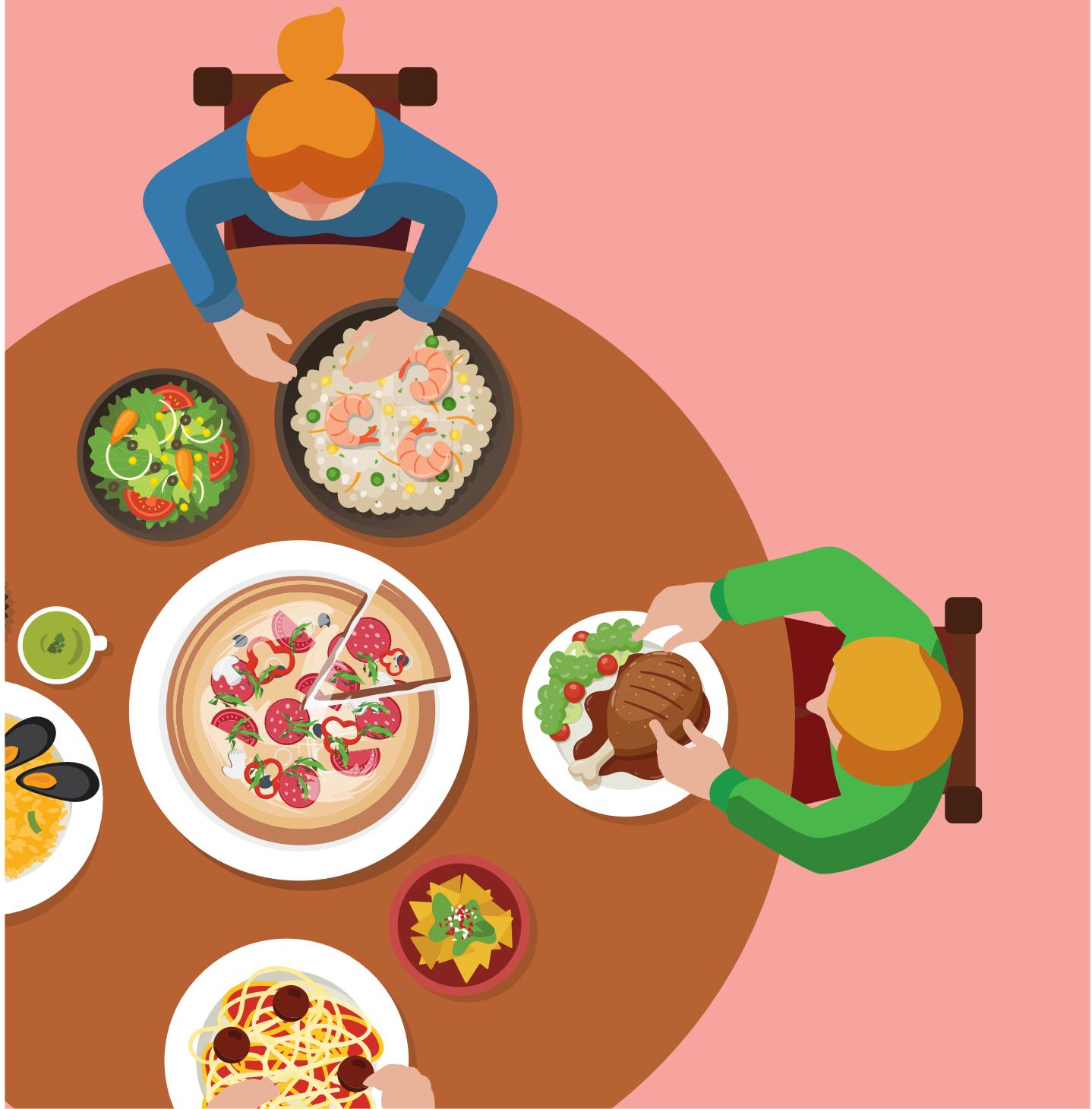


CAPSULE КАПСУЛ





COLLEGE OF ALICE & PETER TAN

National University of Singapore

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

Dear CAPTains,

The closing of this academic year marks a great milestone for CAPT, particularly as we commemorate the past seven years under Master Adeline Seow. As we look back, we hope that CAPTsule will bring you right back to all the cherished moments shared through the past year!

Many of us would have fond memories in the dining hall or over the many, many supper jios. In brainstorming a theme for this year's CAPTsule, the team latched onto this idea: food binds us together. At the beginning and end the day, CAPTains return to the comfort of our dining hall and lounges. It remains a safe and welcoming place to return to, to refresh and refuel, to share both joys and struggles. As a freshman, this is what I have come to love the most about CAPT. It is my experiences and interactions with many of you that have come to flavour my time in university!

To Dawn, Hui Ting and Melissa, I would like to express my deepest gratitude. Endeavouring to cover the year's events was not an easy process! We knew it would be tiring and demanding from Day 1, but you all stuck through it. Thank you for bearing with the heavy workload, messy spreadsheets and WhatsApp spam. I would also like to thank Sarah, for being a constant pillar of support and guidance, and for (literally) always having your door open for me.

I would also like to extend my deepest thanks on behalf of the CAPTsule team to Soon Fen and Triston, for the essential direction and support they have extended through the process. We would also like to thank Nadia, the whole CSC Publicity Committee (no, Triston, I'm not calling it a fam squad), the CSC, Professors, Staff, House Committees, and every CAPTain that kindly contributed to this yearbook. This is as much ours as it is yours.

It is with great honour that I present to you the fourth issue of CAPTsule!



Rachel Quek

Rector's Address

Dear Friends,

I am pleased to be able to send a brief message fo this year's CAPTsule Magazine.

At the end of this academic year, there will be a change of guard at CAPT. Our dedicated Master, Professor Adeline Seow, will be leaving the College after eight years at the helm. Adeline has steered this pioneering institution from the outset with energy and imagination. The result is an institution that has remained true to its ideals of creating an environment that supports the natural desire to help the less fortunate members in the wider community. At the same time, the academic side of the College has been sharpened with a diversity of options available to satisfy the course requirements of every student.



We are grateful to Professor Seow for her sterling contribution to the creation and development of the College. We wish her continued progress as she returns to her academic career in the School of Public Health.

Professor Gary Tan from the School of Computing comes in to take the baton from Professor Seow. Professor Tan graduated from the Department of Physics in NUS. He moved to the School of Computing when he commenced his academic career more than thirty years ago.

Prof Tan is not a novice in the art and science of leading a student-residence. He served for ten years as the Master of Sheares Hall of Residence. So he is well endowed to lead CAPT. We welcome him and look forward to working with him.

I thank all the faculty members at CAPT as well as the student-residents for their efforts during the year to improve their and CAPT's academic accomplishments, and I acknowledge their help in contributing to the credentials of the College.

T Y Pillay

Master's Address

Dear CAPTains,

A good part of college life revolves around food, so the theme of this year's CAPTsule will certainly resonate with many of us. Eating together creates bonds; friendships are deepened over dinners and suppers and cups of coffee. As unique individuals coming together to form one community, we also represent a melting pot of 'flavours' that enhance and sharpen one another.

The most basic function of food, though, is sustenance. So, while this edition of CAPTsule will no doubt serve to remind all of us of another year that has passed, of memories to be treasured and lessons to be learned, let's pause to think about what it is that sustains and nourishes this vibrant community - which has become our home on campus.



Indeed, what are the distinctives that keep the College spirit going, and will allow CAPT to continue to be CAPT for years to come? I suspect the answer will evolve as the College grows as an institution - but I hope and believe that CAPT will always remain true to its values and its vision. I also hope that it will be a force for good – in and through the lives of each individual who remembers that they are, and will always be, a CAPTain.

It has been a great privilege to serve amongst such a wonderful team. So let me close by thanking the college community – colleagues and students alike who have passed within these walls over the last seven years. We have been part of this journey together, and your warmth, sincerity and trust has made all the difference.

*Thank you, all.
Adeline Seow*

menu

HORS D'OEUVRE

EDITOR'S NOTE

note from Rachel

RECTOR'S ADDRESS

note from Mr Pillay

MASTER'S ADDRESS

note from Prof Adeline Seow

ACADEMICS AND STAFF

our fellows, staff and new academic modules

MAIN DISHES

ROC

@roctographer

DRAGON

@fomododragons

GARUDA

@bayofbanana

PHOENIX

@captfirebird

TULPAR

@tulparazzi

ENTRÉE & SALADS

CAPT COUNCIL COMMITTEE

meet our vibrant committee

COMMITTEES

active involvement

SPORTS IGS

sporty and fun

CLUBSOCS IGS

passions and interests

DESSERT

FRESHMEN ORIENTATION CAMP

beginnings in CAPT

FORMAL DINNER

what's cooking good looking

CAPTISS

shared spaces

ING & ICG

sporty fun

INS AND OPEN MIC

games and entertainment

HALLOWEEN

trick or treat?

CE FEST

pulse

ARTS SHOWCASE

prism

menu

INTERNATIONAL CUISINES

STEER MYANMAR & STEER INDIA

CAPTSLAM & CAPTSLAM 4.0

CAPTCLOUDS & CAPT KAMAL

CAPTSMILE & MYCAT

MIGNARDISE

HERITAGE PROJECT
CAPT over the years

EXCHANGERS
all around the globe

CREDITS & TEAM



We live in a world where many of our precious memories are stored in the digital space, often in the form of videos and images. As we accumulate more and more of these intangible assets, it becomes increasingly difficult for us to revisit these memories or share these moments with our friends and family, especially in a genuine and sincere manner. With that problem in mind, POPPEG was created as a platform that allows users to share their precious memories with each other.

POPPEG brings an image to life using Image Recognition and Augmented Reality. With POPPEG, we can add a new dimension into our everyday lives, creating an experience in which users can revisit clipped memories even through physical photos.

TO SEE YOUR IMAGES COME TO LIFE:

1. Download the POPPEG application from Android/Apple App Store.
2. Click "Download".
3. Enter the name of the Album you want to download. Refer to the list below!

Album Names:

- CYB19_Heritage_Project (3 Images in Heritage Project)
- CYB19_ICG (2 Images in ICG)
- CYB19_Arts_Showcase (1 Image in Arts Showcase)
- CYB19_ING (2 Images in ING)
- CYB19_FOC (1 Image in FOC)
- CYB19_College_Dinner (2 Images in College Dinner)
- CYB19_CE_Fest (1 Image in CE Fest)
- CYB19_Halloween (1 Image in Halloween Dinner)
- CYB19_CAPTISS (1 Image in CAPTISS)

(Note: Album Names are CASE-SENSITIVE.)

4. Click "Download".
5. Once the download is complete, click "Back".
6. Click "View Photos"
7. Scan images marked with **POPPEG** and watch it come to life on the CAPTsule!

We want to keep improving for you!

If you have any feedback or enquiries, here's our contact:

1. Find us at @pop.peg on Instagram
2. Visit our website at <https://www.poppeg.com>

Academics and Staff

Hors d'oeuvre - a small dish served before a meal, may be served at the dinner table as a part of the meal, or they may be served before seating



Fellows



REUBEN WONG

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Japanese, Thai, French and Southeast Asian street food. The first three for their refinement and emphasis on fresh ingredients and the last for its great variety, creativity and communal dining (anticipating Singapore hawker food to be listed as a UNESCO heritage!).

BEST ADVICE YOU'VE EVER RECEIVED

To let go and accept the things that are beyond my control.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Seeing my own children grow, and learning to accept what cannot be changed (though they will try!).

SEOW TECK KEONG

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Although no particular favourite food comes to mind, I am a fan of the king of fruits, the durian. However, I am rather picky about what I like, with a preference for durians that are bitter in taste and firmer in texture rather than wet and mushy ones.

BEST ADVICE YOU'VE EVER RECEIVED

One advice that comes to mind at this moment is, "Do your best, and leave the rest to God." It is particularly relevant as I get anxious about high-stakes projects I am assigned to manage, in which the success would be dependent on numerous factors, including factors beyond my control.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Meeting CAPTains, especially those from Tulpar, as I enter the Dining Hall, the first thing in the morning for breakfast, and at the end of a day of work for dinner



TAN LAI YONG

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I enjoy the durian parties (though too few) at CAPT. We can plummet the naysayers with the pungent fragrance and also enjoy the heavenly Mao San Wang in CAPT. Durians engage all of the community in the olfactory senses.

BEST ADVICE YOU'VE EVER RECEIVED

It is okay to be the 2nd fiddle.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Watching captains try a new sport for the first time and growing through that, and being with captains who take ownership or leadership – embarking on a new trajectory of teamwork and growth. What makes me smile after it happens – when a CAPTain didn't know I was pulling his or her leg.





DANIEL JEW

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Black carrot cake (Chinese type, not from the bakery!). It's best if the edges are slightly charred.

BEST ADVICE YOU'VE EVER RECEIVED

Probably that it was time to start thinking of having children! (Thank you, James and Caroline.)

WHAT NEVER FAILS TO MAKE YOU SMILE?

My wife and kids, and all the amazing school and other projects that my CAPT and History students get up to.

WONG SOON FEN

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I enjoy all kinds of cuisines, but if I really have to name one, it'll have to be my mum's cooking! And my favourite meal would be our Sunday lunch when all my siblings, nieces and nephews come together to enjoy her food.

BEST ADVICE YOU'VE EVER RECEIVED

That's another tough one because I have been blessed with many good people in my life who have been there in different parts of my journey in life. Perhaps one that has helped me in different significant milestones would be my father's words 'Bo jiong kia,' which is Hainanese for 'Don't be afraid'.



WHAT NEVER FAILS TO MAKE YOU SMILE?

Ice cream!

TOH TAI CHONG

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I am quite easy going with food but what I value most is having dinner together with my family. It's a simple affair but as we get busier, experiences like these are harder to come by.

BEST ADVICE YOU'VE EVER RECEIVED

"If the coral reefs in Singapore haven't given up, why should we?"

WHAT NEVER FAILS TO MAKE YOU SMILE?

The cheeky faces my daughters make when they are plotting something mischievous. It's hard not to laugh at them when they are that cute.

ALBERTO CORRIAS

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I really like dishes with raw fish and raw meat. Sushi and tartare are surely among my favourites.

BEST ADVICE YOU'VE EVER RECEIVED

I will mention two: (1) Exams never finish and (2) Changes are inevitable, you shouldn't be afraid.

WHAT NEVER FAILS TO MAKE YOU SMILE?

As I am not keen to share private details between my wife and myself, I will answer that a brilliant chess combination never fails to make me smile.



ANNE RAFFIN



FAVOURITE MEAL/FOOD/TYPE OF FOOD?

One of my favourite meals is mashed potatoes with grilled sausages. When I was a kid, my mum sent me and my sister to her mother's farm. My grandmother was not exactly the homemaker type, always working outside on the farm. She did not care for cooking, so she always made us the same dish: instant mashed potatoes and grilled sausages for lunch. Other kids might have been bored with it, but for me it represented my grandmother who did not care about conventions, proper eating habits and embodied a form of freedom. Hence, even a French person can love INSTANT food.

BEST ADVICE YOU'VE EVER RECEIVED

Try not to judge.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Mr Bean.

BRUCE LOCKHART

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I love almost all Asian foods but my favourites would be either Vietnamese or Thai cuisine.

BEST ADVICE YOU'VE EVER RECEIVED

To go with my heart in pursuing a PhD, even if I didn't know exactly what I was going to do with it in the future.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Being in the classroom with my students.



GREG PETERSEN

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

My favourite type of food is ritual food, i.e. the kind of foods we eat for special occasions (Thanksgiving, Christmas, CNY, etc.). If every day is a special occasion, then Singapore laksa, followed by cendol or chocolate ice cream topped with banana and nuts.

BEST ADVICE YOU'VE EVER RECEIVED

I'll share a few that are all interwoven, "Carpe Diem," "take time to _____" (depends on what's most important to you), and "every day is a special occasion." I love spending time with my wife and kids, roller-skiing, sunsets, the smell of roses, and host of other things. If I find myself not taking the time to do these things, I know I'm off balance. And don't save things for a special occasion. If it's good enough for a special occasion, it's good enough to do today.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Calvin & Hobbs, good animations, and family and friends (including my CAPT and Phoenix families).





MUKHOPADHYAY KANKANA

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

My mom's cooked food :)

BEST ADVICE YOU'VE EVER RECEIVED

You'll never be able to repay all the debts in life, you can only acknowledge them!

WHAT NEVER FAILS TO MAKE YOU SMILE?

The comedies in everyday life.

KEVIN MCGAHAN

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Chocolate (ethically sourced, of course).

BEST ADVICE YOU'VE EVER RECEIVED

Dream big.

WHAT NEVER FAILS TO MAKE YOU SMILE?

My dog, Chilli.



JOELLE LAI

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Spicy food! I don't have a sweet tooth, so will take a nice main course over dessert any time.

BEST ADVICE YOU'VE EVER RECEIVED

Always back up your computer.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Cat videos on the Internet.

LINDA MATAR

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Local food, such as laksa and rojak.

BEST ADVICE YOU'VE EVER RECEIVED

Everything in moderation including moderation.

WHAT NEVER FAILS TO MAKE YOU SMILE?

My son's stories and jokes



THERESA TAN MAY CHIN



FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I like fried carrot cake from the hawker center. This is comfort food for me. It reminds me of my childhood and the quality bonding time with my parents and grandma. It is a treat to have carrot cake whenever we go to the market on special weekends or during school holidays.

BEST ADVICE YOU'VE EVER RECEIVED

The best advice was given to me by a senior colleague when I first started to work. She told me that I should always have a job that I am passionate about so I would wake up each day and be happy to start work. "Keep interested in your career however humble; it is a real possession in the changing fortune of time" (Desiderata). Over the years, I have come to realise how true this is.

WHAT NEVER FAILS TO MAKE YOU SMILE?

Seeing a rainbow. In the context of my faith; it is a reminder of hope and promise.

THANG LENG LENG

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I love Japanese food and especially like the delicately displayed Japanese kaiseki. I think Japanese cuisine has managed to combine taste with the beauty of art very well, their sensibility to the seasons is expressed in their presentation as well. I like the care given to the pottery pieces used to present the dishes. But having said that, I also love Japanese street food like takoyaki and ramen :)

BEST ADVICE YOU'VE EVER RECEIVED

I bought a banner in Bali that says:
"Live like heaven on Earth,
Love like you have never been hurt,
Laugh like no one is listening,
Sing as if no one can hear,
Dance as if no one is watching,
Dream like there are no impossibilities,
Play like there are no winners,
Give like you have plenty,
Smile till your face hurts,
Cherish your family & friends every day."
I think that is what a fulfilling life is about.



WHAT NEVER FAILS TO MAKE YOU SMILE?

When I see older people smiling at the sight of children, that's what keep me believing in the need to promote intergenerational exchanges.

ANGIE TAN XUE YUN



FAVOURITE MEAL/FOOD/TYPE OF FOOD?

I enjoy having a meal at the hawker centres, whether it's for a quick bite or a catch-up makan session with family and friends, chomping down local delights at food centres is almost always satisfying.

BEST ADVICE YOU'VE EVER RECEIVED

This is an advice from a friend – Do your best, and god will do the rest. Life is as such, there are always controllable and uncontrollable factors in every situation, we just got to remind ourselves to give it our best and hope that everything else will fall into place.

WHAT NEVER FAILS TO MAKE YOU SMILE?

A day at the beach – the sun, sand, sea and possibly with a slackline strung between the coconut trees. That never fails to make me smile.

SIOK KUAN TAMBYAH

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

One of my favorites would be Italian cuisine, probably because I spent quite a lot of time interacting with Italian-Americans as part of my dissertation research. I am content having a simple pasta dish with sauce made from scratch.

BEST ADVICE YOU'VE EVER RECEIVED

"Answer the question you want to answer, not necessarily the one that you were asked". In light of that, I would say that it's much easier to give advice than to receive it. And oftentimes, we never seem to be able to heed our own advice!

WHAT NEVER FAILS TO MAKE YOU SMILE?

When I look back at the silly things I did. And when I look forward in anticipation of something good that is to come.



PATRICK WADE

FAVOURITE MEAL/FOOD/TYPE OF FOOD?

Brunch! Any excuse to eat bacon and eggs.

BEST ADVICE YOU'VE EVER RECEIVED

Practice doesn't make perfect. Perfect practice makes perfect.

WHAT NEVER FAILS TO MAKE YOU SMILE?

A good book on a rainy afternoon.



Staff



NG KENG BOON

WHAT IS THE BEST PART OF WORKING AT CAPT?

Seeing students progress and develop to be better people over the years and then come back to say "hi" to me.

WHAT IS YOUR FAVOURITE FOOD?

My favourite food is any fruit and home cooked food.

CHRISTOPHER ONG ENG SENG

WHAT IS THE BEST PART OF WORKING AT CAPT?

Being able to know many students, especially the funny ones – there was this one student who said that the number “33” is a huat (auspicious) number as you can combine the two “3” to make it become the number “8”, an auspicious number for Chinese.

WHAT IS YOUR FAVOURITE FOOD?

I love McD!! ba ba ba ba ba~~ (one of McD jingles, in case you are wondering.. haha) Love the McSpicy and the Buttermilk Crispy Chicken. Oh, and the curly fries =D



YIT LI LING

WHAT IS THE BEST PART OF WORKING AT CAPT?

The opportunity to work with students that are also young adults. It is inspiring to hear their ideas and opinions on how they can make the world a better place, on how they are engaging with different communities and interesting people they meet etc.

WHAT IS YOUR FAVOURITE FOOD?

The food I used to like, I don't eat often now. Taste buds do change with age =P I prefer vegetables more than meat. I don't eat pork and food items that resembles pork/lard.





DEFIE TANOTO

WHAT IS THE BEST PART OF WORKING AT CAPT?

Can interact with A looooot of students, fellows, & partners!

Acceptance and warmth from CAPTains

Plenty of learning opportunities

Thankful for every moment created!

WHAT IS YOUR FAVOURITE FOOD?

MAMEE !!! (cannot bribe me but can alwaysss share with me :P)



LEE MENG CHOO

WHAT IS THE BEST PART OF WORKING AT CAPT?

Hmm, let me think... Must be the direct bus to and fro home and UTown :)

WHAT IS YOUR FAVOURITE FOOD?

Dessert, CNY goodies, Durian... too many to list here...

New Modules

UTC1417 BIOETHICS IN THE 21ST CENTURY

Bioethics in the 21st Century talks about ethics surrounding our human technological advancements such as cloning and eugenics. The module encompasses philosophical and biomedical theories which allows us to reason out if undertaking a certain action will violate our ethical morality. It also introduces many biological terms and process which are very interesting. I love this module since it is synonymous to mankind, in our aim to better ourselves biologically. Through this module, I learnt many new biological terms and process and the ethics surroundings the many biomedical advancements. My favourite aspect would be the debate and discussion sessions set aside during class to discuss the for and against of many biomedical advancements which raise ethical concerns. It taught me how to be more vocal in voicing my concerns in these issues since these advancements could change mankind in a good or bad way in the future.

Lam Wei Hao

UTC2406/UTS2404 CITIES AND NATURE

Cities and Nature explores how cities can be integrated with nature through the synthesis of insights from urban planning, ecology, engineering, public policy etc. During class, we discuss the characteristics of impacts of cities and think of how urbanization can be improved to mitigate the consequences. This module also takes learning outside the classroom through numerous field trips. Taking a monkey walk at Lower Pierce Reservoir with a guide from the Jane Goodall Institute Singapore allowed me to contextualise what I had learnt in class about how urban areas can affect biodiversity. It also led me to think deeper about how man-made cities can co-exist with the natural world around us. My favourite part of this module is that it allows me to see how this topic is actually related to other subjects that may initially seem irrelevant to the module. This emphasises the importance of a multi-disciplinary perspective to things.

Marcus Ang

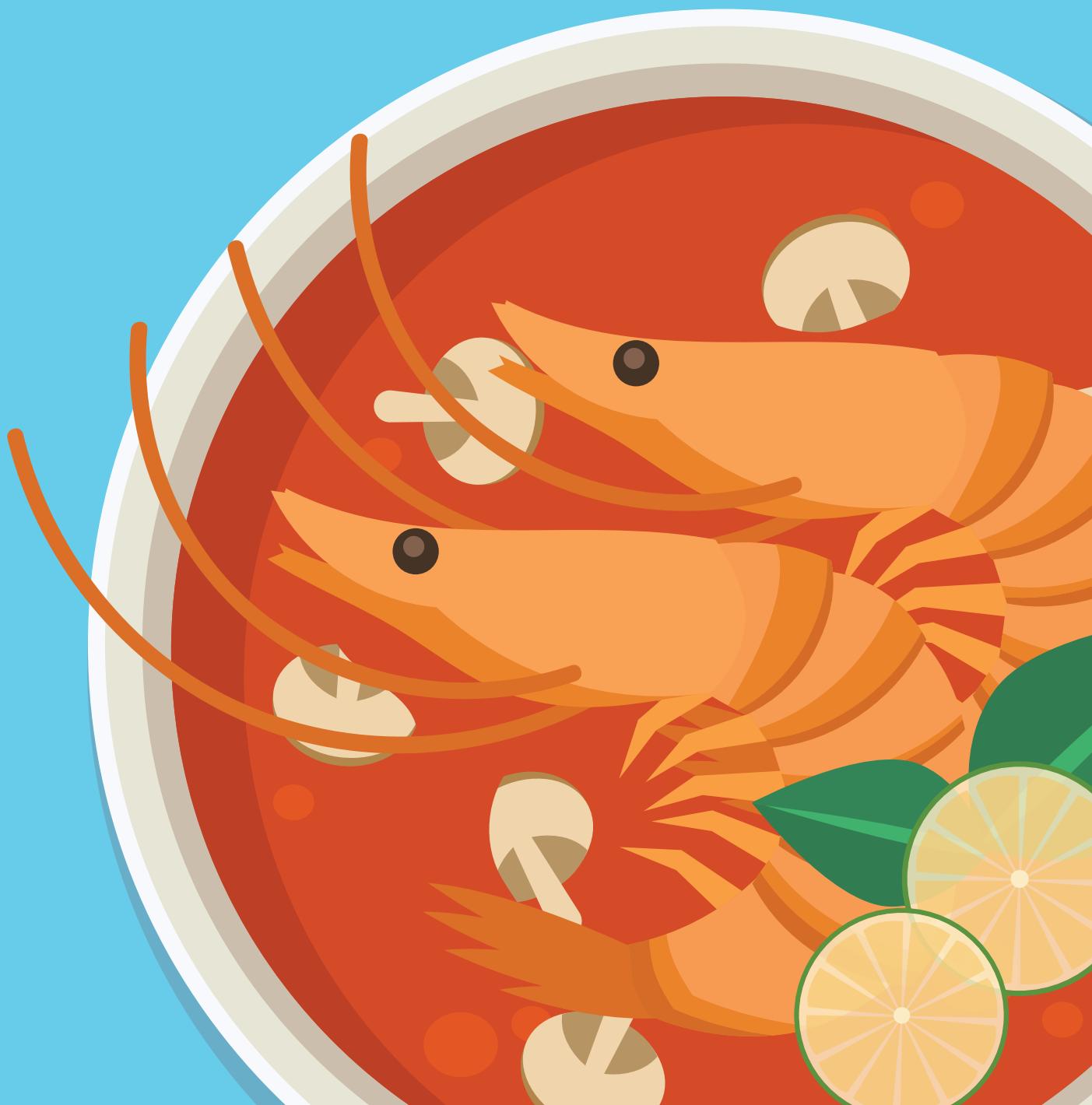
UTC2410A RECONSTRUCTING COMMUNITIES: INSIGHTS INTO THE BALKANS

Reconstructing Communities explores the concepts and practices of post-conflict community reconstruction in the successor states of ex-Yugoslavia. We will be travelling to Serbia, Bosnia and Herzegovina and Croatia to examine this reconstruction and the post-war relationships between Bosnian Muslims, Orthodox Serbs and Catholic Croatians first hand. Every class has been emotionally gripping as we learn about a grotesque reality where people who once lived harmoniously were murdered. My favourite part of the module thus far has been our engagement session with Yugoslavia-born Singaporean football legend Aleksandar Duric, who shared both fond and harrowing experiences about growing up in Yugoslavia before and during the Balkan wars. Above all, I feel that this module teaches us about the importance of respect and tolerance within multiracial and religious communities. The insights gained in this module can be applied to our own multi racial and religious community here in Singapore.

Sujay Gadiraju

CSC and Committees

Entrée - a dish served before the main course of a meal and is generally synonymous with the terms hors d'oeuvre, appetizer or starter



CSC Exco

DONOVAN LIEW

PRESIDENT



Looking back, I am extremely grateful for the immense amount of support, care and concern from fellow CAPTains and the entire CSC who have been supporting one another all this while. The CSC aims to serve and strives to do so wholeheartedly. However, even as we work to achieve our goals, we also make time for fun, laughter and lots of food! It will definitely be the lighthearted moments that stay in my mind when the rest have faded. Although it has been tough at times, knowing that what we do ultimately impacts those we serve is something that keeps our heads up.

For myself, I really cherished the opportunity to get to know the committees and their members personally – looking past the events that we all know they have put in so much effort for. It has been a wonderful ride, and I'm thankful to all who have made it so for me. Also, knowing that this is Prof Seow's final year as Master has made every interaction and moment with her precious, not just for me and the committee, but to all of us who have interacted with her.

Lastly, a special shout-out to the fellows and staff of CAPT, whose unwavering support and belief in us has always kept us going. Similarly, to the Neighbourhood Heads who have really been part of our team this year - thank you!

DARYL LEE

EXTERNAL VICE-PRESIDENT (EVP)



Each member that I have interacted with, from CSC to CE Fest, has taught me so much. I am always so grateful for the insights they shared and the effort they have put into each of their committees. Thank you to all those that I have worked with in one way or another, no matter how big or small. To those who are leaving, do take these lessons you have learnt in CAPT with you. To those who are staying, CAPT is a great place to do crazy things - cherish that! All the best!

PHUA KENG YUNG

INTERNAL VICE-PRESIDENT (IVP)



Initially, I was wondering how the dynamics in the Internal Committees would be as we are all guys. However, I am glad to say that I feel that the five of us are close, open with one another and incredibly supportive. I guess where it all started was the CSC retreat in the summer. Through the cooking, laughing and of course direction setting for the year, this culture of communication and being supportive really sunk in. Since then, we have gone from strength to strength, supporting one another in events, and being there to listen whenever anyone needs the support. I am incredibly proud to have been a part of the Internal Committees, and I would go through this journey again and again with them by my side.

LEE GEK CHING

GENERAL SECRETARY

It's pretty hard to sum up my role as it encompasses so many things. From 2 am meetings to spontaneous chill sessions, I've done it all! What I love most about my job is that I get a bird's eye view of what's happening in CAPT and get to work with many people from across the college. While CSC is not easy, seeing the college grow and working with other passionate individuals never fail to motivate me to do better. This journey was one that allowed me to learn more about myself and understand my limits. I alone cannot accomplish everything, but with a team, we can!



BERNARD CHUA

FINANCE SECRETARY

Being the Finance Secretary of CSC was never easy from the beginning but I am extremely grateful to all my peers, fellows and staff who have guided me on this journey every step of the way. My most memorable memory is definitely the time I did budgeting with the directors till the wee hours of the night, but being a Finance Secretary is not all about money! I've grown to call CSC my family that I will always look forward to being around with.

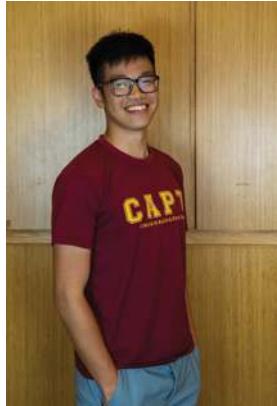


JOEL TONG

DIRECTOR OF CLUBS & SOCIETIES

It definitely wasn't easy leading the Clubs & Societies Committee. It was difficult to deal with others' perceptions, and I constantly thought about how other people would evaluate my performance as a Clubs & Societies Director. However, I'm really thankful that it got better! I received so much support from my vice-directors, Rachel and Xiu Qing, who helped me overcome many challenges. My committee members were great too and slowly, the dynamic changed from a director-member relationship to that of friends. I'm so thankful for this committee, and thankful that as a team, we've been able to accomplish some of the goals we set out to do.





TRISTON PANG

DIRECTOR OF PUBLICITY

Leading the Publicity committee was an eye-opening experience for me and it allowed me to understand my limits. Working with and guiding a committee of people with very diverse skill sets allowed me to understand the different viewpoints and approaches to tackling the various situations we faced as a committee, as well as how to tie all these perspectives together. I have learnt so much from my members while guiding them, and as much as I have helped them in their journey of growth, they have helped me in mine as well.

AARON TAN

DIRECTOR OF SPORTS

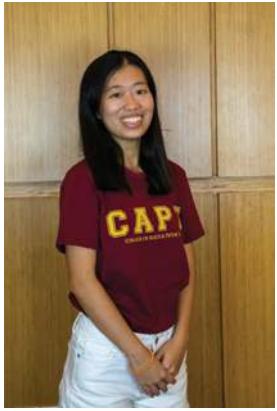
As the Sports Director, leading my committee was immensely tiring but I would not have wanted it any other way. It was through all the long meetings in the MMR, hot sweat under the ICG sun and the late night discussions which made us so much more than just a committee, from a room full of strangers to a group that feels like family away from home, we have truly learnt much and grown even more. Seeing how each individual in the committee has grown through achieving their goals warms my heart. Leading them has sincerely been the most fulfilling experience of my CAPT life.



LAWRENCE CHEW

DIRECTOR OF STUDENT AFFAIRS COMMITTEE (SAC)

My experience as a SAC Director has been a joyous and growth-filled one :) Welfare is a tricky word to define as everyone has their own preferences on what they want as welfare, be it some good stuff in welfare pack or an enjoyable welfare event that appeals to their senses. For my committee to bring joy and happiness to people through our welfare initiatives, I felt that I have achieved my goal of serving CAPTains during my term, as well as to mentor the growth of my committee members and enable them to enjoy the process of planning and execution.



FIONA LEE

DIRECTOR OF ACTIVE COMMUNITY ENGAGEMENT (ACE)

Being part of ACE has been deeply humbling and empowering. I had the privilege of stepping into different communities. The spirit of learning and intentional reflection in our engagements has challenged me to think more critically and deeply about societal issues. This journey has nurtured my understanding and appreciation of CE into one that humanises and recognises the strengths in communities. The support and affirmation offered by the ACE Committee has also afforded me many opportunities for growth. I am extremely thankful for my committee who are willing to step out of their comfort zones and who inspire me in their heart work with the community.



NURBATRISYIA BTE YAZID

DIRECTOR OF EXTERNAL AFFAIRS (EXA)

Being the EXA director has undeniably been one of my highlights in CAPT. Leading the committee hasn't always been the smoothest journey, but adversities are what makes us grow and become tougher individuals. Moreover, seeing my committee members grow to who they are today is indisputably heartwarming and I never once had any ounce of regret about stepping into this role.



LEE YU XIANG

DIRECTOR OF SOCIAL INNOVATION (SI)

Being the director of SI was my first experience with leading a relatively large committee consisting of 16 members. Although it seemed daunting at the start as I sought for a new focus on local issues, I was fortunate to find support for my plans from the college and CAPTains. Managing a committee was never easy, especially when ensuring that my members get to grow and learn new things, be it about themselves or about social issues. As long as my members have gained meaningful experiences that they can tap on for future endeavours, I guess I have made a positive impact to their term in SI.

CSC Committees

ACTIVE COMMUNITY ENGAGEMENT (ACE) WING



The ACE Wing supports CAPT's ethos of active citizenship and community engagement by providing opportunities for CAPTains to engage with the community around them. Under ACE, students lead in planning CE events with communities such as the elderly, youth and differently abled individuals. The vision of ACE is 'transforming the heart, head and hands of CAPTains'. The 'heart' refers to CAPTains who enter a community with humility, empathy and strength-based lens. The 'head' invites CAPTains to pursue a nuanced understanding of social issues with a critical lens. Finally, the 'hand' nurtures CAPTains who are positioned to provide empowering experiences for communities and make a positive impact on the community now or in future.

SOCIAL INNOVATION (SI) WING



SI's anchor partner this term is Forget Us Not (FUN), a Lien Foundation initiative to build dementia-friendly communities. To tackle the social issue of isolation of elderly with dementia, we sought to support FUN's agenda by engaging store operators to help them understand how they can identify and assist their elderly customers with dementia. We started out in Yishun and then transplanted this engagement model to another aging neighbourhood - Kovan. Using existing solutions to plug new gaps is innovation at work too! A big draw of SI is to allow members to think about social needs and how we can act on them through innovative means. SI has a culture of doing projects at a slower pace, while allowing members to consider how each project can value-add to different stakeholders and if it meets the real needs of society.

EXTERNAL AFFAIRS COMMITTEE (EXA)



EXA acts a bridge between CAPT and other colleges and we seek to engage the alumni community. This is done through various events and initiatives. A word to describe our committee would be "quirky." Each of us as individuals has our own quirks and humour, and when you mix it all together, you get our fun-loving, hilarious committee! That being said, our committee has some of the most hard-working people who always know how to balance work and play. We definitely eat a lot (steamboat especially) and play a lot of Avalon! It was meant to be an ice breaker game for our first bonding session and yet, it has somehow become part of our culture and we play it almost every time outside of our meetings.

PUBLICITY COMMITTEE



Publicity is made up of a whole bunch of amazingly talented people, each with unique niches. Despite how diverse our skills are, we still operate together as one Pubs! We are also a very chill committee but we take care of each other. It was very heartwarming to see everyone come together during the CAPT Heritage Project to work together and provide different suggestions as to how to best carry out something. Everyone is willing to step up and help out each other, especially during high stress and workload periods. There is a culture of exploration as well, and Pubs members do not hesitate when it comes to trying out new experiences!

SPORTS COMMITTEE



The Sports Committee aims to cultivate Unity Through Sports. We wanted to show how sports can bring people together and reach out to communities as well! This can be seen from our outreach events: CE Sports Week and Health Awareness Week. Apart from that, being the Sports Committee, we also facilitate the growth of the Sports IGs here in CAPT. Lastly, we plan and execute the 2 major sporting events in our college calendar: Inter Neighbourhood Games and Inter College Games! The culture of our committee is highly amusing. It is a pleasant blend of friendly banter, unconventional affirmation and just chilling around! For all of you who think 7th Sports Committee is too long of a name to say, just call us "SportsHub". Like all hubs, we identify and pride ourselves as the Heart of the sports scene here in CAPT! Also, it's an inside joke, so just go on with it.

CLUBS & SOCIETIES COMMITTEE (CLUBSOCS)



Can you imagine a world without music, art, cookies, plants or coffee?! Neither can we! Clubsoc's oversees any non-sports interest that CAPTains have. We aim to promote the arts and culture scene in CAPT, such as through Arts Showcase. We have three main areas of focus: overseeing the Clubsoc's IGs, organising events like Open Mic and Arts Showcase, and managing the three Theme Rooms. Strangely, we bond over duties that seem like a chore! You can often see us at various CAPT events, setting up the sound equipment to support band performances. Or maybe you've passed by the Theme Rooms and seen us doing our Theme Room clean-ups. It may seem unpleasant, but these are great opportunities for us to meet and have conversations. This year, we've performed at Open Mic with our 'K-pop Bonanza' dance item and released our 'Theme Room Rules' music video! The enthusiasm and memories we made this year will be kept with us for years to come.

STUDENT AFFAIRS COMMITTEE (SAC)



SAC's mission is to cultivate a caring & family-centric atmosphere for CAPTains through welfare initiatives and events. Our vision is to build a cohesive family that recognises the purposes of serving and the value of welfare initiatives. SAC might sound a bit intense, but we are actually a very fun-loving committee! Whenever we get together, we somehow become one of the loudest committees in CAPT! Supper and meals out of school are the best times spent together with this bunch :)

CAPT SUPPORT



At the heart of CAPT Support lies a passion for generating educated discussions about mental health and promoting mental well-being in CAPT. Such conversations are seldom easy to have but we believe that with every initiative, we work towards building a more conducive and inclusive environment for honesty and vulnerability amongst CAPTains. We advocate a culture of caring for each other. Sometimes, we play Disney trap music to kickstart our meetings and once, we had an impromptu Barbie movie jio which truly lifted our moods in the toughest of weeks. We may sometimes disagree but ultimately, it is because we are passionate about the work that we do – striving to raise awareness about mental health and create a supportive environment in CAPT.

CAPT AMBASSADORS



CAPT Ambassadors provides a platform for CAPTains to share more about their experience living in CAPT to prospective students, parents and professors. This is done through outreach events and college tours. As college representatives, we value our public speaking, communication and interpersonal skills. Hence, we attend speaking workshops to further develop our skills. Overall, what keeps us going is the sense of fulfilment we get when we see the glimmer of hope and excitement in the eyes of our target audience.

OPEN DAY COMMITTEE



Open Day is an event that brings together the whole of CAPT, involving hundreds of CAPTains. This year's theme, *insert CAPTION here*, aims to highlight the diverse experiences one can have here. We want our visitors to know that CAPT is a place with many opportunities ranging from the arts to sports. We also have multiple opportunities to engage and learn from different communities through Community Engagement projects and Master's Tea dialogues. Every CAPTain's journey is unique, and what they take away is shaped by their choices. What is your CAPTION?

FRESHMAN ORIENTATION CAMP (FOC) ORGANISING COMMITTEE



FOC 2019 O'Comm hopes to plan an FOC that both freshmen and seniors will enjoy! As FOC is the first point of contact between the freshmen and seniors, it is a vital stage where friendships are forged. Through the camp, we hope that the freshmen will find CAPT a supportive and homely environment. We also hope that FOC will be a meaningful event that contributes to the seniors' CAPT experience. Just as we were inspired by FOC 2018, we hope to spark a sense of belonging in the freshmen to CAPT and inspire them to contribute to the college in their own ways!

COMMUNITY ENGAGEMENT (CE) DAY



Community Engagement (CE) Day is the freshmen's first exposure to CE in CAPT. We aim to give freshmen an authentic and meaningful CE experience. Through this, we hope that the freshmen will grow into more empathetic and critical individuals - for them to see these communities by their abilities and not disabilities. This whole process from planning to execution allows opportunities of personal growth for each of our Project Leaders (PL). It is a safe space for people to be able to make mistakes and learn from them without fearing judgement. Overall, CE Day serves as an introductory platform for incoming CAPTains to show them how CE in CAPT is done.

RAG & FLAG COMMITTEE



The Rag & Flag committee aims to raise awareness and fundraise for New Hope Community Services. Instead of aiming on hitting a target profit, our main objective is to inform more people about CAPT's Flag beneficiary. If we can raise as much funds as we can for them in the process, that would be the best of both worlds! Our committee operates on a very "chill" structure, where we're easy-going and fun. Our members are also hard working - if it weren't for them, there would be no CAPT EZlink Cards. Overall, we make a great team!

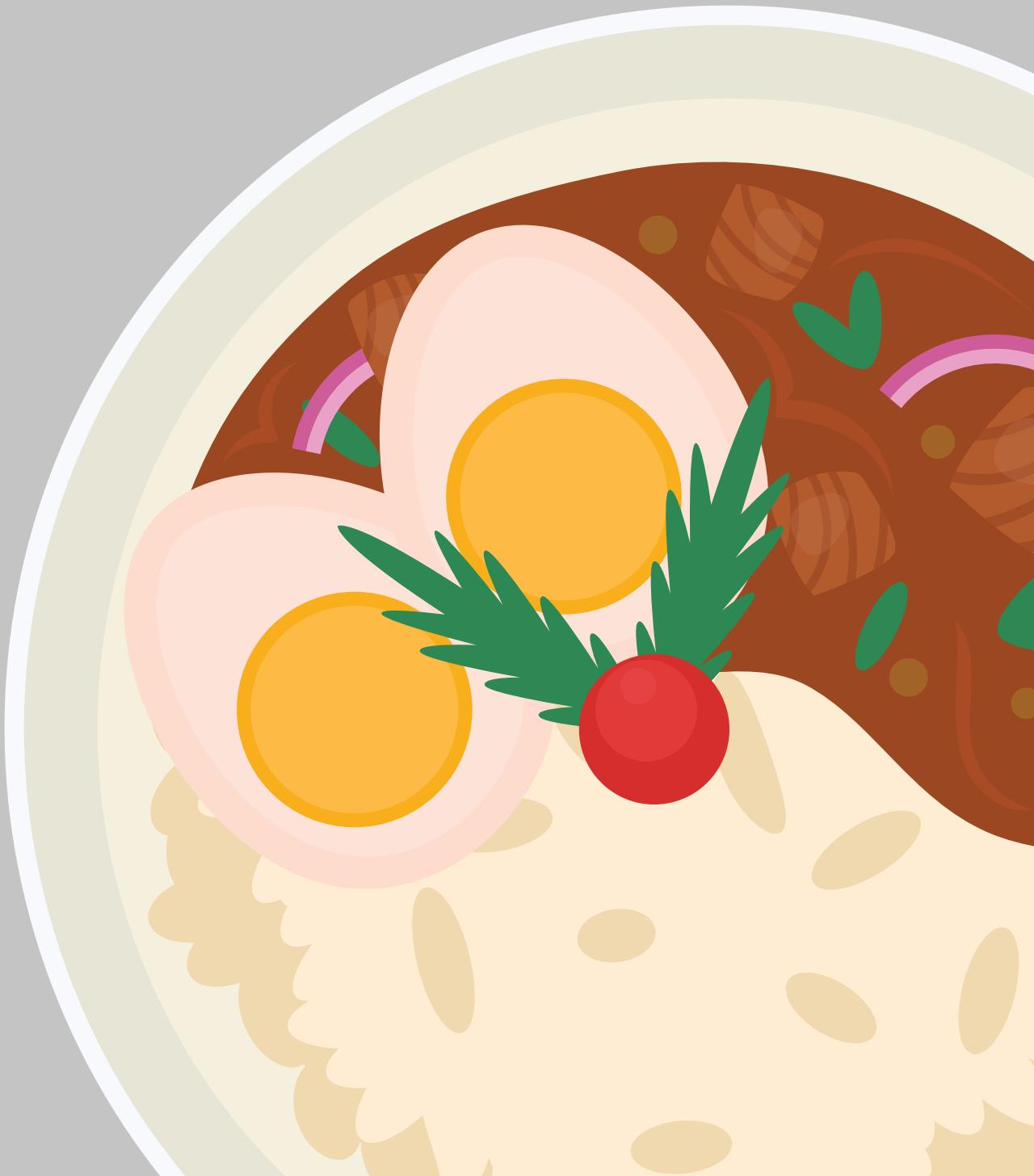
CAPTSPACES

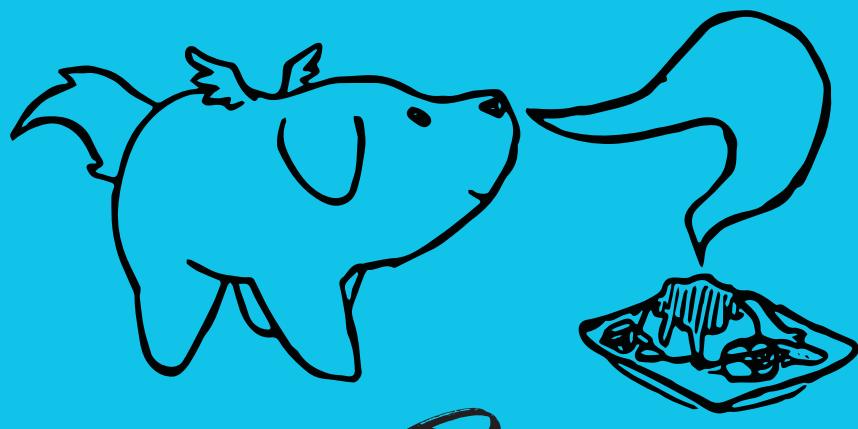


CAPTSpaces is an initiative that aims to enhance the college's physical environment through design. Our objective is to transform simple spaces into places of impact, thereby redefining and augmenting the experience of a residential college. It was first birthed to create photo opportunities among CAPT's outdoor spaces. In the earlier stages of design, the committee realised the possibility of more extensive planning of space. CAPT Spaces aims to give meaning to space and capture the stories that CAPtains share within each space. As such, we hope to activate outdoor spaces, and through yearly phases, create a characteristically immersive environment that eventually improves the CAPT experience.

Neighbourhoods

Main Course - is the featured or primary dish in a meal consisting of several courses





Roc

Malay Cuisine - Nasi Lemak

Nasi lemak is a Malay fragrant rice dish cooked in coconut milk and pandan leaf. It is also considered that national dish of Malaysia!



Alicia Chng Li Bin | Andrea Tan | Andrew Ng | Ang Jo Yeo Joel | Angelica Julianne | Arifah Begum | Beh Hui Xin Leticia | Benn Han | Carys Tamsin Richards | Chang Hui Ee | Cheryl Anne Ho | Chew Si Hui | Chia Jun Xuan Justin | Chin Jun Jiang | Chin Yuan Yee Melissa | Choo Hui Zhi | Christine Wong Jia Yu | Claudia Wu | Connie Olivia Quach | Daniel Chin | Danique Mulder | Darius Tan | Elliot Tan | Esra Tiryaki | Esther Joy Ngi Jia Jia | Eugene Yong | Evelyn Aliansyah | Ezra Wong | Fong Kai Jun Benjamin | Freda Mah | Genevieve Yong | Goh Jia Ying Ameline | Gurpreet Kaur D/O Kulwant Singh | Hou Xin' An | Huang Weijie | Jacob Chew | Jamie Yeo | Jayvinn Wong | Jefferson Sie | Jeffri Mustafa | Joseph Wong | Joshua Ang | Justin Lim | Koh Jia Wen Tricia | Koh Jing Ran Jasper | Koh Kai Jie | Koh Ming Hui | Kong Tze Shuan | Kweok Zheng Wen | Lau Hwei Gary | Lau Xuan Kai | Lee Gek Ching | Lee Shi Min Deborah | Lee Xi En Ian | Lee Zhi Ying | Lei Shuqi | Leo Shi Yu Clarence | Leow Jie Wei | Leow Ting Yang | Lew Jie Sheng Jay | Li Yiqi | Lim De Wei | Lim Jia Ying Jeslin | Lim Junle Travis | Lim Wai Kit | Lim Wei Xiang Cavin | Lim Xuan Hui Rachel | Look Shern Kai Caleb | Low Li Ying Elysia | Marin Horii | Marion Gaelle Anne Godineau | Marthe Kaal | Max Tan | Muhammad Rafiqi Bin Leman | Nash Jude Mesquita-Mendes | Neo Keng Seng | Neo Si Jie Lynn | Ng Jia Hui | Ng Jing Wen Claudia | Ng King Yin Michael Jeremy | Ng Kuan Mei | Ng Yam Fung Yosef W | Nicholas Novakovic | Nikolaos Vasileios Kouimitzis | Nurbatrisyia Bte Yazid | Ong Hui Xian | Ong Li Ying | Peh Zhi Qian Justin | Phua Si Qin Vanessa | Pong Siang Nee | Quek Qi Xin Rachel | Roshni Sharma | Ryan Chiam | Samantha Ho | Sarah Rozario | Savannah Kaylee Camacho | Seah Hui En Natania | Sean Chan | Seanne Daphne Ko Ng | See Rui Yang | Shermeen Choo | Sherrie Teo | Shi Zheng Yan | Sing Kai Qing Queenie | Soh Yang Le Arthur | Sujay Gadiraju | Sumana Sumathi Prasad | Suseeven | Sarvanantharajah | Suzuki Honoka Lee | Tan Xing En Charmaine | Tan Chun Jie Daniel | Tan Jing Yi Teresa Theodora | Tan Jun Heng Cornelius | Tan Shilin Rachel | Tan Yan Sheng | Tan Zheng Hao Marcus | Tang Xiaoting | Tay Jing Huang Elwin | Tay Xi Cheng Don | Teo Shyan Jie | Teo You Qun | Tho Qian Wen | Timothy Ho | Toh You Jing | Toshima Kanta | Wang Tian Tong | Xue Chenyang | Yap Shi Kai | Yeo Cheng Loon Nicholas | Yip Jen Wei | Yong Zhi En Jerome | Yuan Zheng Quan Leandro | Zhong Beixin



House Committee



Committee Structure

Serving Size 133 rockers

Residential Fellow

A/P Siok Kuan Tambyah

Calories from supper 0305

House Head 2p

Benjamin Fong Kai Jun

Freda Mah Cheng Yee

Creatives 3p

Andrea Tan Li Yao

Jeffri Mustafa

Angelica Julianne

Level ICs 6p

Low Li Ying Elysia Level 3 IC

Roshni Sharma Level 3 IC

% Committee Structure

Darius Tan En Han Level 4 IC

Ang Shao Wei Joshua Level 4 IC

Sujay Gadiraju Level 5 IC

Shi Zheng Yan Level 5 IC

Programmes 5p

Gurpreet Kaur D/O Kulwant Singh

Neo Si Jie, Lynn

Tan Zheng Hao Marcus

Wong Jayvinn

Lau Hwei Gary

"MAKE YOUR MOTHER PROUD!"



WHAT WAS THE MOST MEMORABLE HOUSE EVENT HELD THIS YEAR?

Our Inter-Level Event was definitely one of our best events this year. We decided to plan games that could make people look or sound funny so that people could have a lot of fun together! Although we caused a big hooha in the dining hall, it was a memorable event for everyone. We played various games such as charades, guess the song, rolling chair hot wheels race and other weird games inspired by Japanese shows. It was evident that all ROCKers had lots of fun! It was a great way for all of us to come together and de-stress :)

DESCRIBE YOUR HOUSE CULTURE (QUIRKS, HABITS, FOOD, ETC)

ROC takes great pride in our homely culture, where everyone feels like family and we take care of each other! We are not afraid to take the lift from level 3 to level 5, have people who work as CCTVs along the corridors checking in on our neighbours and sometimes, if you are lucky, you may spot interesting sightings in the communal areas. We have a bit too many supper jios which sometimes lead to supper wars over who can gather the largest following. But don't worry, it never gets ugly and everybody ends up well-fed!

WHAT WERE THE TOP 3 FUNNIEST MOMENTS OF THE YEAR?

1. When we had a haunted siamdui for our Halloween Haunted House, and several guys dressed up as cute girls.
2. During Angel and Mortal, where you start questioning whether your angel is a devil in disguise.
3. When we wanted to celebrate Ming Ling's birthday but we realised it's just mingling under the word birthdays.



Dragon

Noodles - Jajangmyeon

a Chinese Korean noodle dish topped with a thick sauce made of chunjang, diced pork, and vegetables.



Aarushi Singh | Abraham Lau Lip Siong | Adeeba Ahmad | Aischa Nora Noelle Amrhein | Ang Yu Shen | Angelo Rafael Diokno Liu | Ankitha Rajaram | Anna Nguyen Lai! | Bastian Dominik Morath | Benjamin Chee Guo Ee | Benjamin Yeo Zhi Hui | Beverly Tan | Casilda Tho | Chan Keng Wee | Chan Si-En Esther | Chan Zhini | Charis Low | Cherie Poon | Chew Chong Wei Joel | Chiang Soon Kiat | Chloe Ang | Chua Jia Xuan Tiffany | Clarissa Choo | Daniel Louis Arthur Biek | Daphne Lim | Darren Ng | Do Thi Minh Tam | Donovan Liew | Du De Xuan Sherry | Fabian Mulia | Fong Ka Chun Kevin | Foo Sek Jian Darren | Francesca Lee | Gabriel Ng | Geetika Vinod Lakhani | Gillian Chua | Heng Yi Qun | Ho Jia Hui Estelle | Ho Pei Juan | Hoe Ting Yu Michelle | Hoe Yilin Sharon | Huang Huixin | Ingle Liew | Jakub Kuncak | Jason Sih | Jesper Dahl Jensen | Josiah Tan | Jovan Lai | Joy Chia | Julia Tan Li Cheng | Julian Lopez | Julius Jens Wolfgang Wanner | Kristin Fernandez | Kwa Jia Hui Vanessa | Kwan Shi Ting | Lamia Mounavaraly | Lee Chong Ming | Lee Yu Xiang | Leonard Tan | Leong Yu Gene | Liaw Siew Yee | Lim Daniel | Lim En Ci | Lim Jiayi Edward | Lim Ming Jie | Lim Pei Pey Nicole | Lim Qilei Daniel | Lim Shan Jie Darren | Lim Yan Yi | Ling Ngee Siang | Loh Wan Qing Angeline | Low Lu Yi | Low Wen Zhong Lewin | Lum Xin Ying Joaquim | Matthew Qiu | Max Ang | Michaela Habartova | Michal Jerzy Mysior | Nadia Atiqah | Nakao Masaru | Ng Chen Thong Thaddeus | Ng Dawn | Ng Jing Qi | Ng Kai Lin | Ng Kin Wei Bryan | Ng Shi Kai Shandon | Nicole Robin Berardinucci | Nuryn Alfiah Baiduri | Oh Jing Ke | Ong Ming En Darryl | Ong Zheng Wen Zachary | Pang Erh Syen Triston | Pang Pei Yi | Phua Xuan Ru | Png Zheng Min Stella | Poh Jin Yu Vanessa | Quinn Chin | Randy Ng | Sabine Bay Larsen | Samantha Yap | Sammi Soh | Seah Chan Kwang Milton | Sean Yuan Chen | See Mei Ting Celine | Shawn Ten | Sia Bing Tao | Sina Julia Hartung | Sourish Sinha | Stephanie Er | Tan Boon Ghim | Tan Cheng Liang | Tan Chin Hong Gabriel | Tan Hui Xian Cheryl | Tan Jia Ying Estelle | Tan Kai Qun Jeremy | Tan Syin Yi Felicia | Tan Wei Ji Dexter | Tan Yan Ling Annabel | Tan Yan Xi Aaron | Taranya Gandhi | Tay Yong Wei Kevin | Teo Faith | Teoh Jer Suen | Terrendip Kaur | Thomas Joseph Worthington | Timothy Tan Xing Jun | Tuleen Tareq Mohammed Ashour | Victor Zhong | Wong Ming Kang | Wong Mun Rui Serena | Wong Zi Xuan Benjamin | Yee Jia Hong Michael | Zechariah Toh | Zephanie Lim | Zhang Chuyi | Zhang Keyan | Zhao Yi Meng | Zhou Jiadi



House Committee



Committee Structure

Serving Size 138 dragonites

Residential Fellow

A/P Anne Raffin & Lucie

Calories from supper 0608

House Head 2p

Clarissa Choo Kai Li

Ho Pei Juan

General Secretary 1p

Aarushi Singh

Financial Secretary 1p

Tan Hui Xian Cheryl

Sports and Games 2p

Ankitha Rajaram

Lim Ming Jie

Welfare 3p

Taranya Gandhi

Lim Jiayi Edward

Zhao Yi Meng

Creatives 2p

Serena Wong Mun Rui

Zechariah Toh En-Ze

"SWEATS"



WHAT WAS THE MOST MEMORABLE HOUSE EVENT HELD THIS YEAR?

That would definitely be Dragon's Open Mic! Good food, good music and good vibes - dragons took the stage to showcase their amazing talents. With fairy lights flickering in the background, homemade waffles, and family all around, there was an unparalleled sense of warmth and unity as the house sang melodiously (or not) together, and laughed as the best boy KPOP dance group (Pink Fluffy Unicorns) you'll ever see captivated the audience with their sick sassy moves!

DESCRIBE YOUR HOUSE CULTURE (QUIRKS, HABITS, FOOD, ETC)

When different individuals resonate with one another's values, inspire certain behaviours and are regarded collectively as one, culture grows. In Dragon, the house has grown to be just like every one of its members - weird. We make memes and imitate one another. We open jios for anything and everything, be it for breakfast, lunch, dinner or supper. We open jio to go to UHC, to fold flowers for your valentine's date, and so much more. Being together as one is our culture. Dragon accepts every member for who they are, and if you can't stop them, join them, right? So there we have, our very own weird house, but it is endearing, lovely and always our home.

WHAT WERE THE TOP 3 FUNNIEST MOMENTS OF THE YEAR?

1. When Xuan Ru had her entire room shifted down and rearranged right smack in the centre of Dining Hall as a "reward" during Angel and Mortal for finishing midterms! For about an hour, we had CAPT's very own IKEA display!
2. When PresiDon became the DH auntie in Ngee Siang's room (again, Angel and Mortal antics), literally scooping and serving him his dinner inside the room! Truly bringing room service and servant leadership to a whole new level.
3. When Kevin Tay bought his neigbae, Ming Jie, a huge rubber chicken from Taiwan and they named it Shhhla. Shhhla has its own instagram account and aspires to be an influencer by annoying everyone with its talent of gasping really loudly in the longest breath no one can ever compete against. -insert upside down smiley face-



Garuda

Western Cuisine - Roasted Beef Steak

A steak is a meat generally sliced across the muscle fibers, potentially including a bone. It is usually grilled, but can also be pan-fried.



Alastair Chan | Ang Jia Jun | Ang Kai Qi | Anjali Gawande | Ariel Lim | Benjamin See | Briones Yumi Lee | Caitlin Jane Clarke | Carissa Cheow | Chen Ching Kuang | Chen Meng Jia | Chen Zixuan | Cheng Shiyun | Cheng Woon Jo | Cherie Sara Chung | Cherylene Tan | Chew Ding Xiang | Chew Zheng Xiong | Chia Cui Ting Charlene | Chia Zong Wei | Chin Deborah Jiamin | Chok Kay-Lyn Amanda | Chong E-Lyn | Choo Wen Ting | Christal Tang | Clarisse U | Danny Khoo | Daryl Hong | Deborah Khoo | Diane Lim | Do Khanh Vy | Do Tran Chi Mai | Elijah Wong | Eunice Halim | Evan Alexander Bennett | Evi Anna Maria Gimbrere | Fok Theng Fong | Gabija Verbaite | Gabrielle Pang | George Gary Simon Fermanis | Gideon Tay | Gillian Yeong | Glen Chue | Goh Ee Lin | Goh Shuang Vanessa | Hannah Erh | Ho Jian Wei Joshua | Ho Mun Yong | Ho Shi Xian | Jana Ann Neo | Jaya Kamil Pastor-Elsegood | Jazreel Tay | Khoo Kim Hoe Benedict | Kieran Tan | Kim Daniel Jin Hun | Koh Jun Leng Alex | Koh Wee Lun Clarence | Kok Xiao Thong | Lachlan Lorimer Shanks | Lam Hui Chyi | Lam Wei Hao | Laurin Ophelie Elisabeth Irene | Lee Hui Ting | Lee Min Jia Bernice | Lee Wei Glenmond | Lee Yen Yee | Lee Yixin Natalie | Li Sitong | Li Xing | Lianne Sng | Lim Han Xuan Jackson | Lim Wei Heong | Lim Xinwei Daniel | Lim Xiu Qing | Loh Yukang | Loi Chee Kiat Shaun | Low Jia Yu Jeraldine | Loye Hean Wei Jeremy | Marcus Sim | Mary Therese Reyes | Melody Phuan | Menon Naeson | Meyer Lindiayu Raihannah Noor | Muhammad Syazwan Bin Mohamad Seman | Mun Qin Jie Ian | Nanoo Nagendra Das Ahvineesh | Narda Aldora | Ng Jing Yi | Ng Qi Hao Joshua | Ng Ray | Ng Shao Wen | Nicole Low | Nur Amirah Binte Zalizan | Ong Jing Xue Nicklaus | Ong Qian Ying | Ong Xin Yi | Or Hon Sheng Marshal | Pang Shun Wai Philippe | Patrick John Hays | Pau Hsien Ren | Phua Keng Yung | Phua Yue Jun | Poh Yi Jie Sebastian | Rebecca Tan | Risa Pagdanganan | Sarah Mourahine | Shanice Ng | Shawn Tan | Shimizu Yuto | Shoon Jun Hui | Sia Kian Zhong | Sim Yan Ling | Sim Yue Min Cheryl | Sng Xin-En Sarah | Tan En Hong Shaun | Tan Siao Hui Engracia | Tan Wei Jie | Tan Ying | Tang Wei Guan Jordan | Tanya Ma | Tanya Tan | Tay Bing Sen | Teoh Wei Shan | Tew Wen Jia Wendelyn | Tham Hui Hui | Tim Yi Hao | Toh Yu Pheng Kaylene | Victoria Ow | Wang Xinzhu | Wendy Liu | Wu Jiayu | Yin Xian Joan | Yu Cheng En Benedict | Zhao Yuedian | Zheng Jia Li Kelly | Zuhaily Bin Zulkifli



House Committee



Committee Structure

Serving Size 136 **garudians**

Residential Fellow

Dr. Tan Lai Yong

Calories from supper 0811

House Head 2p

Charlene Chia Cui Ting

Ng Qi Hao Joshua

Treasurer 1p

Ng Shao Wen

Secretary 1p

Deborah Chin Jiamin

Logistics 1p

Wong Kai Jie Elijah

Publicity 4p

Tan Ying

% Committee Structure

Tay Bing Sen

Chen Zixuan

Victoria Grace Ow

Sports 3p

Ho Mun Yong

Shaun Loi Chee Kiat

Goh Ee Lin Janet

Welfare 3p

Kieran Ethan Tan

Cheng Shiyun

Gillian Yeong

"HEE HEE HOR HOR"



WHAT WAS THE MOST MEMORABLE HOUSE EVENT HELD THIS YEAR?

One of the most memorable house events was the Chinese New Year (CNY) Celebration aka GaruXiFaCai! We have a tradition of getting a House Comm member to dress up as the 财神爷 (god of prosperity) and to walk around the corridors blasting festive songs (yes, it was Joshua). This year, we even had a karaoke sing-along where we taught our fellow exchangers popular CNY songs, a mass origami folding session, as well as a massive lou hei session where many Garudians filled their tummies with delicious Chinese New Year goodies.

DESCRIBE YOUR HOUSE CULTURE (QUIRKS, HABITS, FOOD, ETC)

In Garuda, many of us enjoy playing games, ranging from mahjong to Exploding Kittens. It's not uncommon to see random groups of people in the lounges or suites having such game nights! Many also enjoy ordering supper, with the favourite being Ameens, and McDonalds being a close second. Apart from food and games, Garuda is a house with friendly and kind people, who you can say hi to along corridors or even have spontaneous HTHTs with. We are a close knitted community and are always looking for ways to help one another.

WHAT WERE THE TOP 3 FUNNIEST MOMENTS OF THE YEAR?

1. Angel & Mortal this year!! The funniest part was when Danny printed a life size unglam of Qian Ying and pasted it on the lift doors of level 9! Needless to say, all of us were extremely shocked yet amused in the morning.
2. During FOC prize presentation, Theng Fong knocked Sam's head with the shabu shabu pot that we won, in front of all the new CAPT freshies. We were very happy to have found another use for the pot :)
3. During Touch Rug ING, when asked if he needed to be subbed so he could rest, Zong Wei said with a straight face: "My mother did not raise me to be a weakling."



Phoenix

Asian Cuisine - Economy Rice

Thought of as a predominantly Chinese food,
common dishes offered in the dish can include
sweet and sour pork, steamed egg custard, and
an assortment of deep-fried items



Alexanne Marie Francoise Moniq Dieu | Alisa Hangartner | Aloysius Lim | Alyson Lim | Ang Hui Yu | Ang Jing Wei | Ang Tian Tian | Ang Wee Kiat Marcus | Avani Jain | Boon Keng Yang Darryl | Brian Thian | Bryan Toh | Chan Choon Kong | Chan Tze Yang Aloysius | Chay Mun Teng Stephanie | Cheo Kai Lun Kenneth | Cho Yein | Choy Ting Yi | Chua Jia Qi Nathania | Chua Wan Lin Cheryl | Clare Cheong | Daan Jouke Theijse | Daryl Lee | David Lee | Dorcas Tabitha Tan | Edwin Tan | Esther Teo | Eva Phoe | Fiona Prapta Utama | Foo Kuo Yit | Fung Chi Ying Natalie | Gan Ga-Rei | Germaine Thong | Goh Mei Ying Alicia | Goh Wei Qi | Goh Zong Han | Guo Shiliang | Hangartner Alisa | Heather I'Anson-Holton | Ho Yu-Ling | Hoo Xin Lin | Imtiaz Yazdany | Isabella Ong | Isabelle Hoe | Jocelyn Hiranyakinda | Joey Chong | John Quek | Jonas Fremming | Kandira Anisha | Kim Jeyean | Koh Xuan Ming Benjamin | Kom Hui Ching Victoria | Komatsu Momo | Kong Xiangchen | Ku Chern Ying Vanessa | Kuah Kiat Yeow | Lan Qian | Lau Kang | Lau Yi Yi | Lee Shung Yi Isaac | Lee Yi-Fan Fiona | Lee Yong Qin | Lee Zong Han Lexus | Leong Wei Jordan | Lie Hsien Yong Sebastian | Liew Shan Jun | Lim Shuen Sophia | Lim Wei Shan | Lim Xuen Daphnne | Lim Ying Xuan | Low Heng Wei | Low Hwee Hiang | Lua Ser Ning | Madison Nicole Spinelli | Marilou Huba | Max Chan | Megan Quek | Merrick Ho | Michelle Chua | Nabila Fatharani Azka | Nah Jie Han | Nawat Kawkeeree | Neo Hwee Shuen | Ng Hian Leong Jonathan | Ng Jia Hui | Ng Jun Wei | Ng Shoon Phing Jarret | Nguyen Thao Ngan | Nisha S Lakhiani | Nur Afiqah | Oh Shi Ming Natasha | Ong Zi Yi Cacherel | Ow Yong Yuan Matthew | Phang Ye Sheng | Rachel Ong | Randy Julian | Reeka Chow | Reyna Chiang | Ridhi Bhatnagar | Rozemarijn Henriette Reutelingsperger | Ryan Teo | Sarah Loke | Seah Gang Xin | Sim Jun Yuen Darren | Sng Wei Yi Rachel | Sri Magima Amuthan | Tan Ee Jet | Tan Fan Jun Bryan | Tan Huai-Bin Gregory | Tan Hui Shan Amelia | Tan Jean Hann | Tan Li Ning Tiffany | Tan Li Qi | Tan Liying Felicia | Tan Ren Jun Josiah | Tan Yi Jie | Tan Ying Xin Rachel | Tang Yew Tong | Tay Hui Xin Jade | Teh Wen Yi | Thio Jun Cheng Dave | Timothy Foo | Tong Wei Hao Joel | Varen Tan | Victoria Chong | Wan Jia Shun Nicholas | Wang Kaiyuan | Wang Kang Xuan Sean | Wesley Kam | Wong Wai Kit | Wu Yulun | Xu Ling | Yap Xin Yu Vanessa Bryana | Yeo Jon-Hann | Yeo Tze Hern | Yong Khee Fui | Yu Xing



House Committee



Committee Structure

Serving Size 137 firebirds

Residential Fellow

A/P Greg Petersen

Calories from supper 1214

House Head	2p
Oh Shi Ming Natasha	
Ow Yong Yuan Matthew	
General Secretary	1p
Low Hwee Hiang	
Finance Secretaries	2p
Tan Meng Hong Edwin	
Bryan Jude Toh Wei Han	
Logistics	3p
Chay Mun Teng Stephanie	
Chong Jiaxin Joey	

% Committee Structure	
Lau Kang	
Publicity	3p
Nawat Kawkeeree	
Ng Jia Hui Winnie	
Megan Quek	
Welfare	3p
Ang Wee Kiat Marcus	
Ang Jing Wei	
Seah Gang Xin	

"OOF"



WHAT WAS THE MOST MEMORABLE HOUSE EVENT HELD THIS YEAR?

"Week 11, so much to do!!" said a little firebird.

No better time for supper and procrastination, I guess!

And with that said, the firebirds put everything on hold for a night of waffle making and switch matches.

Safe to say, they were touched by a warm waffle.

DESCRIBE YOUR HOUSE CULTURE (QUIRKS, HABITS, FOOD, ETC)

What defines Phoenix are the small aspects that the diverse people in our house come together to enjoy. We love our food - be it mass ordering xiandan from SP, having cookoffs between chefs and ordinarys, sharing supper together to last through late nights, or even as simple as house dinners. To us, it is the tiny moments that impact those around us which matter. Conversations along the corridors that grow into large gatherings as more join in, or games we play together like Avalon or FIFA, are things that we hold close to our hearts. The flames of Phoenix burn not on a single spark, but every personal fire that makes Phoenix a brighter place to be in.

WHAT WERE THE TOP 3 FUNNIEST MOMENTS OF THE YEAR?

1. Watching Prof Greg and Bryan Tan play thumb war during the Chinese New Year event.
2. When Gangxin put on a phoenix costume and delivered McBreakfast.
3. Having Xian Dan Nai You Ji Ding Fan while watching 'What's Wrong With Secretary Kim'.



Tulpar

Indian Cuisine - Dhall

Various soups/puree prepared from dried, split
pulses (legumes) in the Indian subcontinent



Aidah Binti Zakaria | Alexandra Clare Alder | Amanda Fu | Amanda Lim | Amanda Sng | Amanda Yu | Andrea Yeo | Anna Matilda Ninasdotter Holmtroem | Anne Kathrin Geschke | Brendan Loon | Brian Joshua Oscallaghan | Cecilia Reppen | Chan Joel Yung Min | Chan Yew Chun Daniel | Chen Yiwen | Cheow Sue-Jane | Cheung Hao Han Ryan | Chloe Loong Sue-Ann | Cho Yen Wee | Chua Cailin Cara | Chua Jin An Benedict | Chua Kian Liang Bernard | Chua Zi Ian | Chuang Qin Kai | Clarissa Ho | Claryl Ho | Daniel Cheng | Dexter Yeo | Dong Ying | Elisha Teh | Elizabeth Chee | Elouise Quek | Elvis John Gleeson | Emily Tandar | Eugene Toh | Florinda Bartoli | Foo Fang Qing | Freddy | Gan Shien Ren Colin | Gan Zhang Xun | Gao Liqiu June | Gillian Sim | Giorgio Chachanidze | Giulia Suzanne Amos | Goh Hui Yi Amanda | Goh Teck Xing Timothy | He Tianyu | Henry Memmott | Ho Ding Heng | Hoon Ding Yu | Iatsenko Ekaterina | Jan Adrienne Relador | Jared Martens Wong Zhi Wei | Jasmine Qhek | Je Hyunji | Jeremy Teo | Joel Alex Lee Lia Jie | John Michael Matysik Jr | Jonathan Tng | Joshua Hornberger | Juliano Prastyo | Keith Zhang | Kimberly Chua | Koh Wai Loong Brandon | Kwa Jun Qi | Lam Hoyan | Larissa Hopi Chiu | Lee Jia Ying | Leon Chua | Leyla Gimalieva | Li Jiahui | Li Wenting | Liew Yun Shan Natalie | Lim Bao Long | Lim Jia Hui | Lim Shi Yun | Lim Siyuan | Lim Yan Xuan | Lim Yi Wei | Lin Thaw Tar | Liu Fang Ching | Liu Jiajun | Liu Shen | Lok Si-Chih | Lu Jiawen | Matilda Thi Chin Tamm | Mohamed Adri Alkhatib | Muhammad Shadman Ishraq | Mun May En Faith | Natalia Levinna | Natasha Doshi | Ng Shu Ting Emily | Ng Shuen Yew | Ng Wei Jun Ernest | Nicholas Kho | Nina Maria Lehner | Ong Jun Kiat Justin | Ong Sin Ning | Pang Jee Wee Karen | Peh Wei Na Vera | Poh Mingzhong Joel | Pua Min Xin | Rachel | Raiyan Lee | Reinier Dieder Voskamp | Revindran Jayanth | Samira Hassan | Sarah Yap Ting | Seth Seet Kai | Simon Doerpinglehaus | Sng Jia Long Benjamin | Sng Wei Xuan Jay | Svarrupa Ishana Mahendran | Tam Ji Lock | Tan Jia Ying Amanda | Tan Jia Ying Jasmine | Tan Jing Wei | Tan Tao Yang | Tan Wee Han | Tan Xiao Xuan Vanessa | Teo Kang Zheng Ernest | Teo Wan Ching | Teo Wei Yang | Terri Phua | Tham Si Mun | Thaned Ong | Thomas Muiris Bowler | Toh Zi Jian | Wang Yuchen | Wei Yongji | Wong Jia Jin | Wong Yi Suen | Yap Hui Jun | Ye Yuning Kelly | Yeo Rui Ting Beatrice | Yeo Ying Hou Alison | Yeow Chen Kwei Annemarie | Yik Sin Kang | Yuki Ong | Zhu Dan | Zhu Ke Ying



House Committee



Committee Structure

Serving Size 141 tulpies

Residential Fellow

A/P Seow Teck Keong

Calories from supper 1517

House Head 2p

Faith Mun May En

Lim Yi Wei, Ted

General and Finance Secretaries 2p

Amanda Sng

Jay Sng Wei Xuan

Publicity 5p

Ong Sin Ning

Vera Peh Wei Na

Cheow Sue-Jane

Wong Yi Suen

% Committee Structure

Vanessa Tan Xiao Xuan

Welfare 5p

Natasha Doshi

Chua Zi Ian

Sarah Yap Ting

Amanda Yu

Amanda Goh Hui Yi

Sports & Games 2p

Ryan Cheung Hao Han

Lim Jia Hui

"WHAT DO YOU MEANNN"



WHAT WAS THE MOST MEMORABLE HOUSE EVENT HELD THIS YEAR?

Our end-of-sem-1 party was mad fun!! We had a Tulpar Awards Ceremony where we gave out quirky gifts to quirky people, said farewell to our leaving seniors/exchangers (which left some of us in tears), but the highlight of the night would definitely be our attempt at breaking the Guinness World Record for most number of hugs in 1 minute with TULPAPA!! (which we broke!!)

DESCRIBE YOUR HOUSE CULTURE (QUIRKS, HABITS, FOOD, ETC)

So apparently we're notorious for the Tulpar Party Bus where we went on a CE trail to the CBD area... but that's not all there is to Tulpar! We love the times when people are savage (ahem Justin) on the Tulpar chat, and the random Tangyuan nights organized by our beloved welfairy Baehan too :)

WHAT WERE THE TOP 3 FUNNIEST MOMENTS OF THE YEAR?

1. Bad Carrot Recorder to the tunes of Titanic (!!)
2. ASMR by Suejane/Ju
3. Snekniel wearing his clothes backwards

Interest Groups

Salad - a dish consisting of a mixture of small pieces of food, usually vegetables. Different varieties of salad may contain virtually any type of ready-to-eat food.



Sports



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 IG. We share TONS of goodness together, from good health to good friendships. What's best about our sport? We have no worries about injuries because it's an extremely safe non-contact sport (unless your racket decides to fly away from your hand)!



TABLE TENNIS

10:10 would smash

A place where CAPTains can learn to play a new sport, meet new friends and just have fun! Table tennis may seem like a simple game where a tiny ball bounces on a tiny table but there are many complexities behind the sport that we hope to explore together.



VOLLEYBALL

CAPTains..... ACE!!!

Ever dreamt of 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 welcome regardless of volleyball experience. :)



ULTIMATE FRISBEE

Chiwawaaaas WHOOSH!!

That's the chorus you'll hear after every one of our IG and training sessions. Sporting our maroon jersey and Chiwawa disc in hand, our love for the sport has brought us together both on and off the field. We are more than a community of people who share a passion for chasing 175g plastic discs - We are a family.



TOUCH RUGBY

Can't touch us!

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



CAPTAIN'S BALL

What sports are CAPTains good at?

CAPTAIN'S BALL

Captain's ball is probably one of the most accessible IGs because almost everyone has played this game at least once in their life! We aim to keep our sessions chill and fun every week, where CAPTains can pick up a new sport and challenge one another during friendly games :)



FLOORBALL

Floorballers are floorless (flawless)

We are a chirpy bunch who wants to play floorball 24/7 and cannot stop talking about it even when we're walking or eating. Come and join our big family of CAPT Candycanes :)



TCHOUKBALL

Dig deep! Ball first!

Tchoukball is a thrilling and safe new sport in CAPT, where we constantly have to experience the torment of Diane's kneepads. We are a fun community that trusts one another. We focus on technique to prevent ouchies and jammed fingers when we defend in triplets. So in Tchouk we protect our faces and kneel for the ball.

SOCCKER

KEEP (foot)BALLIN'

CAPT football is the only place that you're allowed to kick around some balls!! We believe in bringing out football's fun and excitement, in a chill and safe environment. New or seasoned, all are welcome to play! See you on the field!



BASKETBALL

Do you have a jersey? I need your name and number (to add you to our ig chat!)

Maximum effort, maximum fun. Here is where you can get your hands on this exciting sport in a friendly surrounding! A lot of ball handling, hops and hoops are involved and most importantly, fun is mostly assured!

Clubsoes



GUITARPELLA

musically dynamic

What makes Guitarpella so special is the friends and the same passion we have for creating music together. Whether it is jamming in Theme Room 2 or performing onstage, there is always boundless fun and laughter that comes along with it! As we continue to grow as musicians, we hope you'll enjoy our performances too!

JAM CITY

Spread the music

We believe that everyone has a little musical voice in them. Jam City's all about developing this passion as a musician in a comfortable band setting. It's a space where like-minded people come together to explore music, make some noise and have fun!



COOKING CLUB

Recipe for happiness

CAPT Cooking Club is an interest group run by a team of passionate home-cooks. Come join us as we attempt to recreate interesting dishes from all over the world. In no time, you'll cook like a Masterchef. Be sure to bring a friend along and unleash your inner chef with us!

BAKING CLUB

Surprisingly Sweet

We adore sweet treats and love exploring new bakes along with the rest of the CAPT community. We come together during each session, get to know each other a little better, and learn from each other, all while engaging in one of our favourite pastimes - talking about food!



CAPT COFFEE

#espressomyloveforyou

CAPT Coffee is a place where CAPTains gather for a cup of latte. We believe in the joys of having great coffee. The conversations that occur within our cafe encourages us to push on for the semester. Come and relish the aroma of coffee as we guide you from bean to latte!



GARDENING

Sowing the seeds of change

We seek to be responsible stewards of our CAPT green spaces and grow food in an environmentally-friendly way. We work with the staff in CAPT to secure materials such as dried leaves and coffee grounds for use as fertilisers. Our papayas have even helped feed the resident (endangered) hornbills in UTown!



CAPTURE

Even the little things, when captured beautifully, can tell great stories

Why do you take photographs? At CAPTURE, photography is a way of capturing a cherished moment - it is a way of loving. Together, we have embarked on photo trails, creative photo shoots, and photography-related community engagement. You can be any skill level, but as long as you love photography, CAPTURE will always welcome you.



CAPTIVATE

As CAPT's resident theatre group, we spend our sessions experimenting with voice and movement to create worlds, telling stories to captivate our audiences. More importantly, we are a safe yet daring family in this small community where expression is free and laughter is abundant. CAPTivate's recent production was Annie Baker's Circle Mirror Transformation in this year's Arts Showcase.



CAPT DANCE

Everyone Can Dance

The art of dance was constantly perceived as a privileged cultural field, out of reach for most common people. Nonetheless, CAPT Dance persistently strives to push boundaries through building an inclusive community where everyone has equal opportunity to explore and experience creative dance culture.



WRITE THINGS

Crafting wonderful words

We welcome CAPTains of any level of writing experience and organize writing workshops and writers' meetups on a regular basis. New to writing? Or preparing to publish your first novel or poetry collection? Join us and Write Things with us!



HANDYCRAFT

a time to unwind

HanDIYcraft engages in a variety of craft activities such as oven-baked polymer keychains, macrame, nail-string art, and knitting! HanDIYcraft provides a pocket of time for art therapy and unwinding amidst the busyness of school. We have also collaborated with other committees and events like ACE, CAPT Support and Arts Showcase.



CAPITAL

Nurturing Investors Safely

Learning about finance doesn't have to be hard! In Capital, we aspire to promote financial literacy in a beginner-friendly and inclusive environment. Not only do we teach about personal finance, we also teach CAPTains how to invest safely in financial markets, covering topics such as Passive Income Investing!



CAPTS_LOCK

Cracking the code for a brighter future

CAPTs_Lock was birthed from a love for tech, and aims to share how technology can be useful and fun. Through our workshops, CAPTains can enjoy a myriad of activities like web design and programming.



CAPT CONQUERORS

Step out of your comfort zone

Being busy people, we often neglect the power of pausing to reflect. CAPT Conquerors hopes to provide a safe space that challenges you to reflect, gain self-awareness, and step out of your comfort zone! Through thematic weekly sessions, we aim to build a community who want to see themselves grow :)

Events

Dessert - a course that concludes an evening meal, usually consisting of sweet foods, such as confections dishes or fruit, and possibly a beverage such as dessert wine or liqueur.



KINSFOLK

CAPT FOC 2018



POPEG

Kinsfolk '18 was an experience that exceeded our expectations! We always refer to O'Comm as a dysfunctional functional group because of our different personalities and quirks. However, during the late nights where everyone's exhausted, we saw the kindest hearts looking out for and supporting one another, as well as lots of laughter over dumb moments. The experience of coming together to create something so much bigger than yourself really sticks with you. To quote an O'Comm member, "All endings are also beginnings, we just don't know it at the time" (Thea, 2018). Although Kinsfolk has ended, it sparked a friendship that changed us. These ties and adventures would be sure to stay with us for a long time.

Keng Yung, Daniel, Genevieve



5 HOUSES 1 CAPT

R O C

Leading ROC was daunting at first. We did many things that we had never done before, but it was fulfilling to see our hard work pay off as the whole house came together during FOC. Sometimes, we would take a step back and watch everyone interact with each other. It was always a beautiful sight to behold. #ROCHearth18/19<3

Elysia, Tze Shuiyan

D r a g o n

Being House ICs was a fun and fulfilling experience! It was a step out of our comfort zones when we had to be the 'face' of the house in dances and publicity videos, or lead the cheers. We also got to meet some pretty cool house ICs from the other houses too ;) Our most memorable experience would be our house initiation night. It gave us the opportunity break the ice between the different OGs to be united as one Dragon :) Terren, Josiah

G a r u d a

Being House ICs was a foreign experience to us, but we were glad to have taken up the challenge. We made many new friends (shoutout to the other House ICs) and strengthened our current friendships. Our most memorable experience was when Sam hit her head on a Shabu-Shabu pot I placed over her and got a mini concussion! But in all seriousness, what was memorable was the entire process of putting something together for the incoming juniors to show them that Garuda can be a home away from home. Samantha, Theng Fong

P h o e n i x

"Phoenix! Burn!" "BURN!"

It was a simple cheer, but it united us all. When we took on the mantle as House ICs, we were initially uncertain that we could embody the spirit of Phoenix. However, with the support of our House Heads, RAs, OGLs and OGCs, we managed to pull it off. We watched with pride as our new firebirds spread their wings and emerged the champion house of FOC for the first time. We will always remember the cheering, late-night discussions and dance sessions that culminated in the FOC '18 with fondness.

Jarret, Ting Yi

T u l p a r

The experience we got from leading our house was pretty good! The freshmen were not bad, but I think we were better. Difficulty level: 1/5, Excitement level: 5/5. TBH CAN IS CAN. The most memorable time was when the music stopped during our walk-in and we had to do an impromptu cheer. But we managed to make it look like we planned it ;) Bonding with the other House ICs was pretty lit too, especially when we had to film together!!

Natasha, Wei Yang



FOC was a magical experience for me. I remember the warm welcome I received from the seniors on Day 1 and the sensitivity my OG mates showed towards one another during HTHTs. All of us looked out for each other in our own ways. This continued through school term with the random knock-on-all-doors dinner jios, late night talks along the corridor, and laughing endlessly in the lounge. My favourite part about FOC was CE Day. Despite the language barrier, everyone gave their best in practising the Mandarin songs and interacting with the elderly. I could see the passion to serve within everyone. That was when I discovered a glimpse of what Community Engagement in CAPT is all about.

Teo Faith



Formal Dinner



At the beginning of each academic year, the Welcome Dinner is held in the Dining Hall to formally welcome a new batch of freshmen and returning seniors back to CAPT. The Welcome Dinner was opened with a speech by our Rector, Mr J Y Pillay, followed by a speech from Master Seow. Dressed to the nines, CAPTains enjoyed a night of great entertainment, food, drinks and fellowship. Perhaps, the most defining moment was when the 7th CSC President, Donovan, led CAPTains in the recital of the CAPT Pledge to remember the values that CAPTains should strive to embody, as well as to unite and prepare CAPTains for the new year ahead. Welcome home, CAPTains!



CAPT ISS

CAPTISS 2018 was a space for people to learn from each other's ideas, practices and experiences. On 22 September, we welcomed over 400 attendees, held over 60 presentations at our 9 panels and poster sessions. The learning was centred around the theme of Sharing Spaces, which centred around diversity and the need to talk about it as we share more spaces with people. Sharing Spaces is about how we can better navigate this phenomenon.

Organising a symposium to talk about this topic was a learning journey. It was humbling to see how each of us grew: an Academics Subcommittee member overcame her hesitations and became an eloquent moderator for her panel; a director learnt design skills and website-making skills from scratch.

This experimental environment is the hallmark of CAPTISS, and CAPTISS 2018 should be remembered by that. The Logistics team implemented a QR code registration system, the first of its kind in CAPT. The Publicity team gave us a backdrop that can be used for future CAPT events. The Hospitality team created the perfect atmosphere for building connections between all attendees. And the Academics team innovated to create a beautiful art gallery.

Thank you to all who contributed to CAPTISS in one way or another. This symposium would not have been possible without all of you.

Jordan Tang and Cheryl Chua



PANELS



COLLABORATION

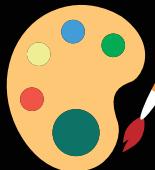


GENDER ISSUES

EXPLORING
INEQUALITIES



HERITAGE
CONSERVATION



ARTS

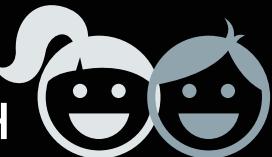


CHALLENGING
STIGMA

ENVIRONMENT



CHILDREN
AND YOUTH



SPECIAL PROGRAMMES



ART
GALLERY

Craft projects from the Institute of Mental Health (IMH) and music from The Purple Symphony were showcased to allow participants to experience art through sight, hearing and touch.

Human 'books' from all walks of life conversed and shared their experiences with CAPTains, providing a platform for the exchange of new ideas and to challenge stereotypes.

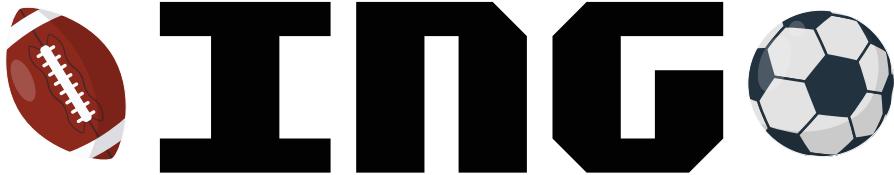


HUMAN
LIBRARY



APPLIED
THEATRE

Through the process of making theatre, participants physically and emotionally experienced varying narratives, perspectives and thought about social issues.



ING



Amazing, I fell in love; she was called Tchoukball. - Joel Chan (Tulpar Tchoukball Captain)

ING is a prime opportunity for CAPTains to pick up new sports, and for intra-house friendships to form through IGs. During recess week, many come down to support their housemates. It was heartening to see everyone come together to support their friends. This year, the mysterious game was Quidditch, but with balloons instead of broomsticks. In ING, what matters more than winning are the skills learnt, the memories formed, and the bonds forged.



POPEG
It's real nice coming together celebrating something that we all love
- LiQi (Phoenix Frisbee Captain)



Fun and exciting - Ang Kai Qi (Garuda Dodgeball Captain)



Hilarious and fulfilled to see everybody having fun
- Marcus Tan (Roc Mystery Game Captain)



A safe space where people have no qualms about playing - Lim En Ci (Dragon Floorball Captain)



The Inter-College Games (ICG) is an annual sports competition among all residential colleges. ICG served as a platform for CAPTains to hone their sports skills in a more competitive setting. A large array of sports was offered, from physical sports such as Dodgeball and Badminton, to intellectual games like Chinese Chess and Contract Bridge, and e-sports such as FIFA and Overwatch. This year, bouldering and swimming were included, which spurred the formation of new IGs. Beyond the training, tears and joy, it was also an opportunity to deepen friendships both within CAPT and between RCs.





Inter-Neighbourhood Shield (INS) is an annual games competition held by the Student Affairs Committee (SAC). Spanning over two days, SAC invited CAPTains to vote for the games they wanted to play. This led to the inclusion of new games such as Brawl Stars, Overcooked 2, Mario Kart and Masterchef. INS promoted a platform for interactions between houses and provided CAPTains with an opportunity to relax by playing different games! Overall, INS was an enjoyable and exciting experience, made even sweeter by the apple pies at the closing ceremony!



CAPT OPEN MIC

Open Mic is organised once a semester to provide CAPTains with an opportunity to perform for their peers and showcase their various talents. Under the fairy lights, CAPTains were serenaded by stunning performances. It was a well-needed break from studying, a stolen moment amidst the school term.



HALLOWEEN



HOW WAS IT LIKE PLANNING HALLOWEEN DINNER?

This year's Halloween Dinner theme was 'Broken Silence' and we had fun planning the event! We really appreciate the houses for all their whacky ideas. We were most afraid of the actual execution of the storylines and scaring, as we couldn't be sure that everything would run smoothly on the actual day. On the event day, we had a bottleneck that required us to think on our feet to increase the buffer time. As I had never been in a haunted house, it was scarier for me since I had to rely on my imagination to envision the whole scaring process.

WHAT WAS YOUR FAVOURITE HALLOWEEN COSTUME?

Halloween dinner was cool - my favourite costumes were the guy as a Gongcha cup and the group that dressed as Bowling pins!

Lua Ser Ning (SAC)



ce fest



MORTICIAN SERVICES



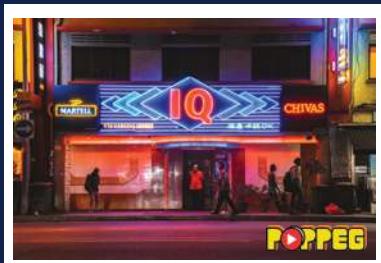
SURVIVALIST



MIGRANTS TOUR PACKAGE



KAYAKING ORIENTATION



GEYLANG STREET WALK



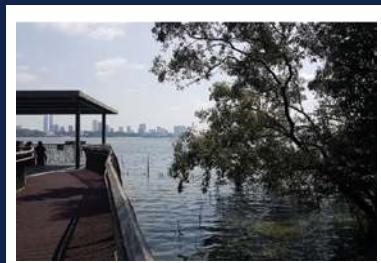
BALIK KAMPUNG



CONVERSATIONS IN CHINATOWN



ONESIMUS TRAIL



SUNGEI BULOH



DUMPSTER DIVING



INTER-GENERATION



TASEK-CATION

CE Fest is CAPT's annual flagship event that celebrates the communities we have interacted with. This year, CAPTains ventured out on 13 different trails over two days. The theme "Pulse - discovering similarities amidst differences" encouraged us to look beyond labels, stigma and differences between communities and individuals. The trails served as a platform for dialogues about hidden communities in Singapore, and exposed participants to different perspectives. Ultimately, CE Fest is an avenue for CAPTains to learn from others, connect with people, and give back to society.

PRISM

CAPT ARTS SHOWCASE



POPEEG

This year's Art's Showcase was centered on the theme Prism. Like how individual rays of light converge in a prism to form a single unified beam, Arts Showcase highlighted how the different performing arts IGs in CAPT came together to create a cohesive production. Organising Arts Showcase provided a unique opportunity for us to establish a legitimate platform for our multi-talented CAPTains to showcase their skills and celebrate the value of having an arts and culture scene in the college. We hope that performers were able to challenge themselves with more complex performances and push themselves to improve in their respective skills. We hope that future iterations of the event will build upon this foundation to accentuate the

arts scene in CAPT and eventually see the production grow to something of a larger scale.

Kaylene (ClubSocs)



Overseas Trips

International Cuisines - a mixture of various cuisines found throughout the world with its own unique history, culture, geography, religion, and locally grown ingredients.



STEER MYANMAR



STEER Myanmar was eye-opening as it was our first time in Myanmar. Nobody knew what to expect during the 16 days there as we knew little besides the history of Burma, which we researched beforehand. We interacted with various communities and stakeholders such as Inle Heritage, Yangon Bakehouse and Linkage. The Golden Land got us chasing many sunsets from Mandalay Hill to Inle Lake. We enjoyed the Burmese delicacies which had familiar flavours from neighbouring countries such as Thai, Indian and Chinese. However, because of political issues, Myanmar's tourism industry is

underdeveloped, affecting the locals' livelihood. While we hope tourism will improve, we saw its negative impacts on the environment.

Cycling on the terrains of Myanmar was an unforgettable experience as we explored villages and temples on bikes. Another memorable moment was Mr Min's cooking class. After learning how to cook Burmese food, we burnt the calories off by learning the infamous one leg paddling and laughed at our friends who fell off the boat into the murky water. All these simple activities allowed us to relive our childhood as kids learning and having fun.

STEER INDIA



In December of 2018, a group of 22 CAPTains embarked on an exciting learning adventure to India. This trip was organized as part of our Senior Seminar, UTC2402 (Re)Building Communities: Insights from India, led by Dr Kankana Mukhopadhyay and Ms Wong Soon Fen. While all of us may have had different reasons for signing up for the module, we all shared the same openness towards learning about the Indian culture and understanding various models of community development. The trip provided us with the chance to experience India's vibrant culture through the sights and sounds, food and

conversations with people. We had many experiential site visits to NGOs of a wide range of expertise- from sustainable habitats, to crafts, to migrant workers etc. Through this, we witnessed what community development really looks like on the ground. For every cup of Masala Chai tea offered, every homemade Chapati and every firewood lit cold night, we dearly remember the warmth shown through the hospitality of each one of our hosts and their willingness to share with us their stories. This trip has taught us humility in seeing the world from another's lens and in appreciating what we have. Thank you Dr Kankana Mukhopadhyay, Ms Wong Soon Fen, and Mr Christopher Ong for being so supportive and creating a safe space for us to learn and grow.

CAPTS^LAM



A group of 25 CAPTains mentored students from Tanglin Secondary School as part of the three-month CAPT – Tanglin Student Leader Action Mentorship (CAPTS^LAM) project. It culminated in a cultural immersion trip to Chiang Mai, Thailand. Prior to the trip, 8 local sessions were conducted where the mentors inculcated important values and fostered their mentee's confidence level through public speaking. During the trip, the students visited two secondary schools and one primary school where they conducted activities for the local students. Through the CAPTS^LAM programme, mentors not only

positively impacted TSS students, but also developed their leadership potential, bolstered their confidence level and imparted valuable skills to their mentees.

The most memorable moment was seeing the mentors stay up till the wee hours on the day before the mentees' departure back to Singapore to write heartfelt notes or making crafts to give to their mentees. Even though one might argue that it is too idealistic to create valuable relationships between the mentors and mentees within the four months, looking at my mentors fight against the "zzz-monsters" for their mentees showed that there is value in every bit of the mentoring programme and it was truly heart-warming to witness its successes.

CAPTS^LAM 4.0



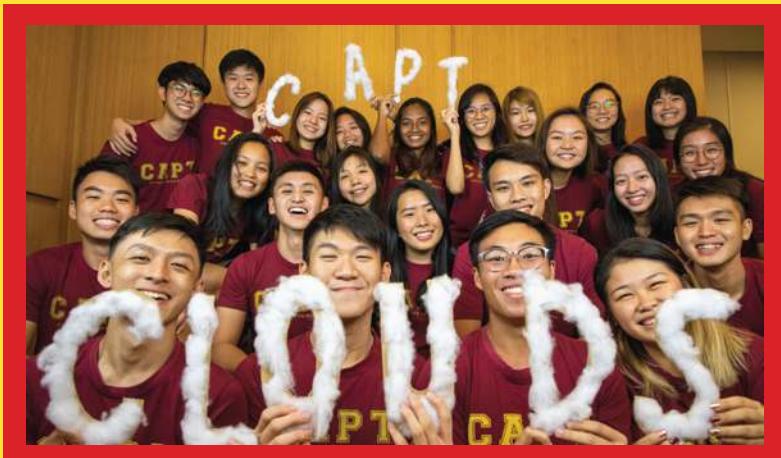
CAPTS^LAM is an acronym for College of Alice and Peter Tan Student Leader Action Mentorship. It is a four-month long mentoring programme conducted in partnership between CAPT and Queensway Secondary School (QSS), culminating in an overseas trip to Cambodia in June. CAPTains act as mentors and older sibling figures to these youths, providing guidance and influencing them through relational mentoring.

We aim to equip the students with relevant hard skills such as public speaking and stress management, but more importantly, help

them realize that there are people who care and are invested in their well-being and growth. At the end of the programme, we hope that mentees will be able to face challenges with confidence, while knowing that they have people they can turn to and rely on.

For mentors, CAPTS^LAM is a personal journey of self-discovery and growth. It's an incredible opportunity for CAPTains to take the first step into mentorship. Mentors will learn to engage with - and also understand the needs and difficulties of - a rather unique community. We hope that this will help broaden the world view of CAPTains who may not recognize the challenges that many youths face.

CAPTclouds



CAPTCLOUDS 2019 marks the fourth iteration of this Overseas Service Learning Project. Our team consists of 26 passionate CAPTains with a heart to engage and learn from the local Yunnan communities. CAPTCLOUDS has the key focus on imparting soft-skills and important life lessons through our activities.

This year, we plan to work with 3 main partners - Happy Ark Drop-In Centre, Liangmei Primary School and Lijiang University. Happy Ark Drop-In Centre is a centre for the children of migrant parents located in Kunming. We aim to organise a

Family Engagement Day for the children and their parents as we understand that many of them are latchkey children who are often neglected by their parents. Liangmei Primary School, the main partner for all CAPTCLOUDS iterations, is located in a rural Lijiang village. We intend to interact and engage with the students through our programmes which are based on the theme of Gratitude. We will also have the opportunity to beautify the school's newly built canteen with murals designed by our publicity team.

Home visits and village tours will allow us to interact and engage with the local community. We will also be hiking and planting potatoes to complete our unique local immersion.

CAPT KAMAL



We are the KAMAL KAKIS! We are 25 unique and lively individuals who share a passion to serve the global community. In May 2019, we will embark on a journey to the city of Bangalore in India. We journey there with a mission: to spread the importance of education to youths very much like us, reaching out to our brothers and sisters abroad.

On our recce trip in December 2018, one of the most memorable moments on the trip was when we visited a potential partner nestled in the Yelagiri Hills, on the outskirts of the state of Karnataka. The views were

breathtaking. The local guide then brought us on an immersion into his local village, where we saw their simple way of life: the mud-huts, the animals of the farm, and the wells they drew their water from. It was an eye-opening experience to see the innovative equipment and methods they made from scratch to aid them in the agricultural activities.

Such an experience allowed us to meaningfully encounter the people, place and culture of the community we aim to serve in May 2019, for our 4th iteration of CAPT KAMAL.

CAPTSMILE



Smile Village sits on the fringes of Phnom Penh, Cambodia. This village serves as a transitional zone for 69 families, formerly from slums, who aspire to step out of poverty. These families are being empowered and equipped with soft skills to be fully self-sustainable before leaving Smile Village for the outside world. In May, CAPTsmile will be partnering the residents there in exploring solutions to further enhance the operations of their social enterprise, and to build relationships with the residents.

If there is one thing to know about us PDs, it is that we have completely different working styles. One of us is organized, conscientious and multitasks well. The other is messy, spontaneous and fails to multitask (but also the better writer). Despite our differences, both of us treasure this opportunity to believe in people and their potential to achieve so much more – be it for our fellow smileys or the families in Smile Village.

It's been a great journey with the smileys, who have been enthusiastic and faithful to the weekly planning sessions. To our lovely team, we appreciate your commitment to learning beyond the textbook, and your hearts for the residents there. Thank you for trusting us with your time, effort and growth. Let's have an amazing time in Cambodia! អរគុណា

MYCAT



A team of CAPTains participated in a CATwalk organized by the Malaysian Conservation Alliance for Tigers (MYCAT). The CATwalk programme provides an avenue for participants to do their part for tiger conservation by trekking in Taman Negara, Malaysia's National rainforests in Pahang, Peninsular Malaysia. By walking on the trail, we increased human traffic into the forest, thus playing a role in deterring poaching in the forests. During the trek we looked out for snares and traps, and set up a camera trap to support research and documentation of wildlife in the area. The tour brought us

upfront with nature - battling leeches and crossing rivers and steep terrain, while encountering evidence upon evidence of the wildlife that live in the forest. From the footprints of elephants and mouse deers, to leopard cat droppings and sun bear claw marks, it was a fascinating experience 'playing detective'. It also allowed us to better appreciate and understand the value of protecting the last few remaining rainforests on earth.

Farewell

Digestifs - drinks, typically alcoholic, that are normally served after a meal to aid digestion. When served after a coffee course, it may be called pousse-café.



Heritage Project



The CAPT Heritage Project was a CSC Publicity initiative that allowed CAPTains to look back at how far CAPT has come since its inception in 2012. Through videos and merchandise exhibitions, the project provided an opportunity for CAPTains to gather insights on how CAPT was developed and operated throughout its seven years of history. It also allowed CAPTains to learn about the experiences of both old and new CAPTains alike.

WHAT DOES CAPT MEAN TO YOU?

A word cloud centered around the words 'home', 'family', 'friends', 'love', and 'community'. Various positive adjectives and names are associated with these central terms, such as 'warm', 'safe', 'kind', 'engaging', 'growth', 'supportive', 'fun', 'sleep', and 'dining hall'.

Key words and their associations:

- dragon (green)
- wholesome (blue)
- supportive (blue)
- fun (red)
- sleep (pink)
- Warm (yellow)
- clubssocs (orange)
- experience (purple)
- compassion (purple)
- fun (green)
- supper (green)
- chill (red)
- inspiring (green)
- relief (orange)
- comforting (orange)
- kindness (orange)
- suitebaes (blue)
- comfort (blue)
- ACE (red)
- safety (orange)
- friendly (green)
- inspirng (green)
- ACE (red)
- ameens (blue)
- freedom (blue)
- safe haven (blue)
- second chances (blue)
- growth (blue)
- late night hht (blue)
- community (green)
- triston (yellow)
- engagement (purple)
- angsana (green)
- communal (green)
- dining hall (red)
- family (yellow)
- CE (purple)
- gratitude (red)
- communities (red)
- life (red)
- Garuda (yellow)
- roc rules (red)
- phoenix (red)
- kind (blue)
- experiential (yellow)
- safe (purple)
- memories (blue)
- vibrant (blue)
- inclusive (blue)
- fam bam (blue)
- Tasek (blue)
- nap (red)
- tulpar (yellow)
- warmth (yellow)
- darryl boon (blue)
- altruistic (yellow)
- friends (purple)
- roc rules (red)
- phoenix (red)

POPPEG

Exchangers



NASH MESQUITA-MENDES

 UNIVERSITY OF SOUTHERN QUEENSLAND

My favourite food is Ameens or Macs ;) But otherwise, my favourite food in Singapore would be Katong Laksa. My favourite memories from CAPT are the late-night chats in the lounge or in a friend's suite (supper optional haha). It's a big part of what made ROC & CAPT felt like home.



VICTOR ZHONG

 AUSTRALIAN NATIONAL UNIVERSITY

Honey Steak was the most memorable meal in CAPT for me! One of the funniest moments would be the shenanigans in Dragon's (ice-box) SR during Reading Week.



DIANA ZHAO

 UNIVERSITY OF HONG KONG

My favourite food in Singapore is Mala. Every time I need some refreshment I would go to eat it. I have a lot of nice memories in CAPT, but the most impressive one is about the CAPT buddy program. I met lots of good friends and learned more about Singapore in CAPT!



TOSHIMA KANTA

 UNIVERSITY OF TOKYO

My favorite CAPT memory was participating in ICG Swimming. Although I was very excited when we won the race, what was most memorable for me was the time we spent together and the very kind and cheerful friends I met. This memory will remain in my heart for a lifetime.



DANIEL LOUIS ARTHUR BIEK



ETH ZURICH

My favourite CAPT moments are the evenings in the Dragon lounges and the ICG, because through these I got to know a lot of good-hearted people and made new friends. The ICG helped me a lot to integrate in the CAPT community and it was huge fun.



CHO YEIN



KOREA UNIVERSITY

The most memorable meal I ate in Singapore was at Wah Chee. A friend in Phoenix (Jingles) was surprised that I haven't tried REAL Singaporean food and brought me there. I had many nice local food there and had such a great time meeting new friends and having fun with other CAPTains.



FLORINDA BARTOLI



SCIENCES PO PARIS CAMPUS OF MENTON

Prata is my favourite food. I literally got addicted to prata, especially prata veggie and cheese, probably because it's the closest thing to bread with cheese that I can have here. One of my favourite things about CAPT is the spontaneous talks in my room :)



MARTHE KAAL



UTRECHT UNIVERSITY

Some of my favourite memories of CAPT are the intertidal walk, night cycling trip, playing foosball and eating brownies on friendship day. I also really enjoyed the Chinese New Year activities. However, the best thing is how welcome everyone makes me feel. You don't find that everywhere!



ADEEBA AHMAD

 GEORGETOWN UNIVERSITY IN QATAR

My most memorable meal was when Peijuan accidentally put pork in our shared mala HAHA. Night cycling with Dragon is my favourite memory of CAPT! It was such a unique bonding experience and it was so fun even though I wasn't into cycling before.



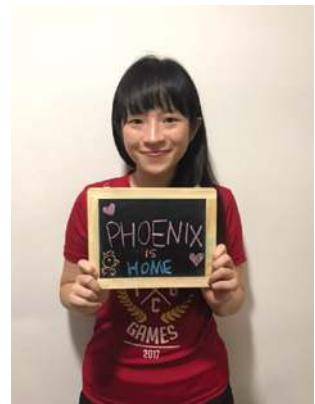
GIULIA AMOS

 ETH ZURICH

I like hotpot - it's like fondue but different. I'm pretty obsessed with the banana muffins at the engineering department as well! The Tulpar welcome back event was very memorable. Everybody was so friendly and welcoming! Also, I love how you just laugh about literally everything. It makes me happy!

Graduants

WHAT WILL
YOU MISS
THE MOST
ABOUT
CAPT?





credits

FELLOWS

Mr J Y Pillay	A/P Theresa Tan May Chin
A/P Adeline Seow	A/P Thang Leng Leng
A/P Seow Teck Keong	Dr Joelle Lai
Dr Tan Lai Yong	Dr Kankana Mukhopadhyay
Ms Wong Soon Fen	A/P Siok Tambyah
Dr Daniel Jew Yun Hsien	Ms Angie Tan Xue Yun
A/P Anne Raffin	Dr Linda Matar
A/P Greg Petersen	Dr Toh Tai Chong
A/P Bruce Lockhart	Dr Patrick Wade
Dr Alberto Corrias	A/P Reuben Wong
Dr Kevin McGahan	

STAFF

Ng Keng Boon
Christopher Ong Eng Seng
Yit Li Ling
Defie Tanoto
Lee Meng Choo

PHOTOS

CSC Publicity
FOC Publicity
CAPTISS Publicity
ICG Publicity

COMMITTEES

7th CSC
CSC Committees
Roc House Committees
Dragon House Committees
Garuda House Committees
Phoenix House Committees
Tulpar House Committees
Interest Groups
2018 FOC Committee and House ICs
CAPTISS Committee
ING Captains

INDIVIDUAL WRITEUPS STEERS / OVERSEAS TRIPS COMMITTEES

Lam Wei Hao	STEER Myanmar
Marcus Ang	STEER India
Sujay Gadiraju	CAPTSlam
Teo Faith	CAPTSlam 4.0
Nash Mesquita-Mendes	CAPTCLOUDS
Toshima Kanta	CAPT Kamal
Marthe Kaal	CAPTSmile
Victor Zhong	MYCAT
Daniel Louis Arthur Biek	
Adeeba Ahmad	
Diana Zhao	
Cho Yein	
Florinda Bartoli	
Giulia Amos	
Graduands	

Special thanks to the
POPPET TEAM

CaptSule Team



P.S. We were laughing at Jeremy dancing to *What is Love?*



Publicity Director
TRISTON PANG
just wants a glass of milk instead of coffee for once



Publicity Vice-Director
SARAH ROZARIO
wonders if mala is a salad



Editor
RACHEL QUEK
won't eat anything spicier than McDonald's curry sauce



Designer
HUITING LEE
loves all types of jelly and tofu <3 and hates coconuts :(

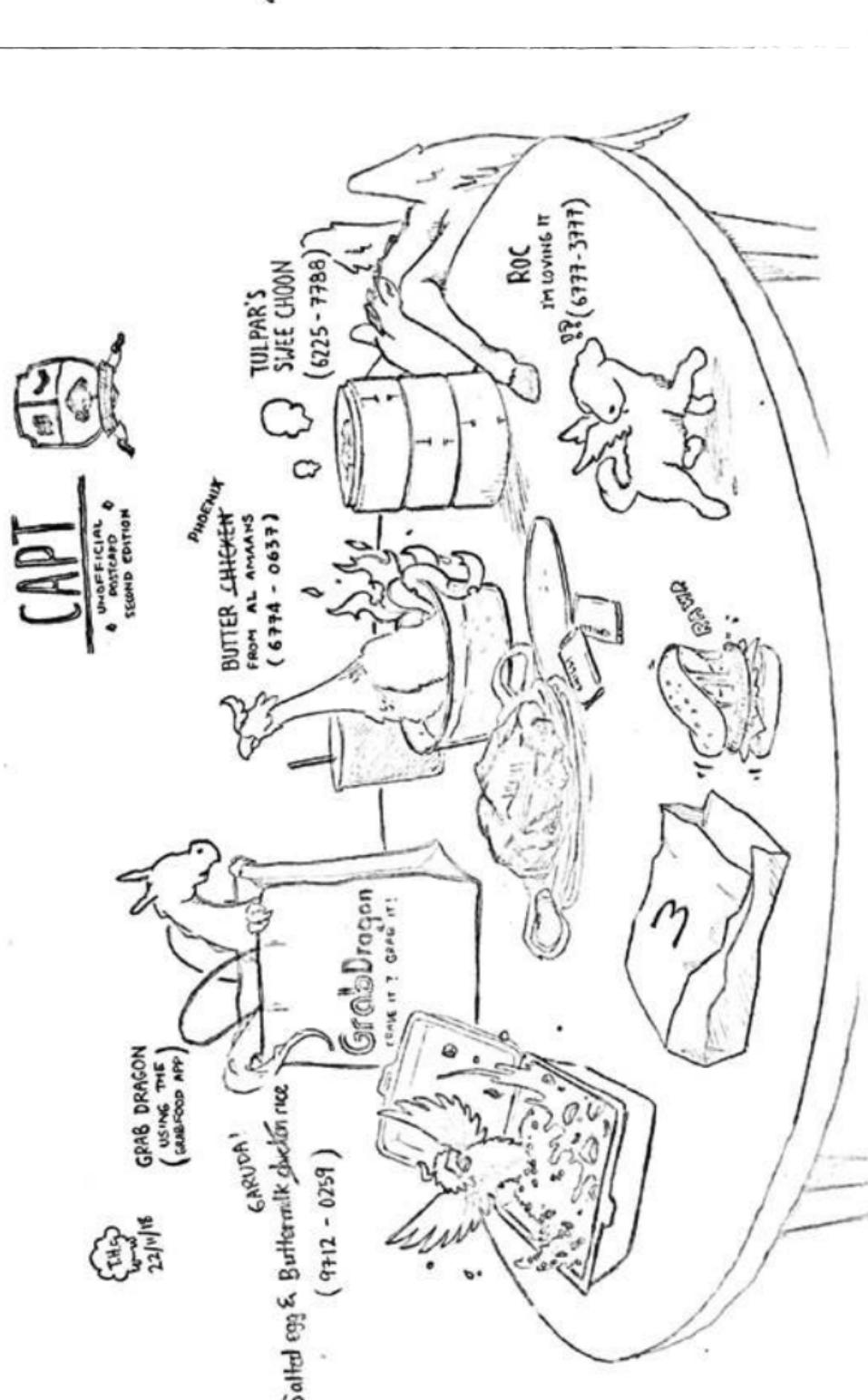
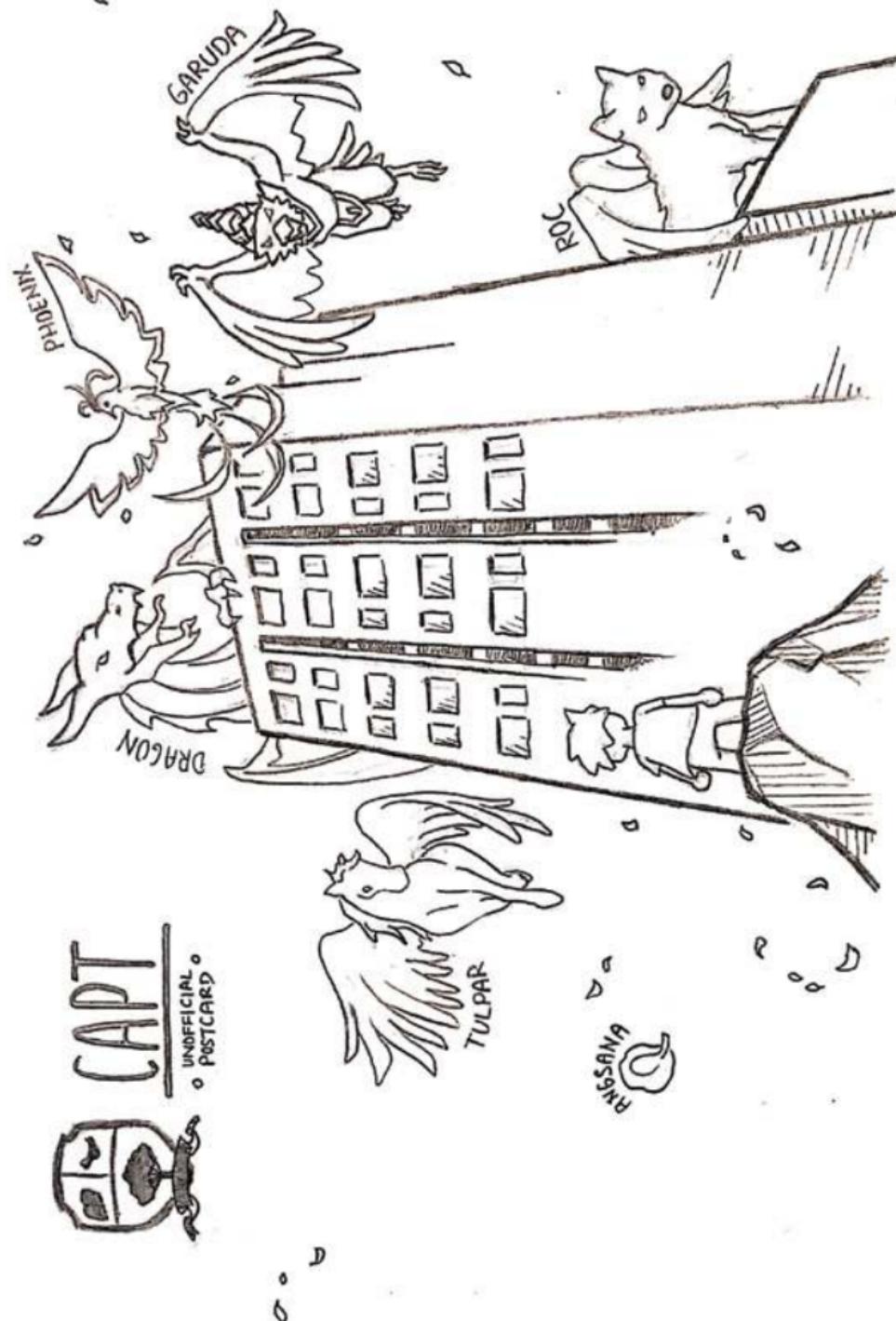


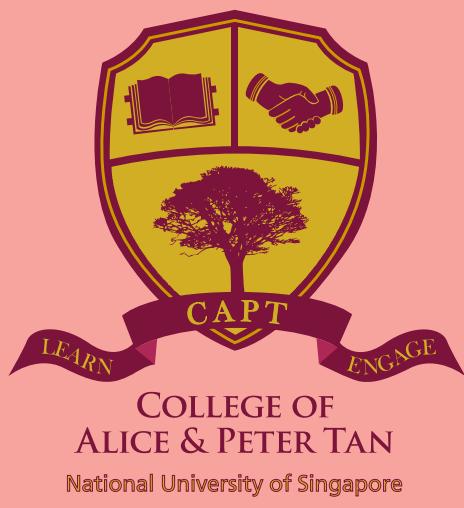
Writer
MELISSA CHIN
gets sad when people take her food without asking (unless it's vegetables)



Writer
NG DAWN
can be bribed with watermelon juice

TH
20/4/18





COLLEGE OF
ALICE & PETER TAN

National University of Singapore