

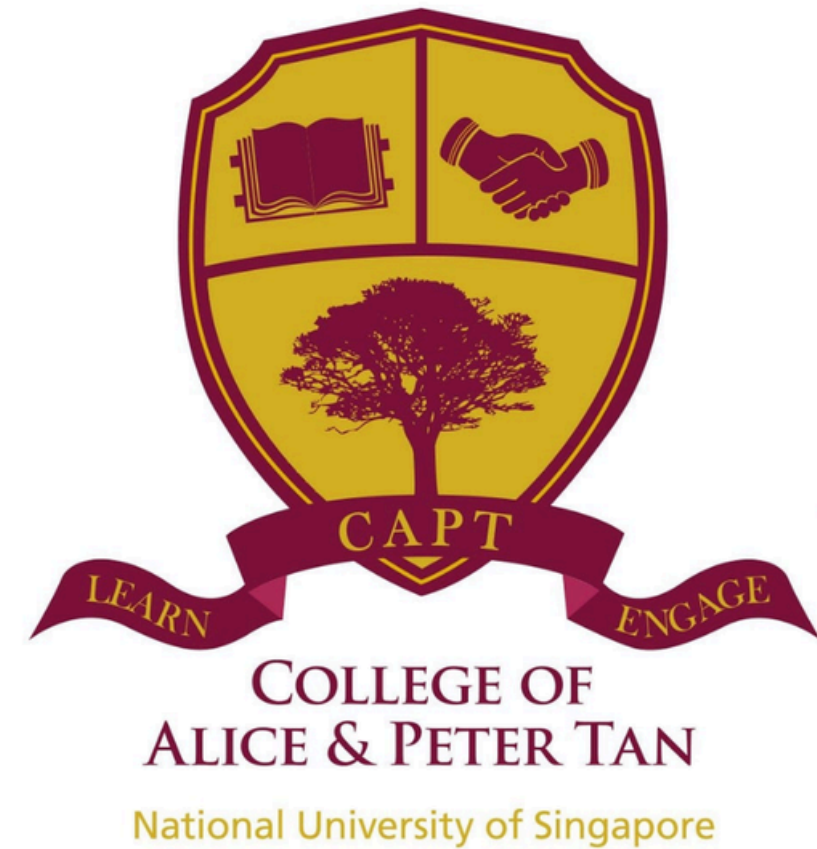
A PRODUCTION BY CSC PUBLICITY



AY 23/24

CAPTULET

STARRING
ROC DRAGON GARUDA PHOENIX TULPAR



With Fellow CAPTains, I uphold the College's values:
Integrity, **A**udacity, **C**ompassion, **T**eachability;
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.

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Facilities of CAPT













Recently Added

Mr Keith Chua

RECTOR'S NOTE

Dear CAPTains,

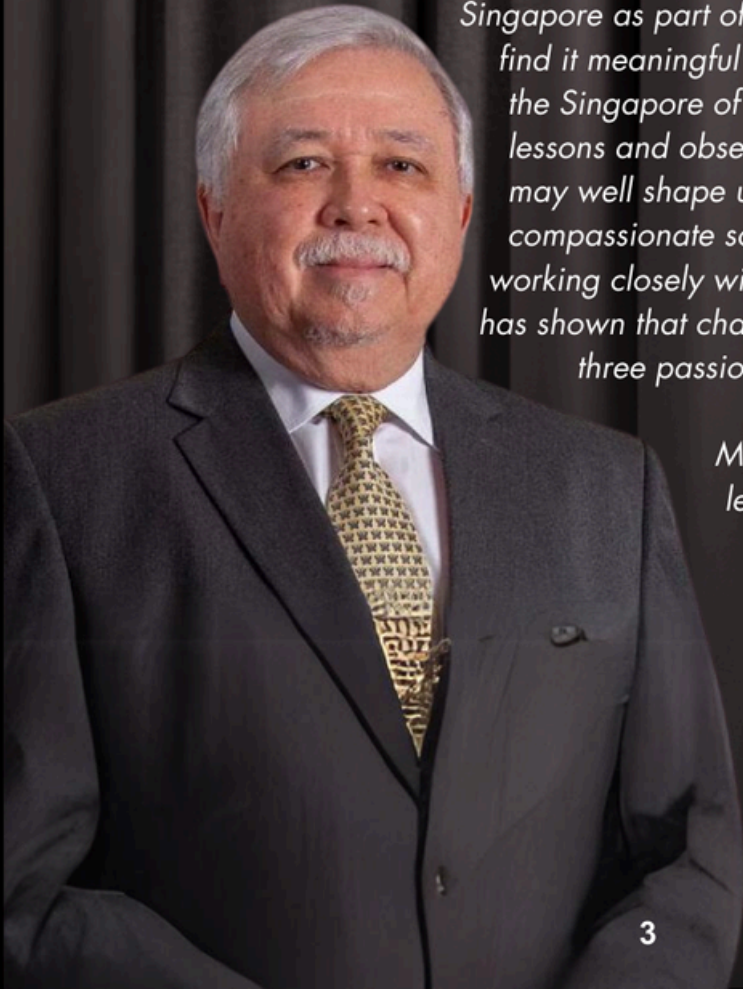
It is a wonderful privilege to be your new Rector. My appointment started on 1 January 2024 and so I am still settling in and getting to meet more of the CAPT family.

I would firstly like to place on record thanks and appreciation to Former Rector J.Y. Pillay and his many contributions to shaping CAPT during the formative years.

Prior to this appointment I have had opportunity for many years to engage with CAPT in Community Engagement. This has been a two way journey as I learnt alongside while offering suggestions for deeper engagement. It also enabled me opportunities I probably would not have had such as having a meal cooked with food collected from the Dumpster Diving team.

More recently I encouraged some of you to engage with providing input into Forward Singapore as part of active citizenry. I do hope you will find it meaningful to contribute your expectations of the Singapore of tomorrow. Your perspectives with lessons and observations from community engagement may well shape us toward a more caring and compassionate society. I am looking forward to working closely with all you in the coming year. History has shown that change often starts from one, two or three passionate and committed individuals.

My best wishes to those who will be leaving CAPT and trust the experience has been transformational. Let's continue to build CAPT as a community that will bring change for good.



A/P Gary Tan

MASTER'S NOTE

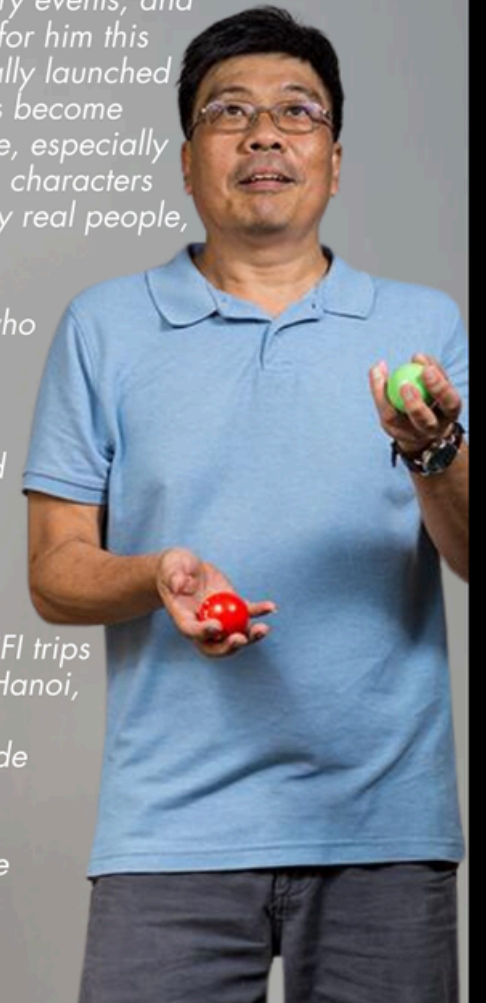
Time flies, I thought I just wrote for the first CAPTlet recently!

In my message last year, I talked about the 10th Anniversary events, and mentioned the birth of our mascot – we finally got a name for him this year – CAPTain Angsana, the Flying Squirrel. We also finally launched our mural too, and what I hope for it has come true – it has become somewhat of a conversation piece for visitors to the College, especially when alumni visit our college and try to identify the various characters and activities. Although it was intentional not to portray any real people, some of them are inevitably recognizable and identifiable!

We had to bid farewell to our beloved Rector, Mr Pillay, who stepped down in June 2023. On behalf of the college, we thank Mr Pillay for his dedication and service, having served as our inaugural Rector since 2012. We welcome our newest member of the fellowship, Athel Hu, who joined us in July 2023.

Life in CAPT is slowly going back to normal. Although COVID-19 has not gone away, it's something we just live with nowadays. We have already started our STEER and SFI trips – our intrepid travelers have ventured to Nepal, Laos and Hanoi, and our Service Learning Groups to Cambodia, Bintan, Bangalore and Chiangmai. Forthcoming SFI trips will include Botswana and Thailand.

I would like to thank the Editorial Team for this second issue of CAPTlet which promises to be an interesting one.

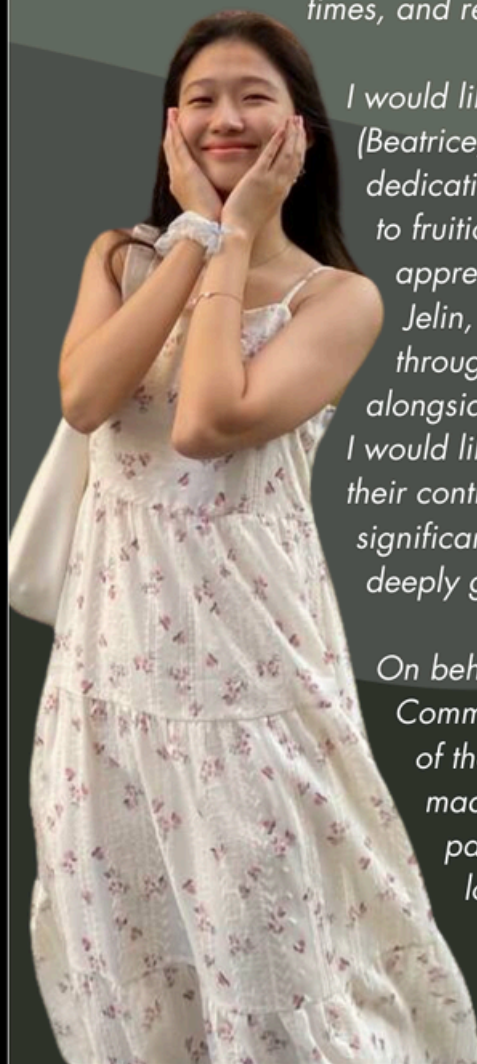


Clarisse Chong

EDITOR'S NOTE

"Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it" ~ Ferris Bueller's Day Off (1986). This year, CAPTlet follows a movie-like theme to capture the essence of unique human experiences within CAPT. I'm sure for many of us, this academic year has been like a movie — full of surprising plot twists, unimaginable challenges, and delightful moments we all wish to relive. Like every movie, there's a beginning and an end, and I can't believe our time in CAPT has passed by like a flash.

While the time spent in CAPT is short, the precious friendships forged and memories made are everlasting. I want to assure you that the journey doesn't end here; Continue to hold on to precious friendships forged and memories made through challenging times, and rewrite your own stories in amazing ways.



I would like to extend my heartfelt gratitude to the CAPTlet team (Beatrice, Benedict, Ee Ying, Iffah, Omar) for their unwavering dedication and hard work in bringing the 2nd edition of CAPTlet to fruition, I am truly proud of us! I would also like to express my appreciation to the 12th CSC Publicity Exco (Rowena, Alicia, Jelin, Jiawen) for their continuous support and guidance throughout this journey. It has been a privilege to work alongside such a talented and dedicated team! Last but not least, I would like to thank our Fellows, Staff, and dearest CAPTains for their contributions to this yearbook. Each of you has played a significant role in making CAPTlet come to life and for that, I am deeply grateful.

On behalf of the CAPTlet team and 12th CSC Publicity Committee, we hope that this yearbook serves as a reminder of the amazing community spirit and the wonderful moments made, and we certainly hope that as you flip through the pages of CAPTlet, it'll make you feel forever young, forever loved, and forever a fellow captain. With that, it is my greatest honour to present to you the 2nd edition of CAPTlet!

CAPT

Who's watching?



Roc



Dragon



Garuda



Phoenix



Tulpar



MANAGE PROFILES

FELLOWS Hall of Capt



DR TOH TAI CHONG

What is your favorite daily routine?

I love cuddling with my cat, Twinkle Toh, in the morning but I think I am pretty much just her servant.

If you could embody a movie character, who or what would it be?

I would really like to be King Triton in the Little Mermaid. He lives in the sea (how awesome is that!) and genuinely (and stubbornly) cares for his family and friends.

Do you have a go-to underrated food place near CAPT?

Holland Village XO fish bee hoon at Dover Road. This is my go-to place on a rainy day.



DR MISTY COOK

What is your favorite daily routine?

Seeing, chatting, and laughing with my Garudian family, and fellow CAPTains.

If you could embody a movie character, who or what would it be?

My daughter Amelia says I am like Molly Weasley from Harry Potter.

Do you have a go-to underrated food place near CAPT?

Could I just say DH?



**ASSOC. PROFESSOR
REUBEN WONG**

What is your favorite daily routine?

Taking a brisk walk to/around Dover field in the morning.

If you could embody a movie character, who or what would it be?

James Bond (for the exotic travels, fast cars, skiing, and political intrigue; but minus the assassinations!).

Do you have a go-to underrated food place near CAPT?

Chef Wei HK Chee Cheong Fun at Clementi Ave 2 Blk 352.



**DR KANKANA
MUKHOPADHYAY**

What is your favorite daily routine?

Reading fiction (especially before going to sleep)

If you could embody a movie character, who or what would it be?

Miss Marple from Agatha Christie.

Do you have a go-to underrated food place near CAPT?

Nope.



DR DANIEL JEW

If you could embody a movie character, who or what would it be?

When friends ask what being a Resident Fellow means, I tell them it's a bit like being a House Master in Harry Potter. They inevitably ask, 'are you Dumbledore?' Since that would be Master Gary, not me, I reply, 'no, I'm more like Snape in Slytherin!' As Malfoy's name is Draco, and Slytherin's house colour is green, this really matches!

P.s. One of my parents can be said to be a Muggle ...





DR JOELLE LAI

What is your favorite daily routine?

I like walking, bonus if I'm walking my dogs. We explore new places, I get fresh air. It's great for thinking too.

If you could embody a movie character, who or what would it be?

I'd want to be a Totoro, preferably the medium one!

Do you have a go-to underrated food place near CAPT?

The coffeeshops down the road (Dover) is where you'd find me come lunch time. It's not crowded and the food is good!



**MS TAN XUE YUN
ANGIE**

What is your favorite daily routine?

I cherish the time in the morning where I savour my coffee and organise tasks before the day starts.

If you could embody a movie character, who or what would it be?

I will skip this question, I'm not too good with movies.

Do you have a go-to underrated food place near CAPT?

Holland Drive food centre offers underrated eats. I enjoy occasional breakfasts or lunches there!



MS ATHEL HU

What is your favorite daily routine?

Eating kiwis or cherries after dinner.

If you could embody a movie character, who or what would it be?

William Thacker from Notting Hill (not the gender of course), but his personality - authentic, kind and loving, yet silly and funny, all of which makes him (ironically) extraordinary, while being a normal average person.

Do you have a go-to underrated food place near CAPT?

Shepherd's pie from Royal Bistro!



**ASSOC. PROFESSOR
SIOK KUAN TAMBYAH**

What is your favorite daily routine?

Making a cup of tea and settling down with breakfast to read the newspapers (yes, a physical copy!).

If you could embody a movie character, who or what would it be?

Evelyn Wang (portrayed by Michelle Yeoh) in Everything Everywhere All at Once - though it is exhausting to save the multiverse!

Do you have a go-to underrated food place near CAPT?

Shredded Chicken Hor Fun at Yee Cheong Yuen in Holland Village - I've been going there since I was 19!



**ASSOC. PROFESSOR
BRUCE LOCKHART**

What is your favorite daily routine?

Lying in bed and reading a history book with my morning teh before walking to campus.

If you could embody a movie character, who or what would it be?

Maybe Dumbledore from Harry Potter—a wise teacher and father figure with a strong sense of right and wrong but who is sometimes capable of making wrong decisions.

Do you have a go-to underrated food place near CAPT?

I normally go to Sapore or Royals Bistro, but I don't think either of those are underrated!



**DR LAVANYA
BALACHANDRAN**

What is your favorite daily routine?

Savouring my morning coffee.

If you could embody a movie character, who or what would it be?

Erin Gruwell from 'Freedom Writers' for her tenacity, unconventional teaching approach and deep commitment to her students as well as her teaching craft.

Do you have a go-to underrated food place near CAPT?

I don't think it's underrated but am a big fan of The Spread located at the NUS Business School for the variety and quality of food.





**ASSOC. PROFESSOR
TAY MAY CHIN
THERESA**

What is your favorite daily routine?

Having a quiet breakfast with a cup of hot milo and a yummy piece of toast.

If you could embody a movie character, who or what would it be?

I like Totoro in the Japanese animation "My Neighbor Totoro".

Do you have a go-to underrated food place near CAPT?

Dario Pizza & More; which may be a little far from CAPT as it is at the other end of campus. It's a nice place to chill and watch the world / traffic go by on a cool night.



**ASSOC. PROFESSOR
THANG LENG LENG**

What is your favorite daily routine?

I enjoy tea time with my favorite cookies and a cup of hot Chamomile.

If you could embody a movie character, who or what would it be?

Umm, never thought of that, any wise mum character out there?

Do you have a go-to underrated food place near CAPT?

I like the pizza at the Yacht club near the sea at the end of Clementi Road.



**MS WONG
SOON FEN**

What is your favorite daily routine?

I guess that would be enjoying my breakfast while reading something that nourishes the soul.

If you could embody a movie character, who or what would it be?

Well, I can't remember why, but my mother said I used to want to be the character 'Xiao Ling Dang' (or 'Little Bell', a little puppet from a very old movie – not the more recent 'Xiao Ding Dang'), which became her nickname for me.

Do you have a go-to underrated food place near CAPT?

It would be 'Sapore' – for the good food, cosy ambience and friendly staff :-)



**ASSOC. PROFESSOR
TAN LAI YONG**

What is your favorite daily routine?

Morning and evening walks (I spent 7 to 9 months a year in rural communities these days; coming back to CAPT only a few weeks a year).

If you could embody a movie character, who or what would it be?

eh...don't watch movies.

Do you have a go-to underrated food place near CAPT?

I still enjoy the dining hall breakfast; have been enjoying them since CAPT started in 2012. Food for Thought about Food – have learnt from my stints in rural / needy communities that if one can choose what to eat and who to eat with or where to eat at...this person belongs to the richer half of the world!



DR YIP TING VANIA

What is your favorite daily routine?

Waking my toddler up every morning. He makes my day!

If you could embody a movie character, who or what would it be?

Leonard from Big Bang Theory. He is plain, reserved and slightly awkward, yet cares deeply and nurtures the relationships around him.

Do you have a go-to underrated food place near CAPT?

My go-to for a quick, yummy lunch is kimbap + rice cake from Hwang's and latte from Royal's Bistro.



DR KEVIN MCGAHAN

What is your favorite daily routine?

I am addicted to caffeine, so my favorite routine is brewing coffee in the morning. But as some students know, I also have a daily running routine, usually going for a run on Dover Road after teaching classes at CAPT.

If you could embody a movie character, who or what would it be?

Indiana Jones - an adventurous prof in action.

Do you have a go-to underrated food place near CAPT?

Not really. I usually eat at home.





**ASSOC. PROFESSOR
SEOW TECK KEONG**

What is your favorite daily routine?

I look forward to dinner with my family, as it is also a time of catching up with one another after.

If you could embody a movie character, who or what would it be?

It would be John Keating, the new teacher in the movie, Dead Poets Society.

Do you have a go-to underrated food place near CAPT?

I am not sure if it is underrated but it is the Aishah Lee Muslim Food stall at 353 Clementi Food Centre.



MS DEFIE TANOTO

What is your favorite daily routine?

Wake up with no alarm, go for walks, casual brunch, take a short nap, go for high tea, followed by a nice dinner and Netflix-ing before bedtime!

If you could embody a movie character, who or what would it be?

Doraemon (I want to use the 'anywhere door' anytime!), instant traveling everywhere in the world

Do you have a go-to underrated food place near CAPT?

Hmm...not sure if Beauty World is considered near CAPT but if it is, the Korean food "Gayageum" at B2 of the shopping centre is YUMS and most of the time, you can always find seats!



MR NIGEL LEE

What is your favorite daily routine?

Favourite daily routine is going for a run after work and playing sports with family and friends.

If you could embody a movie character, who or what would it be?

Sloth in Zootopia cos I like to laze around and chill.

Do you have a go-to underrated food place near CAPT?

Yong Tau Foo stall at SRC food court.



MR NG KENG BOON

What is your favorite daily routine?

Play with kids and trade Crypto.

If you could embody a movie character, who or what would it be?

Dr. Strange.

Do you have a go-to underrated food place near CAPT?

Nope, I always bring food to office to eat for lunch.



MS LEE MENG CHOO

What is your favorite daily routine?

A daily cup of kopi-o-kosong or kopi siew dai in the morning.

If you could embody a movie character, who or what would it be?

Natasha Romanoff, Black Widow from Avengers.

Do you have a go-to underrated food place near CAPT?

Nope.



Back

Not sure what to watch next?

DISCOVER MORE ABOUT THE COMMITTEES IN CAPT

WATCH NOW



College Students' Committee Directors



All

Images

Videos

News

Shopping

Maps

Books



Wang Hao Min (Joey)

President

I spearhead the 12th College Students' Committee and everything in-between!

"You never try, you never know"



Aditi Joshi

Financial Secretary

I manage CAPT's finances, liaise with committees, and the college office to ensure transparent communication for budgeting and expenditures.

"When life gives you lemons, make orange juice because it is unexpected."



Jeron Liaw Xuan Jun

General Secretary

I manage CAPT's facilities' bookings, archive relevant documents and chair the Annual General Meeting.

"Helping you find your place in CAPT."



Umesh Ritvik Dasrath

Internal Vice President

I oversee the 9 Internal Committees of CAPT that work hard to make your experience as a CAPTain the best!

"I'm scared of cows"

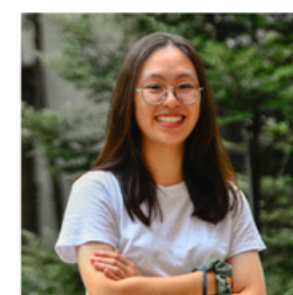


Chan Jing Zhi

External Vice President

I oversee CAPT's 8 external-facing committees that provide CAPTains opportunities to learn and have fun!

"Thanks for the memories"



Tan Xue Yin

Director of Active Community Engagement

I oversee 12 different community projects and work closely with our ACE FAM to make their experience a fun and memorable one!

"Hold on to the memories, they will hold on to you."



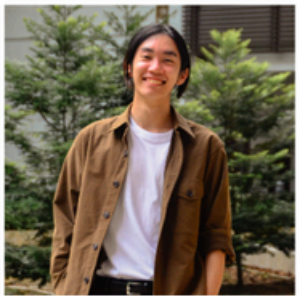


Beh Chin Li

Director of External Affairs Committee

I oversee 4 external projects, 3 inter-college and 4 alumni events!

"I'm Beh, and I can be your beh."



Minn Khant Kyaw (Elvin)

Director of Social Innovation

I bring people together for new social projects. Something Interesting is always around the corner!

"You can do it. Probably."



Gabriel Lim Cheng En

Director of Sports Committee

I oversee 19 Sports Interest Groups and host CAPT's Inter-House Games!

"I love sports."

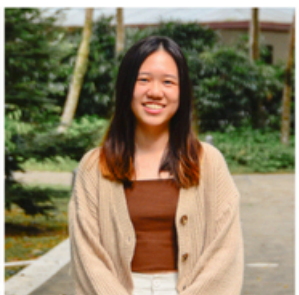


Tan Zi Ting (Jazz)

Director of Clubs and Societies

I oversee 12 Arts Interest Groups and manage CAPT's biggest Arts production - Arts Showcase!

"I can't stop drinking the coffee. I stop drinking coffee, I stop doing the standing and the walking and the words-putting-into-sentences doing."



Ho Hui Ying, Lois

Director of Student Affairs Committee

I oversee 6 college-wide events to make your CAPT experience a vibrant and memorable one.

"Sometimes all it takes is faith and trust"



Rowena Chia Yu Han

Director of Publicity

I look after all of CAPT's internal and external publicity, overseeing my dedicated pubs committee and other publicity committees of CAPT.

"Anyone can be an artist!"

CSC committees



YOU



ACE



SI



CLUBSOCS



EXA



SAC



SPORTS



PUBS



Active Community Engagement Wing @captacewing · 3h

To empower CAPTains to shape their own Community Engagement journey and support our fellow ACE leaders, we hosted ACE Masterclass, seminars, and our very own orientation camp. We are so heartened to see the engagement of CAPTains in our ACE committees! Truly a fruitful journey together!





Social Innovation (SI) Wing @si.capt · 2h

SI had no fear when it came to suggesting bold ideas, tackling problems, and crafting novel solutions with an impact. To showcase their knack for innovation, our highlight this academic year was the Cat Cafe for CAPTains to engage with our furr-iends as a target community!



Clubs & Societies Committee @capt.clubsocks · 2h

We have to talk about Art Showcase 2024 - Reminiscence! Not only did we have a sold-out show, but we also witnessed our fellow CAPTains sharing their love for the arts. A big thank you for showing so much support to our Interest Groups, events, and artists!



External Affairs Committee @capt.exa · 2h

As masters of collaboration, we have collaborated with many committees this year, bringing you larger-scale events and greater welfare! Remember our welfare night with SAC? Inter-RC penpal? Open mic? We hope these memories will remain close to your heart.



Student Affairs Committee @sac.capt · 1h

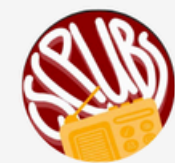
This academic year, SAC has worked round-the-clock to present to you events like Halloween, Y2K-themed Welcome Back Dinner, and of course, our well-received Inter-Neighbourhood Shield (just to name a few). We hope you built meaningful connections and lasting memories through these events!





Sports Committee @capt.sports · 1h

Being the gateway to an active and vibrant sporting life at CAPT, we hosted numerous activities like Inter-Neighbourhood Games (ING) and Wheelchair Basketball. It's truly wonderful to see how much fun CAPTains are having through our activities and Interest Groups.



Publicity Committee @capt.publicity · 2h

We pride ourselves for being home to artists who love to create and learn! While taking charge of CAPT's internal and external publicity, we have also launched many new initiatives ranging from our own informal Instagram account to creating standard operating procedures, recognizing our artists, and countless more...wow...what a year for us!



CSC affiliated



SUPPORT



AMBASS



CE FEST



KAMAL



TOWNSQUARE



313



QUEENSWAY

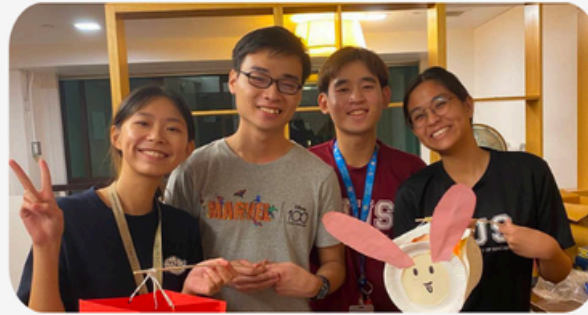


CIP



CAPT Support @capt.support · 2h

Being passionate about mental wellness, we advocated for it through our events. From activities such as scrapbooking workshops, "Take a Paws" (human-animal interactions), house-wide welfare nights, and check-ins, there's something for everyone and multiple avenues for anyone to destress, have fun and take a break.





CAPT Ambassadors @capt.ambass · 2h

As the first receivers of CAPT's friends and guests, we offered a deep dive into the daily lives of CAPTains for friends and family through tour guiding and activities during Open House and Family Night this year. Through our conversations, we truly hope you felt our warmth and passion!



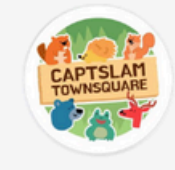
CE Fest @capt_cefest · 1h

To help CAPTains learn and better understand the marginalized communities within Singapore, this year, CE Fest organised trails such as "Life Beyond Bars" and "Faiths in Peace". We hope that through these engagement sessions, CAPTains fostered a deeper connection with the world around them.



CAPT Kamal @captkamalcamels · 1h

Passionate about engaging with youths, CAPT Kamal planned a two-week summer camp for underprivileged children in Bangalore, India, this summer. We worked closely with our partner organisation - Dream School Foundation, where we conducted lessons on topics such as Healthy Living and SG Culture through interactive activities like Yoga and Food tasting!



CAPTSLAM Townsquare @captslam.townsquare · 1h

CAPTSLAM Townsquare mentored Secondary Two students from New Town Secondary School. Focusing our program on relational mentoring, our mentors instilled leadership, values, and reflection in their mentees. The program concluded with an Overseas Learning Trip (OSL) to Chiang Mai this year where CAPTains learned about Thailand's culture and nature!





CAPTSLAM 313 @captslam_313 · 1h

CAPTSLAM 313 engaged with Secondary Three students from Queensway Secondary School and even inviting them over to CAPT for their sessions! Our CAPTains journeyed with their mentees to guide them to see themselves beyond their academic stream, and empower them in dealing with the challenges they may face in life!



CAPT In Prayer @christintheloop · 1h

Regardless of one's belief, we provided a welcoming haven for all CAPTains to delve into faith exploration - weekly house gatherings dove into scripture to foster spiritual growth. Our diverse activities, from worship nights to engaging discussions led by professors, created inclusive spaces for all to participate and grow together.



CAPTSLAM Queensway @captslam.queensway · 1h

Through the semester and summer break, we held mentoring sessions with our lovely Queensway Secondary students. We concluded our term with an overseas learning trip! Our highlights were visiting Provincial Government Orphanage, Ampil Peam Primary School, and Friends International NGO in Cambodia. How lucky we are to have learned so much together.



YOU @iheartcapt · Now

What committees did you join this AY?



Public Playlist

ACE Subcommittees

ACE • 12 songs



1



Kindle

“Warmth” would be the word to describe Kindle. Every week, we go through important values such as teamwork, leadership, and more with our beneficiary (foster children aged 9-12). Through session targeted to instill confidence and developing social and emotional skills, we created a warm and safe space for mentors and mentees. We are glad to have forged meaningful and genuine friendships and to have grown alongside each other!

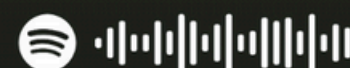
4



Constellations

One sentence to describe them is “united by music, bonded by conversations.” Constellations sought to empower the boys at the Singapore Boy’s Hostel and discover their potential, together, through music and meaningful connections. Every week, our volunteers traveled to the boys’ hostel to teach them simple guitar chords, practice different songs, and extend these musicalities into deep conversations. You should have seen the glow they had at their final performance! These are truly moments to remember!

2



Kindle Plus

What makes ACE Kindle+ different from ACE Kindle is that we interact and engage with foster youths (aged 13 - 17). We bonded over activities such as playing games and sports. We also took them on a field trip to Singapore’s fire station! A new week marks a new session with a new value to be taught, teaching them values such as resilience and confidence.

5



CAPTSpark

During our engagement sessions with our mentees (children with autism and intellectual disabilities), we planned activities that taught them essential social and life skills. In our sessions, we imparted skills such as communication and teamwork with the intention of supporting their integration into society. As much as we were their mentors, we were also beneficiaries of CAPTSpark! We have learned and understood more about the children’s daily struggles through our interactions with them. These lessons will always remain close to our hearts!

3



Stella

As a values-based mentoring project, Stella forged invaluable bonds with the underprivileged Primary 5 children from Tasek Jurong over the year. Through our weekly Stella sessions, we created opportunities for mentors and mentees to build meaningful relationships with each other while having fun in this journey of mutual growth and discovery. It was heartwarming to see how the mentors formed close bonds with their mentees over time!

6



PACE

Every week, our volunteers dedicate five hours at MercyLight Animal Rescue Sanctuary at Sungei Tengah, to engage with the stray dogs community. From walking and feeding the dogs to massaging and providing basic medicinal treatments for them, each moment was a learning experience. We also learned about the backgrounds of these stray dogs and were touched by how these stray dogs remained happy despite their circumstances.



Public Playlist

ACE Subcommittees

ACE • 12 songs



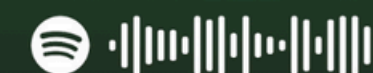
7



Homes

This academic year, ACE Homes collaborated two beneficiaries: Good News Community Services (GNCS) and Homeless Hearts of SG. On a bi-weekly basis, we engaged with residents staying in rental flats by playing games, sharing meals, and having meaningful conversations along the corridor. On other weeks, we organised street outreach to check in and provided food for them. What a journey!

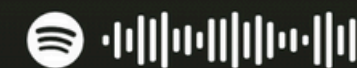
10



CAPT in Silence

Wanting to learn more about the Deaf community, we partnered with the Singapore Association for the Deaf (SADeaf) and students from Beatty Secondary School (BSS)! To better connect with clients from SADeaf, we conducted interactive hands-on activities. A highlight was our baking session! On another note, mentoring students from Beatty Secondary School was a fun yet challenging one. We communicated with them using sign languages that we have previously learned during our pre-engagement sessions. We had such a fruitful journey!

8



Elderly

ACE Elderly partnered with SASCO Active Ageing Centre to help seniors stay active, connected, and engaged with the rapidly changing world around them. This time, we planned activities such as a visit to the Singapore Discovery Centre, Food Making sessions, and Digital Technology lessons, to equip the elderly with the knowledge they need to stay informed, connected, and independent in the modern world.

11



CAPT in the Dark

In this edition of CAPT in the Dark, we interacted with Visually Impaired (VI) students from both Ahmad Ibrahim Secondary School and iC2 Prehouse. Through carefully designed activities, we created opportunities for the students to increase their self-confidence. As the students interacted with the VI students and understood them better, our volunteers had the chance to observe the everyday challenges they face and empathise with them!

9



Migrants

From playing Cricket and Captain's Ball, to teaching them English and board games, our visits to Terusan Recreational Centre were always full of fun and games! These sessions also allowed us to hold meaningful conversations with the Migrants. It opened our eyes to the struggles and sacrifices they endured. We gained a great sense of appreciation for our Migrant brothers!

12



Food Security

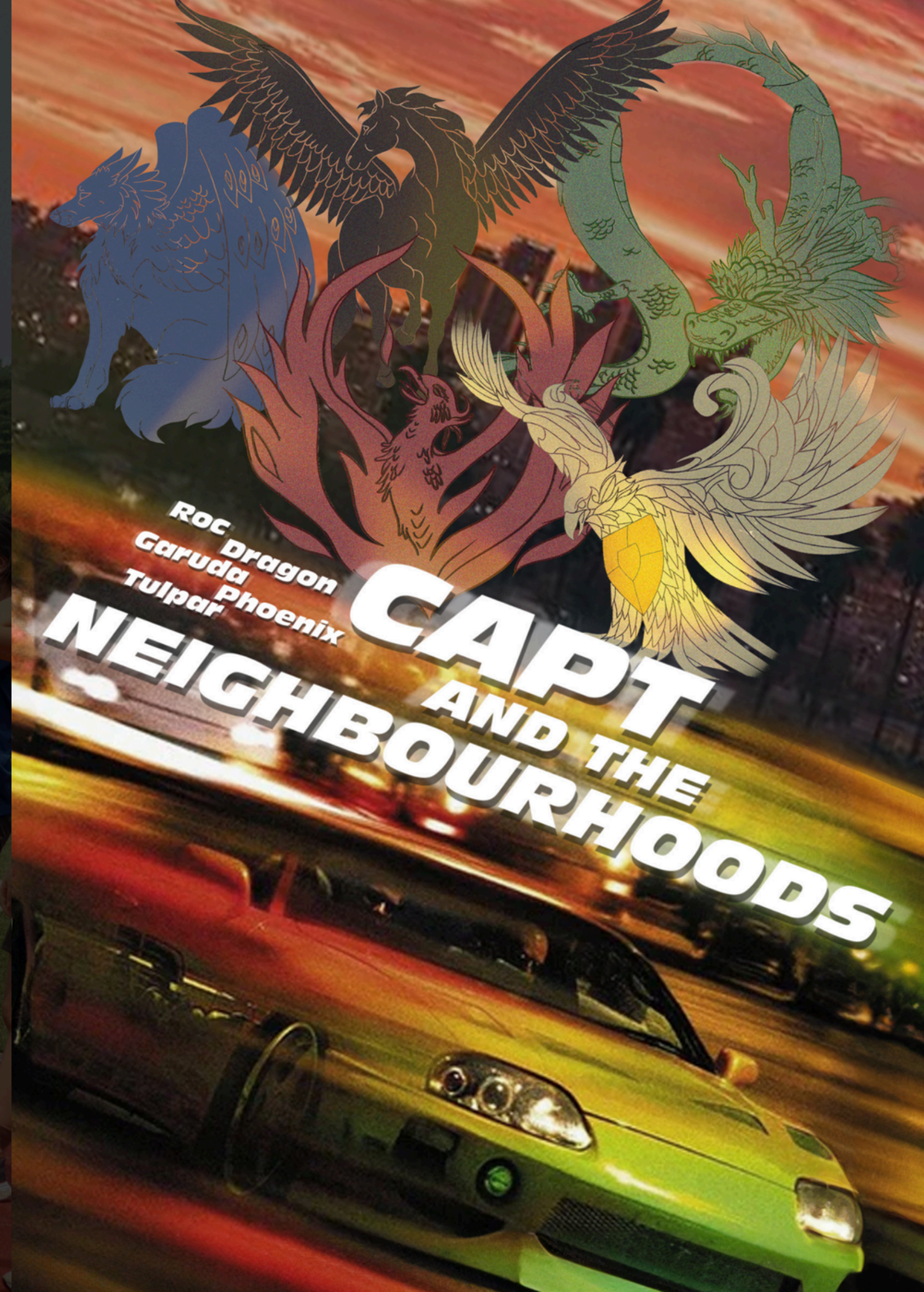
ACE Food Security hosted weekly sessions with the elderly of Bethesda CARE Centre. Our 2-hour engagement sessions includes two components - educational and interactive hands-on activities. We taught the elderly how to eat nutritious, balanced and affordable meals through a show-not-tell demonstration: Cooking! Together with the elderly, we prepared new and delicious recipes in CAPT's kitchen where we also got to foster bonds, and strike insightful conversations.

[← Back](#)

Are you still watching?

YOU'LL LOVE THIS NEXT PART ON
NEIGHBOURHOODS IN CAPT

[WATCH NOW](#)





What's the most popular house event and why?

Roc Got Talent because it showcased just how talented our Rockers truly are. Everyone came together to sing dance and just enjoy the night!

What is one thing that makes your house special?

We are really really chill

Drop a few inside jokes/quotes!

"How goooooo!" "Stacy's Mom" "WE LOVE MQ SUSHI!" "I can hear Arielle from...(the farthest place imaginable)"



What is one thing that makes your house special?

Our supper culture from ameens to macs to super snacks - you name it, queen m gets it!

Drop a few inside jokes/quotes!

"OPEN JIOI" "dragon slay" "SHUPER-star"

What's the most popular house event and why?

Open mic! Its the time where we saw many new and undiscovered talents and dragon is truly the house of beyonces, eminem, elsas



What's the most popular house event and why?

GARUween! A Halloween celebratory event planned by our very own house committee and we had a night of murder mysteries, solving crimes and costume competitions. It was an engaging night and we hope the house had fun

What is one thing that makes your house special?

I think what makes Garu special is the supportive nature of the house :) We really believe that each and every person in Garu is capable of achieving great things and will show up for them!



Drop a few inside jokes/quotes! casa.





What's the most popular house event and why?

Waffle night! Our biannual waffle nights truly showcases our house's deepest (and only) desire — food, seriously! Mention FFA food in the chat and firebirds will come streaming in in no time!



What is one thing that makes your house special?

We don't get upset even though we keep getting 1st from the back (in ING) this year... as long as everyone has fun...



Drop a few inside jokes/quotes!

Firebirds are never afraid to get their hands dirty because they will get to the bottom of the situation... (context: we had really bad poop incidents in the first semester and at the start of the second semester and someone even had poop on their hand...)

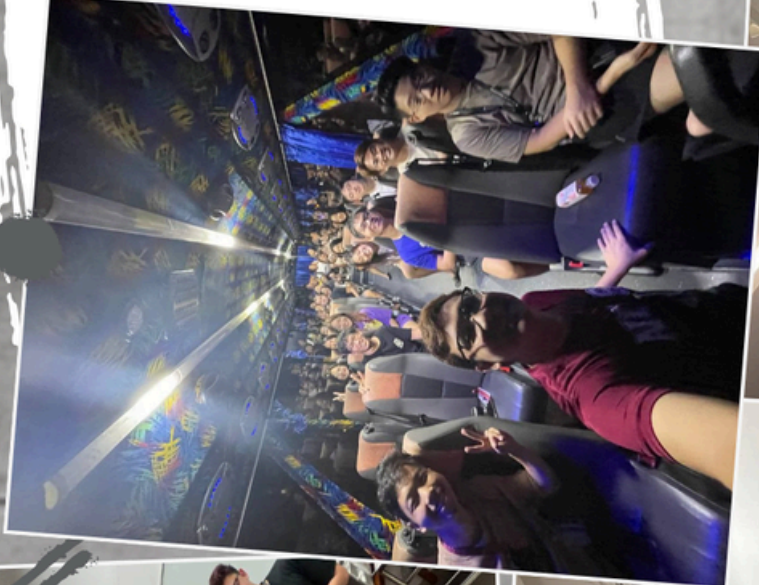
"what a lovely night"





What's the most popular house event and why?

Supper Bus
An initiative that started from Tulpar that eventually made it's way to other houses - Supper Bus! Somehow or rather, foodies gather at Tulpar. If there's food, Tulpies will come! Supper bus is a way for Tulpies to bond and get to know each other through conversations over even better meals together! It's also a great way for us to introduce local cuisine to our exchangers, through eating foods such as lok lok, curry rice or big organ soup! Tulpies leave supper bus with their stomachs full and hearts fuller!



What is one thing that makes your house special?

How comfortable it is here at Tulpar, it's so easy to talk to anyone when you just bump into them, and how easy going, friendly and warm everyone is! It really makes Tulpar a lovely place to stay and makes it a second home for many. Here at Tulpar our Tulpies can freely be themselves, free of judgement!

Drop a few inside jokes/quotes!

UM council, ING first from the bottom, "Winning is not everything, it is the only thing". Every year somehow someone always almost sets off the fire alarm using our microwave... We've had a burnt prata (that looked like a croissant) and burnt roti boy which was charred until it was black and smoky



CAPT



\$2.18 SGD
3
JAN



1st ALL NEW COLLECTION CAPTLET

INTEREST GROUPS



PLAY DUMB!

NOT THAT DUMB!

THAT'S ALL IT IS C.ANGSANA
IT'S JUST A LEAP OF FAITH

MEANWHILE IN *ANOTHER* ANOTHER UNIVERSE...

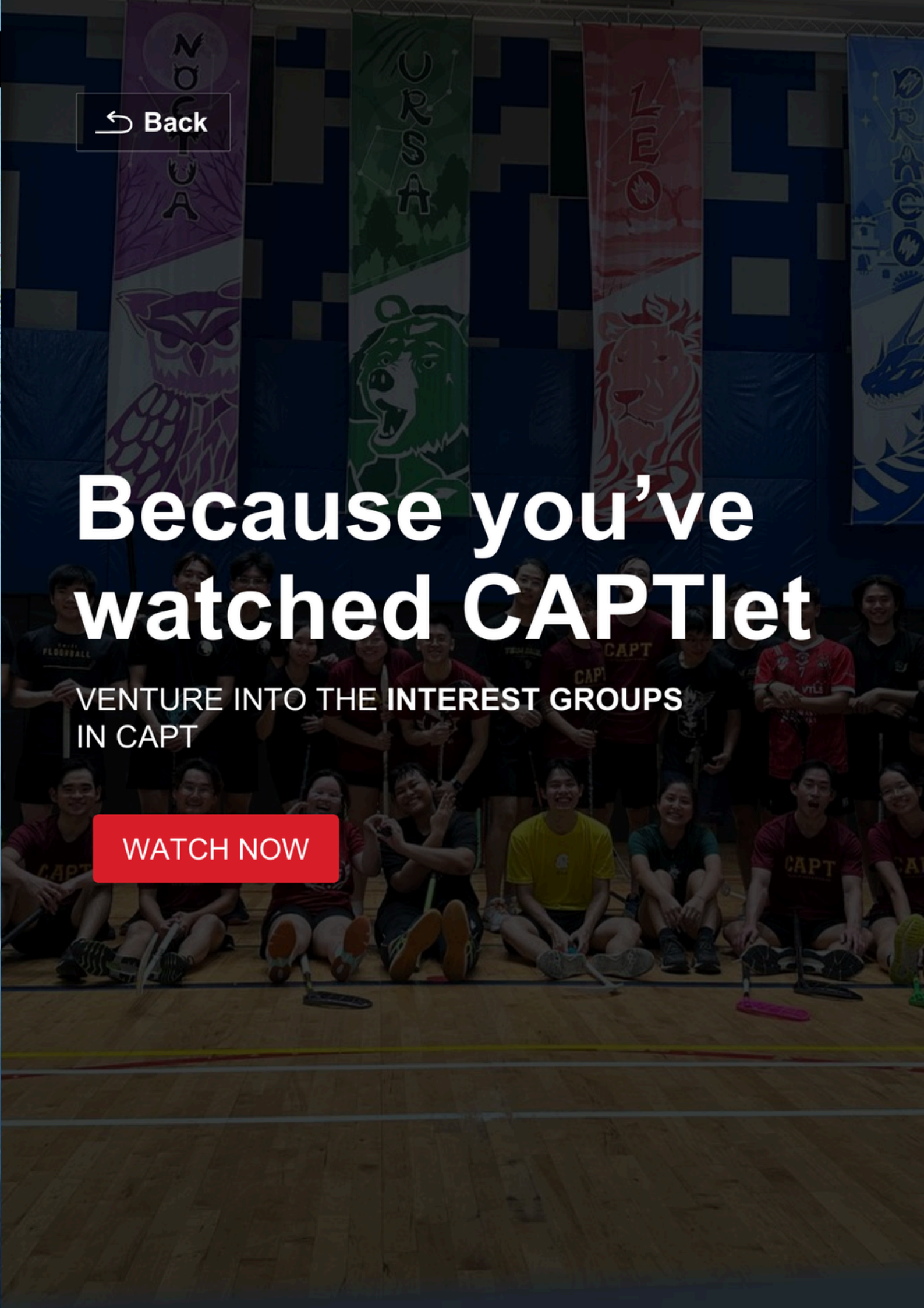


← Back

Because you've watched CAPTlet

VENTURE INTO THE INTEREST GROUPS
IN CAPT

WATCH NOW



SPORTS



Basketball

Fill up your right arms with dunks, layups, and three-pointers with CAPT Basketball team. The buckets that they aim for on the court, the sweat and sacrifice and the camaraderie is what defines them as a team. Anyone can join the WILDCAPTS and find their community in this team!

#BallersLife #TeamGoals #LeBronJames #WILDCAPTS

"JUST LIKE THE CIRCLE OF LIFE, THE BALL IS ROUND. LIVE, LAUGH, BASKETBALL"

Badminton

BAD to the MIN, good to the max! It doesn't matter whether one has been smashing a lot as a hobby or has just recently picked up a racket, everyone is welcome to play together in this Interest Group. CAPT Badminton share TONS of goodness together, from good health to good friendships and it is an extremely safe non-contact sport (unless your racket decides to fly away from your hand)!

"WHEN LIFE GIVES YOU LEMONS, JUST PLAY BADMINTON"



Volleyball

CAPTains..... ACE!!!

Have you ever dreamt of living your haikyu moment by making a thunderous volleyball spike or that seemingly impossible volleyball save off the ground? Wait no more and come join us as we help each other develop our volleyball skills in our interest group sessions. Everyone is welcomed regardless of volleyball experience!

"LOVE AT FIRST SPIKE"



Spikeball

Spikeball is a fusion of Frisbee and Volleyball. It is an exciting game where you bounce a ball on a mini trampoline, dive head-first on a field and chase after a ball that is determined to escape your reach. If you have never experienced the joy of this exotic and new sport, CAPT Spikeball welcomes you to play and experience it for yourself!

"READY SET SPIKE"

Touch Rugby

Can't TOUCH us!

CAPT Touch Rugby provides a safe and beginner-friendly community for everyone who wishes to pick up a new sport! They are excited to share the love for Touch Rugby with more CAPTains, and watch everyone grow and learn, with new friendships forged in the process.

"NO GUTS NO GLORY"



Table Tennis

Discover the dynamic world of CAPT Table Tennis! Whether you seek a leisurely pastime or a spirited challenge, CAPT Table Tennis is a welcoming space for all. Get ready to dive into the intricacies of this sport, exploring strategy and technique while forging lasting friendships along the way!

"CAPT PONG THAT'S RIGHT"



Tchoukball

Does the thought of shooting a ball into the face of a friend you secretly dislike excite you? Well, look no further because Tchoukball is the sport for you! Jokes aside, CAPT Tchoukball is a very friendly and welcoming community of close-knit CAPTains with a common passion of throwing balls at a net.

"KEEP CALM AND TCHOUK ON"



Football

Are you stressed and feeling cooped up in your room? You know where to go – FOOTBALL! It is always a fun time kicking balls with fellow CAPTains, and picking up new skills to become the next Messi. Everyone is welcome to CAPT Football regardless of experience – see you on the field!

"BALL OR BAIL OR SIUUU"



Climbing

Are you scared of heights? No worries, CAPT Climbing will help you overcome your fear. This tight-knit community welcomes you to climb plastic rocks and have fun at the USC Climbing Wall every week!

"JUST LIKE AN IBEX, WE WILL SEND ALL CLIMBS! IF A GOAT CAN SO CAN YOU!!"



Kin-Ball

Is it a bird? Is it a plane? NO!

It is a glorious 1.2m-tall ball flying across the court. Kin-Ball is an alternative sport with a growing presence here in CAPT and in Singapore. CAPT Kin-Ball is also big on teamwork and inclusion as prior experience with sports is not required, and there will always be something new for you to learn with your friends week in and week out.

"JUST WHACK ONLY"



Frisbee

CHIWAWAS WHOOSH!!

That's the chorus you will hear after every IG session. The love for the sport has brought CAPTains together both on and off the field. CAPT Ultimate Frisbee is more than just a community of people who share a passion for chasing 175g plastic discs - they are a family!

"DON'T CHASE GIRL, CHASE PLATE"



Floorball

Alongside the vibrant and warm welcoming environment, CAPT Floorball's mentality and family spirit is all that is needed to play an exciting game of Floorball! There is nothing better than heading down to the MPSH every week for a time of fun and games.

"FLOORBALL IS MORE THAN STICKS AND BALLS... IT'S ABOUT THE FAMILY SPIRIT"



Netball

NOTHING BUT NET-BALL. Join CAPT Netball as they break stereotypes and barriers as they are no longer a 'girls' basketball spin-off' or an 'unofficial IG'. They have climbed their way up and are ready to welcome you on board to play some MIXED NETBALL to take this new IG to greater heights!

"LET'S GET OFFICIAL"



Squash

Squash is like tennis in a tiny room. Take a bouncy ball, put it in a cramped court, and watch two hyperactive players go bananas! In CAPT Squash, you will have deep conversations between rallies such as, "Could you please not whack me with the racquet next time?" or "Do you always sweat this much?" So, give squash a shot and unleash your inner ninja on a sugar rush!

"SQUISH YOU"



Pickleball has rapidly gained popularity among ALL CAPTains... and rumour has it that all the Professors love it too! It is described as the smaller version of Tennis and it combines elements of Table Tennis and Badminton. It is also one of the most addictive sports in CAPT... Once you start, you will DEFINITELY not be able to put the paddle down. More importantly, it is beginner-friendly so come down and have fun with CAPT Pickleball!

"PICKLE ON!"

Pickleball



Captain's Ball

Captain's Ball is a sport that brings CAPTains together! CAPTains run around, throw balls and have a blast every week. Come and join them as they welcome you to the sport of CAPTains, the sport that produces CHAMPions.

"GROW TALLER BY COMING TO CAPTAIN'S BALL"



Dodgeball

DODGE, DIP, DUCK, DIVE AND DODGE!

CAPT's Dodgeball community works hard and has fun together. They are a team not just because they play together, but because they respect, trust and care for each other!

"DODGEBALL WILL MAKE IT INTO THE OLYMPICS ONE DAY"



Tennis

Have a smashing good time with CAPT Tennis! Have you ever wanted to try a new sport! Or never had the chance to play a sport that you always wanted to play? Tennis welcomes all! No experience is needed, just come for Tennis to smash and de-stress with us!

"KISS MY ACE!"



CLUBSOCS



CAPT Baking

CAPT Baking is where CAPTains came together to create culinary masterpieces in small groups. They whisked and baked their way to culinary perfection, turning simple ingredients into scrumptious delights while forming connections that are as delightful as their creations.

"In CAPT Baking, we don't just bake goods; we create lasting bonds through the love of baking"

CAPT Cooking

Whether you're a kitchen newbie trying to figure out how to not set off the smoke alarm or a seasoned home chef looking to expand your repertoire, CAPT Cooking is your culinary playground. Their sessions covered everything from the basics of boiling water to the intricacies of international cuisines. And guess what? Free food! It's like a cooking class, but with more laughter and zero tuition fees.

"We're the only club where you can literally eat your mistakes and still call it a win"



CAPT Coffee

CAPTCoffee is a student run interest group which aims to achieve two key things: serve CAPTains delicious specialty drinks and spread the love of coffee culture! They wish to dispel any intimidation or barriers surrounding the specialty coffee scene, and shared knowledge and skills with the CAPT community.

"By 'bring your own cup' we didn't mean steal from the DH"



CAPT Tunes

CAPT Tunes harmoniously united the music-loving CAPTains, orchestrating melodic experiences through regular jam and tutoring sessions. Serving as a platform for musical exploration, it allowed members to immerse themselves in the rhythmic world, develop their musical skills, and create enchanting tunes together.

"We might not make the charts, but we've definitely made some memories!"



CAPTinSync

CAPTinSYNC is a dance interest group held in collaboration with RC4 that exposed CAPTains to various genres of dance. Genres covered include Street Jazz, Contemporary and Hip-hop. They provided a fun and friendly environment where CAPTains can come to explore and grow their passion in dance regardless of experience, and hope to build a strong united dance community and spread their love for dance.

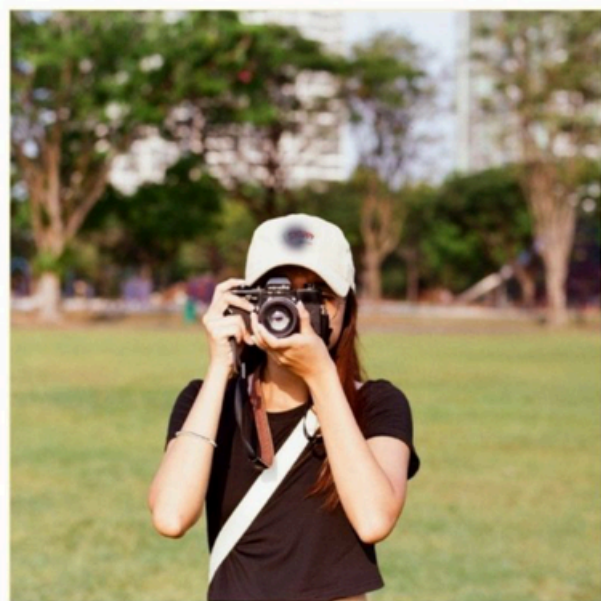
"Everyone is a dancer, it only depends on how well you can dance"



HanDIYcraft

HanDIYcrafts is an interest group that focuses on promoting and nurturing the love for handicrafts and do-it-yourself (DIY) activities. The group provided a platform where individuals with a passion for creative expression can come together, share their knowledge and skills, and engage in a wide array of handicraft projects. From traditional techniques to contemporary trends, they embrace the diversity of handicrafts and foster an environment of learning, exploration, and collaboration.

"Where Creativity Meets Community"



CAPTure

A group of CAPTains with a love and/or curiosity for photography and a community that allows everyone in it to share their passion with one another! They go for photowalks and introduce new types and perspectives of photography to try out and appreciate.

"The worst feeling is when you reminisce, but find yourself looking at a gap in your gallery where your memories should have been"

CHAPTERS

CHAPTERS is an IG centered on the joys of the literary arts. They hold beginner-friendly sessions reading poetry, watching films and even examining song lyrics. They also hope to create a safe space to tell some of our own stories. Join them for a LIT time all around!

"A sanctuary for your mind, body and soul"



GREEN CAPTains

They introduce fellow CAPTains to the various concepts and aspects of gardening and managing the plants around CAPT. Learn about our sustainability efforts and how we can adopt green habits through activities!

"Grow with us, one plant at a time"



CAPITAL

CAPITAL is a group that lets you learn more about personal finance, corporate finance, and even macro-level economics! Their IG sessions improved members' financial literacy and helped them to meet like-minded people!

"More money, more honey"



Games Society

The CAPT Games society aims to teach different board games and mind sports. We provided a fun environment for CAPTains to try out different games and show off their skills.

"Big brains and mind games"



CAPT Smash

CAPT Smash offered a virtual outlet to release stress through Smash Bros Nintendo Switch game. Completely beginner- friendly and provides a platform for casual and competitive gameplay!

"No matter how much we smash, we are still bros"

[↶ Back](#)

See what's next.

WALK DOWN THE MEMORY LANE WITH
THE **EVENTS** IN CAPT

[WATCH NOW](#)

FROM THE CREATORS OF THE AY22/23 FOC COMMITTEE

F@C

FRESHMAN ORIENTATION CAMP



OUR FELLOW CAPTAINS STARTED OFF THEIR JOURNEY WITH A SPLASH; THE FRESHMEN ORIENTATION CAMP 2023! OVER THE COURSE OF FOUR DAYS, OUR INCOMING CAPTAINS CAME TOGETHER FOR ENCHANTING GAMES AND ACTIVITIES. THEY DISCOVERED THE TRUE MEANING OF OHANA, FORGING BONDS AS UNBREAKABLE AS THE SEA.

THEY EXPLORED WHAT THE ISLAND KINGDOM HAD TO OFFER, DELVING INTO CAPT COMMITTEES, INTEREST GROUPS (IGS), AND LENDING A HAND TO THE COMMUNITY DURING COMMUNITY ENGAGEMENT (CE) DAY. CAPTAINS LOOKED BEYOND THEIR "HORIZONS," SETTING SAIL WITH KINDRED SPIRITS BY THEIR SIDE AS THEY DOVE IN FOR THE START OF THEIR MAGICAL TWO-YEAR QUEST.



"IT WAS THE FIRST EVENT AFTER COVID WITHOUT RESTRICTIONS, SO THERE WAS A LOT OF UNCERTAINTY, BUT IT TURNED OUT VERY MEMORABLE."

~ JONATHAN (FOC PD), Y2 ROC



"The power shortage in the beginning lives
rent free in my head."
~ Elise, Y1, Roc

IN THEATRES 6 SEPTEMBER 2023

FORMAL DINNER

FROM THE SPECIAL EVENTS RAs



MOVIE SYNOPSIS

CAPT's Annual Formal Dinner - an exquisite night full of laughter and magical performance that marks the beginning of a new academic year. This dinner is a celebration of talents, friendships, and unity within the CAPT community.

With Hollywood-level performances, ranging from soul-stirring musical renditions to mesmerizing dance performances, it unfolds an epic spectacle that captivates the eyes of CAPTains. CAPTains also came dressed in their most elegant formal wear, possessing fashion statements rivaling that of A-list celebrities!



TULPAR PHOENIX GARUDA DRAGON ROC

ING

WELCOME TO
INTER-NEIGHBOURHOOD GAMES

DODGEBALL

KINBALL

TCHOUKBALL

FLOORBALL

BASKETBALL

SPIKEBALL

FOOTBALL

TRACK

CLIMBING

TABLE TENNIS

TUG OF WAR

BADMINTON

FRISBEE

VOLLEYBALL

THE INTER-NEIGHBOURHOOD GAMES, AN ANNUAL EVENT ORGANIZED BY THE 12TH SPORTS COMMITTEE, TOOK PLACE AT THE START OF RECESS WEEK. HOUSES COMPETED FIERCELY IN VARIOUS SPORTS, EACH ADORNED IN THEIR DISTINCTIVE COLORS, VYING FOR THE TITLE OF CHAMPION.

CAPTAINS DISPLAYED PASSION, ATHLETICISM, SPORTSMANSHIP, AND GRIT, EMPHASIZING THE MOTTO "CAPTAINS FIRST, HOUSES SECOND." THE EVENT BROUGHT JOY AND CAMARADERIE, HIGHLIGHTING THE IMPORTANCE OF UNITY AMIDST INTENSE COMPETITION!

HALLOWEEN

ARE YOU
READY FOR A
SPOOKY
TIME?

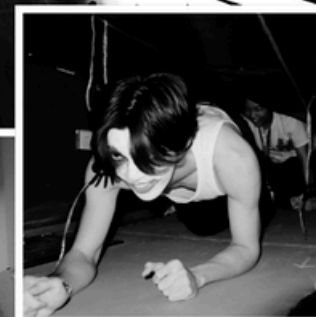
GASP!

OMG!

As the night unfolded in CAPT, screams echoed through the air. CAPTains were adorned in a diverse array of costumes, from adorable minions to chilling murderers, playfully scaring those around them. The brave CAPTains showcased resilience and teamwork as they navigated a haunted house full of zombies, emerging unscathed. The night was a thrilling adventure with a blend of scares and laughter, where the indomitable spirit of the CAPTains triumphed over fear!



"HEARING THE SCREAMS OF THE PEOPLE IN THE HAUNTED HOUSE BROUGHT A SMILE TO MY FACE"
~ JOANNE, YU, ROC



CE FEST



Dive into CE Fest, CAPT's annual flagship community engagement event that aims to bring together lesser known communities and CAPTains. Choose from 13 adventures as deep as the sea, where leaders and participants alike discover and find out new things about themselves and the community.

"I did not expect myself to enjoy myself so much while learning the dances. I gained plenty of exposure to lesser known art and dance forms"
~ Alicia Teo, Roc, Y2 (Trail leader)

FAITHS IN PEACE



ORIGINS OF OUR LOCAL PRODUCE



ROUGH SLEEPERS: THE ROCKY ROAD



THROUGH A DIFFERENT MIND: INTELLECTUAL DISABILITY



WOODS TO GOODS



MORTICIANS AND END-OF-LIFE CARE



HOME, TRULY



MODERNISING TRADITION: EXPLORING THE ARTS



FINALE



HEALING HERBS



LIFE ANEW: ADDICTION RECOVERY



LIFE BEYOND BARS



THE COLOURFUL WORLD OF LGBTQ+



FINALE



SOCIAL ENTERPRISES



INTER-COLLEGE GAMES

AY 23/24

"My best memory from Tchoukball was the CAPT vs CAPT game for semi-finals because we were all cheering for each other and it was so much fun! It was also my first time playing Tchouk in a competition setting but everyone was always so encouraging and I'm glad to be in the best team."

~ Yen-Fay, Y1, Garuda

"The best memory was watching one of our players who had just picked up tennis during her first IG session, win her first match and the decider match for the bronze medal! It was almost tear jerking. ICG was really not about winning but the team you train and compete with!"

~ Andre, Y2, Dragon



CLUBSOCS

PRESENTS

ASC

ARTS SHOWCASE

MEDIACORP MAIN CHARACTER • HOTWORKS

NIGHT AT THE MUSEUM • GOOD VIBES ONLY

JYP JUNIORS • LONG TIME NO SEE • PIGGIES

BOOMBOOMPOW • KINGFISHER • RYB

THE YOUTHFUL ONES



Welcome to Arts Showcase 2024, where a cast of dynamic performers took center stage as they gave us a night to remember. With throwback songs and memorizing dances, ASC gave everyone a chance to reminisce and remember the good times of old and reminded us to seize the night today.

"I was very appreciative of the chance to choreograph and share my work on stage to the rest of CAPT!"

-Petrine, Y2, Tulpar



INTER- NEIGHBOURHOOD SHIELD



MY FAVOURITE MEMORY FROM INS WOULD BE DURING RAMEN RELAY AND SEEING SO MANY PEOPLE FROM ALL THE HOUSES COME DOWN TO SUPPORT THEIR HOUSEMATES. THE COMPETITION WAS ALSO VERY FUN AND THRILLING. DURING THE RACE I THOUGHT WE WERE GONNA LOSE AS OTHER HOUSES FINISHED BEFORE US AND WE HAD A TEAM MEMBER WHO ALMOST GIVE UP BECAUSE OF NAUSEOUSNESS. REGARDLESS, WE CAME OUT AS WINNERS SO YAY!

"MY LIFE PEAKED AS I LED TULPAR TO WIN THE FIRST EVER RAMEN RELAY CHAMPIONSHIP IN EXISTENCE."

~ PAUL THAM, Y1, TULPAR (RAMEN RELAY CAPTAIN)

THE BEST PART WAS HAVING TRAINING IN ONE OF THE LOUNGES, WHERE WE INVITED THE HOUSES DOWN TO PLAY WITH US. IT DIDN'T MATTER IF THEY HAD EXPERIENCE, BECAUSE I DIDN'T AS WELL!! HONESTLY I TOOK ON THE ROLE BECAUSE I WANTED TO TRY DANCING SO IT WAS A GOOD START.

~ IVAN WONG, Y1, GARUDA (JUST DANCE CAPTAIN)



CAPT X RC4

OPEN MIC

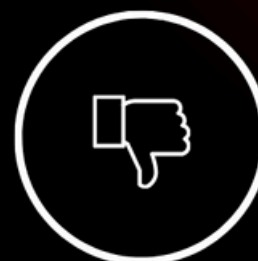
"Open Mic", an eagerly anticipated annual event, unfolds in the dynamic heart of the DH between RC4 and CAPT. This vibrant gathering serves as a captivating platform for both the talented CAPTains and spirited RC4ians to showcase an eclectic array of skills, talents, and hobbies.

"I loved the spontaneity, warmth and welcoming nature of the entire event!"
~ Noah Ong, Y1, Dragon



[← Back](#)

ARE YOU ENJOYING THIS?



Love this!



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[▶ WATCH CREDITS IN 3](#)

Peek inside the mind behind...

CSC · Publicity CAPTLET



Credits

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A/P Reuben Wong
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Dr Jew Yun Hsien, Daniel
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A/P Bruce Lockhart
Ms Tan Xue Yun Angie
A/P Siok Kuan Tambyah
Dr Lavanya Balachandran
A/P Tay May Chin, Theresa
A/P Thang Leng Leng
Ms Wong Soon Fen
A/P Tan Lai Yong
Dr Yip Ting Vania
Dr Kevin McGahan
Mr Ng Keng Boon
Ms Lee Meng Choo
Ms Defie Tanoto
Mr Nigel Lee

COMMITTEES

12th CSC
CSC Committees
CSC Affiliated Committees
Roc House Committee
Dragon House Committee
Garuda House Committee
Phoenix House Committee
Tulpar House Committee
Interest Groups

INDIVIDUAL RESPONSES

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Kelyn Chan
Ryan Phua
Jonathan Teo
Elise Sun
Joanne Thomas
Alicia Teo
Andre Tan
Kung Yen-Fay
Petrine Pang
Noah Ong
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CSC Publicity
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CSC-Affiliated Committees
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*Visit "CAPTlet" online at
www.captlife.com/life/captbooks/*

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*This motion picture was created by 12th CSC Publicity for purposes of
reminding fellows, staff and CAPTains of the good memories
we shared this academic year.*

*If you are a CAPTain reading this, we hope
you enjoyed your journey thus far.
Remember, once a CAPTain, always a CAPTain.*

