is a third year student at Duke-NUS Medical School, doing research in Sports Medicine and studying the effects of exercise intervention programmes on the quality of life.

WISHES FOR THE COLLEGE

For College events to continue to evolve, and to build a strong alumni base that supports and nurtures the CAPT community.



Felisa Tirtawana, 24 and Norman Julius Wanta, 24

THEN

Prolific members of Guitarpella! Felisa was Guitarpella's vocal director for the first half of 2014 and a member of the Senior Team, while Norman was a beatboxer. Both of them performed at various events within CAPT and NUS. While at school, they started a T-shirt manufacturing and printing company which you may have heard of. Yes, you have Norman and Felisa to thank for your Tee Inkers shirts.

NOW

Norman is doing plenty of startups, ranging from the Tee Inkers, to e-commerce and medical devices. Felisa is managing Tee Inkers alongside Norman, whilst doing a part-time Master's (Accountancy) programme in NTU.

WISHES FOR THE COLLEGE

Felisa: "To always be the home away from home for each and every CAPTain."

Norman: "Be a place where one can be happy, healthy and not hungry."

FRUIT



CAPTISS

The College of Alice and Peter Tan's Student Symposium (CAPTISS) is the College's flagship academic event which provides a platform for students in Singapore and the region to showcase their work, share ideas and make new connections in the fields of Community Engagement and Active Citizenship.

On 17 September 2016, the second CAPTISS brought together 15 experts and 24 youth-led projects, across 11 panels, to share their experience and insights with over 400 participants.

2016's symposium gave participants exposure to new ideas and also a space to refine their own initiatives through collective reflection. As iron sharpens iron, participants in this installment of CAPTISS were given an opportunity to evaluate the projects they heard about. Beyond this, they were challenged to consider how the projects could be adapted to their own communities, fitting well with the organising team's aims to 'inspire and empower youth to address challenges in their own communities'.

THE PANELS



THE HUMAN LIBRARY

The second symposium also featured CAPT's first Human Library event. The Multi-Purpose Hall was transformed into a temporary Library, home to human 'Books'- actual people from a myriad of background whom Library users were able to loan out for up to half an hour of small-group conversation facilitated by a Librarian, who was there to ensure the safety and well-being of the 'Books'.

These 'Books' featured specialists in fields of community engagement, CAPTains who have led community projects, as well as unheard voices from our local community. We heard the stories of ex-offenders, migrant workers, people with unknown occupations, the LGBT community and many more. We would like to thank all our 'Books' who have graciously volunteered

their stories and experience in a spirit of vulnerability that seeks not shame but the courage that comes with it.

Jordan Tang, Human Library IC

Organising the Human Library at CAPTISS was the first thing I ever led and it was a very good learning experience on how to lead a team. I could not have done it all without my team: Ying Fu, Zi Rui and Drish-ti. Throughout the journey, they helped to gather everything we needed; and on the day of the event, they put the whole Human Library together while I was running a panel. Looking at the meaningful conversations that took place between the Books and Readers, it seems our efforts paid off!

Kevin Martens Wong, Chair

I very much enjoyed being Chair of CAPTISS 2016; I found it to be a very challenging but exhilarating experience leading such a large and diverse group of CAPTains with very different working styles and personalities, and developing the College's first-ever student-led iteration of CAPTISS from almost the ground up. I've found that directing anything of this scale requires knowing how to lead from the back, pick my battles, and trust my team, because I definitely don't have time to handle everything, and quite often the people I am supposed to lead will have better insights than I do.



Darrell Ong, Vice-Chair & Academic Director

It was an incredibly humbling journey and I was blessed with so many capable and passionate members that made the conference a success. I struggled with the stress of managing 11 panels with the many stakeholders, organizing a Human Library and having to decide on the direction and content of which aspects of community engagement to focus on. However, I learnt that giving yourself time to rest, caring for your members and understanding that leading is ultimately an act of service, and remembering the heart behind why you're doing it all does make the load lighter and ultimately helps you to find the joy amidst the struggles.



Regine Moh, Hospitality Director

I am glad and proud to have a group of enthusiastic and committed subcommittee; without them we won't be able to make the whole delegate program a success. We not only showed the international delegates this high-tech city state, but also diverse heartland by organizing a social innovative trail (collaborated with SI Wing) and Singapore tour based on their preferences. Throughout these activities, the hospitality committee was able to interact with these international delegates at a deeper level to know about their projects and personal stories. As the majority of our jobs were in the last phase of CAPTISS, which fell during the summer break, communication and commitment became hard as everyone had their plans, yet I am also grateful that my team found a way to work with that. From the pre-arrival welcome booklet, flight and accommodation arrangements, arrival... all the way till they left Singapore, these were not easy tasks but they were worth our effort; we made the delegates feel welcome.

Cheah Cai Yun, Logistics Director

It was difficult to envision how the entire event was going to turn out given that I wasn't here for the first CAPTISS. It was difficult to balance how much to push the 'kids' (as my Co-Director and I endearingly called our committee members) and how much leeway we should give them. But in the end, I am glad I was part of this. I was too overwhelmed with work to see it then, but now as I reflect on it, every single person, no matter speakers, presenters, or the organising committee, was simply inspiring and I think together, we learnt so much. No regrets!

Joshua Peh, Publicity Director

Planning CAPTISS 2016 as the Publicity Director was by no means an easy feat. One of the first tasks was to begin writing a publicity plan, which included deadlines and schedules, and this helped to set a trajectory for the days that followed. I am thankful for a committee that was talented and responsive, so here's a special mention to Fiona, Melvin, Hui Lin, Ian, Jit Yee, Darius, Clara, and Shengmin for their time and effort. We managed to produce multiple posters, a banner, and collaterals which were effective in strengthening our brand and identity, and notably, a WordPress site and a Facebook page was setup to increase our presence on the Internet and on social media platforms.

CAPT TRAVELS

STEER INDIA

This STEER India trip was an integral component of a new CAPT module, UTC 2404: (Re)Building Communities: Insights from India. It was about gaining insights from “emerging economies” in the areas of community development, social entrepreneurship and cultural preservation. 24 students and 3 College fellows and staff spent 12 days in December exploring rural and urban India, namely the states of Gujarat and Rajasthan.



We started off in the classroom learning about different models of community development and the key ingredients required to achieve the goal of sustainable community development. While these models were not necessarily perfect representation of the situation on the ground, they proved useful in helping us understand the success behind the different organisations we visited in India.

We then had field trips to the Indian Heritage Centre as well as to HealthServe. These field trips allowed us greater insights into the Indian community in Singapore of the past and present....The exploratory trail of Little India helped us further understand the true diversity and vibrancy of the Indian community in Singapore.

After coming back from India, we realised that Little India was in some ways truly a microcosm of India.... In all we definitely came back from India with greater knowledge about the different organisations we visited as well as the models to develop community. The things that we have learnt in this module can be summarised into four different themes: **Culture, Community Building, Change, and Democracy.**

Culture and Community Building

Our personal experiences with the people and places in India have not only demonstrated the undeniable importance of culture in their lives, but also how it can be key in rebuilding and developing a community. For example, at the Ramdevnagar slum rehabilitation site (one of Hunnarshala Foundation's reconstruction projects), the project architects had to take into consideration the religion and social status of the people living in the sites. To respect the unwritten rules of Indian tradition, the people are grouped according to these two cultural aspects. While these deliberations may seem somewhat trivial in a Singaporean context, not considering them at all might have caused unnecessary conflict.

Democracy & Change

We also felt that the most important thing we learnt about change was that it is often gradual and difficult. We felt that this was nowhere more pertinent than the change that the women of SEWA pushed for towards greater gender equality. Stories from the women about how they fought the patriarchal system and the way in which they convinced members in their community to give them greater freedom were truly inspiring.



At the End

In all, we felt that the trip was a unique and enriching experience, where our perceptions of people and places were continuously changing, and we learnt not to assume their stories without first interacting with them. To end off this post, we leave with a quote from Nigerian author Chimamanda Ngozi Adichie: “The single story creates stereotypes, and the problem with stereotypes is not they are untrue, but that they are incomplete.” So to anyone who is interested in taking this module, we hope that you would attend the classes with an open-mind and an open heart, ready to complete the story.

“A Reflection on Our Journey” by Alif and Qiao Le
Adapted from indiaversity.wixsite.com

STEER MYANMAR



23 CAPTains went on a 13-day trip to Myanmar in December, visited 3 cities, namely Bagan, Mandalay and Yangon, with the focus on employability and environment. We used different modes of transportation - buses, river ferry, bicycles and the local train. For some of us, it was our first time riding a bike, taking an overnight sleeper train or taking a ferry - it was indeed an eye-opening experience.

Along the journey, CAPTains had the opportunity to interact with the Singapore Ambassador to Myanmar, members of non-governmental organisations, religious leaders, Singaporeans doing business in Myanmar and locals from all walks of life. Through these conversations, we

gained different perspectives and viewpoints on current issues related to the economy and the impact on communities and society.

The team also visited many historical and natural places of interest in Myanmar which gave us a better understanding of the history and culture of the country. We visited more than 10 religious monuments in Bagan, watched sunrise at the world's longest teak bridge in Mandalay, and observed sunset at the grand Shwedagon Pagoda in Yangon. Together with the friendship forged, we believe this experience will be kept in our hearts forever.

Liu Guan Yu



CAPTSLAM YUNNAN

CAPTSLAM stands for CAPT Student Leader Action Mentorship. It was a 3-month mentoring programme which paired CAPT mentors with mentees from Tanglin Secondary School. This was to develop their leadership confidence before embarking on a 6-day trip to Yunnan, where students took part in various engagement activities - they taught hygiene, played frisbee as well as partook in friendly matches over there.

This programme started in August 2016 and only ended in January 2017. There was both a local and overseas segment to this trip. Before we flew to Yunnan, we met the mentees over 8-9 sessions in CAPT throughout the entire semester. During these sessions, we carried out teambuilding activities, motivational workshops as well as basic Chinese lessons to prepare them for their trip to China. The most unique thing

about this mentoring programme was its leverage on sports to teach simple values and leadership. These values were embodied in physical activity, which interested our mentees as well.

We enjoyed working with our mentees in Singapore to develop teamwork and leadership confidence before embarking on the trip to Yunnan for 6 days to guide the Tanglin Secondary School mentees to put these values into action.



Honestly, there were so many quirky and interesting moments that happened throughout this CAPTSLAM journey together as mentors and mentees.

From missing flights to random dance battles in the cold of the night, the trip was truly the highlight for mentors and mentees alike. However, the most beautiful moment was the last night the mentors and mentees spent together.

As my group sat together with songs playing in the background, we basked in the comfort of the friendships forged. The moment was heart-warming yet heart-wrenching, knowing that the trip was coming to an end, marking the end of CAPTSLAM. The boys, for the very first time, removed the shells of toughness and shared their feelings as well as gratitude for each other.

After the rather emotional moment, we ended the night by singing along to songs we knew and loved.



SOAP FOR HOPE

Between the 4th and 9th of December, a group of students from CAPT embarked on a trip to the Philippines. This was a service-learning project aimed at understanding how Soap for Hope, one of the ongoing projects of CAPT's Social Innovation Wing, would be implemented in a context vastly different from Singapore's. The Soap for Hope initiative was originally started by Mr Stefan Phang as part of Sealed Air's corporate social responsibility project. It aims to reduce waste, improve sanitation and provide livelihood for people through converting used soap, donated by hotels, into new soap bars.



Our team had the opportunity to visit Don Bosco Pugad, a home for poor and needy youth, as well as the Holy Family School (HFS) of Indang, a not-for-profit school in Harasan Barangay, Tagaytay. In CAPT, Soap for Hope is mainly used as a platform for community engagement; in Don Bosco and HFS, on the other hand, the same project is a platform for creating livelihood -- soap made is distributed for use, and the excess sold for extra income.



This meant that the soap-making process was more stringent, and every resource required for soap-making became infinitely more precious in the eyes of the soap-makers in the Philippines.

We noted that the mothers making the soap in HFS produced very little waste in the process -- even the soap scraps were used for other cleaning purposes. Besides learning more about Soap for Hope through making soap with the parents, our team also conducted activities for the children of HFS (grade 1 to 6). Activities we carried out included games, handicraft, science experiments, and song and dance. Through these activities, we were able to interact with the Barangay Harasan community beyond learning from their soap-making experience.



UPCOMING TRIPS

CAPTCLOUDS

CAPTClouds is an Overseas Service Learning Project pioneered in 2015. This year, we will be heading to the provinces of Lijiang and Eryuan in Yunnan, China. CAPTClouds started with the intention of engaging primary school students from both rural and city schools, and experiencing home-stay with our host as well as cultural exchange.

For the past iteration, we also had the opportunity to experience tree planting and mural painting. One of our partners in this upcoming iteration makes use of the environment to inculcate values, and this will be an eye-opening experience for us!



CAPT KAMAL

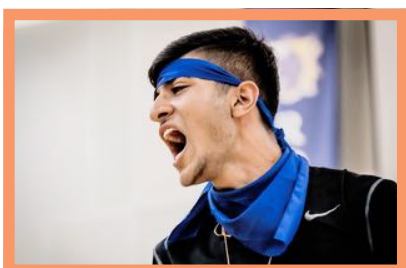


This year, from 6th to 21st May, 25 CAPTains of the CAPT Kamal OSL team will fly to R. T. Nagar, in Bangalore! We will be collaborating with the Dream School Foundation (DSF) Summer Camp programme to teach and provide academic materials for Bangalore's youth, as well as imparting life skills with the aim to spark their interest in learning.

STEER BOTSWANA

From 22nd June to 6th June, 28 CAPTains and 3 College Fellows will be heading for Botswana to learn about the country's economic, environmental, and educational challenges. They will be travelling across the country, visiting various natural attractions and engaging with different communities.

FRESHMAN ORIENTATION CAMP



CE FEST



For the fourth year running, the College celebrated community engagement by bringing together diverse groups that would never otherwise have met under one roof. This year, partners from HealthServe, Sunlove Marsiling, Humanitarian Organisation for Migrant Workers (HOME), Lions Befrienders, Prison Fellowship Singapore and select junior colleges in Singapore spent a Saturday morning in CAPT exchanging stories, preparing decorations for a Malay wedding and basking in the festivities of a Malay wedding.

The activities were simple but extraordinary in bringing a diverse community together. There were many firsts. To a Burmese domestic helper, the tingling sensation of henna bemused her; to a Bangladeshi worker, the colourful kueh and its sweet flavour delighted his tastebuds. To us "suaku" youngsters, many of whom had never participated in a Malay wedding, witnessing the entire procession captivated us.

"There are no ordinary people. You have never talked to a mere mortal" This quote from C.S. Lewis brilliantly encapsulates the essence of Community Engagement Festival (CE Fest). Humans are never 'just average'. We each come with a mixture of brokenness and beauty unrevealed to many. However, if we have ears to listen and a tender heart to empathise, we'll begin to see layers peeled. Here are some stories and lessons we've gathered.

The Tale of Two Uncles:

The Political Activist and the Bus Driver

CE Fest goes beyond its inter-community goal and builds intra-community bonds as well. We had two uncles from Sunlove Marsiling in our group. While they came from the same organisation, this was their first time meeting one another. One uncle was an active union leader in his prime. He shared with us stories of nationalistic ambitions and goals of his youth while constantly re-emphasising the importance of receiving an education. Another bus uncle used to drive bus #33 years ago. Bus #33 is no stranger to those of us who live in UTown. However, uncle could barely recognise the old bus routes he drove because of major changes to Singapore. What's more surprising was finding out that uncle drove buses on Christmas Island for six years!



Celebration of Little Things:

A Talented Burmese Helper

Speaking minimal English and faced with a communication barrier, it was difficult to communicate and hear much of her story. However, her gentle and meek spirit didn't fail to overflow out of her as she diligently folded pandan leaf roses with much concentration, mastering the art of it in under three minutes. She surprised the entire group with her artistry and in return, she was surprised when many praised her. I believe this must have been such a huge encouragement to her though it seemed like something 'small' to us. It made me think about little differences I could make if I could encourage or someone in a small way every day.

OPEN DAY



Jit Yee, Open Day Project Director

Open Day is the day when the College unites as one -- regardless of neighbourhoods, roles and other differences -- in the pride of, and enthusiasm for, showcasing CAPT to the public. With this vision in mind, I had hoped to bring out CAPT's welcoming and homely atmosphere, which I first experienced as a freshman, to the prospective students. With little prior leadership experience, I took a leap of faith in embarking on this journey. More than just in terms of giving back to the College, I am also grateful to be accorded this opportunity to learn, lead and grow as both a person and a leader. Despite the difficulties, our team conquered challenges and forged tighter bonds along the way. This marks the closing of a significant chapter in my CAPT story -- one to be "CAPT" alive.

Yosef, Logistics and Manpower Head

I feel very thankful to have been part of the Open Day 2017 committee; being able to craft a memorable first impression of CAPT for the incoming freshmen was really satisfying, especially with the knowledge that CAPT's message resonated with many like-minded individuals. While my experiences serving as a volunteer in previous years were really fun in their own right, being part of the committee this year created a greater sense of ownership, and a desire to share the stories that we have "CAPT" alive in our memories.

Ruth Lim, Publicity Committee Member

Being part of Open Day, where I got the chance to share my varied experiences in CAPT with incoming students, was a rewarding experience for me. It made me pause, and be grateful for the day-to-day things that I usually overlook. Working on creative projects, like designing and photography, with the rest of the Publicity Committee was fun! It was a joy to work and learn as a team, and most of all, to celebrate together when we saw our efforts come into fruition.



Li Wee, Open Day Vice Project Director

With this being my last year in CAPT, I felt the calling to do Open Day, since Open Day is an event where we truly share with people our love for the College. I believe that every individual CAPTain has their own story to tell, a story that is uniquely theirs. These stories we have will always be kept alive as memories. The way that we choose to define our College lives is up to us, from the day that we first check in onwards. Regardless of whether we admit it or not, CAPT will forever be a second home in our lives; the two or more years spent here is something that can only be experienced by us alone. Once a CAPTain, always a CAPTain.

CAPT AMBASSADORS

Back in 2012, when CAPT was first established, the idea of a residential College was new to many. Visiting professors, donors and community partners were still unfamiliar about how residential colleges operate. Over the years, many have been interested to find out more about CAPT. The office would look for any CAPTains who were willing to share more about CAPT with these visitors. It was felt that there could be a more efficient way of finding CAPTains and training CAPTains to provide visitors with relevant and correct information and saw an opportunity in this area. And thus, CAPT Ambassadors was formed in early 2015 to meet this need.

The main role of a CAPT Ambassador is to share more about the College through their own stories of living here. This is done through College tours conducted by our very own Ambassadors to prospective students, parents and professors. In addition, CAPT Ambassadors are primarily the first contact point for our visitors, so it is important that they give external visitors a warm welcome and provide them with a good impression of CAPT. As such, CAPT Ambassadors are equipped with lifelong public speaking, communication and interpersonal skills through in-house training provided by senior Ambassadors which can be used not only in school but in their future careers as well.

Through interactions with fellow CAPT Ambassadors and CAPTains, Ambassadors are able to gain new skills while fostering friendships with each other. Furthermore, this helps to create an environment where visitors and CAPTains can be comfortable in. Ambassadors will also learn to be more confident of themselves and be more open to sharing their own experiences with others. CAPT Ambassador hopes to continue to grow and impact the CAPT community by aiding others in seeing the best in CAPT through being a representative of the people as a whole. Lastly, the CAPT Ambassadors programme

serves as an avenue for Ambassadors to give back to the College through its tours and College-wide events such as Open Day. Having received and benefited much from CAPT, these various platforms allow every CAPT Ambassador to share from their personal experiences the joys and excitement of being a CAPTain.



Zhang Yue, Year 3 CAPT Ambassador

I feel that CAPT Ambassadors allowed me to grow a lot as a person and improved my soft skills in terms of presentation and interpersonal relationships. I think the best takeaway I have gained from CAPT Ambassadors is the ability to hold a good conversation with people. Also, the people whom you work with in Ambassadors are generally well versed and we share common interests and hence I feel that I walked away with something more personal than just an improvement of skills; I walked away with friendship.

INTER-NEIGHBORHOOD GAMES



SCORE BOARD	R	D	G	P	T
	3	5	2	4	1
	5	3	4	2	1
	4	3	5	1	2
	3	1	3	5	2
	5	2	3	1	4
	5	4	1	2	3
	5	1	4	3	2
	2	4	3	1	5
	1	3	4	2	5
	3	1	2	5	4

ING, short for Inter-Neighborhood Games takes place every year during the first semester.

The main purpose of ING is to provide a platform for neighborhoods to train and play sports together. It is a chance for people to foster friendships beyond the neighborhood.

ING is not a real competition; it is not about winning but about having fun together.

Also, ING is an avenue where people can explore other kinds of sports that they previously have not been exposed to.



INTER-NEIGHBORHOOD SHIELD

This year's INS involved 8 games, 2 of which were mystery games. The games required a wide range of abilities: strategy (Coup, Take It Easy, Pool), agility (Kinect, Mystery Game 1, Mystery Game 2), teamwork (Codenames, Perfect 10), reaction (Blitz, Foosball) and even a little bit of luck.

We hoped that through friendly competition, CAPTains from different neighbourhoods would take the opportunity to bond with each other and also to take a break from the rigour of studies.



This year's mystery games were both held at the MPSH. Mystery Game 1 – “Worm Attack” – involved 2 players from each house crawling about in sleeping bags like worms within a demarcated area. Their objective was to remove the tags from players of other houses, which were attached to the tail of their sleeping bags. The game was entertaining (and exhausting) for both the players as well as spectators.

Our Mystery Game 2 – “The Showdown” – was more ambitious. It incorporated elements from Family Feud, Dog and Bone, and Who wants to be a Millionaire. Basically players from each house had to run towards a chicken toy at the centre, and whoever grabbed it first had the

chance to answer a question to earn their house a point. Some questions required them to play the game “Scream Hero”, which added an extra element of surprise and fun for spectators.



Overall, the planning process went well. Zi Yun and Yi Wei oversaw the planning of INS, together with the help of Krittin and Esther. The rest of the SAC members also took turns to be in charge of each of the INS games during the event itself. We really thank each of the players who participated enthusiastically in our games and helped to ensure that the event went smoothly.



INTER-COLLEGE GAMES

Inter College Games (ICG) 2017 is an annual sports competition among the 6 Residential Colleges. This year, from Week 5 to Recess Week, over 1800 people participated in 23 different sports to fight for the chance to bring back the coveted championship trophy. Not only did ICG 2017 provide a common platform for CAPTains to train, compete, and bond with old and new friends, it was also an important opportunity for many CAPTains to develop their passions for unfamiliar sports.



ICG 2017 was also an incredibly amazing season for CAPT. With the passion, time and effort of all CAPTains, we managed to emerge victorious and brought back the championship trophy for the first time. CAPT's victory in ICG 2017 is further proof that as CAPTains, we can steer our own future and conquer even the toughest of goals.



DINNERS

Each academic year, CAPTains get four opportunities to “dress up and eat good food”. The year rightfully begins with the Welcome Dinner, our first formal dinner, which celebrates the start of the new academic year and formally welcomes our newcomers (freshies and exchangers alike!) to the College. The AY closes with our second formal dinner, the Farewell Dinner (which is a triple kill!). Not only do we commemorate the College’s achievements of the past one year and bid farewell to our graduating CAPTains, but we also acknowledge and appreciate outstanding CAPTains who have contributed and served the College passionately. In between, the informal dinners (usually for Halloween and Valentine’s Day) are held near the end of Semester 1 and start of Semester 2.



Dinners are fun, fresh events with everyone’s favourite word: food! But have you ever thought of how it all begins? The information below was generously contributed by Yu Sheng Hong, Level 13 RA for AY16/17 and SAC Director of AY15/16. Below, Sheng Hong reflects on his RA duties in helping to organise CAPT’s beloved formal dinners.

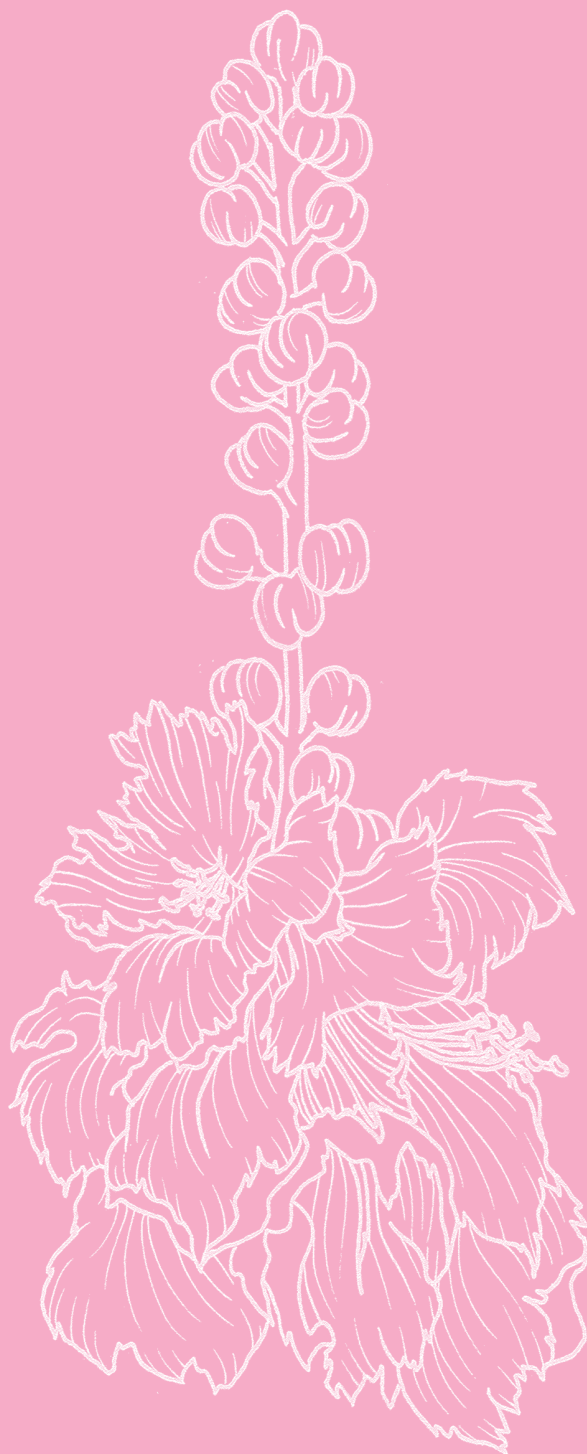


CAPT formal dinners are hosted by our Rector, Mr J Y Pillay, and organised by the RFs and RAs (or Residential Team). As part of the organising committee, I feel incredibly blessed to see our guests and the CAPTains enjoying great food, drinks, performances, and each other’s fellowship.



The unique atmosphere that we get to experience during formal dinners makes all the behind-the-scenes work extremely worthwhile. When the whole College comes together to recite the College pledge at the end of every formal dinner - wah. I am both heartened and proud to belong to such a great community.

FLOWERS



CREATIVE SUBMISSIONS



Chan Jun Hao, Alumnus

138615

The storms of life will throw you
Headfirst into deep sea fish and swirling waves
Whenever they do,
I think I will always reminisce the familiar yet
unseen voice of
"Hello Al Amaan, please hold"
only to be held by the tender way late night
suppers in a cold lounge fill my heart more than
my stomach.

Still nothing beats the filled up order forms
And its familiarity of knowing
Which anonymous gorilla orders
"Kampong Fried Rice" and which one only has
"Teh Cino hot"
That's how it feels
When you build a home out of 17 concrete
floors, 600 rooms
It's overwhelming,
Unique to the heart and appealing to the
palette.

We never quite realise how time flies
How once upon a daydream
I dawned a winged horse across my chest
Wondering if I could make it mean something.
Today I wear it with pride knowing that no skill
in the world could make up for the spirit carried
in your heart and even more so in your head.
Perhaps it's this I will always hold dear
or maybe it's the way the ever-changing
spectrum of people
Change and change me
That will remain a constant to the things I love
about this space
About being a small angdana seed
Bathing in the warm glow of what has become

all I love

The waters start to rise but all I can say is

Thank you for three beautiful years of
effervescence, bubbles of memories that will
stay in a capsule close to the depth of my heart

Thank you for the voices that drummed my ears
Every lasting strum of the guitar that serenaded
the strings of my heart
The laughter that touched every bone
The bruises I dodged from every flying shot
The fats nestled where my abs ought to be
The ache in my heart from being so grateful
To have something so difficult to say goodbye
to.

I guess a heart that is heavy
Is one that is dearly loved

But I guess
I will carry you with me, always
Like a treasure chest
a phantom glance
or the sound of clashing mah-jong tiles
two winds and a roll of a dice I threw in 2014
It has been the best gamble yet

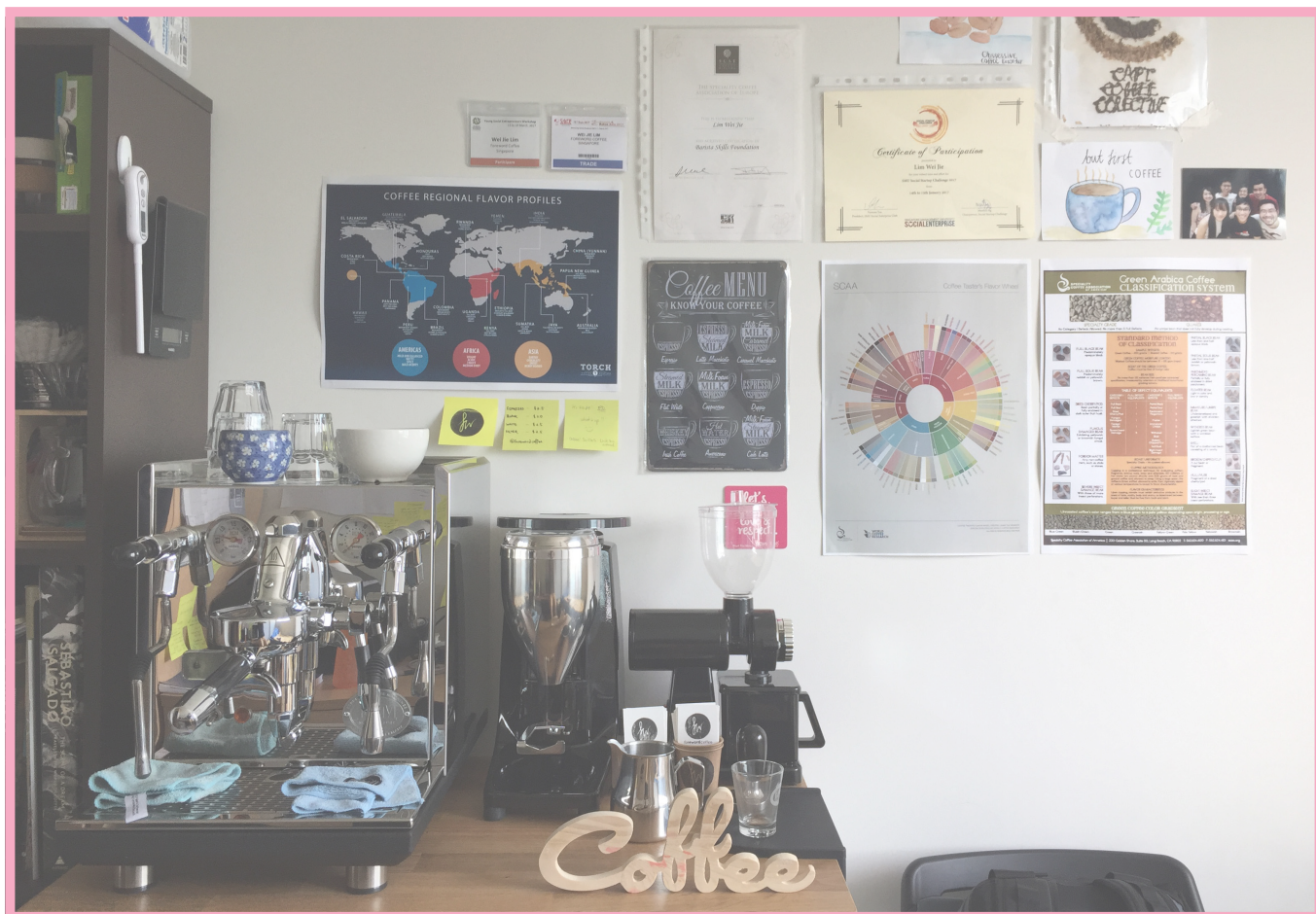
So as I navigate the ship of my life
Into uncharted waters
And strong winds
I'll hold tight and turn life by the steering wheel
For I am a captain
And I will always be one

Laura Ng, Tulpar, Year 3 Psychology



Tan Jing Wei, Phoenix
Year 2 Political Science





Lim Wei Jie, Phoenix, Year 4 Psychology

"I am just a nurse."

I am just...a nurse. Clad in white. Representing the hope of Life; or a symbol of Death; I am just a nurse. A human being. A person with struggles, emotions...and feelings. I am just a nurse. I can only take so much. But for the sake of those whose world seem to be collapsing at their feet, or for the team whom I work tirelessly with, I keep going. I clench my fist, grit my teeth, and keep the smile plastered on my face. I cannot let my senses dull as a slip of mind may cause... a disaster.

People are placing their hopes on the team, willing for some miracle that we somehow may bring.

Yes, I am a nurse, I clean backsides and change diapers and (laughs) I know what these may seem to you. Either a menial job, or one that can only be done by someone full of compassion and selflessness. But I am just a nurse. A human being. And as a human being, there is a special connection that I have with other human beings. One that allows me to feel a small part of what they feel – the powerlessness of being in the hospital; when you feel so useless that you have to call for help even to go to the toilet. When you feel like the world that you

used to carry proudly on your shoulders have come rapidly crashing down on you, mercilessly knocking the wind out of you – when you feel so helpless you can't even stand on your own two feet. That connection, is empathy.

Because you see, being a nurse is not about me. It's not about being a noble, selfless being, or being recognised, or a "doctor's assistant" – it is about responding to that human connection. Without it, nursing would just be a routine job, no different from any other job except the crappy hours, pay and status.

We are not angels, nor exceptional people, but neither are we mindless assistants. We study hard, to ensure that we know what every member of the healthcare team has to offer and how the treatment works on every patient. We double, triple, quadruple check at every point of contact to ensure that mistakes are minimised. After all, we are only human, and there's one of me to eight of you...? I am not asking you for your pity, envy, sympathy, or awe. You can keep those emotions to yourself. All I am asking from you is to look at me as not just your nurse. I am a human being, just like you.

Charmaine Boo, Tulpar, Year 3 Nursing

THE CAPTSULE TEAM



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for your down-to-earth zeal and the LaLaLand
inspiration

Lee Chong Ming **Writer**
for your humbleness and capacity to handle
awkwardness

Ahmad Nazaruddin **Creative Director**
for your beautiful illustrations and impeccable
avant garde style

Randy Julian **Director of Publicity**
for your faith and the small ways you make our
job so much easier

Fiona Teo **Vice Director of Publicity**
for keeping all of it together, motivational
messages and positivity

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Cheers - we made it
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