

Bridge



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**

#2 2024



POWERING A GREENER FUTURE

Community-driven recycling effort, Clean Up @ South West, brings schools, community members and partners together for sustainability.



“Municipal issues might appear simple but can be quite complex on the ground. We have to find a compromise that works for everybody. The first step is to get a sense of residents' concerns.”

MR DESMOND LEE
Adviser to West Coast GRC
Grassroots Organisations



➔ 10 FESTIVE CHEERS @ SOUTH WEST 2023

Smiles and household essentials get delivered straight to families' doorsteps.



➔ 12 SOUTH WEST COMMUNITY JOB FAIR

New opportunities and career growth await jobseekers in the district.



➔ 14 MOBILE GROCERIES @ SOUTH WEST

Volunteers turn a lorry into a roving supermarket for residents.

Dear friends,

As we co-create a more sustainable and inclusive South West District, we are continually inspired by the unwavering dedication of our community, corporate partners and volunteers. Your efforts are commendable and integral to achieving our district's goals.

South West CDC celebrated the outstanding contributions of our partners, including schools and students, at our annual Clean Up @ South West event with the Sustainable South West Awards. Congratulations to all award winners! Their eco-friendly practices and commitment to promoting sustainability have created a positive impact in our district. Their achievements also reflect the power of our community and the role each individual can play in driving meaningful change to improve our environment.

We also see this vibrant spirit of collaboration behind the success of initiatives such as Festive Cheers @ South West and Mobile Groceries @ South West. These programmes highlighted our partners' crucial role in uplifting the vulnerable among us. Mobile Groceries @ South West, a new partnership with non-profit organisation Hao Ren Hao Shi, mobilised volunteers from all walks of life to bring essential groceries to vulnerable residents, particularly seniors with mobility issues. This initiative helped alleviate cost-of-living concerns, promoted youth volunteerism and strengthened our solidarity.

Apart from uplifting the vulnerable, we continued to build an inclusive South West District. The South West Community Job Fair provided valuable opportunities for jobseekers of all ages and abilities. We are committed to creating an environment where residents can access meaningful employment and thrive.

Thank you to all partners and volunteers who have tirelessly contributed to the CDC's initiatives. Together, we are shaping a dynamic, sustainable and united South West District. Let us build on this momentum and strive to create a brighter future for all.

**அன்பார்ந்த நண்பர்களே,**

மிகவும் நிலைத்தன்மையுடைய மற்றும் அனைவரையும் உள்ளடக்கிய தென்மேற்கு வட்டாரத்தை நாம் இணைந்து உருவாக்குகையில், எமது சமூகம், பெருநிறுவனப் பங்காளிகள் மற்றும் தொண்டோழியர்கள் நல்கும் அசைக்க முடியாத அர்ப்பணிப்பைக் கண்டு நாம் தொடர்ந்து கவரப்படுகிறோம். நமது வட்டாரத்தின் இலக்குகளை அடைவதில் உங்கள் முயற்சிகளும் ஒருங்கிணைப்பும் பாராட்டுக்குரியவை.

தென்மேற்கு சமூக மேம்பாட்டு மன்றம், நமது வருடாந்த Clean Up @ South West நிகழ்வில், பள்ளிகள் மற்றும் மாணவர்கள் உட்பட நமது பங்காளிகளின் சிறந்த பங்களிப்புகளுக்கு, நிலைத்தன்மை தென்மேற்கு விருதுகளை வழங்கி சமீபத்தில் கொண்டாடியது. விருது பெற்ற அனைவருக்கும் வாழ்த்துக்கள்! அவர்களின் சுற்றுச்சூழலுக்கு உகந்த நடைமுறைகள் மற்றும் நிலைத்தன்மையை மேம்படுத்துவதற்கான அவர்களின் அர்ப்பணிப்பு ஆகியவை நமது வட்டாரத்தில் சாதகமான தாக்கத்தை உருவாக்கியுள்ளன. அவர்களின் சாதனைகள் நமது சமூகத்தின் சக்தியையும், நமது சுற்றுச்சூழலை மேம்படுத்த அர்த்தமுள்ள மாற்றத்தை ஏற்படுத்துவதற்கு ஒவ்வொரு தனிமனிதனும் ஆற்றக்கூடிய பங்களையும் பிரதிபலிக்கின்றன.

திட்டங்களினுடைய வெற்றியின் பின்னணியில் இந்தத் திட்டப்படிக்க ஒத்துழைப்பையும் நாம் காண்கிறோம். இந்தத் திட்டங்கள் நம்மிடையே இருக்கும் எளிதில் பாதிக்கப்படக்கூடியோரை மேம்படுத்துவதில் நமது பங்காளிகளின் முக்கிய பங்கை எடுத்துக்காட்டுகின்றன. இலாப நோக்கற்ற நிறுவனமான ஹாவ் ரென் ஹாவ் ஷி (Hao Ren Hao Shi) உடனான புதிய கூட்டாண்மையுடன் தொடங்கப்பட்ட Mobile Groceries @ South West, எளிதில் பாதிக்கப்படக்கூடிய குடியிருப்பாளர்களுக்கு, குறிப்பாக நடமாடுவதில் பிரச்சினைகளைக் கொண்ட மூத்தோர்களுக்கு அத்தியாவசிய மளிகைப் பொருட்களைக் கொண்டு வந்து அளித்திட அனைத்துத் தரப்பு தொண்டோழியர்களையும் திரட்டியது. இந்தத் திட்டம் வாழ்க்கைச் செலவு குறித்த கவலைகளைத் தணிக்க உதவியது. இளைஞர்களின் தொண்டோழியத்தை ஊக்குவித்தது மற்றும் நமது ஒற்றுமையை வலுப்படுத்தியது.

எளிதில் பாதிக்கப்படக்கூடியவர்களை மேம்படுத்துவது மட்டுமல்லாமல், அனைவரையும் உள்ளடக்கிய தென்மேற்கு வட்டாரத்தை உருவாக்குவதை நாம் தொடர்ந்தோம். தென்மேற்கு சமூக வேலை வாய்ப்புச் சந்தை வேலை தேடும் அனைத்து வயது மற்றும் திறன் கொண்ட நபர்களுக்கு மதிப்புமிக்க வாய்ப்புகளை வழங்கியது. குடியிருப்பாளர்கள் அர்த்தமுள்ள வேலைவாய்ப்பை அணுகி செழிப்பாக வாழக்கூடிய சூழலை உருவாக்க நாம் கடமைப்பட்டுள்ளோம்.

சமூக மேம்பாட்டு மன்றத்தின் திட்டங்களுக்கு அயராது பங்களித்த அனைத்து பங்காளிகள் மற்றும் தொண்டோழியர்களுக்கு நன்றி. நாம் ஒன்றாக இணைந்து, மாறக்கூடிய, நிலைத்தன்மையுடைய மற்றும் ஒருங்கிணைந்த தென்மேற்கு வட்டாரத்தை நாம் வடிவமைத்து வருகிறோம். இந்த வேகத்தோடு செயல்பட்டு, அனைவருக்கும் பிரகாசமான எதிர்காலத்தை உருவாக்க பாடுபடுவோம்.

Rakan-rakan yang dihormati,

Sambil kita bersama-sama mencipta Daerah Barat Daya yang lebih mampan dan inklusif, kami terus diinspirasi oleh dedikasi masyarakat, rakan korporat dan sukarelawan kami yang tidak pernah goyah. Usaha anda patut dipuji dan penting dalam mencapai matlamat kawasan kita.

CDC Barat Daya meraikan sumbangan cemerlang rakan kongsi kami, termasuk sekolah dan para pelajar, di acara 'Clean Up @ South West' tahunan kami dengan Anugerah Barat Daya Lestari. Tahniah kepada semua pemenang anugerah! Amalan mesra alam dan komitmen mereka untuk mempromosikan kemampanan telah mewujudkan impak yang positif di kawasan kita. Pencapaian mereka juga mencerminkan kuasa masyarakat kita dan peranan yang boleh dimainkan oleh setiap individu dalam memacu perubahan yang bermakna bagi mempertingkatkan persekitaran kita.

Kami juga menyaksikan semangat kerjasama yang bertenaga ini di sebalik kejayaan inisiatif-inisiatif seperti program 'Festive Cheers @ South West' dan 'Mobile Groceries @ South West'. Program-program ini menyerlahkan peranan penting rakan kongsi kami dalam membantu golongan yang memerlukan di kalangan kita. 'Mobile Groceries @ South West', sebuah kerjasama baru dengan organisasi yang tidak mencari keuntungan Hao Ren Hao Shi, telah menggembeng tenaga sukarelawan daripada setiap lapisan masyarakat untuk menghantar barangan dapur yang penting kepada penduduk yang memerlukan, terutamanya warga emas yang mengalami masalah mobiliti. Inisiatif ini membantu mengurangkan kebimbangan kos sara hidup, menggalakkan kesukarelawanan belia serta mengukuhkan perpaduan kita.

Selain membantu golongan yang memerlukan, kami terus membina Daerah Barat Daya yang inklusif. Pameran Kerja Masyarakat Barat Daya menyediakan peluang yang berharga untuk pencari kerja dari semua golongan usia dan keupayaan. Kami komited untuk mewujudkan persekitaran di mana para penduduk dapat mencari pekerjaan yang bermakna dan berkembang maju dalam kerjaya mereka.

Terima kasih kepada semua rakan kongsi dan sukarelawan yang tanpa jemu telah menyumbang kepada inisiatif-inisiatif CDC. Bersama-sama, kita membentuk Daerah Barat Daya yang dinamik, mampan dan bersatu padu. Ayuh kita bina momentum ini dan berusaha mencipta masa hadapan yang lebih cerah untuk semua.

亲爱的朋友们，

在我们携手共创一个更可持续和具包容性的西南区时，我们不断受社区、企业合作伙伴和义工们坚定不移的奉献精神所启发。这些努力值得赞扬，并对实现我们地区的目标至关重要。

西南社理会在“全面环保在西南”（Clean Up @ South West）活动中表彰了合作伙伴们（包括学校和学生）的杰出贡献，并向他们颁发了“西南可持续发展奖项”（Sustainable South West Awards）。我们在此向所有获奖者致以衷心的祝贺！他们的环保实践和对可持续发展的承诺不只为我们的社区带来了积极影响，所取得的成就更是体现了本社区的力量以及每个人在改善环境中可以发挥的重要作用。

社区中充满活力的合作精神也体现在我们成功举办的一些社区计划，例如“欢庆佳节在西南”（Festive Cheers @ South West）以及“西南爱心日用品流动车计划”（Mobile Groceries @ South West）。这些计划突显了我们的合作伙伴在帮助弱势群体方面所扮演的重要角色。“西南爱心日用品流动车计划”（Mobile Groceries @ South West）是我们与非营利组织 - 好人好事的新合作项目。动员来自各界的志愿者，目的旨在为弱势居民，尤其是行动不便的乐龄人士，提供生活必需品。这一举措不仅帮助弱势家庭缓解生活成本上涨的问题、促进了青年志愿服务，还同时加强了我們社区里的团结精神。

除了帮助弱势群体，我们还继续致力于打造一个包容性的西南社区。西南社区职业展（South West Community Job Fair）为所有年龄和能力的求职者提供了宝贵的就业机会。我们希望借此机会营造一个就业帮扶环境，让居民们能够找到称心的工作，进而获得职场发展机会。

感谢所有社区合作伙伴和志愿者的无私奉献。唯有大家同心协力，我们才能共同打造一个充满活力、可持续发展和团结一致的西南社区。让我们在此基础上继续努力，创造一个更加光明的未来。



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With the help of community volunteers, this Singapore Red Cross programme promises to help seniors stay safe at home.

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>> Bridge

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Contributors' comments and opinions are their own and do not represent those of the South West CDC.

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Ready to complete the trail and make a difference?
It's simple:

1. Scan the QR code at each garden.
2. Answer the trail's questions and upload your photos.

While you're at it, you can also uncover stories and learn fun facts about the gardens!

GREEN TRAILS @ South West

- Bukit Batok Zone 2 Cosy Garden**
Blk 106 Bukit Batok Central, Singapore 650106
- Pavilion's Edible and Biodiversity Garden**
Pavilion Playground Park, Singapore 658522
- Hillview Connection Garden**
Between Hillview Apt & Meralodge Condo, Singapore 669583
- Hillview Garden**
At the junction of Jln Remaja / Jln Batu Nilam, Singapore 668671
- Hillview Vantage Garden**
Hillview Avenue, Singapore 669620

JOIN GREEN TRAILS @ SOUTH WEST & walk FOR A CAUSE

Get healthy, explore our gardens and help our community! With every trail completion, Michelman Singapore will donate \$25 — supporting 1,000 families with grocery packs.

Fun Walkers @ South West is part of the CDC's efforts to foster community bonding and build a healthier South West District. **Fun Walkers @ South West** is designed for everyone to participate as a group or individual. You can look forward to regular walking sessions in the community, embark on unique nature trails with your family and friends, and take part in community events.

西南乐乐走是西南社理会通过步行以提倡社区凝聚力及健康社区的活动之一。西南乐乐走是为男女老少而设计的。您将能在社区里参加乐乐走活动，并参与独特的步行活动及社理会活动。



If you are keen to join **Fun Walkers @ South West**, please approach your nearest Community Centre/ Club (CC) or Residents' Committee (RC) Centre. Should you have any queries, please contact:
欲知详情，请联络：
South West Community Development Council
西南社区发展理事会
Tel: 6316 1616 Fax: 6316 7250
Email: Southwest_CDC@pa.gov.sg
Website: <https://southwest.cdc.gov.sg/>



FROM CLASSROOM TO THE COMMUNITY

The annual recycling drive, Clean Up @ South West, brings together schools, community members and corporations for a green cause.

INSTILLING SUSTAINABILITY VALUES IN CHILDREN IS KEY, SO THEY BECOME CHANGE AGENTS IN THE COMMUNITY.

And events like Clean Up @ South West 2024 are also important to bring together community and corporate partners to take green causes further.

That was the message from Mr Gan Kim Yong, Deputy Prime Minister and Minister for Trade and Industry and Adviser to Chua Chu Kang Grassroots Organisations, who attended Clean Up @ South West 2024 at Westgate on 28 January 2024, together with Ms Low Yen Ling, Mayor of South West District.

"Championing sustainability should start from young, as it is important to educate and empower young individuals to become



DPM Gan and Mayor Low launching the activity booklets as part of GROW @ South West, with Mr Ricky Lin, CEO, Life3 Biotech Pte Ltd, and Mr Tiew Chew Meng, BBM, Chairman, South West CDC Environment Committee.

COOL BOOTHS *galore!* HIGHLIGHTS FROM CLEAN UP @ SOUTH WEST

1 Boon Lay Secondary School

Students explained the Lego Topography that depicts green spaces.

2 Life3 Biotech Pte Ltd

Attendees tasted plant-based Peasy Balls, and embraced sustainable eating habits.

3 National Environment Agency

Interactive game booths.

4 National University of Singapore

Informative booth on the Zero Waste Journey.

5 Razer Inc

An informational booth to showcase the company's sustainability initiatives.

6 Swedish Chamber of Commerce & Cosy Gardeners from Bukit Batok Zone 2 RN

A showcase of sustainable features within the Green Innovation Centre @ Bukit Batok Zone 2 Residential Network.



Boon Lay Secondary School showing their winning entry for the Sustainable South West Awards 2023.

"I now know that we can contribute to the planet by eating sustainable foods. The Peasy Balls campaign in our school only recently started. I think eating such foods will soon become part and parcel of life as we normalise it and more people start eating it."

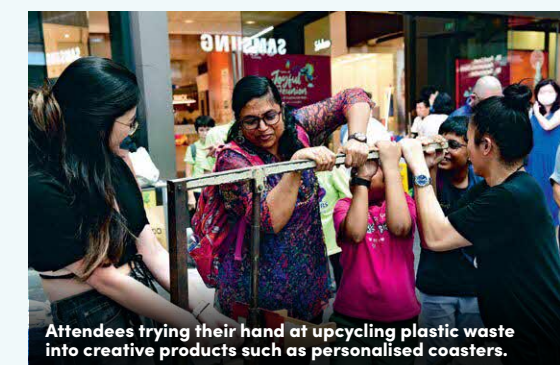
The adults also found the information displayed at the booths to be engaging and useful. Mr Theng De Sheng, for instance, said he learnt a great deal about daily sustainable practices and farming techniques at the booths of the National Environment Agency and Green Innovation Centre booths.

"This event has been very informative," he said. "I will definitely follow the practical tips I picked up and do my best to sort my trash, recycle more plastic bags and reduce my energy usage at home."

MORE THAN A WAY OF LIFE

The four winners of the Sustainable South West (SSW) Awards 2023 also received their awards during the event. The awards are given to schools, corporations and members of the community that have made outstanding contributions to environmental sustainability in the district and to the Sustainable South West Masterplan.

Among the winners was Boon Lay Secondary School, which has in recent years rolled out several eco-practices to help students learn more about sustainability. One of these practices, according to the school's principal Mr Inderjit Singh, is a farm-to-table concept where students



Attendees trying their hand at upcycling plastic waste into creative products such as personalised coasters.

learn about food security by cultivating vegetables like lady's fingers and winter melons in a garden. These vegetables are then used by canteen vendors.

"We are focused on providing opportunities to the students to learn more about sustainability, which has already become a way of life in the school," said Mr Singh. "In fact, the students have been very enthusiastic and even do their own research on how to improve the garden."

The GROW @ South West programme aims to cultivate such green habits and eco-values among students of the district. "As the children and youth make sustainable practices their way of life, we will be able to speed up our green transformation and better protect our environment," said Ms Low. "Every action or contribution, no matter how big or small, is valuable and adds up to create a better world." **B**

CLEAN UP @ SOUTH WEST

2024



► Close to **1,100 tonnes** of recyclables have been collected since 2006, which is equivalent to saving **more than 18,300** trees.

► A total of **76** recycling points were set up across South West District for residents to drop off their recyclables.

► In 2023, South West CDC reached out to **some 40,000 youth** from **42 schools** in the district through the Green Schools @ South West programme.

agents of change," said DPM Gan. "Clean Up @ South West 2024 is a testament to how the community and corporate partners can come together to share and exchange ideas on sustainability."

Organised by the South West Community Development Council (CDC), the annual recycling programme aims to drive home the message that the forging of a more sustainable future must be a collective effort.

GOING GREEN IS EASY PEASY!

As part of Clean Up @ South West 2024, 76 recycling points were specially set up across the district, along with the launch of student activity booklets for primary and secondary school students in partnership with Life3 Biotech Pte Ltd.

These booklets are a component of GROW @ South West (GReen On Wednesday), a programme that aims to educate the youth about the importance of food security, health and sustainability. For this programme, Life3 Biotech also teamed up with ITE College West to create dishes using plant-based food called Peasy Balls. Participants at the event had the opportunity to sample the peasy balls firsthand, experiencing how easy it is to embrace sustainable eating habits in their daily lives.

"I've learnt that sustainable food choices have a smaller carbon footprint and are hence important, especially as the population grows," said Kuy Judy, a student at Swiss Cottage Secondary School, which encouraged its canteen vendors to prepare dishes using Peasy Balls.



Swiss Cottage Secondary School students preparing the Peasy Balls.



Residents dropping off recyclables, in exchange for groceries.



Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC, with Green Schools @ South West award winners at Science Centre Singapore.

LEADING THE ECO-REVOLUTION

Green Schools @ South West award winners turn everyday lessons into eco-friendly actions, and teach students how to protect our planet.

AT XINGNAN PRIMARY SCHOOL, LEARNING GOES BEYOND BOOKS. The school has found a smart way to turn leftover food from the canteen into gardening gold — nutrient-rich fertiliser, thanks to a food waste machine.

Every Tuesday, students also bring recyclables for the school's Trash for Treasure programme, said teacher Ms Tay Anling. "We also have an upcycling module where students learn to upcycle milk cartons into coin pouches," she added.

These green projects are not only about cleaning up. They show the importance of caring for planet Earth too, with the school children leading the sustainability efforts.

"Students also took charge of their own learning by setting up drying racks to ensure that bottles are clean and dry before recycling during the weekly Trash for Treasure programme," said principal Mrs Cindy Ong.

The school's efforts caught parents' attention, and they supported by encouraging their children to bring recyclables from home to school.

So, it was no wonder that the school was a three-star award winner at the Green Schools @ South West Award Ceremony 2023, which was held on 13 March at the Science Centre Singapore.

A CALL TO ACTION

Since its beginnings in 2007, Green Schools @ South West has been organised by the South West Community Development Council (CDC) and supported by the National Environment Agency (NEA). The programme focuses on teaching children and youth about taking care of the environment through their school lessons.

Guest of Honour Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC and Adviser to Chua Chu Kang GRC Grassroots Organisations (Keat Hong)

urged schools to provide students with engaging, hands-on learning opportunities.

He suggested making use of local farms in Kranji and Yew Tee to help students learn more about environmental care. "Schools can take advantage of that and bring students closer to nature," he said.

RAINDROPS AND LEARNING

Another three-star award winner, Clementi Town Secondary School, showcased its commitment to sustainability with an on-campus rain garden that captures rainwater for use in its hydroponics system and for general cleaning.

The school's student leaders will also attend the Junior Environmental Ambassadors (JEAs) Training Camp to further their understanding of sustainability programmes, said Ms Emmeline Tay, Lead Teacher (Geography).

"Recently, the students held a water rationing exercise in school," she added. "Last year, they participated in Clean Up @ South West, an annual recycling drive where they exchanged trash for groceries. This helped to change their mindset towards buying fewer items."

Later at the event, the Green Conversation @ South West



The award winners sharing their schools' sustainable initiatives.

Winners of Green School @ South West 2023

Three stars

Blangah Rise Primary School
Boon Lay Garden Primary School
Bukit View Primary School
Chua Chu Kang Primary School
Clementi Primary School
Concord Primary School
Corporation Primary School
Dazhong Primary School
Frontier Primary School
Fuhua Primary School
Lakeside Primary School
Lianhua Primary School
Pioneer Primary School
Princess Elizabeth Primary School
Rulang Primary School
St Anthony's Primary School
Teck Whye Primary School
West Grove Primary School
Westwood Primary School
Xingnan Primary School
Boon Lay Secondary School
Bukit Panjang Government High School
Bukit Batok Secondary School
Chua Chu Kang Secondary School
Clementi Town Secondary School
Dunearn Secondary School
Hillgrove Secondary School
Hua Yi Secondary School
Jurong Secondary School
Kent Ridge Secondary School
New Town Secondary School
Swiss Cottage Secondary School
Yuan Ching Secondary School
Yuhua Secondary School

Two stars

Pei Tong Primary School
Shuqun Primary School
Yuhua Primary School

One star

Jurong Primary School

dialogue session explored how schools and other organisations can support eco-conscious initiatives.

This dialogue session, alongside the award ceremony, showed why community involvement is important in tackling climate change — and how schools and students can take innovative yet practical steps to help. These efforts aim to nurture an environmentally conscious generation that is equipped to protect our planet. **B**



Mr Zhulkarnain with some of the three-star award winners.

STARTING YOUNG WITH GREEN EDUCATION

Preschools are cultivating eco-consciousness in the next generation with lessons on recycling, upcycling and gardening.



Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC and Mr Tiew Chew Meng, BBM, Chairman, South West CDC Environment Committee, with some of the top winners of My Preschool Shines @ South West awards.

IT WAS A HEARTWARMING MOMENT at the Science Centre Singapore as preschool performers from PCF @ Pioneer Blk 987D, along with a student emcee from Westwood Primary School, delighted the audience. Their charming performance showcased the importance of the 3Rs: reduce, reuse and recycle. How? By using specially crafted musical instruments that demonstrated the message of sustainability — from a creatively fashioned microphone to the drums — all constructed from recycled materials.



Mr Zhulkarnain celebrates with the young victors and their teachers of My Preschool Shines @ South West.

This performance set the tone for the My Preschool Shines @ South West award ceremony on 13 March. Started in 2011 by the South West Community Development Council (CDC) and the National Environment Agency (NEA), My Preschool Shines @ South West encourages young children, their parents and preschool management staff, to adopt green habits early on in life.

THE MORE WE CRAFT TOGETHER

At My First Skool @ Blk 180B Boon Lay Drive, children and their families learn about sustainability with its Sustainability Day. This event features activities like making Do-It-Yourself (DIY) tote bags from old T-shirts and DIY insect repellent from lemongrass grown in the school's garden. This initiative and others led them to win the first prize at the My Preschool Shines @ South West awards.

"The children are also taught to turn food waste, such as eggshells and banana skins, into compost and fertiliser," said principal Ms Sharmila Sari Ka'adailan. "We also use alternative water sources, such as rice water from the centre's kitchen, to irrigate our plants."

FAMILIES PLAY A PART

PCF Sparkletots Preschool @ Jurong Spring Blk 455, which won the second prize, involves parents in creative eco-projects. At last year's National Day celebration, for instance, they used carton boxes to make a fire truck and police car. Students have also been taught to maintain an edible garden in front of the school, said senior teacher Ms Susyanti Anggrayni Bte Sunaryo. "We let them water the plants daily, which inculcates a sense of responsibility in our students."

These hands-on activities extend beyond the school, with the children adopting sustainable practices at home, such as using a mug while brushing teeth, and sharing tips with their parents on how to protect the environment.

The school has set its sights on zero waste this year, with teachers finding innovative ways to use recycled materials for learning activities. "We have also invited parents to join our zero waste challenge," added Ms Susyanti, who suggested practical ideas such as bringing reusable containers for food, making arts and crafts from recycled items and choosing reusable bags for shopping.

Guest of Honour Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC and Adviser to Chua Chu Kang GRC Grassroots Organisations (Keat Hong), remarked on the potential of young minds to shape lasting environmental change. "As we inculcate positive eco-habits in our children, they are likely to form lifelong habits," he said. "Let us continue to work together to educate, inspire and empower them to become stewards of the environment."

All these initiatives show that even the youngest members of the community can lead the way in protecting our planet, proving it is never too early to start living sustainably. **B**

My Preschool Shines Award Winners for 2023

- 1st Prize** My First Skool @ Blk 180B Boon Lay Drive
2nd Prize PCF Sparkletots Preschool @ Jurong Spring Blk 455
3rd Prize PCF Sparkletots Preschool @ Pioneer Blk 987D
Merit My First Skool @ Blk 212 Choa Chu Kang
Merit My First Skool @ 505 Yung An Road
Merit PCF Sparkletots Preschool @ Bukit Batok East Blk 208
Merit My First Skool @ 10 Jurong West St 65
Merit PCF Sparkletots Preschool @ Ayer Rajah — Gek Poh Blk 41
Merit PCF Sparkletots Preschool @ Chua Chu Kang Blk 10
Merit PCF Sparkletots Preschool @ Bukit Batok Blk 293 (CC)
Merit PCF Sparkletots Preschool @ Bukit Batok Blk 180 (KN)
Merit PCF Sparkletots Preschool @ Pioneer Blk 661B
Merit My First Skool @ Blk 291A Bukit Batok



The little performers from PCF @ Pioneer Blk 987D charmed the audience with their eco-friendly, homemade musical instruments.



Deputy Prime Minister Gan Kim Yong and Mayor Low Yen Ling distributed Festive Cheers Packs and specially curated gifts to residents in Chua Chu Kang alongside volunteers from Lonza Singapore.

BRINGING HAPPINESS TO HOUSEHOLDS IN NEED

Families in Chua Chu Kang are smiling brighter and feeling the warmth of a community that cares with the thoughtful gifts they received.



Resident Ms Noor Azila Bte Azma receiving a microwave oven from DPM Gan, Mayor Low and Mr Chai Chong Meng, Vice President, Site Head, Lonza Biologics Tuas Pte Ltd.

FOR MS NOOR AZILA BTE AZMA, a mother of four children ranging from two months to 13 years old, receiving a microwave oven brought new convenience to her family's kitchen. "We can use it to reheat the pre-cooked food we receive from charity organisations," she said.

Residents like Ms Noor Azila were among those who benefited from the Festive Cheers @ South West programme, which was organised by the South West Community Development Council (CDC).

They received household appliances, such as microwave ovens and vacuum cleaners, to ease the daily challenges in tough times.

But that was not all. The programme also brought joy to children through the Grant-A-Wish @ South West initiative. A special moment unfolded for Ms Sia Cheng Hun and her teenage daughter, Hui En, an avid Harry Potter fan. Hui En had long dreamt of owning a Harry Potter Lego set — a wish that seemed out of reach until now.

Her dream finally came true, thanks to Grant-A-Wish @ South West. "I'll play with the Lego set in my free time," said



The South West Festive Cheers Packs were specially packed by Lonza Singapore staff volunteers.

the overjoyed 15-year-old. "It will allow me to take a break from my studies and enjoy the adventures of Harry Potter."

A CELEBRATION OF GIVING

The joy experienced by Ms Noor Azila and Hui En was part of a larger celebration: the Wrap Up of Festive Cheers @ South West on 30 March 2024. At the event, some residents from Chua Chu Kang, including Hui En, received special gifts tailored to their wishes in the Grant-A-Wish initiative, thanks to the generous contributions from Lonza Singapore. Over the next year, 720 households throughout the South West District will receive gifts that meet their needs.

Joining the Wrap Up of Festive Cheers @ South West were Deputy Prime Minister Mr Gan Kim Yong, Minister for Trade and Industry and Adviser to Chua Chu Kang Grassroots Organisations, and Ms Low Yen Ling, Mayor of South West District, along

with 100 volunteers from Lonza Singapore. Together, they distributed the gifts and Festive Cheers Packs — which were sponsored by Koh Kock Leong Enterprise Pte Ltd and Procter & Gamble Singapore — to 500 households in Chua Chu Kang.

BUILDING A CARING AND RESILIENT COMMUNITY

In her address, Ms Low highlighted the overwhelming support from the community and corporate partners. This year, the South West CDC received about \$850,000 in cash and in-kind donations for the Festive Cheers @ South West programme.

"These contributions have made a significant impact. Close to 8,000 vulnerable families in the district have benefited from this initiative," Ms Low said. "We are deeply grateful for the generosity of some 50 corporate and community partners who have rallied close to 1,000 of their volunteers. Their dedication to making a difference in the lives of our residents is truly commendable."

Acknowledging the rising cost of living, Mr Gan spoke of the importance of these community efforts. He was heartened to see so many partners stepping up to spread joy and help where they can.

"The sponsorship from Lonza Singapore will go towards supporting 720 households, encompassing families, children and seniors residing in the South West District," Mr Gan said. "Through collaborative efforts, we have demonstrated the positive impact we can make in the lives of our residents. I look forward to forging strong partnerships that will help us build a caring and resilient community."

EVERY SMALL GESTURE MATTERS

Residents like Ms Nor Sahilah appreciated the difference these initiatives make. "It's hard for me to save money because I have a big family to feed, and we need to buy a lot of groceries. So, the Festive Cheers Pack helped me to save on grocery expenses," said Ms Nor, who lives with her three children and parents. Her husband, the family's sole breadwinner, works as a security officer.

This year marks Lonza Singapore's first but impactful entry into supporting the community with the CDC. Mr Chai Chong Meng, Vice President, Site Head, Lonza Biologics Tuas Pte Ltd, said he was touched by the dedication of his teams giving back to the local community on weekends.

"At Lonza, we unite with passion to make a meaningful difference to our community," he added. "Together, we create touchpoints of kindness for the greater good. And we use our shared empathy and commitment to make the world a better place."

Echoing this sentiment, Mr Jess Tey, a staff volunteer from Lonza, said that helping to uplift residents' lives makes him happy. The 29-year-old used to volunteer to distribute adult diapers and vitamins to residents in old folks' home and clean up pet shelters in his home country.

"Wherever I can, I will try my best to give back to the community," he said. "This is a good opportunity for me and my colleagues to do team building and contribute to a good cause." **B**

FESTIVE CHEERS @ SOUTH WEST 2023 BY THE NUMBERS

\$850,000
IN CASH AND DONATIONS-
IN-KIND FROM
CORPORATE PARTNERS.

1,000
VOLUNTEERS FROM
50 CORPORATE AND
COMMUNITY PARTNERS.

8,000
VULNERABLE FAMILIES
BENEFITED FROM
THIS INITIATIVE.



Staff volunteers from Lonza Singapore assembling and organising the South West Festive Cheers Packs.

OPENING DOORS TO NEW BEGINNINGS

At the South West Community Job Fair, jobseekers and employers embraced flexibility and openness to opportunities.



Mr Shawn Huang, Senior Parliamentary Secretary, Ministry of Education & Ministry of Finance, and Adviser to Jurong GRC GROs (Jurong Spring), officiating the South West Community Job Fair in Taman Jurong, alongside Director of goodjobs.com.sg, Ms Jenny Wee, PBM, Executive Director of goodjobs.com.sg Mr Eric Lue, Ms Edna Goh, PBM (Taman Jurong), Mr Choo Keng Siang Aabel Roland, PBM (Taman Jurong), and student volunteers from Hwa Chong Institution.

MS SINDHUJA BASKAR IS CHARTING A COURSE BACK INTO THE WORKFORCE. With a solid background in finance and accounting, the 36-year-old is keen to rekindle her professional journey after stepping away from her role when she became a mother a year ago.

Her path led her to the South West Community Job Fair at Taman Jurong Community Club, a chance discovery while she was grocery shopping. "I've applied for one administrative and two accountant jobs. The interviews went well, and I shared my work experience," she recounted. "Jobseekers need to keep an open mind and explore different roles and industries."

SKILL UP, MOVE UP

Organised by South West Community Development Council (CDC) and goodjobs.com.sg, a local jobs portal, the South West Community Job Fair was held on 1 and 2 March 2024. The event offered more than 2,000 job openings across a wide range of industries for professionals, managers, executives and technicians (PMETs) and non-PMETs alike. It served as a platform for inclusive employment opportunities and showcased special initiatives for jobseekers from community partners.

For instance, the Women At Work programme by Malay-Muslim self-help group Yayasan MENDAKI is designed for

women returning to the job market after six months or longer. The programme includes a three-and-a-half-day workshop that sharpens digital, CV writing and interview skills.

"Our objective is to help women rebuild their confidence when they re-enter the workforce," shared Madam Hanim Bte Rawi, a career advisor from Yayasan MENDAKI. "They can also build their social network with other participants and motivate each other during their job search."

BREAKING THE BARRIERS

Apart from helping jobseekers find jobs, the fair also showcased the benefits of a diverse workforce. One company, Allied Container (E&M), hired a delivery attendant with a hearing impairment because of his positive, can-do outlook. This was the company's first time hiring a person with a disability, shared its human resources manager, Ms Joleen Lim.

A primary concern was safety, especially whether the new employee, a 45-year-old former hawker's assistant, could hear vehicle sounds while driving and reversing. After a successful sound test during the job fair, the company planned extra training and support, such as having other drivers accompany him on initial deliveries for a smoother transition into his role.

For jobseeker Gan Jun Huan, 26, a student at Singapore Polytechnic, friends had told him about the job fair, where he turned up hoping to score a hospitality role. And so he did — a casual, part-time banquet job at Raffles Hotel Singapore.



Representatives from marine and offshore company Mencast sharing opportunities and insights with job candidates.



Mr Huang engaging with senior jobseekers at the job fair, which focused on inclusive hiring opportunities for jobseekers of all ages and abilities.

3 MUST-ASK QUESTIONS

The job market is dynamic and constantly evolving, said Director of goodjobs.com.sg, Ms Jenny Wee, PBM. Jobseekers should consider how they can transfer work skills and past job experience to the position they want.

Here's what to ask yourself:

1. Are you flexible, proactive and open-minded?

These qualities can help one grab life-changing opportunities in today's competitive market.

2. Have you applied for multiple positions at job fairs or online?

Everything is a numbers game.

The more applications one submits, the higher the chance of a positive reply.

3. Can you work well with others?

Employers value those who can manage teams and handle team members with different personalities and working styles. Jobseekers must demonstrate they can thrive in a team environment and contribute to team efforts.



Jobseekers at the South West Community Job Fair.



Mr Tee Ah Kaw is searching for opportunities to stay active upon retiring this year.

"The hotel was very open-minded and hired me," said Mr Gan, who is hearing impaired. "It's good for companies to hire people with special needs as they bring unique perspectives, and a diverse team can lead to more innovative problem-solving and a more compassionate workplace culture."

This spirit of inclusivity was echoed by Mr Tee Ah Kaw, 68, who will retire this year. The South West Community Job Fair gave him the opportunity to find out more about warehouse and logistics roles, and meet employers at a single location. "I want to stay active by continuing to work in a less stressful job," said Mr Tee, a shipyard store officer.

Despite the hurdles older jobseekers might face, his determination shines through. "Frankly, it's not easy for people of my age to be looking for jobs, but we must stay proactive," he added.

NEXT-GEN VOLUNTEERS

At the South West Community Job Fair, young volunteers lent a hand in helping jobseekers of different age groups and profiles. Ms Jodi Chua, 21, a student from Ngee Ann Polytechnic, was glad to help

three hearing-impaired students apply for a job at Raffles Hotel Singapore.

"They communicated with me through texts and showed impressive determination," she said. "They came prepared with excellent resumes and portfolios. It made me very happy and fulfilled to help them."

Another young volunteer, student Anthony Lee from Hwa Chong Institution, assisted in Allied Construction's noise level test for the hearing-impaired candidate. He was pleased to know the candidate was hired and empathised with how tough the job search can be for those with special needs.

"Apart from learning empathy, the job fair also taught me to never take anything for granted," Anthony said. "Jobs may come and go, and so will many things in life." He added that in-person events like job fairs allow those who are not as tech-savvy to be exposed to different opportunities.

From renewed job search to inclusive hiring and volunteering at a young age, the South West Community Job Fair was a commitment to creating opportunities for all, regardless of age or ability. **B**



A jobseeker receiving guidance from recruiters and volunteers at the job fair.



Student volunteers assisting a jobseeker with his enquiries.



Deputy Prime Minister Gan Kim Yong and Mayor Low Yen Ling, with Hao Ren Hao Shi Founder Chairman, Mr Anson Ng, Mr Terence Quek, BBM, Chairman, South West CDC Social Service Committee, and student volunteers from Hwa Chong Institution and Lianhua Primary School, at the launch of Mobile Groceries @ South West in Chua Chu Kang Central.

DRIVING RELIEF FOR RESIDENTS

Local charity Hao Ren Hao Shi, volunteers and the South West Community Development Council (CDC) bring convenience with Mobile Groceries @ South West.

WITH A LITTLE INNOVATION AND A LOT OF ELBOW GREASE, an ordinary lorry became a mini supermarket on wheels as it rolled through the streets of the South West District.

Volunteers from new partner Hao Ren Hao Shi helped in this transformation for the launch of Mobile Groceries @ South West on 27 April in Chua Chu Kang Central. This collaboration between South West CDC and the charity organisation brings essential groceries directly to residents' doorsteps.

Behind the scenes, the Hao Ren Hao Shi volunteers, led by Founder Chairman Mr Anson Ng, put in lots of time and effort into setting up the lorry. It took them about an hour to pack items the previous night and another hour on the day itself. They also had to ensure all safety protocols were adhered to, such as placing items correctly

on pallets so the driver could reach the destination safely.

"Last night, we had 20 volunteers working very hard together to arrange all the packing and delivery," Mr Ng said, adding that the success of Mobile Groceries @ South West relies on the hard work of many dedicated volunteers.

Despite the challenges they faced, there was a sense of satisfaction in knowing that their collective efforts had positively impacted the lives of residents.

Mobile Groceries @ South West is in line with Hao Ren Hao Shi's motto, "Let's do good together," said Mr Ng. "Hao Ren Hao Shi champions the spirit of volunteerism amongst children, youth, families and the community," he shared of the organisation, which he founded to assist needy cancer patients and their families.

"We work with schools to encourage students of all ages to volunteer with us in the communities where their schools are located, to distribute essential supplies and provisions to our beneficiaries, regardless of race or religion," he added.

"These volunteering assignments that the students undertake serve as learning platforms that enable them to be grounded in real issues, gain invaluable teamwork skills and be authentically connected to their communities."

THE HEART OF COMMUNITY ACTION

Mr Gan Kim Yong, Deputy Prime Minister and Minister for Trade and Industry, Adviser to Chua Chu Kang Grassroots Organisations (GROs), and Ms Low Yen Ling, Mayor of South West District, launched the initiative, along with Mr Ng.



Volunteers organising and packing bread and other items for Mobile Groceries @ South West.



A representative from Hao Ren Hao Shi briefing the student volunteers on the packing and distribution process for groceries and essential items before the event.



Volunteers packing and preparing to load the groceries onto pallets.

FACTS AND figures

- Up to \$300,000 worth of groceries and essential items will benefit 7,200 vulnerable families.
- Residents can select items up to \$40 per household at the mobile truck.
- The mobile grocery truck is sponsored by TAK Products & Services Pte Ltd.
- More than 2,000 student volunteers will be involved in the initiative over the two years.



Visuals are for illustrative purposes only.

"The Mobile Groceries @ South West is another new initiative by the South West CDC, in partnership with Hao Ren Hao Shi to provide greater support to our residents," said DPM Gan. "As we continue to forge new partnerships and deepen our engagement in the community, let us carry forward the spirit of solidarity and remain steadfast in our commitment to strengthen our bonds and pave the way for a more resilient community."

DPM Gan also emphasised the importance of imparting values to the younger generation, a key factor that will shape nation-building efforts. "We hope that through this experience, our young volunteers will be inspired to do their part towards strengthening community bonding and nurture a more inclusive and caring society," he said.

The initiative aims to benefit 7,200 vulnerable families with \$300,000 worth of groceries. Each household can select items up to \$40 from the mobile grocery truck, which will operate over two years.

DOING GOOD TOGETHER

During the event, volunteers played a vital role in ensuring its success, as they handled tasks from logistics to engaging with residents.

They also assisted residents with their

needs, embodying the spirit of community service. More than 100 residents lined up for their chance to shop from the grocery truck, which provides essential support, especially for seniors with mobility challenges.

Ms Sally Lim, 52, a volunteer with Hao Ren Hao Shi for a year, found these connections to be deeply rewarding. "Such interactions are good for the residents," she shared.

"It provides them with emotional support, especially for those who live alone. Sometimes, they just need someone to talk to. And for us volunteers, it's very rewarding."

GIVING YOUTH AN OPPORTUNITY TO SERVE

The CDC's partnership with Hao Ren Hao Shi in the Mobile Groceries @ South West initiative combines strengths, resources and expertise while expanding support for needy residents in the district, said Ms Low.

"This two-year initiative will give some 2,000 youth volunteers a chance to serve and empathise with the less fortunate, strengthening our community's resilience," she added. "I would like to say a big thank you to the team and donors from Hao Ren Hao Shi, youth volunteers

from Hwa Chong Institution and Lianhua Primary School, and grassroots leaders from Chua Chu Kang GROs."

During the inaugural run of the mobile grocery truck, 40 student volunteers from Lianhua Primary School and Hwa Chong Institution assisted and interacted with residents. Over the planned two years, more than 2,000 student and youth volunteers will be involved in Mobile Groceries @ South West. This participation will forge intergenerational bonding and foster greater empathy and community spirit among the volunteers.

For Mr Samuel Chiam, 28, who has been volunteering since his early 20s, serving the community with Hao Ren Hao Shi has been fulfilling.

"It wasn't easy setting up the mobile grocery truck as it involved a lot of planning," Mr Chiam said. "But it gave me a sense of satisfaction and relief that all our efforts paid off, as it benefited so many people in a single session. I feel proud to be part of the Mobile Groceries team."

"Through volunteering, I've opened my eyes to the world. Now I know how blessed I am with what I have. I want to help others, in hopes that my effort can bring happiness to them." B



DPM Gan, Mayor Low and a student volunteer distributing groceries to residents.



Students helping residents with their collection of the grocery and household items.



Mayor Low Yen Ling, Mr Niew Bock Cheng, President of semiconductor company Siltronic Singapore, and staff volunteers distributed grocery packs to over 200 families in Bukit Gombak Sunshine, for the South West CDC's Food Connect @ South West initiative.

A HEARTFELT GESTURE WITH GROCERY PACKS

Some 200 families in Bukit Gombak Sunshine received essential food items, thanks to South West Community Development Council (CDC)'s initiative, Food Connect @ South West, supported by Siltronic Singapore.



A SA SENIOR BUSINESS LEADER DEEPLY COMMITTED TO PHILANTHROPY, Mr Niew Bock Cheng, President of semiconductor company Siltronic Singapore, passionately champions community involvement among his staff.

On 20 April, he led a team of about 30 staff volunteers to distribute grocery packs to 200 households in Bukit Gombak Sunshine precinct, as part of South West CDC's Food Connect @ South West programme. "With things getting more expensive these days due to inflation, we hope these small gifts could help residents in their daily lives and bring some joy and sweetness," said Mr Niew.

Recognising the impact of rising costs on families and communities, Mr Niew believes that companies like Siltronic have a duty to give back to society. This belief drives its corporate social responsibility initiatives, which are deeply rooted in supporting those in need.

RESIDENTS GRATEFUL FOR GROCERY ASSISTANCE

Madam Tamilselvi D/O Sagayakumar, 42, said the grocery pack she received helped her to manage her food expenses. Due to a

leg problem, she struggles to stand in the kitchen for long periods while handling household chores.

As a result, Mdm Tamilselvi often limits cooking to weekends and relies on purchasing meals during weekdays. With her husband working irregular hours as a contract forklift driver, their financial situation is uncertain. "Every item in the pack is useful as it provides much-needed relief and support during challenging times," she said.

Ms Selina Chang, 36, and her family face substantial household expenses as her husband is the sole breadwinner. Unable to work due to a chronic back problem, she sees the groceries as a welcome relief to their financial burden, enabling them to allocate resources to other essential needs.

Ms Chang, who prepares porridge with vegetables for her 16-month-old baby every day, shared that the grocery packs, which include white rice and energy drinks, have been beneficial. "These grocery packs are particularly useful as I often need to purchase

UPLIFTING *lives* THROUGH GENEROSITY: SILTRONIC SINGAPORE'S IMPACTFUL CONTRIBUTIONS

► **More than \$2.3 million** contributed since 2021 towards Food Connect @ South West and My Schooling Needs @ South West.

► **Close to 1,300 vulnerable families** benefit from these programmes each year.

► **About 30 volunteers** from Siltronic Singapore and Bukit Gombak Grassroots Organisations were involved.

► **200 families** in Bukit Gombak Sunshine precinct received the grocery packs.



Mr Niew and his team enjoying their participation in the grocery distribution initiative.

household items like toilet paper and food in bulk," she said.

Ms Low Yen Ling, Mayor of South West District and Adviser to Bukit Gombak Grassroots Organisations, said that the Food Connect @ South West programme, which Siltronic Singapore is a key partner of, is designed to ease the financial burden of food costs for vulnerable families.

"Siltronic's generous support will ensure that 720 families receive essential food supplies such as nutritious rice," said Ms Low. "In addition, these families will also receive, on a half-yearly basis, essential household packs containing

items such as toothbrushes, toothpaste and washing detergent."

MAKING A BIG DIFFERENCE

Since 2021, Siltronic Singapore has donated more than \$2.3 million to support the South West CDC's Food Connect @ South West and My Schooling Needs @ South West programmes. These efforts benefit about 1,300 residents each year and help them with their daily needs and schooling expenses.

Ms Low also shared that the grocery packs distributed on 20 April were carefully put together by staff volunteers from Siltronic Singapore. "These packs contain not only essential items but also represent the warmth and care of the volunteers," she said.

Mr Niew was pleasantly surprised by how eager his team was to help with the grocery distribution. Within just half a day, all the slots were filled, and even more staff wanted to join in. Their enthusiasm was clear as they assembled the grocery packs, finishing the task in 45 minutes. "My team and I thoroughly enjoyed the experience," said Mr Niew with a smile.

This excitement shows how Siltronic Singapore is committed to making things better in our community. Ms Ivy Chai, who is 45 and works at Siltronic, said she wants to give back to society while she is still healthy. This was her first time volunteering, and she brought her eight-year-old daughter to teach her about helping others.

Ms Chai said that by joining in, they could make a positive impact and be kind to those going through difficult times. "I hope the grocery packs help to relieve some of the financial stress for the residents," she added. "And I hope they know that there's warmth and generosity in the community." **B**



Ms Low and Mr Niew distributing the grocery packs, which contained rice, cereal and other items.



Volunteers from Siltronic Singapore packing the essential grocery items.



Ms Selina Chang and Madam Tamilselvi D/O Sagayakumar receiving the grocery packs to help them with their household expenses.



Ms Ivy Chai, a staff volunteer from Siltronic Singapore, whose daughter also lent a hand in the distribution drive.



Minister Desmond Lee, Adviser to West Coast GRC GROs, alongside Mr Ang Wei Neng, Adviser to Nanyang GROs, Ms Foo Mee Har, Adviser to Ayer Rajah-Gek Poh GROs, Mr Patrick Tay, BBM, Adviser to Pioneer GROs, and Ms Rachel Ong, Adviser to Telok Blangah GROs, joined ceramic artist Ms Mona Malhotra at the showcase of her clay art display, "Blossom of Kuehs", at Telok Blangah CC.

BLOSSOMING CONNECTIONS IN THE COMMUNITY

Filled with creative arts, sustainability and cultural heritage, this year's Chingay@Heartlands celebration offered a splendid day out and strengthened togetherness.

HAVING PREVIOUSLY DESIGNED CHINGAY PARADE FLOATS FOR MARINE PARADE AND PASIR RIS-PUNGGOL IN 2022 AND 2023, ceramic artist Ms Mona Malhotra brought her creative flair to Telok Blangah for this year's Chingay@Heartlands event in West Coast GRC and Pioneer SMC.

Inspired by this year's theme, "Blossom", Ms Malhotra focused on kueh-making as a symbol of the community's growth and the passing of cultural heritage. She had come on board through Telok Blangah CACC. "Kueh-making brings people of all ages together for a chit-chat while helping them to relax, which is very much needed in this fast-paced digital age," said

Ms Malhotra, 50, who, together with residents, made flower kueh motifs out of clay. "By coming together to 'make kueh', this traditional art can also be transferred from the elderly to the younger generation."

During the Telok Blangah Chingay Carnival at Telok Blangah Community Club (CC) on 9 March, resident Ms Rebecca Rajanathan, 40, saw the delight of her niece and nephew at the clay figurine-making workshop led by Ms Malhotra. "There were a lot of fun activities for the kids," she said. "The event allowed our families to bond."

CRAFTING COMMUNITY BONDS
This year's theme brought art and

sustainability together. Telok Blangah Pulai Eco Club and social enterprise City Sprouts, which is known for its focus on community and urban farming, held a flea market at the CC's basketball court to share insights with residents on sustainable living.

Resident Mr Shamus Koh, 43, enjoyed the market with his family. "We learnt how to upcycle on the spot, and my daughter learnt how to transform plastic bottle caps into coasters and Jenga blocks," he said. Furthering the educational aspect of the day, City Sprouts organised a hands-on workshop on vermicomposting, including tips on maintaining these compost bins in Singapore's climate.



Chinese opera performers captivate the audience at Telok Blangah Chingay Carnival.



Kimono-clad Japanese dancers performing in the street parade at West Coast.



Families and friends capturing the thrilling dragon dance up close.



A burst of colours and joy as dancers pose alongside kids and their balloon art sculptures.



Minister Lee, Mr Ang, Ms Foo, Mr Tay and Ms Ong adding their creative touches to the Chingay @ Boon Lay batik display.



Orang Laut SG sharing their cultural heritage, such as fish trap techniques, at Telok Blangah CC's market.

Another market vendor, Orang Laut SG, a cultural heritage organisation dedicated to safeguarding the traditions and history of Singapore's Orang Laut community, offered a different perspective on sustainability. "For example, we wanted to promote sustainable habits and culture like foraging, not taking more than what we need when it comes to food, and respecting nature," said Mr Firdaus Sani, 35, the organisation's founder, who also demonstrated traditional fish trap techniques to several curious children.

SHINING BRIGHT

Chingay @ West Coast GRC & Pioneer SMC wrapped up on a high note at Nanyang CC with a brilliant six-minute fireworks display.

Grassroots Advisers from West Coast GRC and Pioneer SMC gathered for the "Dragon Prosperity Wall" artwork activation, a representation of prosperity and unity. Co-created by Ms Fiona Koh Wen Chii (Nanyang CACC Chairperson) and Mr Joe Chua Beng Hwa (Nanyang CCC Treasurer), this piece, alongside others such as the Bead Art Display at West Coast CC and the "Blossom of Kuehs" at Telok Blangah CC, represented the Chingay@Heartlands theme of community growth and connection beautifully.

This year's event definitely brought the South West community closer, mixing together different experiences of art, sustainability and cultural heritage into a vibrant celebration of togetherness. **B**



Minister Lee, Mr Ang, Ms Ong, Ms Foo and Mr Tay activating the "Dragon Balloon Cracker" at Ayer Rajah CC.



With dancers adorned in giant carnations, the Petals of Passion float delights the crowd.



Residents cheer as Chingay floats with sustainable themes light up the night street parade.



Participants getting creative at the clay figurine workshop led by Ms Malhotra (centre).



City Sprouts showcasing how vermicomposting works at Telok Blangah CC's sustainability flea market.

A CUP OF COMPASSION

Kopi Time with Ah Gong and Ah Ma aims to nurture a generation of young people who want to build connections with senior Singaporeans.



Chatting over snacks, a youth volunteer and seniors enjoy each other's company.



Youth volunteers and a senior interacting, sharing stories and life experiences.



The volunteers and seniors playing a fun game of Rummikub.

N SINGAPORE, where the population is rapidly ageing, it is becoming increasingly important to bridge the generation gap and foster a sense of community responsibility among the younger folks. Enter the annual Kopi Time with Ah Gong and Ah Ma programme, a heartwarming initiative introduced in 2022 as part of Family Bliss @ South West.

On 13 March, 25 eager students participated as volunteers through Hwa Chong Institution's Youth Leaders' Experiential Programme (YLEP) in collaboration with West Coast CCC. They joined hands with 60 seniors from St Luke's ElderCare Senior Care Centre at Ayer Rajah for a day of intergenerational bonding. The goal? To create an inclusive and compassionate environment where both young and old could connect on a deeper level.

Before kicking off the activities, the students received a briefing from the centre's staff on engaging with the elderly. It set the stage for what would be a memorable afternoon. From a 40-minute exercise session modified to different mobility levels, to heartfelt conversations over food, the interactions were nothing short of enriching.

MEANINGFUL CHATS AND CONNECTIONS

Serena Jiang, one of the student volunteers, was thrilled at learning more about empathy and patience from the experience. "Interacting with seniors who faced mobility issues or dementia really taught me to be more empathetic to their problems," she shared. "All it takes is patience to connect with them."

Another student volunteer, Amethyst Nguyen, recounted her initial worries about connecting with an elderly woman during the exercise session. However, during the tea break, they

found common ground and shared stories as the students distributed food to the seniors. "We were able to engage in meaningful conversation, where we both shared about our lives," Amethyst said. "She was really sweet, and I am so grateful I had the opportunity to spend time with her."

The admiration was not just one-sided as Amethyst also praised St Luke's ElderCare staff. "They always approached the elderly with unwavering love and compassion, and kept a smile on their faces," she said. "I would definitely volunteer for such a session again!"

MAXIMISING JOY WITH STUDENTS

Ms Linda Ng, the Senior Community Care Associate overseeing the programme, noted the mutual engagement between students and seniors. "The students displayed remarkable maturity, demonstrating respect and appreciation for the seniors' wisdom and insights," she shared.

"The seniors, in response, found the conversations with the students to be both entertaining and stimulating. This delightful afternoon illustrated the benefit of intergenerational interactions, leaving both seniors and students enriched and uplifted."

Plans are in the works to involve other social service agencies for the Kopi Time with Ah Gong and Ah Ma programme, providing more opportunities to bring youths and seniors together. Such initiatives serve as vital bridges between generations, nurturing mutual understanding, empathy and support. **B**

HELPING SENIORS STAY SAFE AT HOME

Through a Home Monitoring and Eldercare (HoME+) system by the Singapore Red Cross, community volunteers are playing a crucial role in keeping seniors safe in their own space.



HoME+ serves more than 670 households, including patients recovering from surgery and wheelchair users.



Community volunteers from the Singapore Red Cross help keep seniors safe via a special home monitoring system called HoME+.

LAST NOVEMBER, MADAM THULASI AMMAL, 73, fell while getting out of bed. Unable to reach her phone, she lay in pain for more than 12 hours. The Clementi resident, who lives alone, usually relies on her niece to check on her. That day, her niece realised something was wrong when the senior became uncontactable.

Despite rushing over and calling an ambulance, her niece could not access the unit without the house keys. It was near midnight by the time Mdm Thulasi was brought to the hospital.

With HoME+ by the Singapore Red Cross, help could have come sooner. Senior Project Coordinator Ms Qistina Sa'diah shared how: "This 24/7 non-intrusive home monitoring system allows community responders from Singapore Red Cross (for non-emergency) or the SCDF (for emergencies) to be activated to provide assistance to our clients."

COMMUNITY VOLUNTEERS ON STANDBY

Mr Brendon Tan started his journey as a community volunteer as he wanted to hone his skills in handling medical emergencies and give back to the community. As a HoME+ Community Responder, he is now proficient in Standard First Aid and has also undergone Advanced Provider Training.

"This training is tailored towards the medical conditions commonly experienced by seniors," he explained. "It enables us to assess each home emergency situation more accurately and provide targeted assistance."

For the 23-year-old volunteer, HoME+ is crucial as he has seen how it prevents social cases from deteriorating without timely intervention. "There was a senior who kept activating the alert over various medical complaints, but through our visits, we found that he was just lonely," he shared.

As Singapore transitions into a "super-aged society" by 2026, the threat of social isolation will loom larger. With more seniors expected to live alone, the need for assistance and support becomes even more critical.

Currently serving more than 670 households, HoME+ can also benefit post-surgery patients and wheelchair users.

Mdm Thulasi can now go about her daily activities safely. "I have peace of mind now," she said happily, "because I know the community will always be there to watch out for me through HoME+." **B**

24/7 Assistance WITH COMPLETE PRIVACY

- ▶ Launched in 2018, HoME+ includes a comprehensive set of sensing equipment such as motion sensors and panic buttons.
- ▶ Motion sensors only detect inactivity and do not capture images.
- ▶ For more information, email home.plus@redcross.sg or call 6664 0699.





BRINGING PEOPLE TOGETHER

Mr Desmond Lee, Grassroots Adviser to West Coast GRC Grassroots Organisations, on how community spaces and events can bring the community closer.

IT WAS PURELY BY CHANCE THAT MR DESMOND LEE STUMBLED UPON THE PLANT THAT WOULD EVENTUALLY BECOME HIS LIFELONG PASSION: ORCHIDS. "I was 12 when a family friend gave us an orchid one Chinese New Year. I initially planted it in soil but was told off by a relative, who said I should pot it in charcoal instead. That got me interested — a plant that didn't need soil to grow!"

"Although I don't have much time for the orchids these days, it still brings me great joy when I see residents who have planted them in our community gardens and allotment plots."

It's not just the orchids here that bring Mr Lee joy; he is encouraged to see the organic conversations that spring up among residents at shared spaces. He recalls speaking to a resident who told him,

"My neighbour moved in 30 years ago, but we never spoke. But this garden brought us together and we are friends now." Community spaces such as this offer more opportunities to connect, in addition to familiar spaces like hawker centres and community clubs.

SPACES TO CONNECT

There are many such stories of connections being forged across generations and races. "These green and blue spaces bring the community together," says Mr Lee, who enjoys canoeing and taking part in PAssion Wave's Kayak 'N' Klean programme, which combines water sports with environmental conservation. He is involved in plans to upgrade some of these spaces within Boon Lay and

West Coast, including West Coast Park and Clementi Woods Park. "More community gardens will also be introduced in both communities," he adds.

He hopes that these improvements will continue to rally the community together. Indeed, bringing people together is a common thread in Mr Lee's role as a Grassroots Adviser to West Coast GRC Grassroots Organisations. Being a Grassroots Adviser allows him to listen to people's issues and lend a hand to help them. "I have regular house visits — alternating between Boon Lay and West Coast," he says. "These give us a direct view of the complex issues that residents face. As you build trust over time, more are prepared to come forward for help."

That was certainly the case for one



Mr Lee connecting with youth volunteers from West Coast Youth Club.

Boon Lay household — a young married couple with a young child. "We had helped them get a rental flat, but like many others, they preferred to have the skills and a good job to achieve social mobility, ultimately move into a home of their own and give the family a better life."

Mr Lee and his team of volunteers rallied together to help them, connecting them to government agencies for schemes and grants to support their needs, as well as partners within the community for assistance. Today, the family's future is looking brighter. Thanks to the generosity of fellow Singaporeans, the husband is taking vocational courses, which could lead to a higher-paying job in the future. The wife, meanwhile, is more assured of the family's future as they prepare to welcome a second child.

As a Grassroots Adviser, Mr Lee also handles municipal issues, such as traffic congestion and parking matters. He recalls a recent conversation with West Coast residents about parking congestion at a nearby school.

"Issues like these might appear simple and municipal at first, but they can be quite complex on the ground, with multiple stakeholders involved," he shares. "So, we have to find a compromise that works for everybody. The first step is always to get a sense of residents' concerns — and there's no better way of doing that than by talking to them."

GOOD VIBES FOR ALL

Another place where Mr Lee regularly meets residents is at community events. A quick glance at his Facebook page shows his active involvement in the community. Edusave presentations, cultural events

and community *jalan-jalan* around his neighbourhood are just some of the ways that he interacts with residents.

Enjoying his time spent on the ground, Mr Lee makes it a point to connect and gather valuable feedback at such events. "They are a good forum to share information on what we are doing for residents," he says.

Over the years, he has used these platforms to raise awareness of programmes run by the community. For example, the recent health festival "Towards a Healthy Boon Lay Together" was organised to improve the health of residents. Bringing community, government and corporate partners together, it offered everything from healthy cooking workshops to vaccinations and talks on fertility matters.

This emphasis in community partnership extends to supporting those who need a little more help. Mr Lee recalls how various government agencies, social service agencies like Helping Joy, grassroots leaders and community volunteers worked together to declutter and spruce up homes of lower-income families in Boon Lay and West Coast. Reflecting on a recent project in West Coast, Mr Lee shares that it took many hours and many hands to declutter, and makeover an elderly couple's home hoarded with things for many years.

The remarkable transformation of the flat of this elderly couple reaffirmed Mr Lee's belief in the power of community. "This was not something any one organisation could have done alone," he says. "By bringing everybody together, we were able to make a bigger impact. That's why community matters."

DID YOU Know?

► **Mr Lee is the Chairman of the Friends of Ubin Network, which marks its 10th anniversary this year. Set up in 2014, it facilitates dialogue and collaboration between nature conservationists, heritage experts, outdoor sports groups, educational institutions, academics and islanders.**

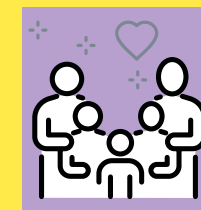


FAMILY First

Like many residents, Mr Lee values time with his wife and three kids. "One of them is doing his PSLE this year, so it's a stressful time for us!" he says, with a laugh. Here are some of his parenting principles:



→ **Spend quality time with them:** "This is easier said than done, but the time you spend together really makes a difference. I try to read with them and answer their questions — there are a lot, because they're naturally curious at this age!"



→ **Equal parenting:** "I believe in equal parenting, but I'll be honest, my wife does the heavy lifting when it comes to taking care of my children — juggling their schedules, packing their school bags, bedtime stories etc. I'm trying to do more, every chance I get."



→ **Support their passions:** "My children have quite diverse interests — from drawing to fitness. As parents, we try to stand behind them and help them discover their passions."

促进社区团结

西海岸集选区基层组织顾问李智陞介绍了如何善用社区空间和活动来拉近居民的距离。

李智陞在一次偶然的会下首次接触到胡姬花，从那之后便成了这种美丽花卉的铁杆花迷。“在我12岁的时候，父母的一个朋友在农历新年送给我们一枝胡姬花。一开始我把它种在土壤里，但一位亲戚说我做错了，而应该将它种在木炭盆里。这引起了极大的兴趣——居然有不需土壤就能生长的植物！”

“虽然现在我没有太多时间培养这个爱好，但当我看到有居民在社区花园和租用园地里种植胡姬花，我仍然会感到兴奋不已。”

能让李智陞感到开心的不仅是

社区里种植的胡姬花，居民们在公共空间里展开有意义的互动也会让他备受鼓舞。他回忆起一位居民曾对他说：“我的邻居住在这里30年了，但我们以前从来没有说过话。这个花园让我们有了很多交流的机会，现在我们已经成为了好朋友。”除了小贩中心和民众俱乐部等大家比较熟悉的地点之外，这样的社区空间也会为居民提供更多联络和交流机会。

维系感情的空间

在这个社区中，有许多跨代际、跨种族建立关系纽带的故事。

李智陞表示，“这些绿色和蓝色的空间能促进社区之间的联系。”他喜欢划独木舟和参加百盛亲水天地的Kayak ‘N’ Klean（划船和清理垃圾）活动。这项活动号召参与者参与水上活动的同时清理水面垃圾，从而保护环境。他参与制定了文礼和西海岸的一些公共空间翻新改造计划，包括西海岸公园和金文泰公园。他补充说：“两个社区都将新建更多的社区花园。”

他希望这些改进工程能继续促进社区的团结。事实上，促进社区团结是李智陞作为西海岸集选区基层组织顾问共同的

您知道吗？

李智陞是乌敏岛之友网络的主席，而这个组织将在今年庆祝十周年。该组织成立于2014年，旨在促进自然保护主义者、文化遗产专家、户外运动团体、教育机构、学者和岛民之间的对话与合作。



工作重点。

作为基层顾问，他可以倾听居民的顾虑，并伸出援手提供帮助。“我会定期在文礼和西海岸区轮流进行家访。”他说道。“这样我能够直接了解居民们所面临的复杂问题。慢慢建立了信任之后，更多人愿意主动向我们寻求帮助。”

文礼的一户家庭就是这样，这户家庭有一对年轻的夫妇和一个年幼的孩子。“我们帮他们申请到了租赁组屋，但和许多人一样，他们更希望拥有一技之长和一份好工作，提升社会地位，最终能够拥有属于自己的房子，并过上更好的生活。”

李智陞与他的义工团队紧密合作，帮助他们联系相关的政府机构申请援助计划和津贴，以满足他们的需求，同时还向社区内的合作伙伴寻求援助。如今，这个家庭的未来变得更加光明。在国人慷慨的帮助下，丈夫正在学习职业课程，将来可能会找到一份收入更高的工作。与此同时，妻子也对家庭的未来充满信心，并准备迎接他们的第二个孩子。

作为基层顾问，李智陞还负责处理市政问题，例如交通拥堵与停车问题。他回忆起最近与西海岸居民针对一所学校的停车拥堵问题进行的谈话。

“类似这样的市政问题起初

看起来可能很简单，但实际处理起来相当复杂，涉及多个利益相关方。”他分享道，“因此，我们必须找到一个让所有人都能接受的折中方案。第一步始终是了解居民的担忧——最好的办法就是与他们交谈。”

营造良好氛围

李智陞经常与居民交流的另一个场合是社区活动。只要浏览他的面簿页面，就能看到他所参与的社区活动，例如颁发教育储蓄奖学金、文化推广活动甚至在社区周围走动时找机会与居民交流。

李智陞很喜欢参加基层活动，他经常在这些活动中与居民互动并收集宝贵的反馈意见。“这些活动是很好的平台，居民们会对我们所做的事情进行反馈。”他说道。

多年来，他利用这些平台来宣传社区所举办的活动和开展的计划。例如，最近举办的“共创健康文礼（Towards a Healthy Boon Lay Together）”健康节就是为了帮助改善居民的健康状况。社区、政府和企业合作伙伴齐聚一堂，举办了从健康烹饪工作坊到疫苗接种和生育知识讲座等各种活动。



李智陞非常重视与社区合作伙伴之间的关系，也需要他们的合作为那些需要更多帮助的居民提供支持。他回忆起之前多个不同的政府机构、社会服务中心（例如“助乐”）、基层领袖和社区义工共同发起的一项倡议，帮助文礼和西海岸的低收入家庭整理和修缮房屋。提及最近在西海岸开展的一项活动时，李智陞分享道，很多人花了很多时间来清理并改造了一对年长夫妇囤积了多年杂物的家。

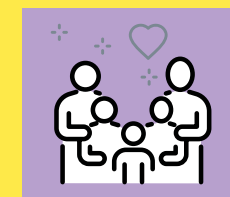
这对年长夫妇住家的改造再次印证了李智陞对社区力量的信念。“这不是任何一个组织可以独立完成的事情，”他说，“通过大家齐心协力，我们能够产生更大的影响。这就是社区精神的意义所在。” **B**

家庭第一

像许多居民一样，李智陞非常珍惜与妻子和三个孩子相处的时间。他笑着说：“其中一个孩子今年要参加小六离校考试，所以这段时间对我们来说压力很大！”以下是他的一些育儿理念：



→ **陪伴他们共度美好时光：**“说起来容易做起来难，但花时间陪伴孩子真的很重要。我试着跟他们一起阅读，回答他们的问题。他们正处于好奇心强的年龄段，所以会有很多疑问！”



→ **平等育儿：**“我认为夫妻应当平等分担育儿的责任，但老实说，在照顾孩子方面，我的妻子承担了大部分重任——为他们制定日程安排、收拾书包、讲睡前故事等。而我则会尽量找机会努力履行更多父亲的责任。”



→ **支持他们的爱好：**“我的孩子们兴趣广泛，有的喜欢绘画，有的喜欢健身。作为父母，我们会坚定地支持他们，帮助他们找到自己的兴趣所在。”



OPPO-RTUNITIES FOR ALL

To help broaden digital access and literacy in the community, a new corporate partner has donated 300 tablet devices to vulnerable residents in the South West District.



VULNERABLE FAMILIES IN THE SOUTH WEST DISTRICT ARE SET TO RECEIVE NEW DIGITAL TABLETS, which they can use for schooling and upskilling purposes.

In conjunction with its 10th anniversary, tech company OPPO Singapore donated 300 units of its Pad Air tablets, which were presented to residents across all 18 divisions in the district.

With schools increasingly using home-based learning to complement in-school learning and more government agencies going digital with their programmes and schemes, having ready access to the digital world is critical.

This contribution aligns with the South West Community Development Council (CDC)'s efforts to bridge the digital divide and ensure equal opportunities for all. It will help to facilitate students' access to digital learning resources and senior citizens' digital literacy.

During OPPO Singapore's anniversary event at Sands Expo and Convention Centre on 22 January 2024, OPPO CEO Mr Moon Yue said that OPPO is not just a technology brand but also represents a way of life as it pursues user-led excellence in a sustainable way.

"We want to get closer to users through different ways," he said. "We care about how comfortable our products are for the community to use."

The lightweight and ultra-slim Pad Air tablet is among OPPO's latest product launches.

CELEBRATING INNOVATION AND CONTRIBUTION

Mayor of South West District Ms Low Yen Ling joined in the celebrations as part of OPPO Singapore's anniversary.

"The CDC uplifts the lives of our residents through programmes by aggregating the resources and expertise of corporate partners such as OPPO," Ms Low said.

"The strong support from OPPO exemplifies not just the spirit of corporate social responsibility, but also its integration into the Singapore community."

CONNECTING WITH LIKE-MINDED CORPORATES

OPPO Singapore joins a network of corporate partners to support vulnerable families in the South West District.

"It is heartening to see OPPO supporting the Singapore government's efforts to ensure everyone, regardless of their circumstances, has access to digital resources to enhance their quality of life," added Ms Low.

"We thank OPPO Singapore for joining our efforts to build a caring South West community, and we look forward to a meaningful partnership together." **B**



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Who can Apply?

Newborns must fulfil ALL of the following:

- a) Reside in South West District;
- b) Have at least one (1) parent who is a Singapore Citizen; and
- c) Be under two (2) years old upon application.

To find out whether you are a resident of South West District, go to: www.cdc.gov.sg/southwest

How to Apply?

- STEP 1** Fill in the Baby Blisscard @ South West application form at <https://go.gov.sg/babyblisscard>.
- STEP 2** Attach a soft copy of:
 - a) Birth certificate of newborn;
 - b) Identity card (both sides) of at least one (1) parent who is a Singapore Citizen and a resident of South West District; and
 - c) Photo of newborn.
- STEP 3** Submit the form.

Welcome Gift for Newborns!

Receive a limited edition EZ-link card and enjoy complimentary stored value of \$20

How will the Baby Blisscard be presented?

Successful applicants will be notified to collect their Baby Blisscards.

For more details, please contact us at:
 Tel: 6316 1616
 or email: southwest_cdc@pa.gov.sg

Knowing my district

TAKE THIS QUIZ TO FIND OUT HOW MUCH YOU KNOW AND STAND A CHANCE TO BRING HOME THE SOUTH WEST CDC TEDDY BEAR!

1. When was the Kopi Time with Ah Gong and Ah Ma programme introduced as part of Family Bliss @ South West?

A: _____
2. How many youth volunteers are expected to be involved in the Mobile Groceries @ South West initiative over two years?

A: _____
3. What was launched at Clean Up @ South West 2024 to educate youth about the importance of food security and sustainability through hands-on activities?

A: _____
4. How many job openings were available during the South West Community Job Fair at Taman Jurong Community Club?

A: _____
5. Name two corporate partners that have contributed to the Festive Cheers @ South West programme.

A: _____

Complete the quiz and word search, take a picture of the page and upload to:
<https://go.gov.sg/swcdcbridge>



Or

Send your entries to us at: **South West CDC**,
Jurong Town Hall Road, #26-06, Singapore 609434.

If your entry is selected,
you will win a
South West CDC teddy bear!

DEADLINE: 31 October 2024



Name: _____

Age: _____

Address: _____

Tel: _____ Email: _____

WORD SEARCH

HOW TO PLAY

Find and circle the 10 words hidden within the grid. Look in all directions: horizontally, vertically and diagonally. Have fun!

H	I	J	T	Q	C	W	L	U	Y	H	E	C	J	S
D	Z	F	S	X	N	F	U	T	U	R	E	Z	O	A
C	L	A	U	U	Q	F	Q	U	Y	Q	B	I	M	F
O	A	J	S	K	I	L	L	S	C	H	J	Q	H	I
M	Z	D	T	M	N	B	C	F	Q	C	S	H	G	H
P	I	J	A	O	N	T	O	Z	Y	E	Q	K	M	R
A	B	E	I	V	C	A	N	N	I	Y	P	G	B	F
S	C	S	N	U	L	W	V	R	D	E	J	T	S	V
S	Q	S	A	H	O	M	E	X	M	I	H	H	J	K
I	B	E	B	Y	D	C	N	R	U	H	N	N	I	O
O	C	N	L	J	O	M	I	P	H	F	L	G	M	Q
N	I	T	E	R	W	B	E	F	L	G	K	H	P	W
X	T	I	G	J	V	P	N	W	R	T	E	D	A	S
X	U	A	L	A	A	D	C	V	G	K	N	T	C	S
M	E	L	J	R	Z	A	E	H	O	A	I	W	T	K

CONVENIENCE

GROCERIES

SUSTAINABLE

BONDING

FUTURE

ESSENTIAL

IMPACT

COMPASSION

SKILLS

HOME